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# Jamestown Gazette



The People's Paper.

A Division of Chautauqua Marketing Solutions • Vol: 02, Number: 45 • November 12, 2012

## Hunting In Western New York – A Good Year Projected For 2012

Editor  
Walter Pickut

"I'm seeing a lot of deer this year," a local hunter said, talking to friends in the Springville area recently. "Don't quote me," he added with a wink and a nod. "I don't want anybody else to know where I saw them. They'll have to find their own."

"The summer was hot and dry," he added, "but the food must have been good. The deer I saw looked real healthy." In addition to a good projected deer harvest, bear may be plentiful too. Even the Lakewood-Busti area has received a few reports of bear sightings within the area and a few have already been taken in Chautauqua County.

Hunting is as old as mankind, historians say; an age-old necessity for survival. Only in the last few thousand years did hunting become a sport for the rich and powerful, and much more recently a sport for the average man and woman, instead of an essential for life.

According to The New York State Department of Environmental Conservation (DEC), New York hunters took roughly 230,000 deer in both 2010 and 2011, and they anticipate the total deer harvest will increase slightly in 2012, possibly related to an increase in the number of Deer Management Permits (DMPs), usually called "doe tags."



Photos by Nolan Farr

The state harvest estimate is considered statistically accurate to within  $\pm 1.9\%$  due to good hunter compliance with the state regulation that a hunter who has taken a deer, bear, or turkey must report the harvest within 7 days of taking the animal. Hunters are required to call the toll-free automated reporting system at 1-866-GAME-RPT (1-866-426-3778). Bear hunters who report a harvest can submit a tooth (a small pre-molar) from your bear, and receive a NYS Black Bear Management Cooperator Patch and a calculated age of the bear.

Humans and white-tailed deer, obviously, don't think alike and neither do humans and the (North) American black bear. At its best the hunt a test of skill, woodland lore and

CONTINUED ON PAGE 5

## Zumba Coming To Winter Market

Article Contributed by  
DJDC

The Downtown Jamestown Winter Market opened its inaugural season last week showcasing a dozen vendors including two local farms providing fresh, locally grown produce and local artisans with a plethora of handmade and local products.

Zumba will be offered each week through DJDC and Jamestown Community College. Classes will be held November 29 through January 31, excluding December 27, from 5pm-6pm at the Renaissance Center. Participation is \$36 per person, only \$4 per class, and registration forms are available on DJDC's website. Pre-registration is required by November 19.



Infusions, LLC, one of many vendors, located at the Downtown Jamestown Winter Market in the Dr. Lillian Vitanza Ney Renaissance Center every Thursday from 2pm-6pm through January 31.

"This is a great opportunity for those curious about Zumba to try it and see what it is all about," said Tiffani Conti, DJDC

CONTINUED ON PAGE 8

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Volunteers Gary Brandel (left) of Long Island and Holly Ann Woloszyn (right) from the Southwestern New York Chapter at work providing client services at the Red Cross shelter in Deer Park, Long Island.

## Red Cross Helping Thousands Impacted By Sandy

Article Contributed by  
American Red Cross

The American Red Cross has a massive response to Superstorm Sandy underway to help people across multiple states.

The Red Cross is providing aid and comfort to thousands and has large relief operations underway in New York and New Jersey, where residents felt Sandy's biggest impact. Shelters and feeding sites are open and emergency vehicles are distributing

food, water and relief supplies in these states.

"As we learn about neighborhoods in need, the Red Cross is immediately putting plans in place to provide people with food, water and relief supplies," said Charley Shimanski, senior vice president of Disaster Services for the Red Cross. "This is a challenging time for everyone who has been affected by the storm and we want everyone to know that we are doing everything possible to get help to them as quickly as possible."



**American Red Cross**

## The Living Christmas Tree 2012

An Evening In December  
By Tom Fettke, David Huntsinger,  
and Robert Sterling

Fri. Nov. 30 8pm  
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# Editor's Message



## Hunting: Which Critter?

The word "Critter" is a simple, old fashioned corruption of the word "Creature."

We search for creatures, we find them and we take them. Hunting critters is as old as mankind, and at this time of year we still practice it. For some people it is a necessity, for some it is a sport and for some it seems merely brutal.

We are all hunters, though. If it isn't a deer or a bear or a rabbit, it is something else dear to us, something we need... something we'd be much poorer without. And we stalk it relentlessly; the hunting season is all year long. For some of us it is a critter called happiness or love, for others it is knowledge and for some of us it is power. Which one is your critter? How's your hunt going?

Josh Billings, 19th Century humorist and U.S. Congressman (possibly the same thing?) considered the hunt and said, "If you ever find happiness by hunting for it, you will find it, as the old woman did her lost spectacles, safe on her own nose all the time."

This week The Jamestown Gazette invites you along for this year's deer and bear hunting seasons to look at the role hunting plays for many of us as a vigorous, outdoor sport played out in Mother Nature's beautiful back yard... or simply as a

sensible way to feed a family. Good hunting requires good rules for everyone's safety, and to be sure everyone bags their fair share...no more, no less.

If hunting for knowledge, however, is your favored critter, consider bagging Everything, the entire Universe. Turn to page 6 and fix your sights on the stars at the Martz Observatory, or even with your own brand new telescope. With eyes as wide as a telescope's sights you can see nearly to infinity and eternity. That's a critter worth bagging.

Marcel Proust, said, "The only real voyage of discovery consists not in seeking new landscapes but in having new eyes." This is true for all the other values you may choose to hunt for too. Beauty, love, kindness and more might be found best by how you look for them, not by how hard you try.

And one more lesson from this year's hunting season is offered by science writer, Jean Rostand, who celebrates the hunt, no matter the critter you chase, as a lifelong tonic: "A man is not old as long as he is seeking something."

Hunt well. Enjoy the read.

Walt Pickut  
Editor  
The Jamestown Gazette

# Jamestown Gazette

The People's Paper.

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Faith Luce.....	Herb R4U
Four Discriminate Diners.....	Restaurant Review
Jason Sample.....	Contributing Writer
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Joanne Tanner.....	Down to Earth
Julia Garstecki.....	How Did I Get Here
Katrina Fuller.....	Life and Times of a Modern Housewife
Linda Johnson.....	WCA Medical Minute
Lori J. Wilson.....	Ms. Movies Reviews
Melinda Centi.....	Patient's Is Our Virtue
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Nolan Farr.....	Farr-Out Outdoors
Pastor Scott Hannon.....	Faith Matters
Pastor Shawn Hannon.....	Faith Matters
Students, Pre-K to Seniors.....	Young Gazetteers
Vicki McGraw.....	Join Me in the Kitchen
WCA Hospital.....	Medical Minute

### QUESTIONS OR COMMENTS

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### DISTRIBUTION:

The Jamestown Gazette is a locally owned FREE weekly community newspaper that reaches residents and merchants in Southern Chautauqua County. We build a sense of community and pride by providing residents and businesses with positive stories and timely information that spotlights local residents, organizations and businesses operating and working together. New issues will be distributed to local dealers every Monday.

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### JAMESTOWN IRONMEN HOME GAME SCHEDULE

DATE	TIME	GAME
Nov. 23, 2012	7:00pm	Tomahawks
Nov. 24, 2012	5:00pm	Tomahawks

### ANNOUNCEMENTS:

Prendergast Library CLOSED  
Sunday, Nov. 11th &  
Monday Nov. 12  
in honor of Veterans Day

### ART:

A Guide to Nature:  
The Art of Arthur Singer,  
with Alan Singer by Ipcierce  
now through December 2012 6pm

Robert Hirsch's 60's Cubed:  
Signs, Symbols, and Celebrities  
Oct 1 through Dec 6, 2012

Photography by Andy Palermo  
James Prendergast Library  
Oct. 26-Nov. 23

Holiday Designs Auction & Gala  
Nov. 10-Dec 1  
Fenton History Center

John & MaryLou VanDorn Art Exhibit  
Mon, Tue, Thu, Fri 10am-8pm  
Wed. 10am-4:30pm, Sat. 10am-3:30pm  
Prendergast Library Art Gallery

"Dear Santa"  
33rd Annual Holiday Exhibit  
Nov. 20-Jan. 19, 2013  
Fenton History Center

### AUDUBON NATURE EVENTS:

Thanksgiving With The Birds  
Soup pot, Turkey Dinner...  
Audubon Nature Center  
Nov. 17th 11:30am

Recycled Paperboard Journal Class  
11/12, 10am

Recycled Fabric-Covered Journal Class  
11/25, 1pm

First Friday Lunch Brunch  
A nature-related presentation & BYO brown bag  
lunch & conversation.  
Audubon Nature Center

Little Explorers  
12/8 10am-12pm  
Children Ages 3-8  
Audubon Nature Center

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### BOOKCLUB:

Book Signing  
"Asses & Angels,  
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Prendergast Library  
Thurs., Nov. 15th 5:30-6:30

Buddhist Book Group  
Prendergast Library – Fireplace room.  
Second and Fourth Wednesdays of the month  
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A Path With Heart by Jack Kornfield

### COMEDY:

The Forum  
201 N. Main St., Jamestown  
Improv Comedy every Wed. night 8pm  
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The Labyrinth Press Co.

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Jamestown  
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9:00pm  
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### EDUCATION:

Jamestown Prendergast Library  
509 Cherry Street  
ASK – After School Kids  
For children ages Kindergarten to 4th grade  
4pm-5pm  
Weekly on Friday until November 17, 2012  
The Randolph Mammoth  
at the Roger Tory Peterson Institute  
now through December 2012

### FARMERS MARKETS: Buy Fresh Buy Local

Downtown Jamestown WINTER MARKET  
Every Thursday 2pm-6pm  
November, December & January  
Renaissance Cneter  
West Third St.

