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**Inside this Issue!****Jamestown Gazette****pg. 10****IN THIS ISSUE**

Flu Season 2020.....	1, 9-11
Editor's Message.....	3
Faith Matters	4
Obituaries.....	4-5
Puzzles	7
The Everyday Hunter®	8
Classifieds	12-13
Martz-Kohl Observatory..	14
Dealer List.....	17
Friends Around Town	18
Around Town	19

JamestownGazette.com

Flu Season 2020: Opportunity to Save Lives

*Contributing Writer***Walt Pickut**

Every year has four seasons, but doctors know about a fifth one: Flu Season. Roughly speaking, it coincides with the Winter months every year, December through March.

But Flu Season is fickle. Most years February is the worst and January is the mildest for flu, but sometimes December and March are the bad ones. Influenza, "The flu," is notoriously unpredictable. So is the virus that causes it. Some years it is more virulent, more dangerous, than others.

One Big Question

The big question every year is always the same. "Do you want the flu?" If not, medical science now has two answers. The first is almost guaranteed to work. Stay home from December through March—never leave your house and let nobody in.

The second answer is almost as good. It is also the only one left. Get a flu shot. Flu.gov estimates that flu shots prevented five million people from getting the flu last year.

*Submitted Photo*

But questions remain in the minds of some people about the flu vaccination. Jamestown Gazette readers are invited to see the FAQ section at the end of this article.

Unexpected Dangers

Decisions are often decided by balancing risks against benefits. In 2020, contracting the flu comes with new, potentially very dangerous risks.

Viruses like influenza are known to trade genetic material with other

viruses and mutate into something new and unpredictable. This is especially true when the virus—flu in particular—passes so easily between humans and animals (including poultry, swine, and bats). As a result, the risk in catching flu changes every year.

The new COVID virus probably emerged from two other viruses mixing together in one infected animal, according to *New Scientist*

CONTINUED ON PAGE 11

CCIDA Awarded \$10.5 Million in Federal Funding to Establish New Low-Interest Revolving Loan Fund

*Loans to be Made Available to Businesses & Non-Profits to Aid in Economic Recovery as a Result of COVID-19**Article Contributed by***County of Chautauqua Industrial Development Agency**

The U.S. Economic Development Administration (EDA) officially announced on September 9th that the County of Chautauqua Industrial Development Agency (CCIDA) has been selected as the recipient of a \$10.5 million grant through the CARES Act, which will enable

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Empty the Nest Book and Art Sale September 19th & 20th

RTPI to Host Weekend Event of Discounts on Artwork, Books, and Select Merchandise

Article Contributed by

Roger Tory Peterson Institute

RTPI will hold a special sale event on Saturday, September 19 and Sunday, September 20, featuring artwork, books, and other merchandise from their Snowy Owl Museum Store.

We are emptying our nest of select original artwork and prints, natural history and related book titles, toys, games, and other unique merchandise. Visitors will receive a 30% discount on artwork and prints, and a 50% discount on dozens of book titles included in the sale.

This event is free and open to the public. Proceeds from RTPI's "Empty the Nest" sale will support

our art, education and conservation programs. Regular admission applies to view our current exhibitions. Come for the sale – stay for the art and nature.

During this and other events at RTPI, everyone's health and safety will be – as always – our number one concern. Guided by the CDC and other agencies, our plan calls for:

1. Most activities to be held outdoors to ensure plenty of room for social distancing,
2. Limiting the number of visitors for indoor programs to one-third our capacity, and
3. Requiring all indoor visitors to wear masks "right" and maintain "an eagle wingspan" apart.

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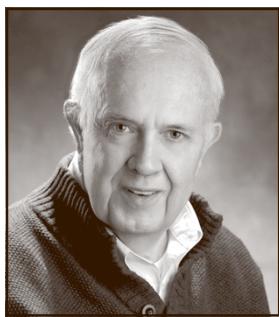
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Words of Wisdom with Walt Pickut

Poison!



Contributing Editor

Walt Pickut

Sometimes I am amazed at the warnings on some products.

I actually have a package of fish hooks that has a warning label to make sure I know: "Not to be taken internally." Except by fish, I guess.

And for the hunters, how about the MDW Outdoor Group's fox/bobcat urine powder label: "Not for human consumption."

People will do the stupidest stuff. How about one more? Warning label on a box of rat poison: "Has been found to cause cancer in laboratory mice. Do not take internally."

My point is that some people actually have to be warned against doing very stupid things. At the moment, it's poisons that worry me. The dictionary defines poison as: "A substance that is capable of causing the illness or death of a living organism when introduced or absorbed."

But maybe I'm being a little too critical. There are accidental poisonings that happen to ordinary people. In U.S. hospitals more than 50,000 children under

age 6 are treated for accidental poisoning with medicines every year.

And sometimes poisoning comes with the best intentions. During January to March 2020, as the COVID-19 pandemic exploded on the scene, hospital poison centers received 45,550 poison exposure calls related to cleaners and disinfectants that people used to excess.

But this week, the Jamestown Gazette cover story is about a very special kind of poison that is killing tens and hundreds of thousands of people.

It is a poison that, once taken internally, no matter how small the amount, copies itself over, and over, and over again—until your body is filled with a million times more of it than you originally took in. It is a complex chemical poison that is not alive but it can make you sick and even kill you.

That kind of poison has a special name: Virus. A virus particle is not a living thing. It is not a bacterium or a parasite. It is only a chemical blueprint that your body uses to make more copies of it. And it kills every cell in your body that makes the copies. A virus is a horror show poison.

So why are some of us willing to take that poison in? One of the nastiest ones around right now is the Influenza virus, kissin' cousin to the Covid virus.

Most people would wear gloves while using caustic chemicals,

or while cleaning up spilled rat poison, or would wear shoes while sweeping up broken glass. It's common sense. Keep poisonous, dangerous stuff out of your body.

That's why I'm so mystified by people who won't wear a mask when there might be poison particles in the air they are breathing or get an inoculation against a virus. A person only needs one particle of it for the body to fill itself up with it.

A flu virus particle, or a COVID virus particle, or even—as everyone knows by now—a single Aids virus particle is poison. The kind of poison that can force your body to kill itself to make more of it.

This week your Jamestown Gazette wants to keep as many of our readers alive and healthy as possible.

The way to stop those particles is to teach your body how to stop them. That is what vaccines do and that is what immunity is. It is a poison antidote for viruses.

All you need to stop the flu is a simple little jab of a flu shot. Job done! Poison stopped.

Please stay safe and be well. And of course, enjoy the read.

Walt Pickut

Jamestown Gazette

The People's Paper.

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AD DEADLINES Friday at 12:00 pm
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DISTRIBUTION

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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Faith Matters

Get Behind Jesus



Contributing Writer

Rev. Dr. Scott D. HannonSt. John Lutheran Church,
Amherst, NY

Raise your hand if you've ever tried to tell God what to do... me too. I think many of us have. We see a problem and tell God to help. We see a need and we expect God to act. We encounter adversity, pain, or a setback, and we hope God will deliver or get busy... and if God doesn't seem active enough, we often pray for that divine intervention. Over the course of my ministry – and my life – I have both prayed and heard a lot of prayers that sound like we're giving God a "to-do" list. Like, Hey God, here's what I'm going to need from you this week – a little bit more money, cure aunt Kathy, drop some locusts on my neighbor whose dog won't stop barking, help Jimmy hit a home run, vaccine please, and if you have time world peace. And in the same way that we can find ourselves telling God what to do, at times, I think we can catch ourselves telling God what not to do – we find ourselves drawing a line we don't want God to cross – like, who can be forgiven or healed, or even where God's Spirit might go.

That is where Peter finds himself in the 16th chapter of the gospel of Matthew... telling Jesus what he can't do. Just prior to this text Peter and Jesus had a positive exchange. Peter confessed Jesus as the messiah, the Son of God. And Jesus said, "Blessed are you." But now the story has taken a decidedly more ominous tone. See, from that time on Jesus began to show his disciples that he had to go to Jerusalem where he would undergo great suffering, be killed, and rise again. And for

Peter this is a no-no. Messiahs don't suffer. The son of God can't be killed. And so, he takes Jesus aside (imagine that, consider the audacity of taking God aside and saying: we're not going there, you're not doing that, that's not part of my plan for us). I mean it seems like a crazy thing that Peter does, until you reflect on how many times we've done something similar – how many times we've tried to lay our own plans out before God – plans that primarily aim to avoid pain, suffering, and death.

Well in the midst of his rebuke of Jesus, Peter gets hit with a pretty hard admonishment himself as Jesus says, "Get behind me, Satan. You are a stumbling block to me for you are setting your mind not on divine things, but human things."

While this is the first time Peter has been called Satan. It is not the first time he has heard Jesus say: Get behind me. In fact, these were the first words he heard Jesus speak. Way back at the beginning of the story while fishing by the sea Jesus approached him and his brother and said: Get behind me. Most of the time we translate that differently, we translate that "follow me", but in the original Greek it is the same sentence. And so, when Jesus rebukes Peter he isn't just asking for him to get out of the way, but inviting him to get in line... to allow God to lead.

