

# Jamestown Gazette

FREE WEEKLY

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The People's Paper.

Vol. 6 • No. 7 | Week of February 15, 2016

## Senator Young Accepts New Post Hails Good News for Region

Article Contributed by **Walt Pickut**

"There's a lot of work to get done and I'm ready and raring to get started," New York State Senator Catharine M. Young recently told reporters on the occasion of her 2016 appointment to Senate Majority Finance Committee Chair, a top leadership post in the state.

Though endorsed by Independence, Conservative and Republican Parties, Young assures voters that she serves all citizens of the 57th District (Chautauqua, Cattaraugus, Allegany and portions of Livingston Counties, with a population approaching 300,000). "It's a responsibility I take very seriously and I will



Senator Catherine M. Young meets local seniors whose wisdom, she says, enriches the 57th Senate district.

never change that," she said, "regardless of party affiliations."

### From Ag to Albany

Of special importance to residents of Chautauqua County, the top producing agricultural district among all counties in New York State,

Young is a Western New York native. She grew up on a third-generation dairy and crops farm in Livingston County, the eastern-most region in the 57th District. She has been recognized by the New York State Farm Bureau for her

support of New York's farmers and agriculture.

New York's agricultural workforce now tops 100,000 with an annual economic impact of more than \$5.4 billion. On February 9, Senator Young announced the "Planting Seeds" initiative to allocate funds for agricultural research, education and marketing; to establish new tax and regulatory relief; to increase food safety and to generate new job opportunities for veterans and others interested in farming.

Over the past four years, according to Senator Young's office, the Senate Republican Majority has restored more than \$32 million in budget cuts for agriculture funding. Senator

Continued on Page 11

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## Chautauqua Lake Ice Pick Fundraising Competition Begins

Article Contributed by **Chautauqua Lake Association**

The Chautauqua Lake Ice Pick (CLIP), an annual fundraising competition for the Chautauqua Lake Association, is officially underway. Proceeds collected from the competition help the CLA fund lake water maintenance and assist with the removal of nuisance aquatic vegetation. The CLIP competition is ongoing through mid-March.

"We have placed the newly painted Ice Pick on frozen water in Bemus Bay by the Lawson Center and it is up to the community to guess when the ice will thaw and the tripod will drop," said Craig Butler, president of the CLA. "We have been a little uncertain of the ice this year due to warm spells, but we are very happy to have the Ice Pick out on Chautauqua



Lake once again this year. You never know what Mother Nature has planned, we encourage everyone to begin placing their guesses today," said Butler.

For a \$5 donation, competition

participants can guess the exact date and time the tripod will fall through the ice. Individuals with the closest guesses will win cash prizes.

The contest is based on a successful

Alaskan tradition when people waited for the ice to break on the Tanana River to signify that much needed supplies were coming their way. Although Alaskans are no longer dependent upon the ice breaking to get supplies, the tradition is still carried on with hundreds of thousands of dollars being collected for charity in the process. Many lake communities around the world mimic this tradition to date. The CLA is thankful to board member Peter Sullivan for bringing this idea to Chautauqua Lake and initiating this fun competition.

The winner will receive 25% of the entire jackpot. The five closest contestants then after will each receive 5 percent of the jackpot. The remaining 50% of the proceeds will go to the CLA to help keep the lake clean. Last year's event collected \$9,500 with over \$4,500 directly

Continued on Page 8

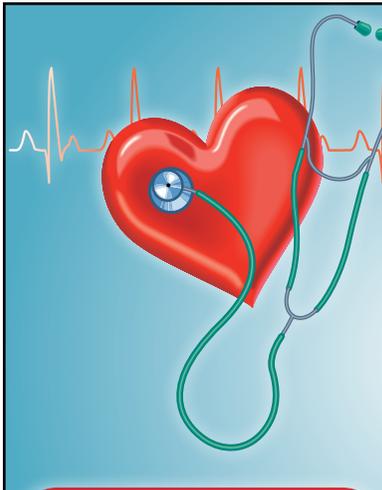
## WCA SPORTS MEDICINE PROGRAM

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Michael Mitchell, MD



# Heart Trivia

1. How many times does a heart beat in a lifetime?
2. Where in your chest is your heart?
3. T/F: Your heart can live outside the body.
4. How many gallons of blood does your heart pump each day?
5. When was the first successful human heart transplant?
6. How many chambers are in the heart?
7. Which animal's heart is most like a humans?
8. How much does the average human heart weigh?
9. What percentage of blood supplies the heart?
10. T/F: The average adult heart beats 172 times a minute.

**ANSWERS:** (1) 2.5 billion (2) Center (3) True (4) 2000 (5) 1967 (6) 4 (7) Ape (8) 11 ounces (9) 5% (10) False. 72 times.



**Jamestown Gazette**

# Home & GARDEN Tab

**DON'T MISS OUT!**  
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**Home & Garden Tab**  
**The Week of March 14, 2016**

**215 Spring St., Jamestown NY 14701**  
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**www.jamestowngazette.com**

f t



**Jamestown Gazette**

## I ♥ my hometown!

**What I love about Jamestown:**

- J**amming to the multiple musical talents from our humble hometown.
- A**dmiring the wonderfully varied Artists along the Art Walk.
- M**unching on the most delectable foods at the varied ethnic festivals.
- E**avesdropping on the morning conversations of all the beautiful birds that return to us in the spring.
- S**itting on the shore and enjoying the peaceful sound of the waves on Chautauqua Lake.
- T**alking and sharing with friends, stories about the winters we will never forget and the summers we wish never ended.
- O**ffering to volunteer at the Humane Society in a town where volunteering for good causes is the norm, not a fad.
- W**alking in the beautiful parks, along the river and on the overland trails.
- N**apping in the hammock under the pines and watching the sunsets.

by: Kristen Stoeltzing




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# Editorial



## THE LEADERS

Yes, it's the Silly Season again all across our great land. At least that's what the cynics among us like to call the thickening storm of political campaigns and promises and elections.

But politicians are people too, so let's give them a little love, just for a minute or two, if you can stand it.

Albert Schweitzer once said, "I don't know what your destiny will be, but one thing I do know: The only ones among you who will be truly happy are those who have sought and found how to serve." Running for office and getting elected can be a good start on that.

It has been suggested that the most important part of what Dr. Schweitzer said is the phrase, "...sought and found how to serve." He did not say, as so many of us might, "those of you who have tried to serve," or "... who tried something and then dropped it," or "... who did the best you can."

The world is only changed for the better by the people who *act* and stick with it. What we want, don't want or believe makes little difference without action. That's what the most effective leaders know.

To declare what you will do – to make the promise and then keep it – is *integrity*.

"Without being a man or woman of integrity you can forget about being a leader. And, being a person of integrity is a never ending endeavor. Being a person of integrity is a mountain with no top – you have to learn to love the climb," according to 20th century thinker and philosopher, Werner Erhard, speaking at conference of aspiring leaders.

For the best leaders, a promise is not merely something to say. It becomes who they are.

The word "Leader" implies somebody is being led. If it takes work, integrity and accomplishment to be a good leader, does that mean the people being led don't need those qualities themselves? Are we just passengers while they drive the bus? ... and they better make it a good ride

or we'll toss them under the bus and pick a new driver.

I don't think so. Citizens need exactly the same qualities as their leaders. Being led is a job, too, if we want to enjoy the world we make.

This week the Jamestown Gazette invites you to meet Senator Cathy Young on Tuesday evening at the Robert H. Jackson Center. She is our New York State senator for the 57th Senate District and she has just accepted the responsibility of the New York Senate Majority Finance Committee Chair. This editorial is not here to endorse her as having all the qualities of an ideal leader but to remind ourselves about the qualities we will need to be well led. The leaders and the led have to be partners.

One more quality of a good leader is a willingness, even a passion, to take responsibility for what needs to be done.

Responsibility, however, is one of our language's most misunderstood words. It does not mean blame or fault, praise or guilt. Responsibility is not about "who dun it" but about "I will fix it, I will be *able to respond*." Responsibility is simply acknowledging you have the power to make it happen, not a judgment about good, bad, or blame. It is about action, integrity and kept promises.

Responsibility is for both the leaders and the led. Our politicians – our leaders – might be only as good as the people they lead. Good leaders are our responsibility.

So the Silly Season might provide great stuff for the late night comics, and I'll laugh as hard as anybody. It's just good to remember... we're probably laughing at ourselves, too.

Enjoy the read.

Walt Pickut

Editor

The Jamestown Gazette

## Jamestown Gazette

The People's Paper.

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Janet Wahlberg..... Finding Your Family  
Pastor Scott Hannon ..... Faith Matters  
Pastor Shawn Hannon..... Faith Matters  
Steve Sorensen.....The Everyday Hunter  
Vicki McGraw.....Join Me in the Kitchen

### QUESTIONS OR COMMENTS

Write to us at:  
PO Box 92  
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**OFFICE:** 716-484-7930  
**FAX:** 716-338-1599

### CONTACT US...

**News** - news@jamestowngazette.com  
**Information** - info@jamestowngazette.com  
**Events** - ent@jamestowngazette.com  
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**ONLINE:** www.jamestowngazette.com

**AD DEADLINES:** Friday at 12:00 pm  
production@jamestowngazette.com

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The Jamestown Gazette is a locally owned Free weekly, community newspaper that highlights the notable events and remarkable people who make the Greater Jamestown region a unique and vibrant place to live. The Jamestown Gazette is published every Monday and distributed to dealer locations in Chautauqua and Cattaraugus Counties in New York and in Warren County, Pennsylvania.

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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212 Pine Street - Jamestown, New York

The Phoenix Rising Wellness Studio was created to promote wellness in mind, body, and spirit, bring members of the community together with the intent of helping and supporting one another, and provide a warm space for the community to connect with each other, explore ideas, and encourage growth.

The goal of the studio is essentially to facilitate the process of people helping other people. If you have a vision of doing something in the community that represents the mission here, get in contact with the studio and let's make it happen. The studio was created to be a hub for community members who don't have a presence downtown, but need a way to integrate their ideas, event, class, idea, or talent that you believe would be a betterment to our community, the space is yours to embrace at no cost.

Please contact Marco Scapelitte with any of the contact information provided. You can also check out the current slate of events on the website and Facebook Page.

WE'LL PUBLISH YOUR  
UPCOMING EVENTS!

Email your event info to  
ent@jamestowngazette.com  
by Thursday at 5 p.m.

# Jamestown's Jive

## LOCAL ENTERTAINMENT

## WHAT'S HAPPENING?

CHECK OUT THE  
JAMESTOWN JIVE  
EVENTS LISTING  
EACH WEEK  
TO FIND OUT  
WHAT'S HAPPENING  
AROUND TOWN!