### HISTORY:

Roger Tory Peterson Institute  
Of Natural History  
Randolph Mammoth Exhibit  
through Dec. 2012

### HOLIDAY:

Santa Photo Experience  
Chautauqua Mall  
Nov. 23, 2012 12noon-8pm  
Benefits Jamestown YMCA

Holiday Sale to benefit  
St. Susan Center  
Order By Nov. 16  
St. Susan Center  
31 Water St, Jamestown

Holiday On The Hill  
A Fine Arts & Crafts Boutique  
Fri. 11/16 4-8pm  
Sat. 11/17 10am-4pm  
Girl Scouts of WNY Bldg  
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The Resource Center & TRC Foundation  
A Tradition of  
Caring at Christmas  
Parade & Holiday Celebration  
Friday, Nov. 30, 2012

Santa's Family Workshop  
YMCA, downtown Jamestown  
Nov. 30th, 7-9:30pm

Homemade Holidays  
Make your own holiday wreath &  
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Audubon Nature Center

Miracle on Main St.  
Santa comes to town!  
Barker Commons  
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Holiday Open House  
Roger Tory Peterson Institute  
of Natural History  
Dec. 1, 2012, 10am-4pm  
part of Julmarknad Swedish Christmas Market  
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"The Living Christmas Tree 2012"  
An Evening in December  
First Covenant Church  
Fri., Nov. 30 8pm  
Sat., Dec. 1, 5 & 8 pm  
Sun., Dec 2, 5pm

Holiday Office Party!  
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### MOVIES:

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### MUSIC:

Chautauqua Regional Youth Symphony  
Chamber Concert  
SS. Peter & Paul Church  
508 Cherry St., Jamestown  
Saturday, December 8, 2012 7:00pm

Rolling Hills Radio  
Labyrinth Press Co.  
12 E 4th St., Jamestown. A limited number  
of season tickets for the 2012-2013 season of  
Rolling Hills Radio with host Ken Hardley,  
presented by WRFA-LP Radio for the Arts.  
Thu 11/29/12 @7pm, Sat 12/29/12 @7pm,  
Thu 1/31/13 @7pm, Thu 2/28/13 @7pm,  
Thu 3/28/13 @7pm, Thu 4/25/13 @7pm

Student Jam Session  
Infinity Cafe'  
115 E 3rd St.  
Fri. Nov. 16, 7-9pm

Christmas Parade Performance  
Jamestown  
Infinity Arts Cafe

Christmas Magic  
Nov. 24th at 2pm, 7pm  
Reg Lenna Civic Center

Rolling Hills Radio #3  
John & Mary, Alan Whitney  
Nov. 29th 7pm

### SPORTS:

Iron Nation Kids Club  
For Kids 5-14  
Register at Arena Lobby

Jamestown YMCA offers Karate Classes  
Now through November 29th  
Tues & Thurs 4:30 - 5:30pm Youth  
5:30 - 7pm Adult  
A ages 5 to 15

Country Kids on the Fly  
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### THEATRE:

The Spire Theater To Launch  
"Shannon's Kids Series"  
November 9 and 10 8pm  
"Classic Radio"

November "The Little Mermaid Jr."  
Lucille Ball Little Theatre

### WALKING TOURS:

Fenton History Center  
67 Washington St. Jamestown  
Every Saturday 1-3  
The Fenton will lead a series of rotating walking  
tours through Jamestown.  
For more information call 664-6256

### WORKSHOPS:

Will Workshop  
Audubon Center & Sanctuary  
Wed., Nov. 14th 3:30pm- 5:00pm

Don't Buy It; Make It!  
Audubon Center & Sanctuary  
Fri., Nov. 23rd, 10am-4pm

# Join ME in the Kitchen



Contributing Writer  
**Vicki McGraw**

Good Grief!! Thanksgiving is next week! Are you ready? Anxious? Worried? Overwhelmed? Or maybe a little bit of everything is running through your head these days. I know my mind starts spinning when I think of the fast approach of the holiday season. There are so many things to do, places to go and expectations to be met, many of us miss the joy and spirit of the holidays because we are so caught up in our to-plans!

As I write this weeks' edition of Join me in the Kitchen, I have about a week and a half to prepare for Thanksgiving, and, as I always do, I have been making lists... shopping lists, guest lists, to-do lists. I am lost without my lists! I am a traditionalist, so my menu will be as expected... turkey with all the trimmings. I plan to buy my turkey this week. It is very important to allow sufficient time for your turkey to thaw completely. You don't want to leave a frozen turkey sitting out on the counter to thaw; that is an open invitation to bacterial growth and spoilage. The best method is to thaw your turkey under refrigeration, allowing one day refrigerated thaw time for every 3-4 pounds of turkey (for example, give an 18 pound turkey about 5 days in the fridge to thaw completely).

Included on my shopping list for this week are all of the non-perishables I will need for my holiday feast. Canned goods and baking ingredients can be bought ahead for last minute preparation. I will wait until the beginning of next week to buy my fresh veggies and other perishables, but I will start my prep a couple of days ahead of the big day. Potatoes (and other veggies) can be peeled and cut for later cooking, simply put them in a large container, cover with

water and refrigerate until it is time to cook. Stuffing bread can be cubed, stored in a zip bag and frozen until the day before you need it. Similarly, pie fillings can be prepared ahead of time and refrigerated for last minute assembly and baking.

I always use my grandmothers' china for holiday meals, so this weekend I will get it out of the china cabinet and make sure nothing needs to be washed (or replaced) before I need it. Being the detailed person I am, I will label all of my serving dishes with what will be going in them so that I don't have to scramble for a bowl or platter at the last minute. I will also make sure my favorite tablecloth is clean and ironed and that I have a stash of my favorite wines ready to serve when the guests arrive.

With a few lists and a bit of pre-planning, the day before Thanksgiving will be a breeze. By the time the big day arrives, I plan to do the last minute stuff, sit back and enjoy my family!

## Smashed Roots

2 lbs potatoes, peeled and cubed  
1 large sweet potato, peeled and cubed  
2 large carrots, peeled and cubed  
1 small rutabaga, peeled and cubed  
2 large parsnips, peeled and cubed  
2 large turnips, peeled and cubed

1 whole garlic bulb  
Olive oil  
Salt and pepper  
1-1 1/2 c milk  
4 T butter

Cut top off garlic bulb, drizzle with olive oil and generously sprinkle with pepper. Wrap in foil and bake at 350\* for 30-45 minutes (until very soft).

While garlic is roasting, place all diced veggies in a large pot of salted water and boil until very tender.

Drain cooking water from veggies, squeeze roasted garlic into pot, add butter, salt and pepper and begin to mash (I like to use a potato masher rather than an electric mixer to achieve a "smashed" rather than creamy consistency). Add milk as necessary to achieve desired consistency.

This can be prepared a day or two ahead and simply reheated before serving.



Foster Grandparents Joann Marchincin, Angie Loughrey, Josephine Coburn, and Carol Johnson at the Inservice Training held at First Lutheran Church.

## Chautauqua Region Community Foundation Assists Foster Grandparent Program with Travel Assistance and Training

Article Contributed by  
**Debbie Basile**

The Foster Grandparents serving in Chautauqua County were supported by travel assistance funds awarded by the Chautauqua Region Community Foundation (CRCF). Many Foster Grandparents must rely on public transportation to travel to and from their assigned schools, Project Head Starts, or Pre-elementary daycare sites and the CRCF assisted these dedicated individuals. Foster Grandparents are placed to work one-on-one with identified students in need of extra help as directed by their teacher, or site supervisors. Improvements made by the students matched with the Foster Grandparents are substantial as indicated on each student's progress as reported in their individual assignment plans. One should never underestimate the power of the presence of an adult within a child's learning environment.

Continual training is a necessity for the Foster Grandparents serving area children. Using funds awarded from

the CRCF, The Foster Grandparent Program arranged four hour training sessions during the summer to enhance the skills of the Foster Grandparents. Cheryl Russo, Elementary School Psychologist at Bemus Point schools addressed the Foster Grandparents speaking directly about the changes in home environments and society and how it affects the learning process of the children they serve. Her suggestions and guidance offered a new perspective on how to mentor their assigned students. The information was thought provoking as it initiated many questions and discussions. The Foster Grandparent Program is most grateful to the CRCF for this opportunity to both educate and transport our volunteers who do so much for our county.

*Lutheran Foster Grandparent Program (FGP) is a Senior Corps project governed by the Corporation for National & Community Service and sponsored locally by Lutheran. For more information about how you can help your community through service with FGP please call 665-5354*

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1 Corinthians 10:31b

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# Frewsburg Rest Home Offers Training On Aging Related Topics For Their Staff And The Community

Article Contributed by  
Frewsburg Rest Home

If you or a loved one has been diagnosed with either Alzheimer's or Parkinson's disease or you would like to know more about either or both illnesses, mark your calendar with these dates and times – "Understanding Alzheimers," November 14, 2012 and "Understanding Parkinson's Disease" December 12, 2012. Seminars will be presented at the Frewsburg Rest Home in the second floor recreation room; they are one hour in length and include a 2:00 pm afternoon session and a 7:00 pm evening session.

The free, one-hour seminars are being provided through a special grant obtained by the Erie 2 Chautauqua-Cattaraugus BOCES. Both topics are guaranteed to be of interest to personal and professional care givers. Both seminars are designed to provide guidelines for dealing with those who

have the disease and highlight easily used techniques to manage behavior and improve the quality of live for those afflicted.