In the waters of baptism that same invitation is extended to us. By those waters we hear God say: get behind me, follow me. It is an invitation to get out of our own way, an encouragement to stop being a stumbling block to ourselves and others, and an offer to allow God to guide. Friends, we like Peter, ARE CALLED TO FOLLOW... To go where God calls us to, not to tell God where to go... To minister to those God would have us, not to have us tell God who needs help... To listen to Jesus, rather than boss him around... and To allow our prayer to include as much

listening as it does talking... to not just tell God what we need, but to see what God might need from us.

There's an old phrase: let go and let God. As cliché as that sometimes seems, it is the invitation extended in this gospel – after this altercation with Peter Jesus turns and tells his disciples, "If you lose your life, you will find it." If you can just let go, you will discover abundant and blessed life.

See, that's the part Peter missed when Jesus was talking. All he heard was Jesus say he was going to suffer and be killed. He was so caught up with that he didn't hear Jesus say, "I will rise again."

That is the promise we have in Christ. That is why we follow Christ... Not because we expect life to be perfect or good all the time, but because we know that Christ has conquered the grave, because we know that when life is at its worst our God is at his best, and because we know that while suffering and death are realities we must endure the end of our story is life that never ends.

One of my ongoing fears for the church is that we, like Peter, still think we're smarter than Jesus. He says, love and pray for your enemies, we choose bombs. He says, give to everyone who begs, we turn a blind eye. He says, don't judge, and yet, we gossip. He says, forgive and yet we feel safer holding on. We like to take God aside and tell him how it's going to be.

Well, maybe today we let go of all that – get behind Jesus – and let God do his thing. Amen.

For more inspiration and insights from Pastor Scott and Pastor Shawn's past columns, please visit www.jamestowngazette.com and click on the Faith Matters page. The Jamestown Gazette is proud to present our county's most creative and original writers for your enjoyment and enlightenment.

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64, of Warren

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John T. Silo, 67, of

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Jemison, 62, of

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Frank L. Mallare, 83, of

Jamestown

Lind Funeral Home

Stephen Joseph Massa,

Jr., 76, of Warren

Peterson-Blick Funeral
Home**Sept 9**

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Eadie, 93, of Russell

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

Obituary of:

John T. Silo

• 1953 - 2020 •

John T. Silo, 67, of Jamestown, NY, passed away unexpectedly on Saturday, September 5, 2020.

An area resident for most of his life, he was born March 12, 1953 in Cleveland, OH, a son of the late Thomas and Afroditi Pippa Silo.

John graduated from Jamestown Community College with an associate's degree in business and accounting in 1974 and then attended Cleveland State University studying business administration. He then enrolled in the dental technology school at Cuyahoga Community College graduating in 1977.

Before his retirement just last year, John owned and operated the Jamestown Dental Lab for over 20 years.

John was an active member of the St. Nicholas Greek Orthodox Church where he served as chairman of the Yassou Festival. He was an avid skier and an active member of the Holiday Valley Safety Patrol and the Jamestown Rifle Club. He was active in his community being a Junior Guilder dad and volunteering for the Busti Historical Society. He also loved cycling, which is what he was doing when he suddenly passed away.

John's hobbies included home brewing both wine and beer (winning an award for his honey mead), snowshoeing, hiking, cooking, and traveling. John had a love for life and adventure and always kept busy visiting his children and grandchildren. He also enjoyed tinkering around the house, traveling to Europe and around the United States, kayaking with his wife, making jewelry, (which included their wedding bands), and spending quality time with his many friends and family. The many people who knew John well knew that he was the type of person who would give you the shirt off his own back



and was always there to lend a helping hand. If John would want people to learn anything from his sudden passing, it would be to be grateful for each day, try to find the positive in any situation, and hold your family and friends close

Surviving are his wife, and the love of his life of 43 years, Barbara A. Oliverio Silo whom he married July 2, 1977, a daughter; Renee S. (Trevor) Bricker of Charlottesville, VA, a son: Evan J. (Lauren) Silo of Philadelphia, PA, four beloved grandchildren, who affectionately called him "Papa John", Giana and Jude Bricker of Charlottesville, Ben and Lila Silo of Philadelphia, a sister; Helen (John) Petro of Bay Village, OH, a niece; Athena Becker and a nephew; Mark Petro.

A private graveside service was held at the Lake View Cemetery. The Rev. Soterios Rousakis, pastor of St. Nicholas Greek Orthodox Church officiated.

Friends were received in the Lind Funeral Home.

In lieu of flowers, memorials may be made to the John T. Silo Memorial Fund, c/o Chautauqua Region Community Foundation, 418 Spring St. Jamestown, NY 14701 or to St. Nicholas Greek Orthodox Church, P.O. Box 264, Jamestown, NY 14701.

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Chautauqua County and Local Officials Urge County Residents to take Precautions to Prevent the Spread of COVID-19

Article Contributed by

Chautauqua County Office of the County Executive

Chautauqua County and local officials are urging all Chautauqua County residents to take precautions to prevent the spread of COVID-19.

"With the recent outbreaks of COVID-19 at Fieldbrook Foods Inc. in Dunkirk and now at the State University of New York at Fredonia, we are calling on all residents for their support by following the recommended safety precautions," said PJ Wendel, Chautauqua County Executive. "Our public health staff has been working tirelessly to isolate those testing positive and identify and quarantine the close contacts of all positive cases so we can help contain the virus, but we need all county residents to do their part by being responsible citizens and following preventive measures 24/7. Not only are we working together, we are in this together and we need everyone's help especially with the upcoming Labor Day Weekend."

From Aug. 16 to Sept. 1, there have been 56 cases of COVID-19 in Fieldbrook Foods Inc. employees.

As of Sept. 2, there have been 22 SUNY Fredonia students who have tested positive for COVID-19. These 22 cases are the total university population, regardless of County of residence.

SUNY Fredonia and the Chautauqua County Health Department issued a joint statement to the college's students and faculty on Sept. 1

about the recent uptick of cases at the campus and several scenarios they believe have contributed to the spread of the virus on campus. In the statement, they call for individuals to:

- Limit assembling to less than 10 minutes in common areas, even outside, when face coverings are not continuously worn;
- Have no visitors in the residence halls; and
- Not attend large off-campus gatherings that are in violation of the State's Executive Orders.

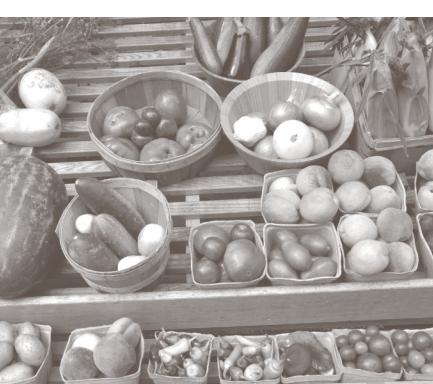
"The Chautauqua County Health Department continues to work collaboratively with SUNY Fredonia and Fieldbrook Foods to reduce the spread of COVID-19 at these facilities, but we need the public to do its part too," said Christine Schuyler, Chautauqua County Public Health Director. "Just because you are no longer at work or in class, it doesn't mean that you can let your guard down, attend large gatherings, or be

in close contact with others without wearing a face covering. We all need to remain diligent."

The public is reminded to:

- Stay home if you feel ill;
- Wear a mask or covering over your nose and mouth when you cannot maintain a physical distance of at least six feet from others;
- Wash your hands frequently with soap and water or use hand sanitizer with at least 60% alcohol;
- Avoid large gatherings;
- Clean and disinfect frequently touched surfaces and objects;

CONTINUED ON PAGE 17



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September 21, 2020



Jackson Center Welcomes Pulitzer Prize Winning Journalist Debbie Cenziper

Article Contributed by

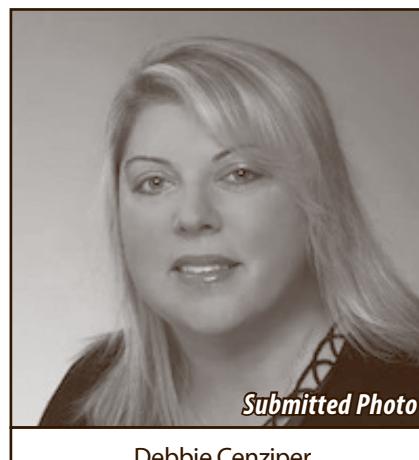
Robert H. Jackson Center

The Robert H. Jackson Center is hosting Pulitzer Prize winner Debbie Cenziper, an investigative reporter for the *Washington Post* for two virtual programs -our third annual Al & Marge Brown Lecture on WWII and an investigative journalism program on September 17 and September 18, respectively.

This year's Al &Marge Brown Lecture on WWII will take place as a Zoom webinar on Thursday, September 17 at 3:00pm. Cenziper is speaking on her most recent book, *Citizen 865: The Hunt for Hitler's Hidden Soldiers in America*. The book recounts the remarkable true story of a team of Nazi hunters at the U.S. Department of Justice as they raced against time to uncover members of a brutal SS killing force who disappeared in America following WWII.