SEND  
YOUR EVENT  
TO US TO BE  
INCLUDED ON THE  
JAMESTOWN JIVE!



EMAIL: ent@jamestowngazette.com

FAX: 716-338-1599

MAIL: 215 Spring St., Jamestown NY 14701

### ART:

Artifact and Process: The Evolving Field of Graphic Design  
On Display: Now – March 22  
Jamestown Community College  
525 Falconer Street, Jmst  
www.sunyjcc.edu/events  
716-338-1301

Chautauqua County Camera Club  
On Display: Now – March 11  
Meet the Artists: Feb. 19, 6 – 8pm  
James Prendergast Library  
509 Cherry St., Jmst  
716-484-7135

### AUDUBON NATURE EVENTS:

Call 716-569-2345 or visit:  
www.jamestownaudubon.org

#### FEBRUARY:

26<sup>th</sup>: Snow Camp  
27<sup>th</sup>: Tooling & Texturing  
on Metal

#### MARCH:

1<sup>th</sup>: Tuesday Birthday  
Lunch Bunch  
4<sup>th</sup>: First Friday Lunch Bunch  
10<sup>th</sup>: Audubon Nature  
Photography Club  
12<sup>th</sup>: Little Explorers  
19<sup>th</sup>: Creating Nature Play  
Areas in your Yard  
21<sup>st</sup> & 28<sup>th</sup>: Mud Camp

### BINGO:

**Fluvanna Fire Hall**  
Every Tuesday Night 7 – 10pm  
716-483-8505  
**Sinclairville Fire Hall**  
Every Wednesday Night 7pm  
716-962-2025  
**Kiantone Fire Department**  
Every Monday Night 6 – 10pm  
716-664-5433

### CLASSES:

CASAC Free Parenting Class  
February 18, 25 @ 4 – 6 pm  
CASAC Jamestown office,  
501 W. 3<sup>rd</sup> St., Suites 3 & 4  
Sprinchorn Building  
www.casacweb.org  
716-664-3608

### COMEDY:

Striders Night Live  
Fri., March 4, 6:30 pm  
Willow Bay Theater  
21 E 3<sup>rd</sup> St., Jmst  
www.chautauqua-striders.org  
716-488-2203

### COMMUNITY EVENTS:

Fenton History Center  
Trivia Contest  
Every Wednesday night in February,  
6pm  
Shawbucks  
212 W. 2<sup>nd</sup> St., Jmst  
www.fentonhistorycenter.org  
716-487-2201

Hultquist Place Assisted Living  
Program Open House  
Wed., Feb. 24, 3 – 5pm  
Enter from Aldren Avenue, Lutheran  
Campus  
716-720-9610

St. Susan Center's  
13th Annual Basket Fair  
Sat., March 19, 11am – 3pm  
JCC Physical Education Building  
www.stsusancenter.org  
716-664-2253

North East Uncorked:  
The Vintner's Revenge  
Sat., March 19  
North East, PA  
www.nechamber.org  
814-725-4262

### DANCE:

Cirque Ziva  
Sat., Feb 27, 4:00pm  
Reg Lenna Center For The Arts  
116 E. 3<sup>rd</sup> St., Jmst  
www.reglenna.com  
716-664-2465

### DINING:

Breakfast Buffet  
2<sup>nd</sup> Sun. of every month  
8am – 11am  
Falconer American Legion  
Henry Mosher Post 638

Taco's & Trivia  
Every Wednesday, 7pm  
Trillium Lodge  
Main St., Cherry Creek  
716-296-8100

Soup and a Song  
Sat., Feb. 27, 6 – 8pm  
St Susan Center  
31 Water St., Jmst  
www.stsusancenter.org  
716-664-2253

St. Joseph's Table & Spaghetti  
Dinner with Italian Baked Goods  
Sale  
Sun., March 13, 11:30am – 4:30pm  
St. James Church Hall  
27 Allen St., Jmst

### EDUCATIONAL:

James Prendergast Library  
Call 716-484-7135 ext 225  
For Event Days & Times  
www.prendergastlibrary.org

Planetarium Shows  
Feb. 2016: Life in the Universe  
Wednesdays @ 6:30pm  
Saturdays @ 11:30am & 12:30pm  
Lucile M. Wright Air Museum  
300 North Main St., Jmst  
716-664-9500 or 716-338-7596

Busti Grist Mill Grain Grinding  
Demonstrations  
3<sup>rd</sup> Sun. of every month  
1 – 4pm  
The Busti Historical Society Mill  
3443 Lawson Rd., Jmst  
www.bustihistoricalsociety.com  
716-483-3670 (please leave a  
message)

### GARDENING:

2016 GROW Jamestown Garden  
Fair & Home Show  
Sat, April 2, 11am – 5pm  
Jamestown Savings Bank Arena  
319 W. 3<sup>rd</sup> St., Jmst  
www.jamestownarena.com  
716-484-2624

### INFINITY EVENTS:

Call 716-664-0991 or visit:  
www.infinityperformingarts.org

#### FEBRUARY:

16<sup>th</sup> - 19<sup>th</sup>: Spring Break Camp  
Cultural World Tour  
24<sup>th</sup>: Parent Advisory Meeting  
25<sup>th</sup>: Recital Night  
26<sup>th</sup>: Jazz at Infinity  
Featuring Bluze Inn

#### MARCH:

4<sup>th</sup>: Infinity Arts Café  
Vocal Showcase  
12<sup>th</sup>: Local Artist Showcase  
18<sup>th</sup>: Infinity Arts Café  
Karaoke Night

### MOVIES:

MOVIES AT THE REG:  
116 E 3<sup>rd</sup> St., Jmst  
www.reglenna.com  
716-664-2465

#### Carol

Wed., Feb. 17, 7pm

#### Room

Sat., Feb. 20, 8pm

#### Trumbo

Wed., Feb. 24, 7pm

#### He Named Me Malala

Wed., March 19, 7pm

### DIPSON THEATERS

Lakewood Cinema 8  
Chautauqua Mall  
Cinema I & II  
Warren Mall Cinema III

For info on movies & times:  
www.dipsontheatres.com

### MUSIC:

DJ Skates  
February 26, 7:30 – 9:30  
Jamestown Savings Bank Arena  
319 W 3<sup>rd</sup> St., Jmst  
www.jamestownarena.com  
716-484-2624

Rolling Hills Radio #51:  
Spitzer Space Telescope  
& Bob Frank

Thurs., Feb. 25, 6:30pm  
Studio Theater  
108 E. 3<sup>rd</sup> St., Jmst

### SPORTING EVENTS:

**Southern Tier Xpress  
vs. Pittsburgh**  
Fri., Feb. 19, 7pm;  
Jamestown Savings Bank Arena  
319 W. 3<sup>rd</sup> St., Jmst  
www.jamestownarena.com  
716-484-2624

7th Annual St. Patrick's Dash  
Sat., March 19  
Jamestown Savings Bank Arena  
319 W. 3<sup>rd</sup> St., Jmst  
www.chautauqua-striders.org  
716-488-2203

### SUPPORT GROUPS:

Bariatric Support Group  
1<sup>st</sup> Mon. of each month  
6 – 7pm  
James Prendergast Library  
Conference Rm 2<sup>nd</sup> floor  
509 Cherry St., Jamestown  
716-244-0293

JAMA 15 S Main St., 2<sup>nd</sup> fl  
3<sup>rd</sup> Thurs of the mo. 5:30pm  
Fluvanna Com. Church,  
3363 Fluvanna, Ave. Ext.,  
716-483-5448

Miracle of Recovery Fellowship  
Mondays & Wednesdays  
7 – 8pm  
Healing Words Ministries  
1006 W. 3<sup>rd</sup> St. Jamestown,  
716-483-3687

### THEATER:

Aquila Theatre: Romeo & Juliet  
Fri., Mar 11, 7:30pm  
Reg Lenna Center For The Arts  
116 E. 3<sup>rd</sup> St., Jmst  
www.reglenna.com  
716-664-2465

Crimes of the Heart  
March 5, 11, 12 @ 8pm  
March 6 @ 2pm  
Scharmann Theatre  
JCC's Jamestown Campus  
www.campusstore.sunyjcc.edu  
716-338-1187

The Perfect Murder  
March 3, 4, 11, 12 @ 7:30pm  
March 5 & 13 @ 2pm  
Scharmann Theatre  
JCC's Jamestown Campus  
www.campusstore.sunyjcc.edu  
716-338-1187

### WARREN AREA EVENTS:

#### BINGO:

**Russell VFD**  
Tuesday night Bingo  
Doors open 4:30pm  
**Pleasant Twp VFD**  
Every Thurs. Night 4pm  
**Warren Senior  
Community Center**  
Doors open 4pm  
Smoke free game

#### STRUTHERS

**LIBRARY THEATRE**  
*Wynonna & the Big Noise*  
Fri., March 4, 8pm  
*Rhythm in the Night*  
Sat., March 19, 8pm  
302 W. 3<sup>rd</sup> St., Warren, PA  
strutherslibrarytheatre.com

### WINTER EVENTS:

Sleigh Rides at Chautauqua  
Saturday and Sunday through  
Now – February 28, 1 – 3pm  
Chautauqua Bookstore  
Chautauqua Institution  
10 Roberts St., Chautauqua, NY  
www.chautauquabookstore.ciweb.org  
716-782-2871

## Jamestown BPU Holds Community Blood Bank Blood Drive

Article Contributed by  
**Jamestown BPU**

The public is invited to donate blood at the Jamestown Board of Public Utilities (BPU) Community Blood Bank Blood Drive set for 11 a.m. - 3 p.m. Thursday, February 25, at the BPU Education Room, 92 Steele St., Jamestown.

Lunch will be provided free-of-charge to blood donors.

Donors may access the BPU Bloodmobile by entering the "D" driveway at 92 Steele Street to reach the BPU parking lot. Facing the

building from the parking lot, one should enter the Visitor Entrance (the right door under the green awning) beside the BPU Customer Service Department, sign in at the window and take the elevator to the first floor.

Donors will need a picture ID such as a blood donor card or driver's license. Donors must be in good health and at least 17 years of age.

Walk-ins are welcome. To arrange an advance appointment, call Becky Robbins, BPU Communications Coordinator, at 661-1680. If voice mail is reached, leave your name, telephone number and desired appointment time and you will receive a verification call for your appointment.

## Candlelight Vigil for Christin Tibbetts and Others Killed by Heroin



Christin Tibbetts

Article Contributed by  
**Mental Health Association of Chautauqua County**

When 23-year-old Christin Tibbetts died a year ago from a heroin overdose, she left her grieving parents as well as a five-year-old daughter.