Seats are limited at the 2:00 pm sessions as this is a mandatory inservice for Frewsburg Rest Home staff. Refreshments will be available at both sessions and the program will start on time. Participants from the community are encouraged to use the visitor's parking lot on the right-hand side facing the building and the main entrance at the back of the lot. Questions regarding the seminar or to reserve your seat for the seminars can be directed to Dennis Bechmann, Frewsburg Rest Home Administrator, at 569-3095 or [dennis@frewsburgresthome.com](mailto:dennis@frewsburgresthome.com).

The Frewsburg Rest Home for Adults is an eighty-bed Adult Care Facility providing twenty-four hour, seven day per week peace of mind for residents and their loved-ones. Operated by the Sischo family since 1974.

# Martz Observatory

## We See Everything

Contributing Writer  
Walt Pickut

The Martz Observatory in Frewsburg is committed to serious astronomy and to training tomorrow's astronomers and encouraging hobbyists. The Association's president, Gary Nelson, and the Association's Board of Directors, have recently established an endowment to assure the mission and work of The Marshal Martz Memorial Astronomical Association will continue for future generations. Astronomy is a science career that can begin at home. Neurosurgeons and atomic scientists can not start in their basements at the age of 10, but astrophysicists and astronauts can start in their own back yards at any age. And if it isn't a career path, it is also a wonderful hobby. The subject of astronomy is... Everything. Look up on a starry night and you are looking at Everything there is, the entire Universe... all that exists from here to infinity. It is hard to ask for anything bigger.

HOW TO BUY A TELESCOPE  
This is one of the first and biggest decisions for an amateur astronomer. A careful choice can open the skies for years of enjoyment. Finding a good telescope is not hard. Here are a few tips.

1. If you can, find an experienced friend to shop with you.
2. Look at different scopes: Visit an astronomy club star party. Enthusiasts enjoy showing people their scopes. Ask if you can try one. Visit a local college or public observatory where people love to talk about their work.
3. Select either a "Mirror" or a "Lens" scope. A Mirror, or reflector, telescope magnifies objects with a curved mirror. The world's largest telescopes and the famous orbiting Hubble Space Telescope use mirrors. A Lens scope uses magnifying lenses which can produce excellent and sharp images. Binoculars, cameras and even DaVinci's first telescope used lenses.

4. Be sure the stand, usually a tripod, is very steady and sturdy. Wobbling stars and planets are not much fun to watch. Be sure it is adjustable to suit your height.
5. Look for one you can lift, carry and set up by yourself. A carrying case can be helpful.
6. A warranty is important.
7. Be sure your scope has an "aperture," the opening for light, at least 3-4" to collect enough light for deep-space viewing. This is more important than the "High Power" that some mass marketers brag about.
8. Be sure your scope has a separate finderscope, a small, attached, wide angle scope to help you find the general sky field your target is in.
9. Make sure you have at least one 1/25" diameter eyepiece for good viewing.
10. A reputable dealer who knows the products is usually better than a toy store or department store where they might know the price but little else. They sometimes do have some good scopes, but all scopes are not alike. Be sure to check for quality.
11. Though not necessary, a "motorized equatorial" mount can track objects for you as they move across the sky. Higher end models also have computers to help locate the astronomical objects you want to view.

And, in telescopes as in quality cameras and almost everything else, you almost always get what you pay for. Plan to buy quality if you want to go out into the night and see Everything for yourself.

Go to <http://www.martzobservatory.org/>, check the meeting and sky watching schedules and come up to the Martz Observatory to see it all. An individual or family membership might be just the perfect gift to go with your new telescope. Martz members know about "Everything" out there and love to share it with new members.

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## SUDOKU

Edited by Margie E. Burke

Difficulty : Medium

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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)

# The Sports Writer

## Football: Sport Or Combat - The Tale Of Harold Moore



Contributing Writer  
**Bill Burk**

*Prologue:  
Theodore Roosevelt  
picked up the morning  
newspaper and stared  
in disbelief at the sports  
page. It described a  
football game between  
Penn and Swarthmore.  
Penn players tell of  
stalking Swarthmore's  
best player, Robert  
"Tiny" Maxwell,  
believing if they knocked*

*him from the game, they could maintain a perfect  
season. There is a picture. It's the image of "Tiny"  
Maxwell, his face battered, bruised and bloodied.  
Roosevelt's own son, Ted, had recently broken his  
collar bone in a Harvard football game, the first real  
experience of the growing number of serious injuries  
and deaths occurring in collegiate football for the  
President.*

*Roosevelt becomes enraged, as only he can, and the  
wheels of government are put in motion.*

Your name is Harold Moore. You are a bright and popular sophomore engineering student at Union College and you play football. You're suited up in the final game of the season against New York University. You play a brutal game with no forward pass, only five yards to gain a first down, very little protective equipment, and no rules as to who can and cannot play for colleges across the country. You have had some success on offense, and stopping your rivals (you play both ways, like most of your teammates). NYU spends a lot of effort trying to put you out of business.

The flying wedge formation is the offense of choice for most football teams. It involves as many as ten players grabbing hold of each other and running en masse down the field, obliterating anything in its path. Players wear special "wedge" belts with leather handles

that allow a teammate to literally grab hold, tightening this line of human flesh. The formation encourages violent, high speed collisions. It is universally recognized as hazardous work, this wedge offense, decidedly unsafe. It will be outlawed in the future, but not today.

Early in the game your Union team holds a slim lead. You've been the starting halfback on the varsity eleven for two years. Your father is in the stands. Late in the first half a sea of NYU players, literally joined at the hip, rumbles down the field, a locomotive, the human embodiment of the equation force = mass times acceleration. You move to break the wedge, all instinct and youthful purpose. The next day, on the front page above the fold, **The New York Tribune** will describe the play; "Scarcely anything but mass plays were used by either team (during the game). Moore dived into one of these to break it up and when the referee's whistle blew he was under both teams, unconscious."

College athletics began as a lawless no-man's-land populated by anyone who believed they could benefit from competition and, in the case of football, violence. Universities routinely recruited grown men to populate rosters in the hopes of gaining competitive advantages. The currency for these mercenaries ranged from cold cash to diplomas to political and civil favors from college alumni and patrons. This was standard practice for years as college sports drew attention and revenue from gate receipts and alumni contributions. It was not unusual for players to be hired immediately prior to games, and to play for more than one team. College football coaches ran dangerous offenses like the flying wedge, and they preached tactics devised to take out the better players on the other team, players like Harold Moore and Tiny Maxwell. The entire operation was nefarious and dangerous.

Until 1905. Until Harold Moore.

You are William Moore and you're in the stands at Ohio Field watching your son play in his final game of the short season. He invited you specifically to travel down from Ogdensburg. He is the star halfback on both offense and defense for Union. You are glad you came, he's a special young man, a summer engineering intern at the new Edison Electric Company, and so far he's having a fine game. The NYU players can't seem to stop him. Late in the first half you see him dive into a wedge of NYU players. The play stops and one-by-one players shrug themselves from the pile. Harold does not emerge. You stand, and begin to walk toward the field.

At 6:20 that evening your son Harold Moore is pronounced dead at Fordham Hospital, the victim of brain trauma, with you by his bedside. His is one of eighteen football related fatalities at all levels of play in 1905 alone-159 serious injuries-a veritable slaughter in the name of sporting competition. You don't know it (nor do you care at the time), but his death will set in motion a wave of reform in football and college sports. There will be an emergency meeting of representatives from more than 60 schools, President Theodore Roosevelt is said to have initiated the effort. The tragic death of your son will be the final push for the creation of the National Collegiate Athletic Association, the body that will govern collegiate athletics into the future, and a nationwide trend toward safer sporting environments that will survive in perpetuity.

*Epilogue:  
November 30, 1905 - The New York Tribune*

*After the tragic death of Union College player Harold Moore, the Council of New York University yesterday declared in favor of the abolition of football. It did not take definite action, however, deferring final decision for three weeks from next Monday. It decided to invite the twenty colleges and universities it has played on the gridiron to meet it in conference at the Murray Hill Hotel.*

## JCC Mathematics Contest Held

Article Contributed by  
**JCC**

Nearly 60 area high school students participated in Jamestown Community College's "mathletics" contest on November 1.

Students worked in teams to locate and complete difficult math problems found around campus and participated in computer programming, physics, and chemistry demonstrations. The event was sponsored by JCC's science, technology,

engineering, and mathematics division.

The winning team included seniors Blake Peterson of Southwestern Central School, Joel Allport-Cohoon of Jamestown High School, Halie VanOrd of Eisenhower Area High School, junior Nash Delcamp of Brocton Central School, sophomore Greta Gustafson of Frewsburg Central School, and freshman Nolan Ditcher of Randolph Central School.

Teams also included students from Dunkirk, Falconer, and Youngsville.



The JCC mathletics contest winning team included Blake Peterson, Halie VanOrd, Nolan Ditcher, Greta Gustafson, Nash Delcamp, and Joel Allport-Cohoon.

# Zumba Coming To Winter Market

Special Projects Manager. "Zumba is an increasingly popular form of exercise and will complement our community's drive encouraging eating right and exercising for a healthy lifestyle."

The winter market is held every Thursday through January 31 from 2pm-6pm in the Dr. Lillian Vitanza Ney Renaissance Center. The market features Busti Cider Mill & Farm Market and Small Meadows Farm with fresh locally grown produce including winter squash, tomatoes, onions, garlic, greens, peppers, and eggplant; bakery items; fresh-ground flours; goat milk fudge and organic goat milk soap; fresh-frozen meats; and much more.

Enjoy homemade whoopee pies, specialty cupcakes and Christmas cookies new this week.

Market organizers are looking to expand with additional vendors for those interested. Contact DJDC at 664-2477 for more information.

A canning demonstration is scheduled for November 15 during market hours providing the necessary information to properly preserve.