This Zoom webinar is free, but registration is required. Visit <https://www.roberthjackson.org/event/author-debbie-cenziper-2020-al-marge-brown-lecture-on-wwii/> to register and receive the webinar link via Zoom. The Al & Marge Brown Lecture Series on WWII was established in 2018 by an endowment gift from Phil and Mary Ann Zimmer to benefit the Jackson Center.

The investigative journalism program will take place as a Zoom webinar on Friday, September 18 at 10am. Cenziper will discuss the tools and methods of investigative journalism, including the basics of data and investigative reporting, as well



Debbie Cenziper

as the research and use of public records. Students, teachers, and the public are encouraged to join this discussion.

This Zoom webinar also is free, but registration is required. Visit <https://www.roberthjackson.org/event/investigative-journalism-with-debbie-cenziper/> to register and receive the webinar link via Zoom. This program was made possible through the generosity of Jackson Center donors.

Before joining the *Washington Post* as an investigative reporter, Cenziper spent nearly 15 years at *The Miami Herald* and the *Charlotte Observer*. She received the Pulitzer Prize for local reporting for her year-long investigation of housing corruption in Miami, which led to the convictions of several developers and to a federal takeover of the county housing agency. She is also the author of the book *Love Wins: The Lovers and Lawyers Who Fought the Landmark Case for Marriage Equality*, published by William Morrow in 2016. Cenziper is an Associate Professor and Director of Investigative Reporting at Medill School of Journalism in Washington D.C.

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Hello, it's so good to meet you! My name is Rita, I'm a big loveable girl full of affection to give! My favorite things are belly rubs. I get along fine with cats, dogs, and humans aged 8 and up. I'm a little shy at first, so an obedience class would be a great way to build my confidence. If you are looking for a gal who's got love to give in spades, come check me out at Paws!



Alliance Announces New Executive Director

Article Contributed by

Chautauqua Lake & Watershed Management Alliance

The Chautauqua Lake & Watershed Management Alliance has named Randall Perry as its new Executive Director, effective November 1, 2020. Perry will succeed Vince Horrigan, who has served as the organization's Interim Executive Director since September 2019.



Incoming Chautauqua Lake & Watershed Management Alliance Executive Director, Randall Perry.

M.S. in Earth Sciences from the University of Maine with a focus on environmental geochemistry.

"I want to recognize Vince for the amazing work that he has done and continues to do as the Interim Executive Director. We are all deeply indebted to him for his service," said Pierre Chagnon, Chairman of the Alliance Board of Directors.

"Randall has demonstrated impressive skills coordinating Members, engineers, and contractors in managing many successful Alliance projects. He has also developed solid skills in grant writing, grant administration, and funding management in the various platforms involved. He has been an incredible rock solid foundation for the Alliance through our extended period with an interim executive director," said Chagnon.

Horrigan, Perry, and the Alliance Board of Directors will complete the leadership transition and coordinate accompanying staffing adjustments over the next several weeks.

The Alliance is a 501c3 non-profit organization in Jamestown, New York. For more information about the Alliance or this announcement, please contact Vince Horrigan at (716) 661-8918 or visit the Alliance website at chautauquaalliance.org/

Fredonia College Foundation Staff Member earns CFRE Designation

Article Contributed by

*State University of New York
at Fredonia*

Spencer D. Morgan, associate of Development with the Fredonia College Foundation at the State University of New York at Fredonia, has been awarded the Certified Fund Raising Executive designation, joining over 6,900 professionals from around the world who hold the CFRE International designation.

Those granted the CFRE title have met a series of standards that include tenure in the profession, education and demonstrated fundraising achievement. They have also passed a rigorous written examination testing their knowledge, skills and abilities required of a fundraising executive, and have agreed to uphold the Accountability Standards and the Donor Bill of Rights of the profession.

At the foundation, Mr. Morgan nurtures and stewards relationships with Fredonia alumni and donors, acting as a guide in their giving back to the institution through special and major gifts and pledges, including those that establish scholarships, program endowments and other opportunities that benefit students and the institution.

Morgan also coordinates and co-manages the Fredonia Alumni Golf Tournament, serves as a member of the university's Writers at Work steering committee and was a 2019 SUNYCUAD Charlton Scholar.

Prior to joining the foundation nearly three years ago, Morgan was the grants and special events coordinator at Villa Maria



Submitted Photo

Spencer D. Morgan, CFRE

College. Previous positions also include director of development and marketing at Buffalo Niagara Heritage Village and curator at the Steel Plant Museum of Western New York. Morgan is the author of "Western New York Steel," part of Arcadia Publishing's Images of America series.

Morgan is a volunteer with Citizens Advocating Memorial Preservation, a current member of the 1891 Fredonia Opera House and Performing Arts Center Board of Directors, former president of the Lackawanna Historical Association Board of Directors and former member of the Erie County Historical Federation Board of Trustees.

A lifelong Western New York resident, Morgan received an M.A. in History, with a concentration in Museum Studies, from SUNY Buffalo State in 2011, a B.A. in History, with a minor in American Studies, from SUNY Fredonia in 2008 and certificate in Paralegal Studies at the University at Buffalo in 2009. He is a graduate of Allegany-Limestone High School.



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Edited by Margie E. Burke

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.

**Solutions
on Page 13**

The Weekly Crossword

by Margie E. Burke

ACROSS

1	2	3	4		5	6	7	8		9	10	11	12	13
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DOWN

40	Summer cooler	66	Spartan slave	12	Email folder	42	Unpretentious
43	Unable to sit still	67	Leak slowly	13	Pilot starter	43	Showy display
45	Hollywood's Danson	68	Telephoto, for one	19	Gladiator's place	44	Computer pros
46	Make a goof	27	Railing part	21	Salk's conquest	48	Chilling
47	Mr. T's group	48	Felix, for one	26	Like beauty, they say	51	Singer Neville
48	False show	49	they say	27	and clear	52	Bottom of the barrel
50	Dog reprimand	50	Like	31	Gathering, as of things	53	Overdo the praise
53	Certain dancer	51	some colors	32	Capricorn's creature	54	Enough, for some
56	Staff symbol	52	expenses	33	One's partner	55	Kind of scout
57	Kind of cap	53	Unpredictable	34	Shed	58	Translucent gem
59	One-sided	54	Tree trickling	35	"Way to go!"	60	Anagram for "tap"
62	Reduce, as expenses	55	Cop to	37	Sprawling story	61	Sassy talk
63	Money substitute	56	Bank claim	41	Standing		
64	iPhone assistant						
65	Spellbound						

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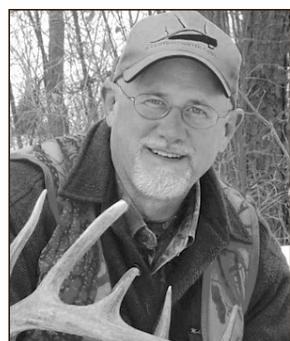
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The Everyday Hunter® with Steve Sorensen

Everybody's Squirrels



Contributing Writer

Steve Sorensen

Although I cut my hunting cuspids on rabbits and ringnecks with my beagle, I'm no longer much of a small game hunter. I remember shooting my first squirrel under my grandfather's tutelage, but I didn't bag many in those days.

That's about to change. I was invited to hunt squirrels this Saturday with Randy Ent, a high school classmate from long ago and now hunting buddy. We'll be tramping the rugged hills of the Allegheny National Forest west of the Kinzua Reservoir near the Pennsylvania/New York border. (By the time you read this the hunt will be past tense.)

Candidates for our game bags are gray squirrels (including the black phase) and the bigger fox squirrels. (See accompanying photo, courtesy of my friend Ron Spomer. For some of the most expert outdoor content anywhere, check out RonSpomerOutdoors.com, Ron Spomer YouTube channel, and Ron Spomer podcasts.)

These hardwood ridges grow tall oaks that scatter millions of acorns on the ground. And this is a bumper-grade year. I'm looking forward to it as much as I looked forward to that day with Grandpa.

One change from that long gone era — this year's Pennsylvania squirrel season opener is September 12, earlier than ever. That adjustment was a smart move on the part of the Pennsylvania Game Commission. Maybe the PGC is following the lead of New York, though New York

Photo by
Steve Sorensen

Fox squirrels are the big ones. Head shots provide a sure kill and plenty of meat for the pot.

starts even earlier, on September 1. A longer season isn't going to deplete the supply of squirrels, which often bear two litters a year.

With declining hunting license sales, it makes sense to offer hunters more time in the woods, especially younger hunters during the weeks when autumn's transitional breezes rustle the treetops and the weather is still comfortable.

Property access is not an issue when it comes to squirrel hunting. Northern Pennsylvania and southern New York both have public land aplenty. Besides the Allegheny National Forest, the Keystone State has lots

of State Game Lands. New York hunters can wander the sprawling South Valley State Forest and the Allegany State Park. Public lands hold countless oak and hickory trees, keeping bushytails busy. Like the land, the squirrels on it belong to everybody. That sets up the hunter for a great day afield.