On Saturday, February 27, the first anniversary of her death, her parents, Kim Leach and Kevin Tibbetts, will join the Mental Health Association of Chautauqua County in holding a Candlelight Vigil to remember Christin and all those who have died from heroin. The Vigil will be at the Northern Chautauqua Conservation Club, 1 North Mullett Street in Dunkirk, New York.

Born in Dunkirk, Christin had been a soccer player and cheerleader, graduated from Fredonia High School, went to Jamestown Community College, and was attending SUNY Fredonia.

After becoming addicted to heroin, in the final months of her life Christin lost her car, apartment and custody of her daughter. In an effort to stay clean, she went from jail to her father's home in Falconer.

Since finding his daughter's lifeless body on the morning of February 27 last year, Kevin Tibbetts has been committed to

speaking out for the need for more services for people with addictions in Chautauqua County.

In preparing for the vigil, Christin's parents had supper recently with Rick Huber, CEO of the Mental Health Association.

"Kim asked me why she could have sent her daughter to other states and gotten her in for treatment but couldn't find anything here," Huber said. "That was three years ago, and still all we have is the 12-bed, 28-day program at WCA (Hospital), when any parent who's had a heroin-addicted child will tell you that's not long enough at all."

From his years of providing peer support to drug addicted people at the Mental Health Association, Huber observed, "Our government has been spending time and resources trying to get the problem to fit into existing programs when we need to develop local programs to meet the problem. We are losing a whole generation of young people to this epidemic. This vigil is to remember those we have lost and remember we need to fight to get what is needed so we don't lose more."

To learn more about the Candlelight Vigil and the services of the Mental Health Association, call (716) 661-9044 or visit [www.mhachautauqua.org](http://www.mhachautauqua.org) or [www.facebook.com/MHACHautauqua](http://www.facebook.com/MHACHautauqua).



**716-450-7357**  
**SPIRETHEATER.ORG**  
**317 E 3rd St.**  
**Jamestown, NY 14701**

## Library Promotes Big Read Books

Article Contributed by  
**James Prendergast Library**

Prendergast Library Associate Sandi Walrod sets up a display with new copies of "Their Eyes Were Watching God" by Zora Neale Hurston, the featured title for the 2016 Big Read. Books are available to borrow, and events will begin with a poetry slam workshop at 3:30 p.m. Thursday, Feb. 18 followed by a poetry slam at 6:30 p.m. Friday, Feb. 26. Minecraft Club will incorporate a Big Read activity at 4 p.m. Monday, Feb. 22, and a book discussion is scheduled at 7 p.m. Monday, Feb. 29. Programming continues through March 18. The library is located at 509 Cherry St., Jamestown. For information, call 484-7135.



## Steel Rails to Perform at February Soup and a Song



Article Contributed by  
**St. Susan Center**

On February 27th St. Susan Center will host the second of three Soup and a Song programs combining popular local musical groups and a great meal.

For the modest admission price of \$10 guests will be treated not only to an evening of live musical entertainment, but a meal consisting of five different specialty soups created the culinary team at St. Susan Center. Guests will have their choice of various breads, crackers, desserts, and beverages.

The evening's entertainment will be provided by Steel Rails. Musicians Dave Moller and Gary Cuckler give it

their all wherever they play. Although from different backgrounds, their musical interests and directions merged creating a southern, country, rock sound that they love and have shared with others for over a decade.

They both enjoy playing for benefits like Soup and a Song. Executive Director Jeffrey Smith says, "We had Steel Rails here last year and we had a full house. We are excited to have Steel Rails returning to play again this year."

The Soup and a Song events are held at St. Susan Center, located at 31 Water Street in Jamestown. The doors open at 6:00pm with the entertainment beginning shortly after and playing until 8:00pm. Tickets are available at the door.

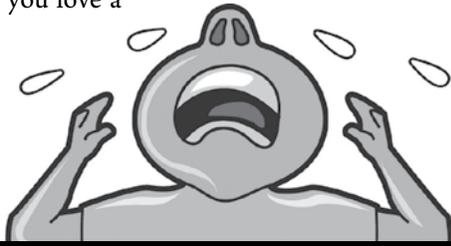
<p><b>TURTLE PIT</b> Smoke Shop, Convenience Store, Deli, &amp; Laundromat <b>(716) 354-2298</b></p>	<p><b>SENECA CARTONS LOWER PRICE!</b></p>	<p><b>IN STORE CARTON DEALS!</b></p>	<p><b>LONGHORN BIG TUBS \$8.99 With Coupon</b></p>	<p><b>Phillies Blunt CIGARS BUY ONE GET ONE FREE</b></p>	<p><b>COME TRY OUR Fresh DELI SUBS DAILY SPECIALS! Philly Cheese Steaks</b> Subs • Sandwiches • Burgers • Hot Dogs Italian Hoagies • Pizza • Salads Meat &amp; Cheese by the Pound <b>CALL AHEAD 354-2298</b> <b>Exit 17 Off Interstate 86 Turn Right 1.5 Miles on Left Side</b> Monday-Saturday 7am-9pm, Sunday 7am-8pm <b>TAX FREE GAS &amp; DIESEL • EVERY FRIDAY SAVE AN EXTRA 5¢ A GALLON OFF OUR ALREADY LOW PRICES!</b></p>
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# WHINE OF THE WEEK!

## Let's stop complaining...

OK, I'm getting ready for Spring. How about you? It is only about a month away now. But the other day I became the one somebody else was whining about when I said, "I'm tired of this snow!" The fellow was a local farmer. He told me a low winter snowfall amounts to a drought. It takes more than April showers to bring May flowers, and crops and healthy woodlots and full reservoirs. It takes snow, and lots of it. Ten inches of it is worth only one inch of rain. It's been a dry winter so far. So...let it snow, let it snow. If you love a farmer, quit complaining.

Submitted by: Stormie Ovrnyte & I. L. Pylit Deapr



# THE EVERYDAY HUNTER

with Steve Sorensen

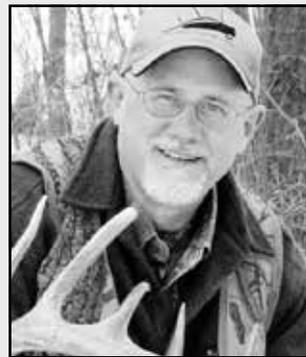
EverydayHunter.com

## The February Turkey Hunter



Photo by Steve Sorensen

Early or late in the day, 20 miles of driving rural roads will put some turkey territory on your list of places to hunt.



Contributing Writer  
Steve Sorensen

It's not too early to start looking for the place where you'll tie your tag to the leg of a longbeard this spring. Hunters who enjoy success year after year are already beginning to scout. You should too if you want to increase your odds of success.

You'll often find spring gobblers at the same places each year, but they don't guarantee it. That's because many variables control where they go. The first consideration is food. They always need food, and they'll look for the easiest place to find it.

Another consideration is snow depth. Harsh winters will cause turkeys to gather in big flocks, sometimes numbering over 100, because they gravitate to places with a snow depth they can handle. Thankfully, our snowcover in most places isn't too deep (yet) for the three-toed birds to scratch through. That means instead of huge flocks of 80 to 100, you'll see 10 or 20 at a time.

Here are four productive mid-winter scouting opportunities.

1. **Drive to scout** — Where turkeys are now may not be where they will be in May, but it still pays to scout from a vehicle. Drive the rural roads and look for the big black birds out in the fields. Note particularly cornfields. With snow depths of less than a foot, you should see turkeys out feeding on easy pickings. Also look for fields where farmers have spread manure. The sound of a tractor is a dinner bell and before the farmer finishes emptying a load, turkeys often show up to feed on undigested seeds and bugs that find their own nourishment in the manure.

2. **Study maps** — Once you see some turkeys, get a map and focus first on those areas. Examine topographic maps for roosting areas. They'll probably use the wooded draws and hollows not far from

the fields. Also look at GIS (Geographic Information Systems) maps online or plat maps that show property boundaries, and figure out who owns the land. Start making a list of places the hunting looks promising, and start approaching the landowners to ask for permission to scout. Don't overlook property adjacent to farms. Lock in a place early and save yourself from last-minute frustration as the clock ticks down to opening day.

3. **Boots on the ground** — You can take those first two steps no matter how cold the weather or how deep the snow. Now it's time to step into the woods near where you see gobblers in fields. If you find hemlocks or white pines, it's likely that turkeys are roosting there because evergreens make life easier. They offer thermal cover and keep snow from accumulating on the ground. Any nearby thorn brush might still hold crabapples, and hardwoods might offer acorns or other nuts for turkeys to feed on. In the hollows you'll find spring seeps warm enough to provide turkeys protein in the form of invertebrate life, and grit turkeys need to grind food in their gizzards. Look for tracks (and keep your eyes open for shed antlers).

4. **Practice your turkey calling** — Back in the warmth of your house or car, practice your turkey calling. Don't wait until the week before the season to decide what calls you use. Get all your calls out and spend a half hour with them at least once a week for a month. When you get comfortable with three or four styles, do some serious practice with hen yelps, soft tree calls, purrs and clucks. That's usually all you need to call in a gobbler, although I've expanded my own repertoire to include fighting purrs. I wish I would have started using them years ago. They're deadly on the scratchbox call I make (see my website, www.EverydayHunter.com).

Three of these four things are not weather dependent, so it's not a major commitment to begin scouting turkeys in February. The bottom line is that if you start these things now, you'll be miles ahead of the guy who begins his scouting a week or two before the season opener.