Metered parking is available along Foundry Alley and in the parking lot behind the Renaissance Center. Free parking is available in front of the Renaissance Center.

### Market Vendors

**B&B Caterers:** Located at 207 E Third Street in Jamestown serving soups, desserts and other menu items.

**Baked Goods by Nicole:** Whoopee pies, specialty cupcakes, assorted Christmas cookies

**Busti Cider Mill & Farm Market:** Fresh grown vegetables, apples, jams & jellies, maple products, local honey, fresh ground flours (whole wheat, rye, buckwheat, corn meal), bakery items and apple cider when available.

**Dun Roving Farm Alpaca Store:** Handmade and commercial alpaca & alpaca blend products including socks, hats, mittens, scarves, gloves, vest, shawls, blankets, yarn & knitting needles, felted soap, roving to spin, and raw fleece.

**GG My Love:** Located at 211 N Main Street in Jamestown featuring women's fashions, apparel, and accessories.

**Gretchen's Happy Handbags:** Handmade, over-the-shoulder and reversible purses and jewelry

**Infusions, LLC:** Gourmet extra virgin olive oils and aged balsamic vinegars infused with flavorings. Mistos for spraying olive oils and pour spouts for bottles. Gift baskets with variety packs will be available. Twenty-five flavors available with spices, herbs, fruits both organic and traditional. Online store with shopping cart can ship across the United States.

**Jewelry by Debbie:** Handmade jewelry including bracelets, earrings, and necklaces; sterling silver, pendants, and beaded work

**Pearled Reflections:** Artist acrylic on canvas crafts created by hand featuring a unique empesto style.

**Recycle Pieces Tie-Dye:** Handmade tie-dye apparel and accessories; exclusive handmade pink ribbon products

**Scandinavian Resources:** Locally crafted and imported Swedish items including wooden trays, figures and utensils, linens and Christmas items, books, hats, t-shirts, flags, ornaments and Dala horse items.

**Small Meadows Farm:** Locally grown produce, eggs, organic homemade goat milk soap, frozen meats, and cheese.

**Wallflowers Design Studio:** Floral arrangements and wreaths.

More information about the market check out [www.discoverjamestown.com](http://www.discoverjamestown.com) or call DJDC at 664-2477.

## HERBS R4U



Contributing Writer  
**Faith M. Luce, CNHP**

Certified National Health Professional, Iridology and Consulting

Before I begin this month's presentation, I would like to thank the editor and publisher for their kind words after my last article was published September 24, 2012.

Writing an article this month will encompass information shared during our herbal hours on Tuesday evenings at 7 p.m. We hold these meetings from the Tuesday after Labor Day until the Tuesday before Thanksgiving and then begin again after the first of the year. Although we are rapidly coming to a close for this year, perhaps these "tidbits" will whet your appetite and we will see you at an upcoming herbal hour early in 2013!

One evening our herbal hour was Q & A; we dealt with several facts gleaned from Dr. Hugo Rodier's newsletters. Here are a few excerpts:

- The herb, Butterbur, an anti-inflammatory, is now a "level A" treatment for migraines.
- Lack of sleep increases the risk of strokes in low-risk patients.
- Pelvic floor exercises are better than drugs for urinary incontinence and, of course, have fewer side effects.
- Exercise and meditation help reduce the burden of acute respiratory infection.
- Bilingual people are smarter. Learning a language decreases risk of Alzheimer's disease.
- Vitamin D helps macrophages clear amyloid in the brain of

Alzheimer's patients. Vitamin D deficiency also linked to infants' food allergies.

Another herbal hour discussed the problems of leaky gut and yeast overgrowth, or candida. Leaky gut is a condition that occurs when the small intestine becomes too porous and allows entry of toxins and microorganism into the bloodstream. Causes of this condition are stress, processed food consumption, inadequate chewing and excessive fluid intake with meals, just to name a few. It is thought that autism in children may be linked to this condition. Each year 38 million people see a doctor for gut problems. Yeast overgrowth can occur with too much sugar in the diet, taking antibiotics, oral contraceptive hormones, steroids and chemotherapeutic agents, again, just to name a few. People with severe chronic conditions may have fungal overgrowth. These include colitis, IBS (irritable bowel syndrome), fibromyalgia, infertility and chronic fatigue. Taking a probiotic will help both of these problems. Using coconut oil, which contains caprylic acid, or using garlic when cooking, will help fight fungal infections. Less sugar in one's diet will do wonders for your health. Another suggestion is to eat bright colors and avoid white foods.

For further information, call us at Herbs R-4-U, Inc. at 1465 Foote Avenue, Jamestown, NY 716 484-0477.

## Got Community News or Business News you would like us to print?

Send it to: [news@jamestowngazette.com](mailto:news@jamestowngazette.com)

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The photo is from last year's Strider Claus - Strider Claus, the jolly old elf himself, makes a personal appearance to the delight of excited shoppers!

## Striders Corner November 2012

Article Contributed by  
**Chautauqua Striders**

For most, the holidays are a special time spent with family and friends – traditions upheld, dinners shared, gifts exchanged – a time of joyousness. For others, happiness can be muted by poverty and hunger. Chautauqua Striders has watched many of the families and students it serves struggle to meet their daily needs, especially in light of the current economy. For them, the upcoming holiday season can often be very difficult.

On December 10, Chautauqua Striders will host "Strider Claus" for the eleventh year. In 2001, this tradition began with 20 children; this year, it's expected there will be well over 100 young people who are scheduled to arrive for shopping, food, and fun. Students participating in Chautauqua Striders' programs are selected by tutors, mentors, academic, and mentoring staff, teachers, and community partners. It is obvious during conversations with the children and young adults, that as they make their gift selections, they feel great satisfaction in being able to do something special and loving for their family members. In many cases, there would be no gift giving without this annual opportunity.

On the day of Strider Claus, students come to Chautauqua Striders' main office. Upon arriving, each receives a scrumptious treat of "reindeer mix" and a cup of hot cocoa while waiting for his or her turn to shop. There are

holiday crafts to do and a variety of games to play, as shoppers wait for a "Strider Elf" to come and escort a small group to the main shopping area. With the aid of their elves, students are able to choose from a large variety of items including: personal care articles, toys, books, games, jewelry, tools, small appliances, and decorations to name a few. Gifts are divided into various categories suited to specific giving, i.e. male and female, toys and games, tools and home decorations. After presents are chosen, each item is beautifully and lovingly wrapped and labeled by an army of volunteers. Strider Claus himself makes a special appearance, adding to the excitement of the day

for younger shoppers.

Anyone wishing to make a donation of any kind is encouraged to call 488-2203 for more information.

(Volunteer shoppers will be carefully selecting additional gifts for giving with any money received.) Chautauqua Striders has a rich tradition of community involvement and is dependent upon and extremely grateful to the many civic and church organizations, businesses, and individuals whose generous support ensures this event continues every year. It also takes many volunteers to make wishes come true. Without them, "Strider Claus" would not have enough "elves" in his workshop to select and wrap gifts, serve cocoa, or provide games and crafts prior to shopping. To each and every one who makes this remarkable event such a success, a heartfelt thanks!



## "Namibia: Africa's Last Wild Place" at Audubon's Thanksgiving with the Birds

Article Contributed by  
**Audubon Center and Sanctuary**

Since 1965, the Audubon Center and Sanctuary has celebrated Thanksgiving with the Birds beginning with a community soup pot, a scrumptious turkey dinner, and an enlightening program.

Jeanne Wiebenga's presentation on "Namibia: Africa's Last Wild Place" will highlight this year's event on Saturday, November 17.

At 11:30 a.m., folks will gather around the outdoor soup kettle for which each is asked to bring a small container of their favorite broth-based soup to add to the mystery brew.

Audubon provides the roasted turkeys and beverages for the indoor buffet dinner that begins at 12:30. Participants are asked to bring a side dish (dressing, vegetables, potatoes, salad or dessert) and their own table service, including a mug for soup.

During her 1:30 presentation, Ms. Wiebenga will share pictures and stories about Namibia's history, ecology, landscapes, and wildlife.

In September 2012, she took a trip with National Geographic photographer Frans Lanting and a small group of nature lovers and photo enthusiasts to Namibia: a large, thinly populated country in southwest Africa. With a stunning diversity of landscapes and wildlife, Namibia is one of the first countries in the world to have protection of the environment written into its constitution. A related story can be found at National Geographic's website: <http://ngm.nationalgeographic.com/2011/06/namibia-park/fuller-text>.

Participants are reminded to dress for the weather if you would like to walk the sanctuary before and/or after dinner.

Cost is \$5/person and a dish to pass. As seating is limited, call (716) 569-2345 to be sure there is still room and make reservations then or by registering on-line at <http://jamestownaudubon.org>.

The Jamestown Audubon Center and Sanctuary is located at 1600 Riverside



In a presentation on "Namibia: Africa's Last Wild Place," Jeanne Wiebenga will share pictures and stories about Namibia's history, ecology, landscapes, and wildlife at the Audubon Center and Sanctuary's Thanksgiving with the Birds on Saturday, November 17.

Road, one-quarter mile off Route 62 between Jamestown and Warren. Winter hours are 10 am-4:30 p.m. Mondays and Saturdays, Sundays 1-4:30 p.m.. Bald Eagle viewing and trails are open dawn to dusk daily.

To learn more, call (716) 569-2345 or visit [jamestownaudubon.org](http://jamestownaudubon.org).

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## Hunting In Western New York – A Good Year Projected For 2012

endurance in outsmarting the big game in their own habitat. Taking the animal is, however, also a critical part of keeping the herds and populations healthy and robust.