I'll be carrying a rimfire, although small centerfire rifles and shotguns with mild loads will do the job.

My .17 HMR is a tack-driving Savage Model 93 with a heavy barrel and a laminated thumbhole stock. I bought that rifle to hunt woodchucks in small fields where I'm reluctant to use an ear-splitting centerfire. It will

be perfect in the squirrel woods. Chances are, you have a weapon fit for the task.

One motivation I have is to spend some time on hardwood ridges in anticipation of the deer season. Whitetail deer will be feeding on the same acorn crop the squirrels are now gathering, so in a couple of months rutting bucks will be searching out doe groups. That makes a squirrel hunt also a scouting trip for deer season. And black bears will cover the same ground as they fatten up on their share of those high-carbohydrate acorns.

Squirrel hunting and big game scouting do not mean spending time with Randy is in third place. Randy is a champion metallic silhouette shooter and I learn a lot from him about rifles, shooting, woodsmanship, and what he calls "Randy-thinking" — his clear, simple, down-to-earth philosophy. Everybody needs more of that these days.

On a beautiful September day, what could be better than hunting everybody's squirrels on everybody's land with a friend like everybody should have?

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. If you want to tell Steve exactly where your favorite hunting spot is, contact him through his website, [www.EverydayHunter.com](http://EverydayHunter.com). He writes for top outdoor magazines, and won the 2015 and 2018 national "Pinnacle Award" for outdoor writing.



Flu-Fighting Tips to keep You & Others Healthy



Submitted Photo

Article Contributed by

Metro Creative Connection

Sniffles, sore throat, fever, and aches and pains may accompany a number of illnesses, but during the wintertime such symptoms are typically indicative of influenza.

Throughout much of North America, flu season peaks between December and February. But flu season can occur anywhere from October to March, advises the U.S. Centers for Disease Control and Prevention. The flu is contagious and can sideline people for extended periods of time. The CDC says that each year one in five Americans gets the flu.

Taking steps to fend off the flu can help men and women and the people they routinely come in contact with.

Foods

Food can be used to fend off the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Garlic, for example, contains compounds that have direct antiviral effects and may help destroy the flu before it affects the body. Raw garlic is best. In addition to garlic, citrus fruits, ginger, yogurt, and dark leafy greens can boost immunity and fight the flu, according to Mother Nature's Network. The British Journal of Nutrition notes that dark chocolate supports T-helper cells, which increase the immune system's ability to defend against infection.

A study published in the American Journal of Therapeutics showed that carnosine, a compound found in chicken soup, can help strengthen the body's immune system and help fight off the flu in its early stages.

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Why the Flu Shot is so Important in 2020



Submitted Photo

Article Contributed by

Metro Creative Connection

Millions of people across the globe get flu shots each year. Flu shots protect people against influenza, but they might provide even greater benefits in 2020.

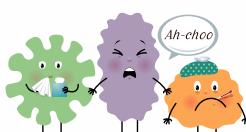
As the world continues to confront the outbreak of the COVID-19 virus, it's imperative that people everywhere take every step necessary to protect themselves and others. The Centers for Disease Control and Prevention notes that a flu vaccine will not protect people against COVID-19. However, flu vaccines have been shown to reduce the risk of illness related to the flu. Those illnesses weaken people's immune systems, making them more vulnerable to other viruses, including COVID-19.

Flu vaccines have also been shown to reduce the risk of hospitalization. That's a significant benefit of being vaccinated, as people who get their flu shots can indirectly help hospitals conserve potentially scarce resources. As the COVID-19 virus rapidly spread late in the winter of 2019-20, many hospitals across the country and even the globe were stretched incredibly thin. So anything ordinary citizens can

do to alleviate such burdens can help save lives while also making hospital workers' jobs easier and less stressful.

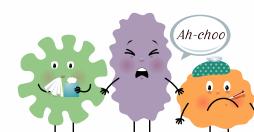
Many people may be concerned about going out and getting a flu shot in 2020. That's especially likely for people who live in communities where the COVID-19 virus is spreading. However, the CDC notes that getting a flu shot in 2020 is an essential part of protecting your health and the health of your family. Many doctor's offices are now insisting patients wait in their cars until doctors are ready to see them, and masks may be required when entering the doctor's office. Such measures can reduce the risk of getting the COVID-19 virus when visiting a doctor's office for a flu shot or another visit, so patients should not be hesitant to receive their vaccinations in 2020. Patients can follow such protocols even if their doctors are not insisting they do so. The same safety measures can be followed by people who intend to get their flu shots from neighborhood pharmacies.

Flu shots are vital to individual and public health every year, but the importance of being vaccinated against influenza in 2020 is heightened as the world continues to confront the outbreak of the COVID-19 virus.



Flu Trivia

—Fact or Fiction—



1. True or False. You can get the flu from a flu shot.
2. True or False. You can spread the flu before you know you're sick.
3. True or False. The flu isn't serious.
4. At what distance should you stay to prevent transmitting the flu?
5. Who should get the flu vaccine?
6. Is the "Stomach flu" a kind of seasonal flu?
7. True or False. You can catch the flu from going out with wet hair.
8. True or False. The flu virus changes all the time.
9. True or False. Antibiotics help with the flu.
10. True or False. Getting a flu shot late is better than skipping it.

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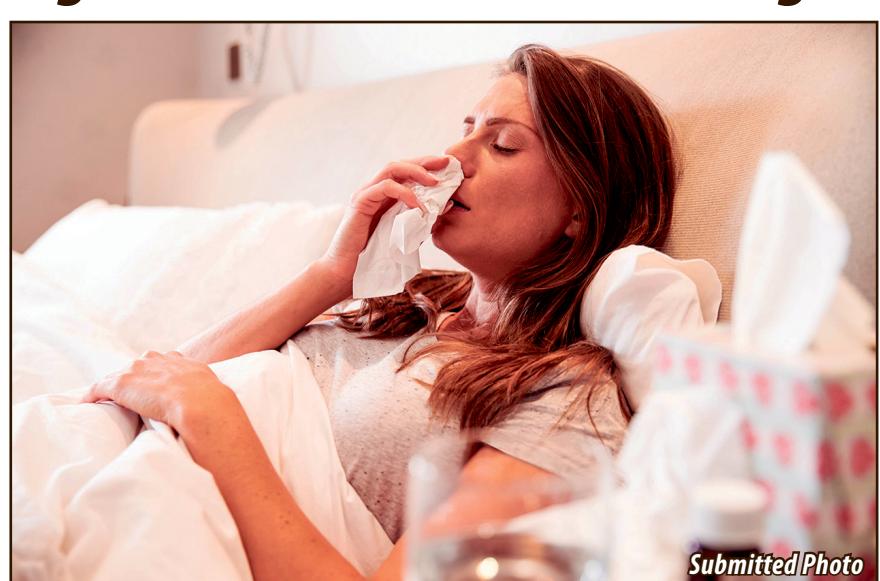
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Ready or Not, Here Comes Cold and Flu Season...



Fight the Flu with these Strategies



Submitted Photo

Article Contributed by

Metro Creative Connection

Influenza can rear its head any time of the year, but is known to be a particularly bad thorn in one's side during times of year when the weather is cold. According to WebMD, anywhere from 5 to 20 percent of the population will get the flu in an average year and it can take three to seven days for a regular case of the illness to go away, with some effects lingering for up to two weeks.

No one wants to get the flu, which is marked by fever, aches and pains, congestion, fatigue, and other symptoms. As a result, people do all they can to help prevent the flu - or at the very least shorten its duration.

The best way to stave off the flu is to get a flu vaccination each year. The Centers for Disease Control and Prevention says the vaccine is carefully curated to treat against the flu strains that research suggests will be the most common each flu season. Getting vaccinated by the end of October is recommended.

Steer clear of sick individuals and make a concerted effort to avoid germs and the spread of germs. Diligently washing hands and avoiding touching your nose, eyes and mouth can help you avoid and spread germs. In addition, repeatedly clean and disinfect surfaces that may be contaminated with the flu virus.

You might want to consider prophylactic treatment with an antiviral medication. In

2000, the U.S. Food and Drug Administration approved the use of oseltamivir phosphate, which is known by the brand name Tamiflu, as a flu preventative. However, many people only reach for the drug when symptoms already have set in. Instead, it can be especially helpful in preventing the flu when someone in the household has already contracted the illness. The results of several clinical studies show that Tamiflu, when taken once daily, is up to 92 percent effective in preventing influenza illness in adolescents, adults and the elderly.

Drink plenty of liquids during flu season to keep the body well hydrated so the immune system can be in top form. Fruit juices, water, broth-based soups, and sports drinks can help keep the respiratory system from forming thick mucus that can become laden with bacteria. Should a fever set in, fluids help prevent dehydration.

It also can be wise to take zinc supplements during cold and flu season. Neil Schachter, MD, medical director of the respiratory care department at Mount Sinai Medical Center and the author of "The Good Doctor's Guide to Colds & Flu," says zinc may boost immunity, which can shorten the duration or severity of the flu.