*When "The Everyday Hunter" isn't hunting, he's thinking about hunting, talking about hunting, dreaming about hunting, writing about hunting, or wishing he were hunting. To read more of Steve Sorensen's thoughts about hunting, please visit www.jamestowngazette.com.*

## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 Blackjack tie
- 5 Panama passage
- 10 Condo, e.g.
- 14 "I'm \_\_\_ your tricks!"
- 15 Be bombastic
- 16 Orbital point
- 17 Feature of some caves
- 19 A long time
- 20 Strength
- 21 "\_\_\_ Maria"
- 22 "Dust of Snow" poet
- 23 Cry in cartoons
- 24 Postscript, say
- 27 Puccini piece
- 28 Animal house
- 29 Collagen target
- 32 Temple offering?
- 35 Prep period
- 37 Female gamete
- 38 Jacket type
- 40 Kind of agreement
- 41 Emergency care
- 43 \_\_\_ oil
- 45 Type of shot
- 46 It may be framed
- 47 Cataract site
- 48 Clothing tag instruction
- 50 Mudbath locale
- 53 Cook's wear
- 56 Monopolize
- 57 Customary
- 59 Burglar's booty
- 60 Behead
- 62 "Paradise Lost," e.g.
- 63 Boiling mad

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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32	33	34				35			36			
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53	54	55				56			57	58		
59						60			61			
62						63				64		
65						66					67	

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- 64 Allege as fact
- 65 Challenge for a barber
- 66 Hose material
- 67 Bowed
- 11 Scrubbed, as a mission
- 12 Bad day for Caesar
- 13 Lab work
- 18 Knowing
- 22 Money reserve
- 25 Like some restrictions
- 26 Jordan River's outlet
- 27 Battle needs
- 29 100 krus
- 30 Prayer leader
- 31 Soccer legend
- 32 Tip, in a way
- 33 Devilish
- 34 Expert
- 35 Certain digital watch face, for short
- 36 Eighty-six
- 39 Black art
- 42 Mountain pool
- 44 Tedium
- 47 Musically connected
- 48 Softly, in music
- 49 From the neighborhood
- 50 Shampoo brand
- 51 Eucharistic plate
- 52 It may be red
- 53 "Excuse me ..."
- 54 Perry Como's "\_\_\_ Loves Mambo"
- 55 Archaeological site
- 58 Iffy attempt
- 60 Cacophony
- 61 Mont Blanc, e.g.

### DOWN

- 1 Oater group
- 2 Loosen, as laces
- 3 Reeked
- 4 Financial predicament
- 5 Minor player
- 6 Fighting force
- 7 Green
- 8 Partygoer
- 9 "The Wedding Banquet" director
- 10 Render defenseless

## SUDOKU

Edited by Margie E. Burke

Difficulty : Easy

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

### 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)

JOIN ME IN THE KITCHEN with Vicki McGraw

# Winter Cherry Pie



Contributing Writer  
**Vicki McGraw**

Ahh, February...the shortest month, and usually the coldest month! We celebrate Groundhog's Day, Valentine's Day, both George and Abe's birthdays, (not to mention both my Dad's and son Mark's birthdays!) and keep checking the calendar to see when spring starts! I don't know about you, but I'm ready for it! While we have had a milder winter, I still long for warmer weather.

It is no secret that I don't like cold. I frequently moan about how cold I am...just ask my husband! The only thing I really like about cold weather is having a good reason to turn the oven on and do some baking. President's day always makes me think of cherry pie...you know, George and the cherry tree and all...so let's take the leap and bake a pie!

Homemade pies are soooo good, and yet something very few of us take time to make from scratch any more. There are many excellent premade frozen products available in the markets today, but nothing reminds you of Sunday dinner at Grandma's like a pie fresh out of the oven. Talk about comfort food and happy memories!

Pie crust can be a very intimidating thing to make well, but it doesn't

need to be so scary! Hands down, there are two keys to good pie crust, do not over work the dough and keep everything as cold as possible. Flakey crust actually occurs when the cold shortening meets the heat of the oven. The shortening melts and creates steam, which forms the tiny air pockets that result in a flakey crust!

To make flakey, tender pie crust, I start by assembling all of my ingredients and chilling them. Yes, chilling ALL of them...the shortening, the flour, the water...everything. Remember, we want to have that steam occur in the oven. My husband's grandmother would go so far as to chill her rolling pin and pastry board to keep that chain of cold, but I think that is a little excessive!

The other key to great pie crust is to work the dough as little as possible. Cut the shortening into the flour, and mix in enough water to bring the mass together, but once it is together, stop mixing! Remember, we want the shortening bits to create steam, so if you mix it too much or add too much flour, that reaction will be eliminated and you will wind up with a tough pie crust.

With the bitter cold we have had the last few days, turning on the oven is a good thing to have to do, so why not surprise your family with a homemade pie tonight! The oven will warm your house and the raves you will get will warm your heart!!

To read more of Vicki McGraw's commentaries on good cooking, fine recipes and perfect party treats, visit [www.jamestowngazette.com](http://www.jamestowngazette.com) and click on Join Me in the Kitchen's own page. The Jamestown Gazette is proud to present our county's most creative and original writers for your enjoyment and enlightenment.

## Perfect Pie Crust

- 2 C all-purpose flour
- 1 t salt
- ¾ C (6 oz.) shortening
- ½ C ice water

Chill all ingredients for ½ hour.

Stir salt into flour. Using a pastry blender or two knives, cut shortening into flour until shortening bits range in size from grains of rice to small peas.

Add water and gently mix until just incorporated. Divide dough into two discs, wrap in plastic wrap and chill for 30 minutes.

Roll dough to desired size and carefully place in pie pan. Fill with desired filling and top with second rolled crust.

Bake according to specific variety recipe.



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## Faith Matters

# The Next 40 Days



Contributing Writer

**Pastor Shawn Hannon**

Hope Lutheran Church Arcade, NY

Last week the church around the world began the sacred season we call Lent. Lent is a forty day journey to the cross during which the Christian is called upon to practice our own sacrificial giving while we at the same time increase our charity and love (and I'm not certain those are two distinct things, but that's a devotion for another time). It's a holy and special time of the year for reflection, devotion and piety. But as I described the season to the preschoolers at church during 'Jesus Time' last Wednesday they had a somewhat different reaction. As I talked with them about Lent they simply said, "Yuck." Seriously.

Here's how it happened. We talked about how we sometimes do naughty things (okay, all the time), but about how nothing can separate us from God's love for us in Jesus. We took the ashes from the Ash Wednesday service and marked ourselves with crosses to remember God's love. At first all the students were on board as they came forward and received the sign. When it was my turn, however, and they were able to see on me what I had done to them they had a different reaction. "Yuck!" "Eewww!" "Get it off," they exclaimed.

Lent is a season for reflection. It is a season for devotion. It is a season for 'extra mile' faithfulness (Jesus coined 'extra mile' by the way (Matthew 5:41). But it starts by acknowledging our brokenness. It starts when we say, "yuck."

When we say 'yuck' to

the brokenness of creation; to our wasteful ways and short-sightedness.

When we say 'yuck' to the greed and selfishness that governs our economies.

When we say 'yuck' to the hatred, bigotry, and fear of those who differ from us.

When we say 'yuck' to our sinful ways that lead us to over indulge while we turn around and judge others for over indulgence.

When we say 'yuck.'

Our sin sticks to us in far messier ways than a little ash on our foreheads. Lent is a season where we start on our knees boldly confessing our yuckiness then acknowledging that we cannot wash it off ourselves. That's where it starts, but not how it ends. It ends when we remember that we have already been washed in the blood of the lamb.

Lent has come to mean a lot of things. It means fish fries on every corner and grilled cheese in the lunchroom instead of ham sandwiches. It means giving up chocolate or social media or snacking. But above all those things it is a season of repentance. A season of confession and forgiveness. A season where we say, "yuck." And God responds, "You are clean." Amen.

For more inspiration and insights from Pastor Shawn's past columns, please visit [www.jamestowngazette.com](http://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.

# Chautauqua Lake Ice Pick...

Continued from Front

benefiting the lake.

Placing a guess in the CLIP contest can be done two ways. Participants can visit [www.clakeicepick.org](http://www.clakeicepick.org) to vote online or download the mail-in form.

For more information about the CLA, visit [www.chautauqualakeassociation.org](http://www.chautauqualakeassociation.org) or call 716-763-8602. You can also

stay updated by visiting the CLA on Facebook.

The CLA's mission is to provide effective and efficient lake maintenance services for the benefit of all Chautauqua Lake users. As the "Stewards of the Lake," the CLA serves to promote and facilitate the ongoing scientific monitoring of Chautauqua Lake and its ecosystem.

# Pennies 4 Paws Campaign to Begin



Article Contributed by  
**Chautauqua County  
Humane Society**

"CCHS is making great strides in the medical rehabilitation of the animals that enter our shelter. Our community is the driving force behind this success, so we are asking for their continued assistance in providing the best care for these animals."

The Chautauqua County Humane Society (CCHS) is excited to announce the eleventh annual Pennies 4 Paws campaign will begin February 12 and will run through the end of April. This year's campaign will benefit the animals at CCHS significantly by providing lifesaving medical services to animals in desperate need of care.

In 2015, CCHS took in 1,683 animals that needed lifesaving medical services. Whether it be preventative care, surgical operations, x-rays, diagnostic testing, diabetes maintenance, dental work, etc., CCHS bears the financial burden that arises from the cost of these services.

It costs CCHS \$60 to spay/neuter an average size animal. On average, it costs CCHS' medical department \$100 to provide a comprehensive medical exam on an injured animal. A visit to a veterinary hospital for extensive blood work or x-rays averages \$200 per visit.

"With this year's campaign supporting these lifesaving medical services for animals in desperate need of our help, every penny truly makes a difference," said Hannah Braun, CCHS Community Relations Coordinator.

The Pennies 4 Paws campaign hopes to collect 25 million pennies, or \$25,000, by the end of the campaign. Sponsored by Media One Group, CCHS encourages schools, social organizations, individuals and businesses to fundraise in a variety of ways, including bake sales, school hat days, dress down days, pop bottle/can drives and other special events. Collection containers are also available if they are needed by any fundraising group. Although pennies are the most common, CCHS accepts any and all monetary donations.

For more information on the Pennies 4 Paws campaign, or to get involved, please visit [www.spcapets.com](http://www.spcapets.com) or contact Community Relations Coordinator, Hannah Braun, at 716-665-2209 ext. 213 or [hbraun@spcapets.com](mailto:hbraun@spcapets.com).

The mission of the Chautauqua County Humane Society is to promote the adoption of animals, prevent all forms of animal cruelty and neglect, shelter lost, abandoned and homeless animals, and to provide education about the humane treatment of animals.

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10 W. Main St., Fredonia - 672-4140

# BPU Upgraded Online Payment System Allows for Reduced Hours in Customer Service Office

Article Contributed by  
**Jamestown BPU**

The Jamestown Board of Public Utilities' (BPU) upgraded online payment system, in addition to other payment options, has made it possible for the Board to enact efficiencies by reducing hours in the utility's Customer Service Office Lobby, effective Monday, February 29.

Hours at the Customer Service Office will change to 9 a.m. - 4 p.m. Mondays, Tuesdays and Wednesdays, with two extended days of service on Thursdays and Fridays from 8 a.m. - 5 p.m. The office is located down the "D" driveway, 92 Steele Street, Jamestown.

In fall, 2015, the BPU unveiled an upgraded online payment system that, in addition to making payments, includes the ability to view one's utility bill, utility usage, past bills and the customer newsletter. Customers may schedule advance payments and may select an "auto pay" process. Customers also may sign up to receive email notifications when their bills are available as well as email reminders of due dates.