Rural regions throughout the northeastern United States are estimated to normally support 20 to 25 healthy deer per square mile of forest, according to conservation scientists in Maine. In some areas, however, populations have soared to more than 100 deer crowded into a single square mile; humans have eliminated natural predators like the wolves and eastern cougars and provided unnatural forage reserves for the deer.

After large deer populations eat their natural summer browse, they turn to suburban shrubs and gardens and farm crops which are still not enough to support health. Biologists report these deer have small bones, low fat reserves, harbor more diseases, some transmissible to humans, produce fewer healthy young and are less able to survive winter, compared to normal deer.

Bears, coyotes and highways still cull some deer, but not enough. Humans must replace the natural predation we eliminated. This is the only way to maintain a healthy, natural population of white tail deer. Hunting today also provides needed food as it did in the ages before it became a sport.

Fifty tons of New York venison will be donated this year to eight food banks across New York State to help fight hunger. The Venison Donation Coalition (VDC) is a non-profit organization founded in 1999 to link hunters and deer processors with food banks. VDC solicits cash and donations of deer to provide processed venison, a low-fat, high-protein meat to individuals and families in need. Since its founding, the Venison Donation Coalition has processed 337.51 tons of venison, the equivalent of 2,700,800 meals.

New York Hunters interested in the VDC can log on to <http://www.venisondonation.com/> or contact Venison Donation Coalition, An American Tradition Helping Others, at 3 Pulteney Square, Bath NY 14810 or call 866-862-3337-DEER to donate venison or funds.

A common question is why harvesting does is different from harvesting bucks. According to the DEC, "Each adult female (doe) normally has two fawns each year. Does can begin reproducing when they are only one year old. If only male deer (bucks) are killed, deer numbers will continue to grow. Thus, female as well as male deer must be removed to control deer numbers."

It is estimated that throughout southern and western New York, about 40% of the adult does must be killed each year to keep deer numbers stable. More must be taken, however, because the stable deer population is still too high for the health of the herd and for public safety. DEC adjusts the number of Doe Tags to achieve the desired effect on an annual basis based on harvest reports and other environmental factors.

For hunters who prefer to keep their deer for their own tables, several area shops specialize in preparing and packaging venison to take home and store. This year, 2012, many hunters who cross from New York into Pennsylvania or in the other direction have been made aware that no Pennsylvania deer (a deer taken on a Pennsylvania permit) can be processed in New York. Locations where deer hunting permits are obtained typically have information about deer processing shops and current regulations.

For some hunters, the end of the line for their take is not their table but a taxidermy shop. Ev and John, owners of Twin Pine Taxidermy, in Ellington, New York, see lots of deer and bear. "The biggest rack that ever came into my shop was a 200" beauty.

I've already seen a couple of 22-pointers this year," John said. "We've also seen our share of oddities, like a giraffe (not a Western New York giraffe!), a pygmy marmoset, somebody's pet they couldn't quite part with altogether, and a white or "blonde" raccoon, a 1-in-500,000 rarity." After 35 years in business, Twin Pine is part of the hunting culture of Chautauqua County. More at [twinpinetaxidermy.com](http://twinpinetaxidermy.com).

According to Wendy Rosenbach, NYS Department of Environmental Conservation, Regional Citizen Participation Specialist, there is really nothing new to report in regulations specific to Chautauqua County. DEC did, however, adopt statewide regulations in the new Statewide Deer Management Plan that effect hunters in Chautauqua County. Full text is available at <http://www.dec.ny.gov/press/83463.html>.

Among the new statewide provisions, for example, is the change in the bow hunting season which now opens on October 1st. DEC also established the youth (14 to 15-year-old) deer hunt during the Columbus Day weekend. The bear hunting seasons were also adjusted to remain concurrent with deer seasons. DEC believes retaining a consistent season structure for big game hunting is currently preferable, though future bear management may necessitate deviation from this approach.

A few antler restrictions were changed, but only in the Albany area. The full text is available at <http://www.dec.ny.gov/outdoor/27663.html> for hunters traveling to that area.

Whether you are hunting *Odocoileus virginianus*, the white tailed deer or *Ursus americanus*, the (North) American black bear or any other species in Western New York, Jeremy Hurst, Big Game Biologist for New York State says, "Have a safe, successful and enjoyable hunt in the Empire State."

## A Struggle to Find Peace

*Article Contributed by  
Melanie Witkowski*

*Prevention Coordinator of School Based Services*

November 12, 2012, is a day to honor all armed U.S. Military veterans. The selfless actions of all the veterans are apparent as they are deployed leaving their families, friends and homes behind. As some veterans return from combat, many are looking forward to a time of normalcy with their families. Unfortunately, many struggle to find the peace they had prior to being deployed. The ongoing operations in Iraq and Afghanistan continue to strain military personnel, returning veterans, and their families. Thousands of veterans are returning home with Post Traumatic Stress Disorder (PTSD), Traumatic Brain injury (TBI) and other illnesses and injuries, which is a contributing factor leading to substance abuse and addiction, overdose, homelessness, and suicide.

Several studies have been conducted to determine the severity of alcohol and other drug use amongst service personnel. After the Gulf War in 1991, the Department of Defense recognized that there was a need to collect more information about the long-term health of service members. The government launched The Millennium Cohort Study back in 2001 and is expected to go through 2022. The Millennium Cohort Study will follow military personnel health throughout their careers and after leaving military service. Alcohol use and alcohol-related problems is one health risk they are researching. Some veterans are using alcohol as a coping mechanism to deal with the unresolved pain and

memories. This study found a significant increased risk for new-onset heavy weekly drinking, binge drinking, and other alcohol-related problems among Reserve/Guard personnel deployed with reported combat exposures compared to those that are not deployed. For more information about this study, go to [www.millenniumcohort.org](http://www.millenniumcohort.org).

The Department of Defense Health Behavior survey also revealed that there was an increase in heavy alcohol use, as well as, prescription drug use. The military environment poses challenges in regulating the use of prescription drugs. Valium and Xanax, highly addictive psychotropic drugs, sometimes are prescribed to service personnel in 90 or 180 day supplies, often used to treat depression. This amount allows them an opportunity to trade the pills or take fistfuls of pills at a time, making them more vulnerable to addiction.

The National Institute of Health collaborating with U.S. Department of Veterans Affairs (VA) have developed more research projects related to substance abuse and related conditions experienced by veterans returning from Iraq and Afghanistan. There are several projects that will explore the following topics: Therapies for co-occurring disorders, such as, depression and substance abuse; the effectiveness of early interventions for recently returning service personnel; the high rates of smoking among returning military personnel; and the impact of a youth substance abuse prevention intervention designed for parents returning from deployment.

On August 31, 2012, President Barack Obama issued an Executive Order to improve mental health services for

Veterans, Service members and military families. The executive order includes the following key items: Strengthen suicide prevention efforts across the force and in the veteran community; Enhance access to mental health care by building partnerships between the Department of Veterans Affairs and community providers; Promote mental health research and development of more effective ways to prevent, identify and treat PTSD, TBI and other related injuries; and Increase the number of VA mental health providers serving veterans.

If you are a veteran or a loved one in a military family and are looking for help, please contact the Chautauqua Alcoholism & Substance Abuse Council (CASAC) at 664-3608 or 366-4623. Our Information and Referral department includes a confidential service that provides information, education, early intervention, screening and, if necessary, referral to treatment providers. Topics range from basic alcohol and other drug information to chemical dependency, compulsive gambling and addiction issues.

Since 1974, CASAC, a United Way supported agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC programs and services, call the Jamestown office at 664-3608, or the Dunkirk office at 366-4623, or go to CASAC's website, [www.casacweb.org](http://www.casacweb.org).



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1. Whis is a sign of black bears?
  2. When does a doe weigh the most?
  3. What is the smallest deer species in North America?
  4. How many whitetail subspecies have biologist identified?
  5. At what age can a doe become pregnant?
  6. Typically, what percentage of all visits to scrapes does a buck make during daylight hours?
  7. How fast can a deer run?
  8. At what rate do deer antlers grow?
  9. What is an archery enthusiast or archer called?
  10. Which is largest of the deer family?
- (1) Black Bears rip into rotted tree stumps looking for grubs, insects and honey. (2) At 4 years of age. (3) Key (4) More Than 30 (5) 6 months old (6) 15-20% (7) 40 mph (8) Depending on age and diet, deer antlers are the fastest growing tissue in the animal kingdom. They grow an average of 1-2 inches per week. (9) Toxophilite (10) Moose

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# Hunting Licenses

## Sportsman Safety Education Requirements

Article Contributed by  
**NYS DEC**

**Mandatory Hunter Education:** A hunter education course is required for persons who cannot show proof that they have ever possessed a hunting license. The general course is a minimum 10 hours in length. DEC honors hunter education certificates and sporting licenses from all other states and countries.

**Mandatory Bowhunter Education:** Hunters wishing to bowhunt for deer and bear must take an additional 8 hour minimum bowhunter education course. DEC also honors bowhunter education certificates issued by:

- National Field Archery Association or National Bowhunter Education Foundation or International Bowhunter Education Program issued in 1974 or later in any state

- or country,
- Any state or provincial fish and wildlife agency (certificate or card must specify the course was for bowhunting and not a general hunting course with a bowhunting segment),
- Ontario Bowhunters Association (on green or brown letterhead stationery with moosehead-bow and arrow emblem until July 31, 1987), or
- Ontario Federation of Anglers and Hunters (on letterhead after August 1, 1987).

Find additional information about Sportsman Education or look for an education course offered near you. You can also find information by contacting a DEC Regional Office or by calling 1-888-HUNT-ED 2 (1-888-4868-332).

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Kathy Lynch, Hultquist Place Assisted Living administrator, presents Shelly Nelson, a home health aide, with a certificate honoring her as the Hultquist Place Employee of the Year for 2012.