The flu can quickly escalate and cause serious symptoms. Prevention and early treatment are essential during cold and flu season.

Flu Season 2020: Opportunity to Save Lives

CONTINUED FROM FRONT PAGE

Magazine for September 9, 2020, and it could mutate again the very same way in people.

Doctors are worrying about this new scenario: Influenza and COVID, two closely related coronaviruses, might merged into a new one, a Frankenvirus.

The risk-benefit tradeoff for the coming flu season has become more important than ever. It is possible to catch two viruses at once with a far more serious outcome. Since the COVID virus is about 10 times as deadly as the flu (see the text box on this page), the risk of a combination cannot be taken lightly.

With the flu's higher risk this year, the benefit of a single flu shot appears higher than ever.

Available Now

The FDA's Committee on flu vaccines meets every year to select the flu virus strains for the coming year's vaccine. They met on March 4 this year to prepare for the 2020-2021 flu season. During that meeting, they reviewed the responses to 2019-2020 vaccines, and they searched for current flu virus types beginning to circulate.

This year's vaccine has already been produced in millions of doses. Five virus types have been predicted to dominate this year's flu season. Various vaccines containing four of those five types (called quadrivalent vaccines) have been available and in use since mid-August.

Many vaccines now also contain an ingredient that boosts a person's immune system to produce more antibodies faster against the targeted virus types.

Anticipating the "double whammy" of flu season and COVID, the CDC has made \$140 million available to immunization programs. The administration has also proposed \$40 million more for flu planning and response.

Jamestown Gazette readers can learn more by visiting CDC-INFO, logging on to cdc.gov/flu/highrisk/index.htm, or calling 800-232-4636.

New School Rules

The State of New York now requires a standard list of immunizations for every student, pre-K through grade 12. Exceptions based on religious, philosophical, ethical, or related reasons are no longer allowed.

Parents are invited to read the Jamestown School

Vaccination Policy at Jpsny.org/Page/2276 2019-2020, "Student Immunization Requirements," and Jpsny.org/Page/7193, "Information for Parents on the Flu."

Pennsylvania follows similar regulations, except that religious or other waivers are permitted, though if a child is exempt from immunizations, he or she may be removed from school during an outbreak. Learn more at health.pa.gov/topics/. Click on School Health.

Flu vaccines are not mandated in either state's school statutes, but are highly recommended.

Follow the Money

An influenza vaccination, a "flu shot," can cost as little as \$0.00 (free!) up to \$50 or more. The cost varies based on the provider—pharmacy, MD's office, clinic, etc.—the type of vaccine, and insurance co-pays. Most health plans do cover flu shots and other vaccines, including employer plans, marketplace, Medicare and Medicaid plans. But it is wise to check first.

For comparison, regardless of the price of a flu shot, the cost of an actual case of the flu is bound to be orders of magnitude higher in medical costs, lost days at work or school, and general discomfort, if not worse.

For a general overview of the cost of a dose of flu vaccine to the provider, readers are invited to visit the CDC website. A 10-dose pack generally costs the provider between \$10 and \$20 for both pediatric and adult influenza vaccine. (<https://www.cdc.gov/vaccines/programs/vfc/awardees/vaccine-management/price-list/index.html>)

Risk Factors

States and regions with a high proportion of uninsured citizens typically show a lower rate of immunizations and higher flu morbidity. Out of the 50 states, Pennsylvania ranks only six below the top performers at 65% vaccination rate and only 6% uninsured. New York is only three states lower, at 65% vaccination rate and 7% uninsured.

Small children, adults older than 65, and people with weakened immune systems and coexisting

Flu vs COVID		
	Hospitalizations:	Deaths:
Flu	490,600	34,200
COVID	378,907	181,332

Flu data from the 2018-2019 season, COVID data as of Sept. 7, 2020

medical challenges are more susceptible to influenza. Smoking and excessive alcohol consumption are also key predisposing factors.

Cut the Risk

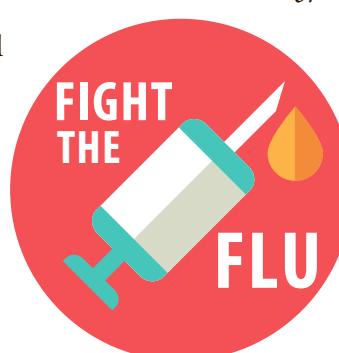
The only alternative to staying home from December through March or getting a flu shot is to do nothing. There is no guarantee that one will get it or will stay safe. However, the risk is not only to the one who chooses not to be immunized. It is also to that one's family and friends, some of whom may be at even higher risk.

Immunity is not an individual choice. The Jamestown Gazette urges all of our readers to carefully consider getting a flu shot this year, and doing it as soon as possible.

FAQ

1. Is it safe to visit the doctor's office during COVID-19?

"The risk at a doctor's office is much less than the risk at a supermarket or a crowded location," according to Charles Chiu, MD, PhD, an infectious disease specialist at UC San Francisco. Health care workers take precautions at the doctor's office. The benefits of getting a flu vaccine outweigh any risk of a single visit to the doctor's office.



2. Won't social distancing and wearing a mask lower the risk of catching the flu?

Maybe, but nothing is perfect. People get tired and may not always be careful. Colder weather and more indoor activities make flu transmission more likely. Only one episode of forgetting to mask can put you and others at risk.

3. Is the flu vaccine effective?

It varies from year to year because the flu virus mutates every year. But even if it is only 50 percent protective in preventing the flu, the vaccine may decrease the severity of the flu and prevent hospitalization. On a community level, the more people who are

vaccinated, the fewer overall cases and severity will result.

4. Is the flu dangerous for healthy, young people?

People in all age groups die of influenza. Some years it is especially dangerous for children younger than five, and more so for those below age two. The flu can put adults out of work for up to two weeks with fever and fatigue. People also need the flu shot to protect more vulnerable friends, family members, and co-workers. A person can be contagious even before feeling sick. The contagious phase usually lasts from five to seven days.

5. Does the vaccine contain harmful chemicals?

No. Both the Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA) data show beyond any doubt that flu vaccines are safe and effective. Flu vaccines do not cause flu and they do not cause any other conditions. The few, very old studies that seem to suggest otherwise have long ago been proven outdated and entirely wrong.

6. Is it true that CDC is predicting a milder flu season this year?

The Southern hemisphere, in places like Australia, experiences the flu earlier than the Northern hemisphere. This has been a relatively mild season, at least partially thanks to COVID-19 measures like social distancing and mask wearing. This suggests a milder season for the United States, but there are no guarantees. Colder winters in the north mean that people will be forced indoors where the risk of respiratory infections from close contacts is higher. Even with precautions, great caution is advised.

Reserve Your Spot Now for Audubon's Enchanted Forest, October 9-10



Submitted Photo

This Great Horned Owl will be among several creatures that greet visitors and share stories along the trails at Audubon Community Nature Center's Enchanted Forest. Spaces are already filling up, so make your reservations now for this delightful event on Friday and Saturday evenings, October 9 and 10.

*Article Contributed by
Audubon Community
Nature Center*

Reservations can now be made for Enchanted Forest, Audubon Community Nature Center's (ACNC) captivating and enlightening non-scary Halloween event. With fewer openings this year because of COVID-19 restrictions, it can be expected to sell out even earlier than usual.

On Friday and Saturday evenings, October 9 and 10, animals have the ability to speak human language and communicate with visitors. After starting at a backyard campfire, volunteer "fireflies" light your way with lanterns along a luminary-lit trail where you will meet talking animals that engage your imagination, maybe make you laugh, and teach you something about wildlife in the region.

Reservations for this guided walk are required. Walks start at 6 p.m. and go out every 15 minutes. The last walk starts at 8 p.m. (Sunset is approximately 6:45 p.m.) Prepayment is required and reserves a specific time.

Enchanted Forest happens rain or shine, so be sure to dress for the weather. For protection from biting insects like mosquitoes, long pants, long-sleeved shirts, closed-toe shoes, and insect repellent are recommended. Halloween costumes are welcome.

ACNC requires a face covering when you cannot maintain physical distance, so plan to have one available and to wear it on the trail.

For the safety of participants and volunteers, there will be no indoor portion of the event this year.

However, craft bags (including materials and instructions) will be available to take home.

Space is limited. There are no ticket sales at the door and no refunds. The fee is \$12, \$9 for Nature Center members, \$6 for children ages 3-15, and free for children 2 and under.

For an additional \$3, you can also get a Fun Patch, perfect for Scouts or others looking for a fun way to learn and experience the event.

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

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

Audubon is grateful to its Community Partners for making programs like this possible: Bob and Kathy Frucella, Carnahan-Jackson Foundation, Chautauqua Region Community Foundation, Holmberg Foundation, Hultquist Foundation, Jessie Smith Darrah Fund, Lenna Foundation, Ralph C. Sheldon Foundation, Ralph C. Wilson, Jr. Foundation, Whirley-DrinkWorks!, The Boocha Family, Bush Industries, Inc., Chautauqua Lake and Watershed Management Alliance, Inc., Hal and Mary Comarro, Metallic Ladder Manufacturing Corporation, and Univera Healthcare.