Online payments may be made by credit

card, debit card or e-checks, three methods not available to in-person payers in the Customer Service Office.

Registration for online payments is available at [www.jamestownbpu.com](http://www.jamestownbpu.com). Customers may click on the "Pay Online Here" icon at the top of the homepage or on the "Pay Your Bills Online Here" phrase under Quick Links in the top right side of the home page. One-time or "express" payments also may be made without registration of the account.

Several other methods of BPU bill payment continue. For instance, payments may be mailed to the BPU, P.O. Box 700, Jamestown, NY 14702-0700 in return envelopes furnished to customers who still receive hard copy bills by mail. The Clerks' Offices in the City of Jamestown and the Town of Ellicott accept payments in their offices as well. Drop boxes where payments may be made in check form are available in the vestibule at the top of the Customer Service ("D") Driveway; on Tracy Plaza, City Hall; in the Jamestown Police Department vestibule, on the East Second entrance of City Hall; and at the Town of Ellicott Town Building.

# Hultquist Place Open House February 24th

Article Contributed by  
**Lutheran**

Hultquist Place Assisted Living Program on the Lutheran Campus is hosting an Open House on Wednesday, February 24th from 3:00 p.m. until 5:00 p.m. Visitors may enter the Lutheran Campus via Aldren Avenue off of Falconer Street in Jamestown. Tours and light refreshments will be provided.

"We wouldn't choose an apartment or buy a house without first visiting and getting a feel for the neighborhood and the interior," said Kathy Lynch, Hultquist Place Administrator. "Even if you are planning for the future, we invite you to come and meet us and see our beautiful facility."

Hultquist Place is a New York State Assisted Living Program that gives seniors access to many different services, so they can stay healthier, more active and independent. There is a full time registered nurse on staff for management of medical issues. All meals are prepared for the residents and laundry services are available. No entry fee is required.

"The comment I most often hear is that our new people wish they had made the decision to move here, sooner," said Lynch. "For some time they have felt loneliness and isolation. We have a full calendar of activities and opportunities to socialize. Residents have their privacy, yet they know they are not alone." She said.

Lynch and other staff members will be on hand to answer questions and give tours of the beautifully designed suites with private baths and walk-in showers, as well as activity rooms, the beautiful courtyard and common areas.

The community atmosphere includes the conveniences of an in-house beauty salon, barber shop, gift shop and chapel. There are multiple fireplaces, game rooms and comfortable areas to enjoy time with friends and family. Delicious meals are served restaurant style in a spacious dining room.

"We've created a worry free lifestyle with the warmth and intimate feeling of home," Lynch added. For more information call 720-9618 or 665-8139 or log onto [www.lutheran-jamestown.org](http://www.lutheran-jamestown.org).

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## Nature Center Receives NCCF Grant for North County Outreach



The Northern Chautauqua Community Foundation (NCCF) is bringing the Audubon Nature Center "up north" to introduce local residents to the variety of Nature Center programs. Pictured (L to R) is Jennifer Schlick, Program Director for the Nature Center, receiving a check for the outreach series from JoAnn Kaufman, a member of the NCCF's Grants Committee.

*Article Contributed by*  
**Audubon Nature Center**

Thanks to funding through a Community Benefit Grant by the Northern Chautauqua Community Foundation, residents in their area will have a number of occasions to learn about the offerings of the Audubon Nature Center.

Monthly from April through September programs like those at the Nature Center just south of Jamestown will be presented at no charge in Northern Chautauqua County.

While all the programs in this outreach series will be free of charge and open to the public, reservations will be required for some that have limited enrollment.

"This is an exciting opportunity for the Nature Center," said Program Director Jennifer Schlick. "We have put together a sampling from the variety of our program offerings that we hope will entice our northern neighbors to come visit us in the future. We are most grateful to the Northern Chautauqua Community Foundation for their confidence and support."

The programs that will be presented are:

- Bird Banding Highlights: Monday, April 11, 2016, 7-8:30 p.m., at the BOCES LoGuidice Center in Fredonia
- Birds & Blooms Walk: Wednesday, May 25, 2016, 9-11 a.m., SUNY Fredonia College Lodge, Brocton
- Nature Center Lunch Bunch – "From Analysis Paralysis to Creative

License: How I Wandered Into Bird Photography" by Kim Sherwood: Friday, June 10, 2016, 11 a.m.-12 p.m. followed by BYO brown bag lunch and conversation. Fredonia Grange #1

· Raising Monarchs: Wednesday, July 13, 2016, 7-8:30 p.m., Fredonia Grange #1

· Wild Edibles Walk & Potluck Picnic: Tuesday, August 16, 2016, 6-8 p.m, Luensman Overview Park, Portland

· Leaf Print Workshop: Saturday, September 24, 2016, 1-3 p.m., Fredonia Grange #1

More information on these opportunities is at [www.jasprograms.wordpress.com/six-free-programs](http://www.jasprograms.wordpress.com/six-free-programs).

Located at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown and Warren, the Audubon Nature Center has over five miles of beautifully maintained trails. Its 600-acre wetland preserve includes a native tree arboretum and several educational gardens. Open daily, its three-story building houses the Blue Heron Gift Shop and a collection of live animals including fish, reptiles, and amphibians, plus interactive displays that inform and engage visitors of all ages. One of the most visited exhibits is Liberty, a non-releasable bald eagle housed in her outdoor habitat behind the Nature Center.

To learn more about the Center and its many programs, call (716) 569-2345 or visit [www.jamestownaudubon.org](http://www.jamestownaudubon.org).

## Greater Jamestown Rotary Club Hears Jim Parker of Digitell



*Article Contributed by*  
**Jamestown Rotary Club**

Digitell owner Jim Parker appeared recently at a Greater Jamestown Rotary Club meeting to update the group on his local company which live-streams conferences around the world. Digitell is moving into the former M&T Bank on the corner

of North Main and Third Streets in Downtown Jamestown. Parker is pictured, center, with Jamestown Rotary Club President Mike Moots, left, and Program Committee Member John Lloyd, right. Parker stated that he loves being based in Jamestown with his 30-year old company and looks forward to increased future success with the company.

## Mental Health Exercise Rehab Room



(L to R) Ellen Ditonto CRCF Grants Committee Member, Irene Fain WCA Recreational Therapy Aide, Dan Johnson WCA Director of Rehabilitation Services and Terri Stalmach WCA Supervisor of Recreational Therapy Department stand beside some of the equipment purchased with the CRCF grant.

*Article Contributed by*  
**WCA Hospital**

Recently, the Chautauqua Region Community Foundation awarded a \$1,867 Field of Interest grant to underwrite the purchase of new exercise equipment to better serve recreational and exercise therapy to those undergoing mental health treatment.

"We are so grateful to the Community Foundation for investing in our program and in the future of our patients entrusted to our care," says Dan Johnson, Director of Rehabilitation Services at WCA Hospital. "The equipment we purchased definitely enhances our ability to provide a higher level of therapy."

Recreation Therapy is designed to help people of all ages with physical, mental or social challenges. WCA's goal is to help their patients reach their highest level of independence by creating a care plan that is specific to their individual needs. WCA stresses the importance of leisure

activities in a healthy lifestyle. WCA assists with planning for discharge and helping those who are returning to community activities. WCA also offer Pet Therapy and Horticultural Therapy to inpatients on the Medical Rehabilitation Unit. WCA's program is supervised by a Certified Recreation Therapist through the NCTRC.

According to Randy Sweeney, Executive Director of the Chautauqua Region Community Foundation, "The Community Foundation recognizes the importance of quality medical treatment. This new equipment will allow the WCA Recreational Therapy staff the ability to better help patients be better prepared for their daily routines and lifestyle."

For more information on grants and the Community Foundation, visit [www.crcfonline.org](http://www.crcfonline.org) or call 661-3390.

If you are interested in donating to WCA Hospital, please contact Megan D'Angelo, Director of Development at [megan.dangelo@wcahospital.org](mailto:megan.dangelo@wcahospital.org) or 716-664-8423.

# American Heart Month

Article Contributed by  
**Cornell Cooperative  
Extension**

Cornell Cooperative Extension Chautauqua County's Expanded Food and Nutrition Education Program (EFNEP) is encouraging all to take care of their heart

February is American Heart Month. One way to keep your heart healthy is to cut back on the amount of sodium you eat. According to the American Heart Association, here are some ways to keep your heart healthy by cutting back on sodium in foods you buy at the grocery store.

1. Buy lots of fresh foods and frozen (without added sauces) vegetables and fruits. These foods have potassium, a mineral that can help to keep your blood pressure in check and are naturally low in sodium.
2. When buying canned vegetables or canned beans, rinse them well before use. Rinsing can remove 40% of the sodium.
3. Look for fresh meat, poultry and seafood or frozen without breading or other seasonings. Prepared versions of these can pack a lot of sodium.
4. Choose unsalted nuts and seed if they are available.
5. Buy lower sodium soups or make soup from scratch. Use frozen vegetables and canned beans in homemade soup to decrease the preparation time.
6. Compare brands of spaghetti sauce. The sodium content can vary widely from brand to brand and choose the brand with the least amount of sodium.
7. Consider making your own salad dressing. There are lots of great tasting, simple recipes and homemade will always have less sodium than those bought at the grocery store.

Caribbean Casserole

Serving: Size 1 Cup

Yield: 10 cups

Ingredients:

1 onion (medium, chopped)

½ green bell pepper (diced)

1 Tablespoon canola oil

1-14.5 ounce can stewed tomatoes

1 teaspoon oregano leaves

½ teaspoon garlic powder

1 ½ cups brown rice (instant, uncooked)

1 can black beans or beans of your choice

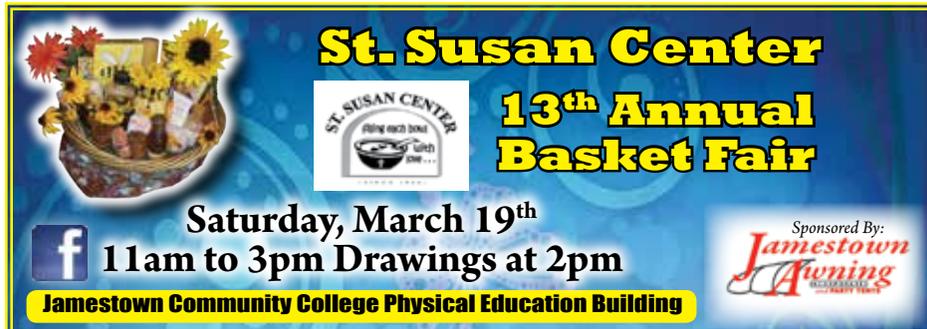
Directions:

1. Sauté onion and green pepper in canola oil, in large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from broth), oregano, and garlic powder. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat and let stand for 5 minutes.