# Hultquist Place at Lutheran Honors Employee of the Year

Article Contributed by  
**Hultquist Place**

Shelly Nelson, a home health aide, was honored as the Employee of the Year representing Hultquist Place Assisted Living at Lutheran, at the recent Chautauqua County Home Care Association Annual Employee Recognition dinner.

"We are blessed to have Shelly on our team," said Kathy Lynch, Hultquist Place administrator. "She always has a smile and a ready laugh. She is proactive in assuring the facility and program run smoothly and is regularly and consistently recognized by her residents as 'the staff member they want.'"

"This was quite a surprise!" Shelly said. "I love working with the residents. I enjoy talking with them and listening to their stories." She has been a caregiver at Lutheran for over twenty years. She was a shining star as a certified nurses' aide in

the nursing home prior to moving to Hultquist Place three years ago. "Shelly is a natural leader," Lynch said. "When new staff comes on board, she will show them, not only how to accomplish necessary tasks, but introduce them to our philosophy of care that places the needs of the residents as our number one priority. She is trusted and valued not only for her skills as a caregiver but as a friend."

Hultquist Place is located on the Lutheran Campus in Jamestown. It is a New York State Assisted Living Program that gives seniors access to many different services, so they can remain healthier, more active and independent. Located on the beautiful Lutheran campus, Hultquist Place offers a worry free lifestyle with the warm and intimate feeling of home. 44 additional suites were added in 2011, in response to an increased demand for this level of care. For more information about assisted living contact Ms. Lynch at 720-9601.

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Contributing Writer  
**Rebecca Rosen**

*Dear Bridal Becky,*

*I am getting married in June of 2014. I was so excited until I went shopping for a wedding dress with my mother. Becky, I was horrified when I tried on the traditional gown. I looked like a fairy princess from a fairytale that went bad. And let's not forget that big headpiece and veil. There is NO WAY that I am going down the aisle in a getup like that. My mom says I have to wear a wedding gown. I want to know why brides wear wedding gowns and do I have to wear one?*

Sincerely,  
**NO Fairytale Wedding Dress from Findley Lake**

Dear No Fairytale Wedding Dress,

Relax! Wedding gowns come in many different styles and colors to compliment your style and body shape. Not all bridal gowns have layers of tulle, ribbons and lace, etc.; many are sleek and sophisticated. Actually visiting the bridal shop and trying on various styles is important. What looks good online or in a magazine, may not always compliment your shape.

Now, why do women who are getting married wear a special gown? That is an interesting question that has a thousand year old history.

Western traditions, which we observe, can trace their origins back to the Ancient Romans. By the 1300s, medieval weddings were mostly arranged, they actually reflected politics more than love. Therefore, the bride's appearance served as a direct expression of the status of her family.

In 1840, the most significant change that resulted in a tradition that has endured to the present was represented in the wedding of Queen Victoria to Prince Albert. She wore a gown which was made from white lace, an orange Blossom wreath headdress and a lace veil. I doubt that she had any idea that from that point forward she influenced history by making white the color of choice.

The industrial revolution brought about a monumental change in the ability to purchase a more desirable gown than at any time in history. Until the beginning of the 20th century social class often dictated protocol because a white dress was not practical or serviceable if needed to be worn in the future. However, with the arrival of the department store, a much greater accessibility to fabrics became available resulting in lower prices; the white dress was no longer restricted to the wealthy.

I hope this leaves you with an impression of just how wedding traditions and styles have evolved and changed over the ages. However, the most important advice that I want to impress upon you is to wear something that not only establishes your good taste, but also compliments your personality. It's important to feel comfortable in order to look your best. Therefore, it's ok to be original and to try something new. After all, it's your day.

Good luck from Bridal Becky

*Rebecca Rosen is the contributing writer and DIY expert for Chautauqua Wedding. She has been in the bridal industry for over 15 years. For more information about bridal articles, tips, directory of local bridal experts, and fabulous DIY projects, please visit: [www.chautauquawedding.com](http://www.chautauquawedding.com).*

# Moving with a Toddler



Contributing Writer  
**Katrina Fuller**

Dear Readers,

My family and I have recently undertaken an important and challenging mission: moving with a toddler. We took action just before Halloween and have not given up the fight. As I sit now, I am communicating via my iPhone in attempts to share the news of our combat.

It all began with a deadline. We had to be mobilized and evacuate by November 1st. This in itself was a task for the bravest of the brave. In the two years we had lived in our apartment, we had accumulated more belongings than one family would need. We had boxes of books, papers, kitchen gadgets and more. (Not to mention the baby toys, blankets, and such.) My resolve faltered as I looked at all the piles and heaps of things to be packed, but somehow, we carried on. It was a group effort as my husband, brother-in-law and father-in-law brought load after load of boxes, bags and the like to the house. We spent the first night huddled under the blankets in fear of the approaching mounds.

On Halloween, in between trick or treating with the little one and handing out candy, we finished our move. Over the past few days I have slowly moved things into place, although we are still under siege by clutter. I constantly look around and think "Who would do this to me?!" Sadly, I only have myself to blame...but fear not, dear readers, we will triumph in the end!

--Reporting from a jungle of clothes and chaos,  
Your Modern Housewife.

# Help Hurricane Sandy Victims!

Article Contributed by  
**Regional Knights of Columbus Council**

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# CLN's 4th Annual Season of Sharing

Article Contributed by  
**Chautauqua Leadership**

The Chautauqua Leadership Network's annual Season of Sharing fundraiser is currently underway, coming to a close on December 12th, 2012. The prize for the drawing is a \$500 gift card from Wegman's for the winner and another \$500 gift card to Wegman's for the local food pantry of the winner's choice. Past recipient pantries are The Salvation Army, Joint Neighborhood Project and the Chautauqua County Rural Ministry.

The support of this fundraiser helps the community by giving needed funds to area food banks at

a time when they need it most as well as allowing CLN to continue to develop outstanding leaders by providing programs and networking opportunities. Tickets are just a \$5 donation each and may be purchased from any CLN member or by contacting Pene Hutton at (716) 338-1555.

The Chautauqua Leadership Network will be holding the drawing for the 4th annual Season of Sharing on December 13th, 2012. It will be a live drawing on WJTN 1240's morning show with Dennis Webster.

The Chautauqua Leadership Network is a non-profit 501(3)(c) organization.

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# From Chautauqua to Suffolk, the Red Cross Responds

*Article Contributed by  
Bill Tucker*

The American Red Cross has joined with national and state partners to undertake a massive response to Hurricane Sandy, with a mission to prevent further human suffering and to alleviate any suffering that is still occurring. For the Southwestern New York Chapter this response began the Wednesday prior to the storm, when we began coordinating with local government and community partners to prepare shelters in the event that flooding should occur anywhere in the north, central, or southern parts of our county. We identified 10 standby shelters, alerted our local volunteers, and pre-positioned equipment. On the night of the storm we opened and staffed a shelter at Silver Creek Central School as the creek began to rise. Local volunteers Charlie Meder, Mary Walker, Patty Hartinger, Jeanie Shiffer, and Fran Heath were on hand throughout the night to provide shelter, food, and other support to anyone who might need it. Fortunately, no evacuations were required and, locally at least, we began to breathe a sigh of relief.

By the next day, however, we had begun to see the impact of this storm on the coast. The mobilization and deployment of our volunteers, which had begun before the storm, kicked into high gear again. Our local and regional Chapter organizations worked tirelessly to move over 30 volunteers from Western New York (11 from right here in SWNY) to the affected areas. I was one of those who volunteered to help, and was immediately told to depart for the Greater New York area. By the afternoon of November 1st I found myself hard at work in a shelter in Deer Park, Long Island, where we had over 120 clients residing. I spent six days there, and then moved with our clients and staff to a larger shelter about 20 miles away. This shelter now has nearly 200 clients and the staff members required to support them, and we are also providing meals, snacks, water and other drinks, health services, and mental health services to those affected, many of whom have lost everything.

The stories our clients tell are all different, yet in some ways they are all the same. They all involve loss; in some cases the loss of

cherished routines and a sense of security, in others the loss of all material possessions and any sense of connection to the community, or even to the world. The best thing that we as Red Cross volunteers do is listen to people, hear their stories, talk to them, provide what additional support we can, and in the end, just lend a shoulder to lean on.

Getting supplies, meals, and water to those affected by this storm is the top priority, and the numbers tell an amazing story about this effort. As of November 8th we have deployed 5800 trained Red Cross disaster responders to operations from Virginia to Rhode Island, with the majority in Greater New York and New Jersey. We have provided over 61,000 overnight stays in more than 250 shelters, served over 3.3 million meals and snacks, and distributed more than 124,000 clean-up kits and hygiene kits. Your help is urgently needed to ensure we can continue our relief efforts. If you can, I ask that you do just two things:

1. **Donate money** to your local Chapter (325 East Fourth Street, Jamestown, NY), or to [www.redcross.org](http://www.redcross.org), or to 1-800-redcross, or text the word "redcross" to 90999. Your money will support our disaster relief operations, both locally and during national response events.

2. **Donate blood.** Hurricane Sandy has caused the cancellation of hundreds of blood drives throughout the northeast, and this has had an impact on our national blood supply. Whether it is here in Chautauqua County, at your grandchild's college in the Midwest, or at your favorite vacation spot in the South, you never know when you may need Red Cross blood should you or your loved ones encounter a medical emergency. Help us keep the nation's blood supply at the required levels by donating today. To find the nearest blood drive, please call us at 664-5115, or go to [www.redcross.org](http://www.redcross.org) and click on "give blood."