Audubon may change this event to accommodate any changes in COVID-19 compliance or safety recommendations. If you are feeling ill, have any symptoms of COVID-19, or have come into contact with a probable or confirmed COVID-19 case, please stay home.

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

Solution to Sudoku:

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

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Jamestown Public Market Hosting 'Market to your Table' Fundraiser Event

Article Contributed by

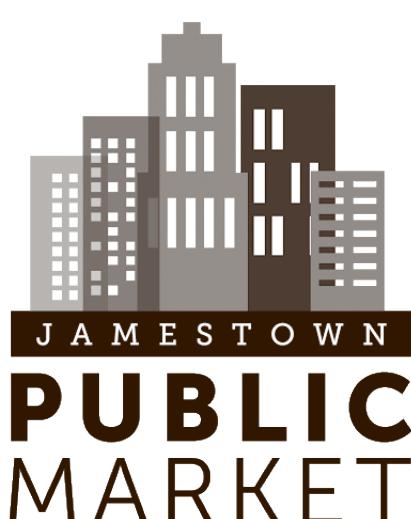
Jamestown Public Market

For the past two years, St. Luke's has hosted the Jamestown Public Market's annual Market to Table dinner, a fundraiser featuring locally grown and sourced food from the Market's farmers. It is a celebration of harvest time and the efforts of the Market to make fresh, healthy food easily available in our community.

This year due to COVID-19 restrictions, the event will not feature a sit down dinner. However, community members can still get the same 'Farm to Table' experience through the market's newest unique event, 'Market to Your Table', scheduled for September 21.

Using the model pioneered by companies like "Hello Fresh" or "Blue Apron", the Market will be offering bags of fresh, local ingredients and an easy to follow recipe that will turn you into an instant chef (you'll have to provide your own hat). Partnering with the Mental Health Association and St. Luke's own, Sean Jones and Steven Cobb (both former professional chefs), a livestream event will coincide with pick up of the event's ingredient bags, featuring a recipe tutorial and information on how community members can get more involved in the Public Market and Mobile Market programs.

Event bags are priced at \$35 for vegetarian and \$45 for meat included. All ingredients will be procured from the Public Market's own farmers including Abers Acres and Sunshine Honey. Other surprises will be



included in the bag, and all event customers will be entered into an online raffle consisting of crafted items made by the Market's artisans. The market will also be collaborating with Bag and String Wine Merchants of Lakewood for an exclusive offer on their in-store products, available exclusively to all customers of the event. All proceeds benefit the Public and Mobile Market programs. A limit of 100 bags will be offered, so purchases are at a first come first serve basis. Customers can purchase their Market to Your Table Bags at facebook.com/jamestownpublicmarket (look for the Event 'Market to Your Table' for a PayPal link) or via check to St. Luke's Episcopal Church ATTN Public Market, 410 N. Main Street, Jamestown, NY 14701. Customers can pick up their ingredient bags

September 20 from 1-5 pm or September 21 from 10 am to 5 pm at St. Luke's. Contact Linnea Carlson for more information at jamestownmarket@stlukesjamestown.org.

ONE IN SIX Americans age 65 & older have a vision impairment that cannot be corrected with glasses or contact lenses.

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**MARTZ-KOHL
OBSERVATORY**

On the International Space Station What are the Russians Up To?

Contributing Writer

Walt Pickut

Martz-Kohl Observatory Board of Directors

Life-saving medical research, secret projects, and a little vodka? All of those—and more!

And that's just the same as the Americans, except for us it was white wine on the Moon.

On Wednesday evening, September 16, at 7:30, the Martz-Kohl Observatory will present an in-depth, investigative report on what Russian research is accomplishing on the ISS. Simply go to martzobservatory.org Home Page and click on the meeting link. Science on the International Space Station (ISS) has taken some fascinating and remarkable twists and turns in the hands of our astronauts while they orbit the Earth at 17,500 miles an hour, hundreds of miles out in space. Yet American taxpayers have heard little about the amazing advances taking place on the ISS in medicine, agriculture (space farming), physics, and astronomy.



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The ISS has now been in orbit, in various stages of construction, upgrading, expansion, and repair for 20 years. Its return on investment has far outstripped its costs by producing economic profits, knowledge, and innovations that are making life on Earth better and safer.

The U.S. joins the other owners of the ISS—Russia, Europe, Canada, and Japan—in this remarkable project. Join Martz-Kohl on Wednesday evening and get to know one of our partners, Russia, in ways few Americans have.

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CCIDA Awarded \$10.5 Million in Federal Funding to Establish New Low-Interest Revolving Loan Fund

CONTINUED FROM FRONT PAGE

the agency to establish a new Revolving Loan Fund (RLF). The RLF will provide capital in the form of low-interest loans to both businesses and non-profit organizations as a means to respond to economic injury resulting from the COVID-19 pandemic.

"This award is very exciting news because it will enable access to desperately needed capital to numerous businesses and non-profits throughout the County, thereby enabling them to stay open or move forward with resource expenditures that they were planning before the onset of the pandemic," said Chautauqua County Executive PJ Wendel. "As I've said all along, our comeback will be greater than our setback, and this funding is proof positive that we will not only recover, we will have another economic development tool to spur investment and job creation in this County for years to come as a result of the pandemic. I am very grateful to the CCIDA and the County's Economic Development team for their continued hard work and proactive approach to bringing this program to fruition."

As part of EDA's CARES Act Recovery Assistance, the EDA invited select current recipients of existing EDA-funded Revolving Loan Fund (RLF) awards, including the CCIDA, to apply for a supplemental RLF award to help respond to the unusual and compelling urgency of the coronavirus pandemic.

EDA had determined that the CCIDA, by virtue of its longstanding and substantial investment in making credit available to small businesses, possessed unique abilities to support the CARES Act Recovery Assistance initiative and that it was therefore in the public's best interest to make this award available on a non-competitive basis.

Mark Geise, Deputy County Executive for Economic Development and the CCIDA's Chief Executive Officer, said, "This award is a game-changer for Chautauqua County and speaks to the EDA's confidence in this agency to immediately deploy necessary capital within our County to retain and create a significant number of jobs and to expedite the economic recovery in the wake of COVID-19. I want



need to weather this crisis, we can ensure our local economy will rebound stronger than ever. Congratulations to CCIDA and the Chautauqua County team on their work to help the community and preserve local jobs."

The CCIDA team, at the invitation of the EDA, responded immediately with required documentation to apply for the funding. As part of the application process, CCIDA Staff created a detailed plan for responsibly and prudently deploying the funds in a way that provides flexibility for recipients as well as timeliness in deploying the funding in order to accelerate economic recovery within the County. The newly-established RLF Program will be available to a wide-range of industry sectors, including professional services, non-profits, and other sectors

to thank our team, especially Rich Dixon and Nate Aldrich, for working so hard to secure this funding on behalf of the county. We are committed to employing an allocation strategy that is systematic, inclusive, and equitable so we can have maximum impact with this generous award."

At the outset of the COVID-19 pandemic, the CCIDA, with the approval of EDA, established a \$250,000 Emergency Working Capital Loan Program with most of the remaining available balance of its Al Tech Trust RLF capital. This program provided twenty-five (25) \$10,000 working capital loans to businesses faced with hardships at the onset of the COVID-19 pandemic. This program was extremely successful, with 25 loan closings within four weeks of the program being created; however, this nearly depleted the Al-Tech Loan Fund and excluded several other businesses from participating. This, coupled with the fact that the CCIDA granted temporary deferments on principal payments to a significant number of existing loan clients, significantly limited the agency's ability to make new loans.

"We were proud to support this grant because we care about all the businesses, non-profits, and entrepreneurs who have been severely impacted by the economic and public health effects of the COVID-19 pandemic," said

Congressman Tom Reed (NY-23). "By deploying the federal capital employers

that have previously been excluded from receiving CCIDA loan funds. As currently established, the RLF will provide loans of no less than \$25,000 and not to exceed \$1 Million, and working capital loans of up to \$250,000, with an interest rate of 2.44% (the lowest allowed).

retain thousands of jobs," said Rich Dixon, the CCIDA's Chief Financial Officer. "Now that we have this additional tool, I'm confident that our revolving loan funds, coupled with the continued support of our partners, will make an even greater impact on the County."

"The CCIDA-administered AL Tech Trust RLF has resulted in significant private investment in Chautauqua County for many years, and has helped create and

Geise stated that the application and program details are currently available, and urges anyone interested in applying to contact the CCIDA office at 716-661-8900.

Jamestown Public Schools Announces Universal Free Meal Programs

Article Contributed by

Jamestown Public Schools

Jamestown Public Schools has been approved by the United States Department of Education and the New York State Department of Education to serve breakfast and lunch at no charge to students in all Jamestown Public Schools through the Universal Free Meal Programs.