Nutrition Facts: Serving size: 1 cup, 100 calories, 15 calories from fat, 2g total fat, 0g saturated fat, 0mg cholesterol, 280mg sodium, 20g total carbohydrate, 3g dietary fiber, 2g sugar, 4g protein, 15% Vitamin C, 4% calcium, 8% iron.

For more information, call 716-664-9502 Ext. 217 or visit our website at [www.cce.edu/chautauqua](http://www.cce.edu/chautauqua).

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



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# Amazing Facts About the Human Heart

Article Contributed by  
**Metro Creative Connection**

Every Valentine's Day homes and businesses dress up the decor with cupids and hearts to celebrate a day all about love and affection. The heart shape has been used to symbolically represent the human heart as the center of emotion and romantic love. Hearts symbolizing love can be traced back to the Middle Ages.

Those familiar with human anatomy realize that an actual heart bares very little resemblance to the ideographic heart shape used in art and imagery. Similarly, the human heart really has nothing to do with human emotions. Despite this, there are many interesting components of the heart, and a man or woman truly cannot love or live without one.

The heart as an organ is relatively small in size. It is roughly the size of a fist and weighs only 11 ounces on average. Although diminutive, the heart is responsible for pumping 2,000 gallons of blood through 60,000 miles of blood vessels each day. It accomplishes this by beating 72 times a minute in a healthy adult. All of the cells in the body receive blood except for the corneas in the eye.

The heart works harder than any other muscle in the body. In a fetus, it begins beating at four weeks after conception and will not stop until a person's time of death. Even then, sometimes the heart can be revived. A heart can also continue to beat outside of the body provided it has an adequate oxygen supply.

Although many people refer to all of the blood vessels in their body as "veins," they're actually a combination of veins and arteries. Veins carry fresh, oxygenated blood to the body through arteries. The main artery leaving the left heart ventricle is called the aorta, while the main artery leaving the right ventricle is known as the pulmonary artery. Blood traveling back to

the heart flows through veins after it has passed the lungs to pick up oxygen. The thumping noise that is heard while the heart is beating is actually the chambers of the heart closing and opening as blood flows through.

While the heart may not be the cornerstone of emotions, it can be affected by feelings. Studies have shown that a "broken heart" is a real occurrence, according to Live Science. Bad news or a breakup with a loved one can put a person at increased risk for heart attack. This type of trauma releases stress hormones into the body that can stun the heart. Chest pain and shortness of breath ensue but can be remedied after some rest.

Conversely, laughter and positive feelings can be beneficial for the heart. Research has shown that a good laughing fit can cause the lining of the blood vessel walls -- called the endothelium -- to relax. This helps increase blood flow for up to 45 minutes afterward.

Although having a big heart colloquially means that a person is loving and goes out of their way for others, physically speaking, a big heart is unhealthy. An enlarged heart can be a sign of heart disease and compromise the heart's ability to pump blood effectively. Left untreated, it can lead to heart failure.

There is good reason to get amorous with a loved one on Valentine's Day or other times during the month. Being intimate can provide a physical workout, in some instances doubling a person's heart rate and burning up to 200 calories. That's the equivalent of a brisk 15-minute run. Also, a study of 2,500 men aged 49 to 54 found having an orgasm at least three times a week can cut the likelihood of death from coronary disease in half, according to The New England Journal of Medicine.

The heart is an amazing organ responsible for sustaining life. Although it is not directly tied to love and emotions, without the heart such feelings wouldn't be possible.

# Late Starting Courses at JCC Announced

Article Contributed by  
**Jamestown Community College**

Registration is under way for late starting spring semester courses at Jamestown Community College.

Courses include:

**Cattaraugus County Campus:** Hostile Situation Management, Criminal Justice and the Mentally Ill, Life Writing, Alternative Spring Break, Library Research Skills, and Elementary Statistics.

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Geology, Life & Career Planning, Alternative Spring Break, Library Research Skills, Elementary Statistics, Guitar Maintenance & Repair, Beginning Golf, Athletic Taping & Injury Prevention, Couch to 5K, General Psychology, and Advanced Gas Metal Arc Welding.

**North County Center:** Master Student and Elementary Statistics.

Late starting online courses include Biology of Birds, Biology of Insects, Life & Career Planning, Medical Terminology, and Introduction to Sociology.

Registration is also open for travel courses that will be offered in late spring: Russian History and Culture and Spanish Language, Culture, Community in Guatemala.

Additional course information can be obtained by calling the JCC registrar's office, 1,800.388.8557, ext. 1018, or visiting <http://www.sunyjcc.edu/academics>.

# Fit Families Event at the Hazeltine Public Library



Article Contributed by  
**Hazeltine Public Library**

Are you looking for new ways to fuel up your family at lunch time? Do you want to stay fit and active during the winter months? Join us for a family friendly event on Tuesday, February

23rd @6PM to learn more. Track coach and mother, Cristin Hockenberry, will lead our discussion and offer suggestions to stay active year round. Everyone is welcome. The Hazeltine Public Library is located at 891 Busti-Sugar Grove Road, Jamestown, NY 14701. Please visit us Online @ [www.hazeltinelibrary.org](http://www.hazeltinelibrary.org) or phone (716) 487-1281 for more details.

# Senator Young Accepts New Post

Continued from Front

Young and her colleagues will also prioritize full restoration of funding to 42 different programs proposed for cuts in the 2016-17 Executive Budget.

Attention Focused

"My goal [as the new Chair of the Senate Majority Finance Committee] is to deliver more attention and resources to our part of the state," Young added, "and to address the unique needs of our economy, schools and infrastructure."

Within the last few weeks alone, according to Bob Driscoll, Communications Director in Senator Young's Albany office, she has been co-hosting a series of joint budget hearings, often consuming back-to-back 12-hour days, along with the Chair of the Assembly Ways and Means Committee.

"We have passed on-time budgets for several years," Young said. "Our citizens deserve to have a transparent, responsible, ethical and accountable state government. As Finance Chair, I will work to ensure that everyone has the opportunity to succeed." She considers it a high priority to continue the recently re-established track record of on-time New York State budgets.

The hearings are held each year to review the governor's Executive Budget proposal. This year's 13 in-depth hearings were finally completed on February 9. The hearings included testimony by the Executive Agencies (i.e. Department of Transportation, Office for People with Developmental Disabilities, Division of Homes and Community Renewal) and concerned members of the public. As Chair, Senator Young is responsible for keeping such hearings moving, making it possible for Legislators to question the various commissioners and advocacy groups and for gathering the testimony of all involved.

Power of the Purse

Senator Young explained that her new position as Senate Majority Finance Chair. "... gives our entire region tremendous clout and a strong voice

in state budget matters and policy decisions." Her concerns, however, extend well beyond support of the region's strong agricultural sector.

"We must ensure that all of Western New York shares in economic prosperity and that we have good-paying jobs and opportunities," she added. "All of our children need and deserve to have the best education possible and we need



Senator Young and one of her best friends.

to secure our fair share of funding for our schools. Our crumbling roads and bridges need repairs and our aging water and sewer systems desperately need upgrades. Our hardworking, overburdened taxpayers need more tax relief."

A Groundbreaking Honor

"I am honored and humbled to become the first woman to serve as Senate Majority Finance Chair in state history," the Senator said. This position is among the top leadership posts in the New York State Senate. "It is exciting because of what this appointment means for the people in my Senate district and all of Western New York."

This is, however, not the first time

Young has served in roles some might consider to be more traditionally male dominated. She also serves on the New York State Armed Forces Legislative Caucus and the Legislative Sportsmen's Caucus and has also served as a major in the Civil Air Patrol.

People Power

In addition to the other duties as Senate Finance Chair, Senator Young is

can accomplish the state's work with broad multi-partisan cooperation.

Added Priorities

"Making sure that New York's job development resources go to every corner of the state also is at the top of my priority list," the Senator said. "Rural communities especially continue to struggle. We need the economic attention and focus that other regions have received."

Beyond the State Budget, any proposed new law with a potential financial impact is often referred to the Senate Finance Committee for a thorough review and a possible vote. Senator Young is responsible for setting the committee's agenda and running committee meetings. Along with the legislation, the Senator, as Chair of the Senate Finance Committee, is responsible for reviewing the Senate's weekly Resolution Calendar.

"Tax policy is another primary concern. Senate Republicans will be advocating for more property tax relief for our overburdened homeowners," she added, "and for finding ways to assist small business owners and manufacturers so they can provide jobs and opportunities," "I am honored and humbled to serve as the Senate Majority Finance Chair," Senator Catherine M. Young said with the full expectation that her appointment to this new leadership post will be great news for Western New York.

## NY District 57 Senator Catherine Young Committee Memberships

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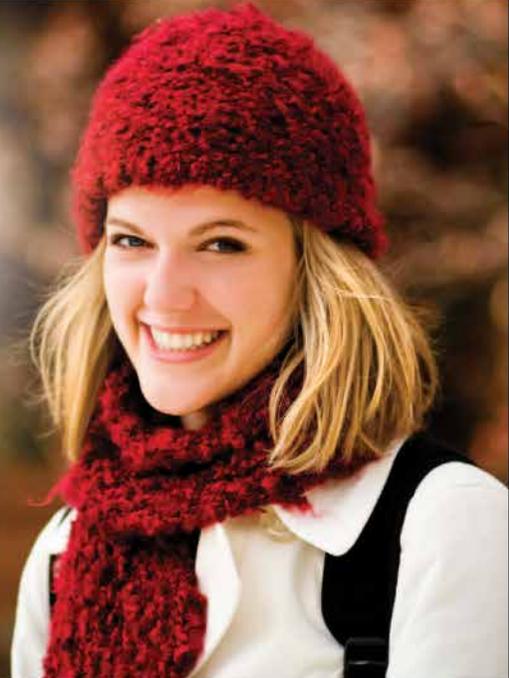
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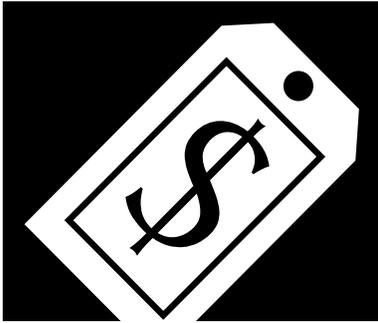
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**Latino Outreach Specialist**



*Article Contributed by*  
**Chautauqua Adult Day Care Centers, Inc.**

Chautauqua Adult Day Care Centers, Inc. is proud to announce that Migdahlia Santiago will be taking on the role of managing the agency "Latino Outreach to Seniors" program. The program is now countywide as a result of the support of the Chautauqua Region Community Foundation and the United Way who have provided funding to assist in the expansion of the program in 2015.