*Bill Tucker is the Executive Director of the American Red Cross of Southwestern New York, a trained Red Cross Disaster Action Team (DAT) volunteer, and a Community Emergency Response Team (CERT) instructor. He deployed to the Greater New York area on October 31st as part of the Hurricane Sandy relief effort, and is currently working in a mass care shelter in the Greater New York area.*

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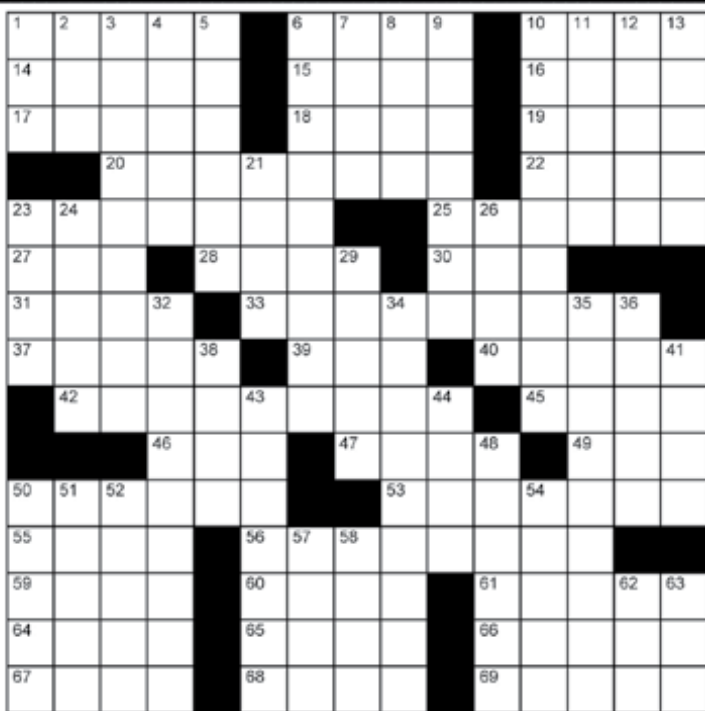
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## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 Fairway boundary
- 6 Backyard structure
- 10 Fancy pitcher
- 14 Opening words
- 15 Salty droplet
- 16 Corn bread
- 17 Flower part
- 18 If all \_\_\_ fails...
- 19 Slightest amount
- 20 Chess finales
- 22 Monopoly card
- 23 Foreshadow
- 25 First #1 hit for The Four Seasons
- 27 Dream Team letters
- 28 Finn's floater
- 30 Lobe locale
- 31 Do you \_\_\_?
- 33 Hague Convention subject
- 37 Praline nut
- 39 Body of water in a Hemingway title
- 40 Lavender flower
- 42 Not eager
- 45 Flowerpot spot
- 46 Sinatra song, "\_\_\_ The Way"
- 47 Work hard
- 49 Jersey call
- 50 Easy
- 53 Sunburn aftermath
- 55 "Rebel Yell" rocker
- 56 Dust or pollen, e.g.



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- 59 Old Italian currency
- 60 Lunchtime, often
- 61 Accumulate
- 64 Kind of spirit
- 65 Prompt
- 66 Figure, as a sum
- 67 Luau dance
- 68 Jury member
- 69 A Hatfield, to a McCoy
- 6 Loyalty
- 7 Skipper's spot
- 8 Lessen
- 9 Bedroom bureau
- 10 Outer skin layer
- 11 Romantic hopeful
- 12 Calculator key
- 13 Poised for action
- 21 Nibble on
- 23 Slip-on shoe
- 24 Basketry twig
- 26 Icy precipitation
- 29 Halloween handout
- 32 "The Art of Happiness" author
- 34 Kitchen gadget
- 35 Get rid of
- 36 Beauty parlor
- 38 \_\_\_ and void
- 41 Plumbing problem
- 43 Batting position
- 44 Wedding cake layer
- 48 Vatican representative
- 50 Serious grime
- 51 Parisian parting word
- 52 Lipstick shade
- 54 Problem car
- 57 Folk wisdom
- 58 Balcony section
- 62 Grand total
- 63 Bond, e.g.

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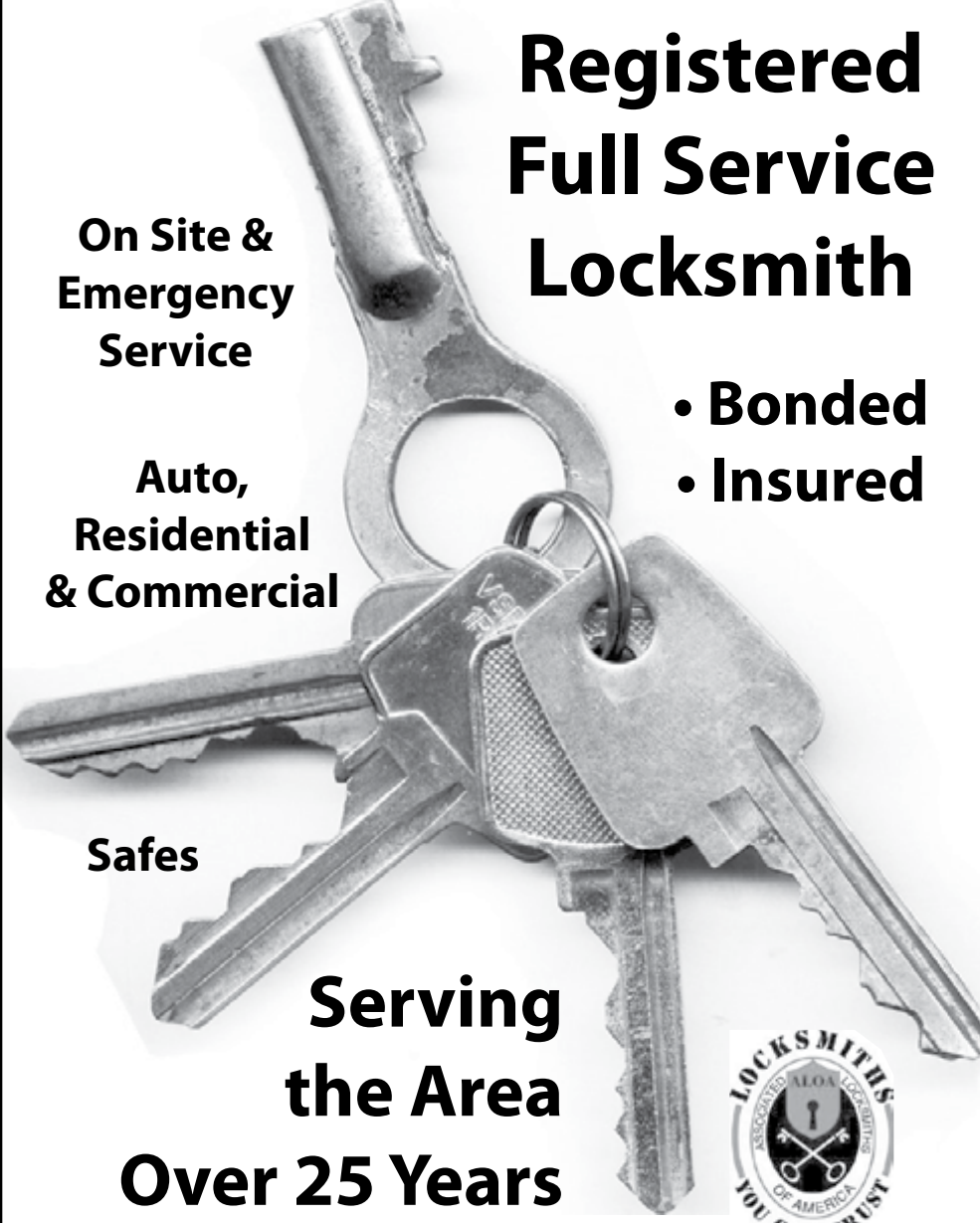
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Presenter Carol Ford

# Home-Based Business Program Set at Library

Article Contributed by  
**Carol Ford**

A business development specialist for Chautauqua Opportunities for Development, Inc. (CODI) will speak at 7 p.m. Thursday, Nov. 27, at Prendergast Library about help available for individuals who meet eligibility requirements and want to start or expand a home-based business.

Presenter Carol Ford will focus on the Cottage Industry Program and touch on other business services such as technical assistance, business lending, and entrepreneurial education provided by Chautauqua Opportunities, Inc.

A cottage industry is defined as a home-based rather than factory-based business, such as baking goods at home and selling to area restaurants. Spending on gas and other work-related expenses may be less, but start-up costs such as Internet service, electricity, equipment purchase and advertising might seem prohibitive.

The Cottage Industry Program allows someone to learn business skills and benefit from a savings match of up to \$500 through a Cottage Industry Individual Development Account so

they can reach monetary goals faster and get an at-home business started.

To be eligible, individuals must live in Southern Chautauqua County, meet guidelines for income or net assets, and complete a \$40 training course.

“Participants can use their funds toward one large savings goal, such as business startup costs, or to make withdrawals for a number of smaller, related goals,” Ms. Ford said.

The mission of CODI is to create partnerships to promote and create economic independence through business development and opportunities for Chautauqua County residents.

The presenter has worked with CODI for more than six years and helped many people start and run their own small businesses. She is a certified economic development finance professional whose experience includes teaching business essentials classes to budding entrepreneurs.

Her presentation Nov. 27 is free and open to the public. For information, call Ms. Ford at 661-9430 or the library at 484-7135. Prendergast Library is located at 509 Cherry St., Jamestown.