"Research shows that children who eat a well-balanced breakfast and lunch perform better in school," said JPS Food Service Director Jeff Smith. "This program supports child nutrition programs and increases breakfast and lunch participation while eliminating any barriers hindering a child's ability to participate. Many Jamestown children rely on school meals. Our district has over 70 percent poverty rate. If we can increase school meal participation through this program at all Jamestown schools, we can not only make progress

in childhood hunger but also increase the likelihood of a child's success during the school day."

The programs allow all students attending JPS schools to be automatically eligible to receive free breakfast and lunch. Families do not need to submit a free or reduced meal application to be eligible. Students residing in Jamestown and attending schools outside the JPS district will need to file an application for free and reduced meals at the school

CONTINUED ON PAGE 17

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Everydays True Value Hardware Donates Supplies to JHS



Submitted Photo

JHS Assistant Principal, Tom Langworthy, received health and safety supplies from Everydays True Value from employee Nancy Anderson and owner Steve Columbare.

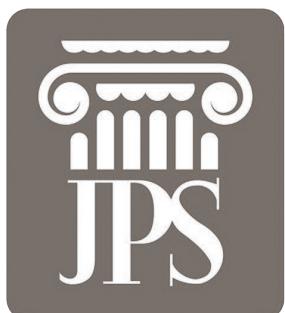
Article Contributed by
**Jamestown Public
Schools**

Everydays True Value Hardware on Foote Avenue recently donated health and safety supplies to Jamestown High School through The True Value Foundation's Educational Heroes Safety Campaign. The donation included hand sanitizer, NN-95 masks, hand soap and cleaners.

"We are very thankful for Everydays True Value's donation to JHS," said JHS Assistant Principal Tom Langworthy.

"These supplies will be used for our students and staff. We can't thank Everydays True Value Hardware enough for choosing JHS to receive this generous donation."

Through the Educational Heroes Safety Campaign, over 700 schools across the country received health and safety kits their best educational experience under these trying circumstances, everything possible needs to be done to keep our educators, school staff and children safe. Working together, True Value Foundation, True Value retailers, and the True Value Corporation will keep our front line educational heroes safe and your students learning."



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Chautauqua County Humane Society Pets of the Week

Meet Lucky! He is a great boy who loves to have fun. He is definitely a people dog. He would love to snuggle up with someone after a fun round of fetch. He has done well with every person he's met. He will need a feline-free home, though. If you think he might be a good match for you, please visit chqhumane.org [1] to fill out the adoption application! Shelter No. RR179.

Lucky

Learn to Test for Apple Ripeness at Audubon, Tuesday, September 22

Article Contributed by

**Audubon Community
Nature Center**

Color is not a reliable measure of an apple's ripeness, and whether making sweet cider, hard cider, wine or preserves, knowing when your apples are actually ripe is essential.

Orchardist Al Yelvington can teach you this skill at the Testing for Apple Ripeness Workshop at Audubon Community Nature Center on Tuesday, September 22, 2020, 5:30-7:30 p.m.

At this class you will learn how to check sugar and starch levels, then take home a brix/gravity refractometer and a bottle of Lugol's solution iodine.

Fruit to test and gloves will also be available. Bring under-ripe fruit from your own trees if you have it.

After 33 years in the Coast Guard, Yelvington started his cider orchard, Happy Dog Farm outside Russell, Pa., to provide juice specifically for hard cider makers. Happy Dog Farm includes a community cider mill that is registered with the Pennsylvania Department of Agriculture. Yelvington's degree from the Virginia Tech Online Masters in Agriculture and Life Sciences (OMALS) focuses on pest and weed management.

The fee for the program is \$20 for adults, \$15 for Nature Center members, plus a \$50 equipment fee.

Enrollment is limited and paid reservations are required by Sunday, September 20, 2020.

Reservations can be made by calling (716) 569-2345 during business hours or by going to AudubonCNC.org/Programs and clicking on "Current Schedule."

Audubon's COVID-19 safety precautions require face coverings for all visitors ages 3 and up for indoor programs. Face coverings are also required outdoors when visitors cannot maintain six feet of distance between family groups.



Submitted Photo

If you are planning to use your apples for sweet cider, hard cider, wine or preserves, you will want to be sure they are fully ripe. You can learn how to test for apple ripeness at Audubon Community Nature Center on Tuesday evening, September 22.

Audubon Community Nature Center is located at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown, N.Y., and Warren, Pa. On Saturday, September 5, the first floor of the Nature Center building, including the Blue Heron Gift Shop, re-opens to the public Mondays through Saturdays, 10 a.m. to 4:30 p.m. Because not all of the building will be accessible, admission is by donation only.

You are welcome to visit the 600-acre nature preserve from dawn to dusk daily. Enjoy the native tree arboretum, gardens, picnic area, and six miles of trails, and view Liberty, Audubon's non-releasable Bald Eagle, while practicing safe social distancing measures.

To learn more about Audubon and its many programs, call (716) 569-2345 during business hours, visit AudubonCNC.org, or find Audubon Community Nature Center on Facebook.

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



Joey

Chautauqua County and Local Officials Urge County Residents to take Precautions to Prevent the Spread of COVID-19

CONTINUED FROM PAGE 5

• Avoid international travel or travel to states listed in the New York State Travel Advisory; if travel is unavoidable, quarantine for 14 days upon returning to Chautauqua County.

"I urge city residents to take precautionary measures to not only protect themselves, but to protect others in our community who are more vulnerable to having complications if they contract this disease," said Willie Rosas, Mayor of the City of Dunkirk. "If you have any of the symptoms of COVID, such as a fever, cough, and shortness of breath, do not go to work--stay home and contact your primary care provider. Also, please remember that if you are tested for COVID-19, you must quarantine and isolate yourself

from others until you receive your test results."

"Our residents and students need to ensure they are not having unnecessary gatherings that could lead to additional cases of COVID-19 in our community," said Doug Essek, Mayor of the Village of Fredonia. "We also all need to do our part and be courteous to others by wearing a face covering when we are in close proximity to others."

For more information about COVID-19 in Chautauqua County, visit <https://chqgov.com>. For general information about COVID-19, visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

The Jamestown Gazette is available in Chautauqua, Cattaraugus, and Warren County.

Thank you for patronizing the fine businesses below who make this paper available to all of our readers!

Jamestown Public Schools Announces Universal Free Meal Programs

CONTINUED FROM PAGE 15

they are attending. This includes Jamestown students attending programs at BOCES.

If a parent or guardian has questions regarding the Universal Free Meal Program or wishes to decline Free Meal benefits, please contact the JPS Food Service Office at 483-4398.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights

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Chautauqua County Has Record Number of Absentee Ballot Requests

Article Contributed by

**Chautauqua County Board
of Elections**

A record number of nearly 7,000 absentee ballot requests have already piled up at the Chautauqua County Board of Elections with Election Day still eight weeks from this coming Tuesday.

No past presidential cycle has found much more than 4,000 absentee ballot applications for the county, out of its current 77,758 registered active voter total. Commissioners expect that 70% of county voters (55,000) will turnout this year.

The board, which is one of just five of sixty-two counties statewide that prints its ballots in-house, will be mailing absentee ballots starting Friday Sept. 18th and every business day thereafter when a timely application is received before Election Day.

It is an extremely complicated process to send out absentee ballots and that is why the board ordered 60,000 printed envelopes, since each ballot needs three envelopes when it goes out: a labeled envelope for the mailing of the ballot, an envelope to return the voted ballot and the actual security envelope holding the ballot.

With the record number of absentee requests already received and

the totals expected to increase, Commissioners Norman P. Green and Brian C. Abram are expecting workers will be at the board six days a week processing returned absentee ballots.

"We have brought on extra staff and our regular workers are kicking it up a notch to ensure that the absentee ballots get out the door on time," said Abram.

"No voter will be denied the opportunity to vote by mail, as long as they apply now and return their ballots as soon as they are received," concluded Green.

Voters can apply in a one stop on-line request portal that can be located at votechautauqua.com. Also voter can call the elections office at 716-753-4580 daily 8:30 a.m. to 4:30 p.m. The elector could also send via mail or fax a hard copy absentee application.

This year voters will find a Chautauqua County unique tracking tool that will allow county citizens to determine their personal voting status and track the application, mailing and receipt of their voted absentee ballot.

"Chris Burt in our office developed the ballot tracking software," said Green. "The tracking application was developed by Chris during his workday and at no additional cost to the taxpayers."

Tom Reed Opens Jamestown Campaign Office

Article Contributed by

The Office of Tom Reed

Saying that he "trusts the judgement of the voters of the 23rd Congressional District," Congressman Tom Reed opened his Jamestown campaign office on Wednesday. Flanked by State Sen. George Borrello, State Assemblyman Andy Goodell, and Chautauqua County Executive PJ Wendell, Reed said, "I trust the judgement of the voters to decide who their voice will be."