The Latino Outreach Program offers interpreting and translation services to older adults who are at least 55 years of age and families who are caring for an older Latino adult. Karen Lucks, Chautauqua Adult Day Care Associate Director, says that this is an underserved population when it comes to senior services. "We know that there are Spanish speaking elderly out there who need our Day programs and other senior services but they are not getting that access due to language and cultural barriers". Ms. Lucks added, "The expanded Latino Outreach Program will be concentrating on helping the Latino community in the Jamestown area and the surrounding communities to learn about our Day Programs, as well as providing interpreting and translation for seniors who have limited English skills." In addition, to helping individuals and families, the program is also available to provide assistance to human service organizations who may need help providing senior services to the older Latino population. Individuals and non-profit agencies throughout Chautauqua County can request interpreting, translation and facilitation services for Spanish speaking older adults.

According to Chautauqua Adult Day Care Centers, Inc., Executive Director, Frank Bercik, this expansion had been contemplated for some time. He said, "We have had our Latino Outreach Program in Northern Chautauqua County for 7 years. We started there because of the size of the Latino

population and wanted to expand these services to the growing Latino population in Jamestown and surrounding areas. As a result of the expansion, we have already been able to serve additional Latino older adults in our program and we are excited to be able to continue this service throughout the county. Linking older Latino adults with our Senior Day Programs and other community based care will help older Latino adults to continue to be independent and receive care that helps them remain at home".

Karen Lucks, Associate Director will also be working with the Latino Outreach program assisting with the promotion and continued integration of the program so that no matter where families or agencies are located, they will be able to access Latino Outreach services with ease and get the same great customer service.

Chautauqua Adult Day Care Centers Inc. is a not for profit United Way community partner, that offers affordable Senior Day Programs and Respite Care Services for adults sixty years of age and older who live in the community. The agency has four sites that serve all of Chautauqua County. The programs provide a social program that offers many opportunities for older adults to participate in activities during the day in a caring, friendly atmosphere with supportive staff and companionship.

The sites provide breakfast, snack, and a noon time meal for participants. There is also a Community Recreation Program that helps persons participate in outings in the community. The sites also offer pet therapy, ceramics, music programs, arts and crafts, and much more on an ongoing basis. Additionally, a Saturday Program is available in Jamestown. For participants who desire financial assistance, funding is available. To learn more, visit [www.seniordayprograms.com](http://www.seniordayprograms.com) or call Jamestown - 664-9759, Dunkirk-366-8786 and Westfield-326-6842. You can also find the agency on Facebook.

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## Future Farmers Prepare for FFA Week



*Article Contributed by  
Walt Pickut*

Governor Cuomo congratulated the Future Farmers of America (FFA) last week for their vision and work in middle and high schools across the state and officially declared February 20 through 27 as FFA Week in New York State.

The mission of Future Farmers of America (FFA) is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.

Each year, FFA chapters around the country celebrate National FFA Week which always runs from Saturday to Saturday and includes Feb. 22, Washington's Birthday, this year from February 20 through 27.

Among events scheduled for FFA week in Chautauqua County is the annual read-in for Cassadaga kindergarten through grade 5 students, according to Cheryl Burns, Agricultural Science teacher at Cassadaga. Each year the New York State FFA organization selects a single book which local chapter officers will read to school children statewide to help develop a better understanding and appreciation for farming.

"One of our main lessons," Burns said, "is the 3-Rs – Reduce, Reuse, Recycle. Agriculture must master the science of sustainability in the 21st Century."

FFA's purpose is to prepare future generations for the challenges of feeding a growing nation. Founded in 1928 by a group of young farmers, it is now one of the largest youth organizations in the United States,

with more than 600,000 members in nearly 7,700 chapters nationwide. In the 21st Century FFA describes its members as "America's future biologists, future chemists, future veterinarians, future engineers, future entrepreneurs and future civic leaders."

The future farmers says agriculture is more than planting and harvesting — it is a science. Chautauqua County FFA members, young people who are looking forward to agriculture as a career, say it is also a business and an art.

New York State Assemblyman, Andrew Goodell, has said, "Chautauqua County is home to a vibrant mix of agricultural industries. They are a very important part of our economy, from dairy farms in the southern half of the county to the vineyards in the northern half, Chautauqua County helps set the pace for New York's agricultural economy. These young farmers are our future and their skills and talents will help us continue to be among the top producing counties in New York State."

New York State Senator Catherine Young, having herself grown up on a Western New York farm, said of the FFA program, "These students are learning extremely valuable lessons that will enable them to be agricultural professionals. It is always important that we continue to ensure New York's commitment to its agriculture industry, now and in the future. Without the hard work of these young people and groups like the FFA," Senator Young added, "our agricultural roots would slowly disappear," said.

Learn more about FFA at <https://www.ffa.org>.

# Feb. 20-27, 2016

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**Woodscapes by Wefing**

Article Contributed by  
**Beth Peyton**

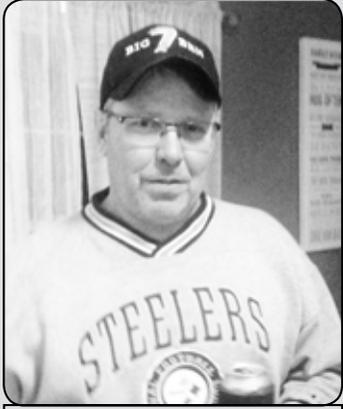
“You did that!?” is a frequent reaction Greg Wefing gets from people who know him as a house painter, a neighbor, a father or a Steelers fan. In his man cave, the basement of his house in Maple Springs, stunning woodscapes are stacked against the walls of his workshop. A sketch shows the nascent beginnings of the next project.

Like the waterwheel in one of his recent woodscapes, Wefing’s artistic life has come full circle.

He first studied fine art at Maple Grove High School, where Cecil Rhodes was the art teacher. Next it was the Ivy School of Professional Art in Pittsburgh, where he majored in Illustration. After a couple of years working as an illustrator in Houston, Texas, Wefing returned to Maple Springs, where he had grown up after his family relocated from Pittsburgh. That probably explains the Steelers fandom.

“I didn’t like being indoors,” Wefing said, so he started painting houses with one of his brothers. For the past 35 years, he’s run Greg Wefing Painting and Wallpapering, Inc., doing mostly residential work all over Chautauqua County.

His artistic background helps him assist customers with paint selection. “I tell them they



Greg Wefing

built, almost like the structures they represent. Wefing starts with a rough sketch and then paints the sky. He uses tiny chips, or flakes, or pieces of bamboo, quill, scotch broom, bark and driftwood to create detailed scenes. They draw your eye and beg your touch.

The materials themselves are subtle, earthy and textured. Bins are labeled curry split bark, nugget, raw mahogany shaving curls, white punk, redwood warwood. The pieces of driftwood, broom straw and barks from beech and elm look reptilian and alive. Individually interesting, they are transformed and completed after Wefing arranges them with his meticulous eye and steady hand.

Sometimes a particular material inspires the work itself. Other times, Wefing knows the effect he’s trying to achieve and has to search for the specific object to capture his vision.

“Cecil’s woodscapes are more detailed than mine, more refined,” Wefing said. “They really look like paintings. I would say that mine are more rustic. I’m trying to keep them natural looking.”

Even though one taught the other, there is a difference between the mentor and the protégé’s work. If Wefing’s work is more rustic, as he says, it is also more experimental. When one looks, the skies are moodier, and there is a different sense of light, or more experimentation with light, in Wefing’s pieces. The colors and textures are perhaps a bit bolder, more striking.

Greg Wefing is just beginning to flex his artistic muscles. Although he will do work on commission – your house, your barn or your covered bridge! – his goal is to get into an art show or gallery. He will. Greg Wefing is changing his life, moving toward art, just as it is so perfectly described in this poem by Ranier Marie Wilke:

*The Archaic Torso of Apollo*

*We cannot know his legendary head with eyes like ripening fruit. And yet his torso*

*is still suffused with brilliance from inside, like a lamp, in which his gaze, now turned to low,*

*gleams in all its power. Otherwise the curved breast could not dazzle you so, nor could*

*a smile run through the placid hips and thighs to that dark center where procreation flared.*

*Otherwise this stone would seem defaced beneath the translucent cascade of the shoulders and would not glisten like a wild beast’s fur:*

*would not, from all the borders of itself, burst like a star: for here there is no place that does not see you. You must change your life.*

Wefing doesn’t have a website or Facebook page. People find him by word of mouth, mainly, though he wouldn’t mind a call at 716-665-8828. Visitors who may see him having a beer in his Steelers shirt, riding his bike or painting the neighbor’s house, may ask to see a picture of his latest piece, and then ask to see the original. Because, yes, he did that.

To see more of this intriguing new artwork, please visit [www.jamestowngazette.com](http://www.jamestowngazette.com) and look for more on this article.



“Open Meadows Barn,” woodscape by Greg Wefing.

don’t need a decorator,” he says with a laugh.

Wefing’s daughter, Carly, is working toward a Master’s in Guidance Counseling at Duquesne in Pittsburgh, and his son, Corey, the New York State champion in 800 meter track, is at Edinboro University. Now that the kids are out of the house, Wefing has taken up his artists’ brush again, along with some tape, glue, and a variety of wood chips, twigs, hunks, chunks and other materials he uses to create what Cecil Rhodes called “woodscapes.” Wefing has retained the name “woodscape” for his own work, along with a garage-full of bins, boxes, shelves and other containers of the natural substances that he bought from Cecil Rhodes’ brother after Cecil died.

“Cecil was a teacher, a boatbuilder, a craftsman and woodworker,” Wefing said. “After he retired he began creating the woodscapes. And Cecil taught me.”

Although they are landscapes made out of wood, grasses and other natural materials, from a distance the pieces look like oil or acrylic paintings – of barns, covered bridges, and other structures in nature. Only closer inspection reveals that these paintings have literally been

**Chautauqua Furniture Refinishing**



Article Contributed by  
**Squirrel Hill Consulting**

Al Bennett, the owner of Chautauqua Furniture Refinishing in Falconer says that the thing that he likes best about his job is “being able to take something ugly and make it beautiful again.” His showroom, which is attached to the “Gold Star” Building, is a testament to this fact.

The display area of the shop is filled with dozens of beautifully restored furniture pieces ranging from dining room suites to bureaus. Some of the items have been commissioned by clients, but many are for sale to the public. Visitors to Gold Star who stop by his showroom out of curiosity are often surprised at the high level of craftsmanship that they find there.