# Faith Matters

## Costly Perfume



Contributing Writer  
**Pastor Shawn Hannon**

Did you know each of the presidential candidates spent nearly 1 billion (yes, with a “b”) dollars this election cycle? Oh yeah, and that was by September. God knows how much they spent in the last month. It’s a little bit ironic that a campaign so concerned with money wasted so much of it. In the days since, I’ve heard one person after another reflecting on the money spent. TV commentator Brian Williams asked something to the effect of, “What disease could we have researched and cured?” My colleague Pastor Bob

wondered how much of the relief effort from Super Storm Sandy may have repaired. You’ve undoubtedly got your own concerns.

It’s hard watching people waste money. In Jesus’ last days on earth a woman came to him with a very expensive jar of an oily, perfumy thing (official name). As he sat at the table with his friends, she poured the entire thing out. She poured it all over his head. When his disciples saw what was happening they got angry. They chastised the woman, saying, “What a waste! This oily, perfumy substance (official name) could have been sold for a ton of money. Think of what that money could have done! Think of the poor people it could have helped.”

And that “why?” may make sense to us too. When Jesus saw them he rebuked them. Why? Were they wrong? Did Jesus not care for the poor? Or did Jesus just smell so bad he was the one in the biggest need of the perfume? Of course none of those are true. Yes the money could have been used for the poor. Obviously Jesus cared for the needy. And I don’t know if we have a sweet smelling Savior, but I highly doubt he smelled any worse than the rest. So why did Jesus rebuke them?

A lot has been said on this, and I won’t pretend to have the only answer. But I can’t help but think Jesus rebuked them because he knew how convenient it was for them to tell others how to spend their money. How convenient it is for all of us to identify the waste in others, while not looking honestly at how we ourselves spend our cold, hard cash.

This election cycle wasted a ridiculous amount of money; a shameful picture of what it may really take to hold public office in America these days. But that doesn’t mean we should waste our time or energy figuring out where that money should have gone. Instead, why don’t we spend a little more time looking at where our money is going? What disease can we help cure through contributions to research? What family can we help move back into their home after Sandy? What belly can we help feed through our local pantries this holiday season? Forget other people’s ointment; who are the poor we can help?

Two billions dollars can be spent a lot of ways, but so can your \$2. How will you spend yours today?

### Solution to Crossword:

ROUGH	SHED	EWER
INTRO	TEAR	PONE
PETAL	ELSE	IOTA
END	GAMES	DEED
PORTEND	SHERRY	
USA	RAFT	EAR
MIND	WAR	CRIMES
PECAN	SEA	LILAC
RELUCTANT	SILL	
ALL	TOIL	MOO
FACILE	PEELING	
IDOL	ALLERGEN	
LIRA	NOON	AMASS
TEAM	URGE	TOTUP
HULA	PEER	ENEMY

### Solution to Sudoku

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

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**WEDNESDAY, NOVEMBER 14**  
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Chicken & Biscuits

**THURSDAY, NOVEMBER 15**  
Homemade Scalloped Potatoes & Ham  
Chicken Fajita & Side

**FRIDAY, NOVEMBER 16**  
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## WHINE OF THE WEEK!

### The Right to Vote Our Convictions

I'm tired of me and other people being  
attacked by our "friends" who ridicule us  
for voting for President Obama. They say we  
are "ruining our country" and we "should be ashamed."

Naturally, I would have been disappointed if Mr. Romney  
had won, but I sure wouldn't become an attack dog just because my  
friends had a different opinion. What happened to working together?  
A different opinion doesn't make  
me, or you, a demon. This is  
America, after all.

Avery Goodman



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Coffee Cup  
D&S Glass  
Dorian's Hair Salon  
Ecklof Bakery  
Elegant Edibles Catering  
Farm Fresh Bakery Café  
Farm Fresh Foods Third Street  
Fishers Family Rest.

Four Seasons Nursery  
Franchina Shoe Repair  
Fresh Cut Meats and More  
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Gokey Mini Mart  
Hartley Buick  
Heritage Park  
Hometown Grill  
Honeycomb Salon  
Jamestown Bowling Company  
Jamestown Convenient Care  
Jamestown Savings Bank Ice Arena  
Jeremy's Belview  
Jones Bakery  
KIA of Jamestown  
Lake County Dodge  
Lakeview Gardens  
Lena's Pizza 2nd St.  
Lisciandro's restaurant  
Lori's Kountry Kafé  
Lutheran Social Services  
Mariners Pier Express  
Maureen's Hair Salon  
Montagnas  
Pal Joey's  
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Peterson Farms  
Phil-N- Cindys Lunch  
Prendergast Library  
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ROBO Marion St.  
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Salon 1 - 3rd Street  
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Santee's Café Riverwalk Center  
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Schuver Chiropractic Office  
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Shults Ford Service Center  
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Southside Redemption Center  
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Burger King  
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Diamond Café  
Dons Car Wash  
Dunn Tire  
Family Health Services  
Hungry Hannah's  
Lakewood Arrow Mart  
Lakewood Mobile Mart  
Mindy's Place  
Mikes Nursery  
Rider Cup  
Schuyler's Country Kitchen  
Starbucks  
Strive Nutrition  
Southern Tier Brewery  
Tim Horton's  
Tanglewood Manor  
Walmart  
YMCA

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Dick's Harbor House  
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Mayville Arrow Mart  
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Mayville Servicercenter  
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Webbs

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**STOW**

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## Family Service Of The Chautauqua Region Receives Grant From Pizza Hut – Raising Dough For Kids

Article Contributed by  
**FSCR**

Family Service of the Chautauqua Region received funding from the Pizza Hut – Raising Dough for Kids program again this year. The funds received will be used to purchase gift cards from the Pizza Hut to use as incentives for clients in their school based programs who achieve milestones in their treatment plans.

“This will be the fourth year we have partnered with Pizza Hut to provide this incentive for our clients. It has been very effective in motivating the clients to push a little harder to

achieve their goals.” Donna Vanstrom, Executive Director of Family Service of the Chautauqua Region said. “Many of these clients do not have the money for extras like going out with friends or family for pizza, so this is a real treat for them,” said Ms. Vanstrom.

Family Service of the Chautauqua Region is a family focused mental health counseling agency providing services at home, at school, at work and in the community. For more information about their programs and services, visit their website at [www.familyservicecr.com](http://www.familyservicecr.com).



Jason S., Assistant Manager and Juanita B., Shift Manager for the Foote Avenue Pizza Hut.

# AROUND TOWN



Ruby Burns, Lorriane Bouma and Susan Abdella :  
First United Methodist Church on Voting Day



Nolan, Annette, Simon, Margaret & Jeff Drake



The Crew from the City Parks, Recreation & Conservation Department along with a crane from the Jamestown Board of Public Utilities, placed the 2012 Christmas Tree on The Plaza Of City Hall. The Colorado Blue Spruce will tower approximately 40 feet above its base on Tracy Plaza this Holiday Season with over 2,000 energy saving LED Lights. The tree was donated by the Jamestown Moose Lodge.



Chuck McDonnell owner of Unique Sales & Antiques with Lee John, SE-93 live Remote Broadcast at Unique Sales and Antiques



Susan Ewing



Pamela Kardeen & Desde Palmer,  
At Farm Fresh Bakery



Taylor Scott and Vince Liuzzo at The Pub

## Chautauqua County Chamber Congressional Luncheon at Moon Brook Country Club



Jody Cheney and Katie Geise



Fran Moynihan, Herbert Sample & Timothy Adam



Congressmen Tom Reed, with Chautauqua County Chamber Treasurer Jay Warren and President Ken Shearer



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**Ground Chuck**  
**\$2<sup>49</sup>**  
lb.

Beef  
**Round Cube Steaks**  
**\$3<sup>49</sup>**  
lb.  
BIG PACK

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**Chicken Breast**  
**\$1<sup>89</sup>**  
lb.

Jumbo  
**Yams**  
**27¢**  
lb.

Cooking  
**Onions**  
**77¢**  
lb.

Acorn, Butternut,  
or Buttercup  
**Squash**  
**77¢**  
lb.

U.S. #1  
**Russet Potatoes**  
**\$1<sup>25</sup>**  
5 lb.

Tote Bag  
**Apples**  
**\$1<sup>27</sup>**  
lb.  
ASSORTED VARIETY

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**Roast Beef**  
**\$4<sup>99</sup>**  
lb.

Virginia  
**Baked Ham**  
**\$3<sup>99</sup>**  
lb.

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or Wick  
**Kaiser Rolls**  
**\$1<sup>99</sup>**  
doz.  
Our Own Tom & Jerry Batter \$7.99 qt.

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**Bread**  
**\$3<sup>29</sup>**  
16 oz.

Seasoned  
Stuffing  
**Bread**  
**\$1<sup>79</sup>**  
16 oz.  
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& Mtn. Dew**  
**\$6<sup>99</sup>**  
+ dep.  
12 oz. - 24 pk.

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**Beer**  
**\$14<sup>99</sup>**  
+ dep.  
12 oz. - 30 pk.

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**3/\$2<sup>00</sup>**  
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**5/\$5<sup>00</sup>**  
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**5/\$12<sup>00</sup>**  
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**2/\$4<sup>00</sup>**  
12 oz.

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10X Sugar**  
**2/\$4<sup>00</sup>**  
2 lb.

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Ice Cream**  
**2/\$6<sup>00</sup>**  
48 oz.

Blue Bonnet  
**Margarine**  
**5/\$5<sup>00</sup>**  
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A&W Rootbeer**  
**5/\$10<sup>00</sup>**  
12 oz. - 6 pk.

Lakeshore  
**Pumpkin**  
**2/\$5<sup>00</sup>**  
29 oz.

Hershey  
**Baking  
Chips**  
**2/\$4<sup>00</sup>**  
10-11 oz.

Mrs. Smith's  
**Pies**  
**2/\$6<sup>00</sup>**  
27 oz.

Shurfine  
**Cream  
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**5/\$5<sup>00</sup>**  
8 oz.