“I only work with quality furniture—you won’t find any particle board here.” Bennett says. “I get pieces from estate and moving sales, and some from individuals. My goal is to make each piece look as good -or better - than it did originally.”

Bennett received his early training as a teenager in Connecticut, where he worked for a furniture refinisher part-time during high school. He continued this work full-time for 10 years after he graduated before moving to Western New York in 2005 with his wife for school and employment reasons.

Faced with a dilemma about a year ago

when he lost his job, Bennett decided to stay in this area because his two teenaged children were not eager to leave. He says that his change in employment status made him reevaluate what he wanted to do with his life. He completed his Degree at Jamestown Business College shortly after opening the shop in October 2015.

“After working in a completely different industry for several years, I decided to follow my dream and start my own business. It has been a challenge at times, but now I love my work.” he says. “It is very rewarding to bring out the beauty in the pieces that I work with.”

Chautauqua Furniture Refinishing offers complete furniture restoration including the stripping, refinishing and repair of various pieces of furniture, including desks, tables, dressers and coffee tables, among others. They also fix broken items, such as chairs, drawers and table legs.

Located at 1765 Lindquist Drive (adjacent to Gold Star Treasures), Falconer, NY, the store is open Monday through Thursday from 10am to 6pm, Friday and Saturday from 10am to 4pm and Sunday from 1pm to 5pm. Samples of completed pieces can be seen in the showroom during business hours or on the company Facebook page: <https://www.facebook.com/Chautauqua-Furniture-Refinishing-1390770024564101/timeline> For more information call 716-489-4492.

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Solution to Crossword:

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

Solution to Sudoku

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

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## Lucky Savers Winner at Southern Chautauqua Federal Credit Union



(L to R) Amy Hadley, \$100 winner and Candace White, Director of Community Development, Southern Chautauqua FCU.

### Article Contributed by Southern Chautauqua Federal Credit Union

Southern Chautauqua Federal Credit Union had its first Lucky Savers winner last month. Amy Hadley, pictured at left won \$100 from Lucky Savers, a prize linked savings account program. Southern Chautauqua FCU has been participating in this new save to win program since November 2015.

Members are encouraged to make regular deposits in a Lucky Savers account. Each deposit of just \$25 is an entry into the state wide drawings that are held both monthly and quarterly. Each month 26 Lucky Savers win \$25, \$50 or \$100 and 3 Lucky Savers win \$500, \$1000 or \$5000 each quarter.

“The Lucky Savers program is a little like the lottery, only better because as a member, you keep the investment and earn interest.” “Speaking of the investment, the APR for a Lucky Savers account is 1%.” commented Laura Simons Marketing Coordinator SCFCU

Amy Hadley said, “I was pleasantly surprised to win and would recommend Lucky Savers to anyone.”

Anyone who is aged 18 and over and does not already have a Lucky Savers account at another institution is welcome to open a Lucky Savers Account. More information is available by calling Southern Chautauqua Federal Credit Union at 665-7000 or visiting the Lucky Savers Website at [www.savetowin.org](http://www.savetowin.org).

## JHS Senior Chiara Raimondo Wins WNY Regional Poetry Out Loud Competition

### Article Contributed by Jamestown Public Schools

Headed to Syracuse for the New York State Poetry Out Loud contest for the second time in her high school career, JHS senior, Chiara Raimondo, is poised, practiced, and ready to compete on March 14th.

In December, nineteen JHS students recited poems before an independent panel of judges in the JHS auditorium. Students were evaluated on physical presence, voice and articulation, dramatic appropriateness, level of difficulty, evidence of understanding, overall performance, and accuracy during their poetry recitation.

One of the two senior JHS winners, Chiara Raimondo, headed to Buffalo on February 2nd to compete against other western New York high school winners. The other JHS winner, Cellyann Semidey will head to Brockport on February 23rd to compete in the Finger Lakes regional competition. Raimondo placed second the Western New York Regional Poetry Out Loud competition at Erie Community College with her recitation of three poems: “Bleeding Heart” by Carmen Gimenez Smith, “The Pulley” by George Herbert, and “Passing” by Toi Derricotte.

“I became involved in Poetry Out Loud through my JHS College-Level Public Speaking class, taught by Mrs. Price,” said Chiara. “Having competed at Regionals twice before and placing second in the state, I feel as though I have some experience that other competitors might not have. I love watching the audience’s reaction to my performances. By emphasizing certain words or changing my inflection, I can breathe life into a poem’s story. It’s been such a valuable experience.”

On March 14, Chiara will travel to Syracuse,

New York with her former English/ Public Speaking teacher, Barbi Price, to compete for the New York State Poetry Out Loud title. The winner of the New York State contest will then proceed to the National Finals at George Washington University in Washington DC, where the winner receives \$25,000.



“Chiara has a beautiful vocal range and an instinctive ability to intuit a poem’s deeper meaning. She chooses poems that showcase her abilities, takes direction very well, and performs with maturity and confidence,” said Mrs. Price. “Part of the fun of Poetry Out Loud is seeing the students blossom as public speakers. Not only do they learn more about the beauty of poetry, but they also gain valuable confidence and skills that transfer to other activities and real-life experiences.”

The National Endowment for the Arts and the Poetry Foundation have partnered with state arts agencies to create Poetry Out Loud, a program which invites the dynamic aspects of poetry and the spoken word into JHS English classes. Poetry Out Loud helps students master public speaking skills, build self-confidence, and learn about their literary heritage. Students who study, memorize, and perform timeless poems are immersed in powerful language and provocative ideas.

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Mary Dwaileebe - Caprino,  
Brenda Munella, Maryann Boggs



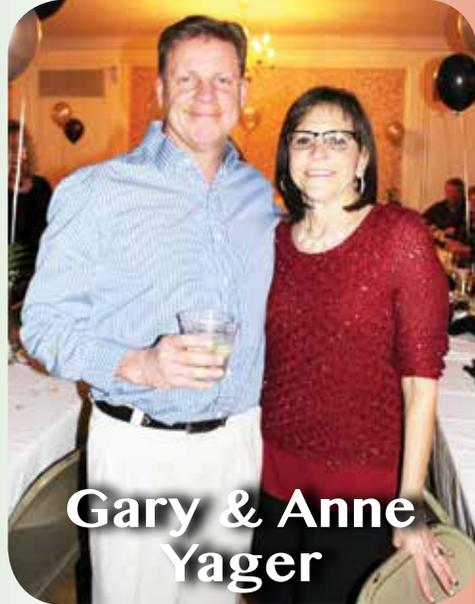
Paul & Johnna  
Lisa & Mike



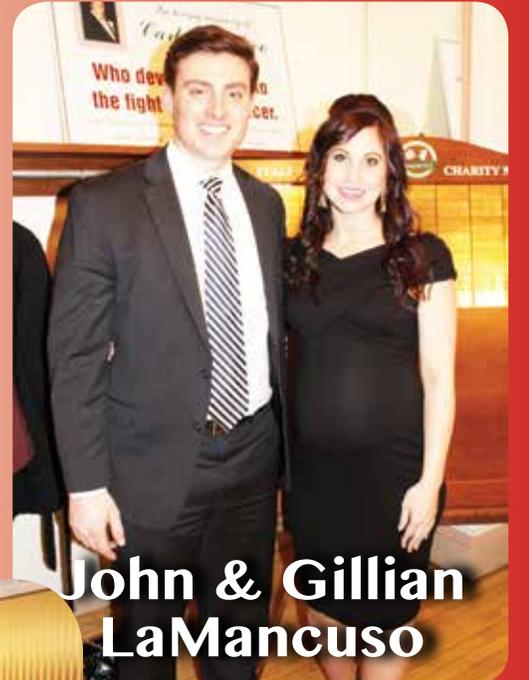
Joe & Lindsey  
Vitello



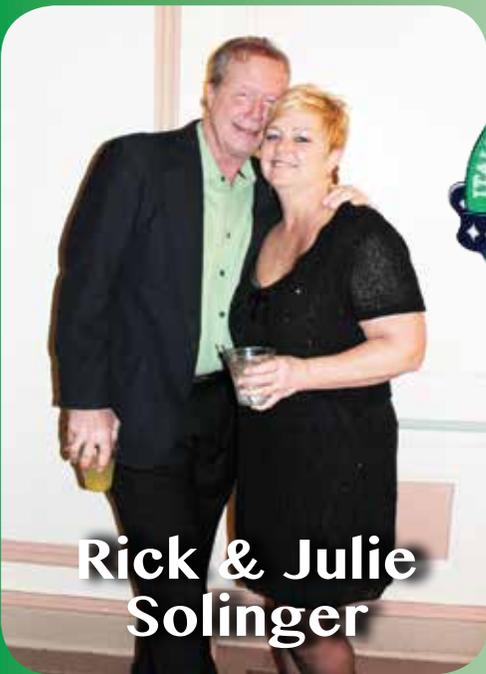
Bill & Mary Rapaport  
Jessica & Ben Bianchi



Gary & Anne  
Yager



John & Gillian  
LaMancuso



Rick & Julie  
Solinger



Italian American Charity  
Golf Association  
Fundraising Dinner



Committee Members



Brittney Macintyre  
Katie Miley & Nichole Mason



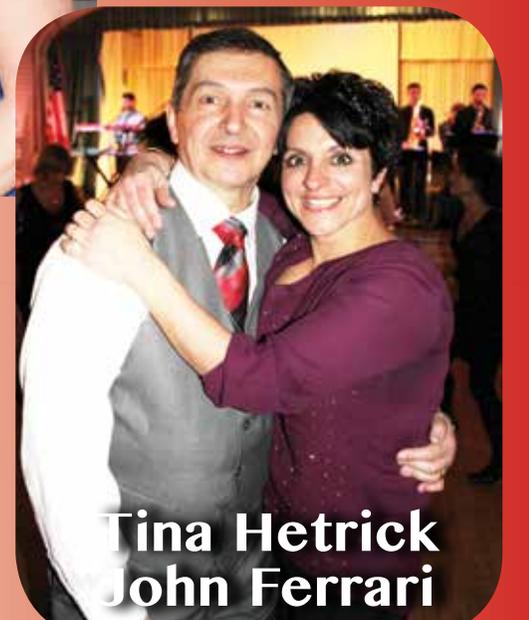
Colleen, Janelle,  
Gail & Darlene



Jennifer & Eric Hern  
Bill Loomis & Christina Reynolds



Jennifer Williams,  
Tess Kalsen, Katlen Maloney,  
Jan Williams



Tina Hetrick  
John Ferrari



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- **WINE SAMPLES**
- **FOOD SAMPLES**
- **COMMEMORATIVE WINE GLASS**



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**2:00PM & 6:00PM**

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