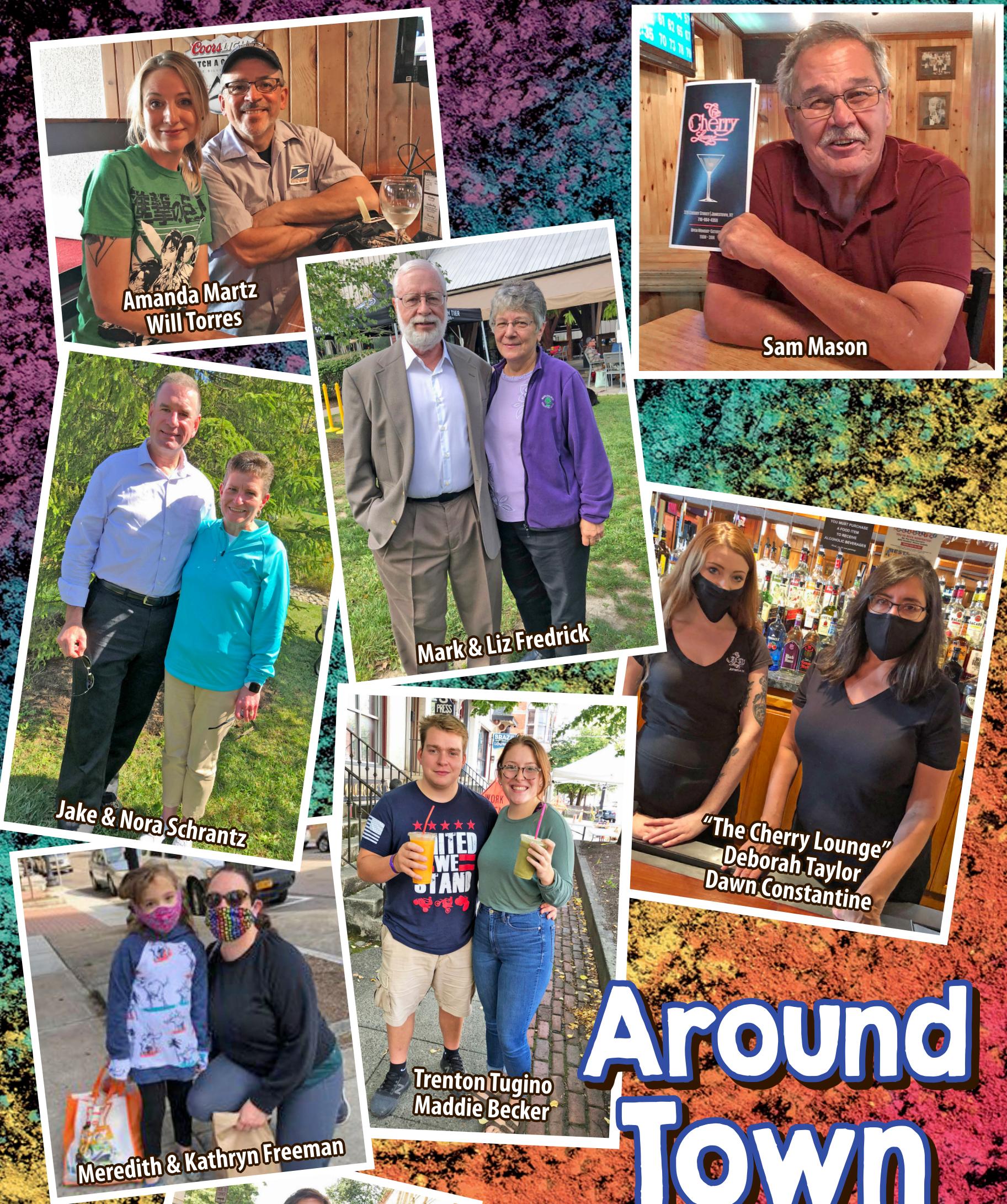
"We care about what people have to say. I have stood in front of the people of Chautauqua County time and time again in countless town hall meetings and visits to learn from them because that is how you represent people."

Safely re-opening the upstate economy remains Reed's immediate

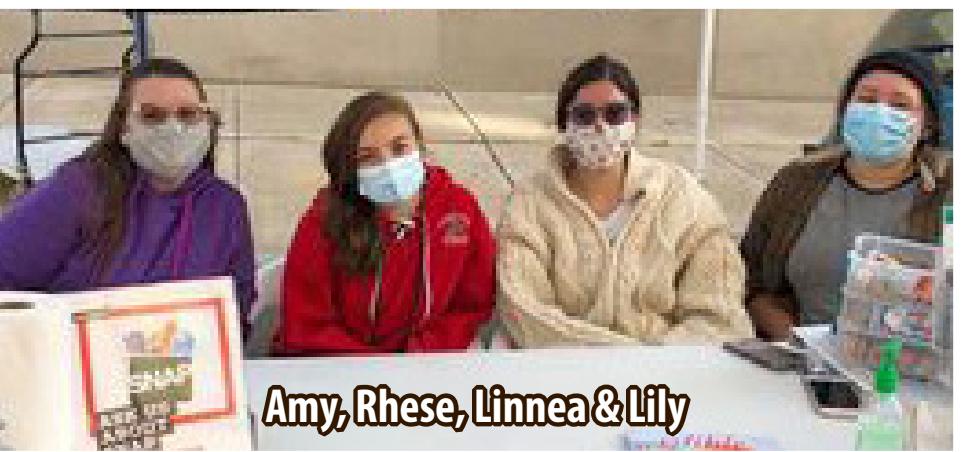
focus. "We're fighting to be sure that Washington and Albany treat us fairly so that we can safely reopen as better treatments are developed," he noted.

The work Reed has done to expand local PPP availability and COVID-19 testing as well as listening to local schools, officials, business owners, hospitals, farmers, and many other groups on regular calls during the crisis exemplifies his accessibility during the crisis.

Reed is optimistic about the campaign because of the hundreds of volunteers and hundreds of small dollar donors who have joined the team. "That support means so much and we can't thank them enough. We enter the fall in a strong position because of them," he observed.



Around Town



**Cassadaga, NY**

Sundays 12:30pm-3:30pm
June 14th through Sept. 13th
Ames Common

Jamestown, NY

Saturdays 10:00am-2:00pm
June 13th through Oct.
Cherry St.

Dunkirk, NY

Wednesdays 9:00am-2:00pm
June 10th through Oct.
45 Cliffstar Ct.

Fredonia, NY

Saturdays 9:00am-1:00pm
May through Oct.
9 Church Street

Irving, NY

Tuesdays 10:00am-3:00pm
June 16 through Oct. 27th
Native Pride Parking Lot

Lakewood, NY

Thursdays 10:00am-2:00pm
June 18th through Sept. 3
Chautauqua Ave.

Warren, PA

Saturdays 9:00am-12:00pm
Mid-Town Parking Lot

Westfield, NY

Saturdays 9:00am-2:00pm
June 6 through Sept.
Moore Park

Auto Care Insert



**COMING
SOON**

Jamestown
Gazette
The People's Paper

Look for your copy on stands and
online August 24! To advertise in
this popular special section,
call 716.484.7930



**"Why is Queenie having
a party? I thought she
was on hospice."**

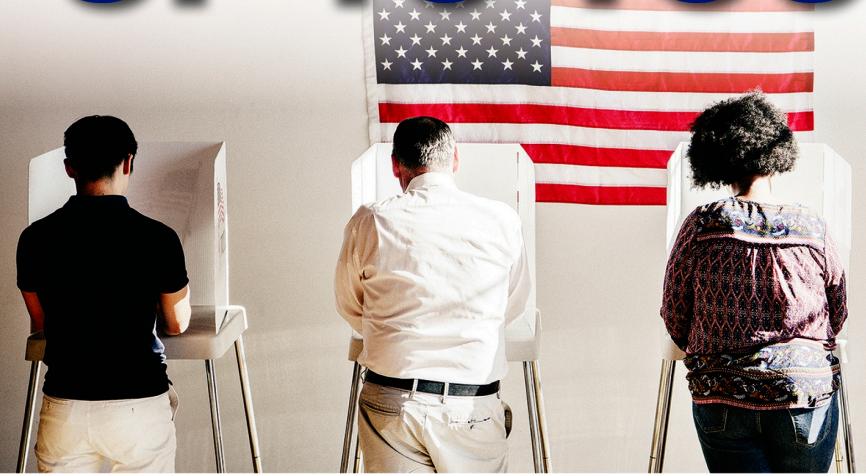
Queenie never had a real birthday party. But she loved to plan and to have friends date on her. So the expert team from Chautauqua Hospice helped Queenie plan her life celebration, plus managed her symptoms to help her enjoy the moment. From the invitations to the decorations, Queenie put her mark on the affair. Her long overdue day in the limelight gave her memories to cherish.

Learn more at
www.chpc.care or
call 716-338-0033.

CHAUTAUQUA
Hospice &
Palliative Care
*Beside you when it
matters most*

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Making your voice heard is
UP TO YOU



REGISTER TODAY TO
VOTE 2020

New York offers online voter registration. You can register by mail to vote in New York by printing a voter registration form, filling it out, and mailing it to your local election office. You can also register to vote in person if you prefer.

WHO CAN VOTE

To register in New York, you must:

- be a citizen of the United States
- be a resident of the county, or of the City of New York, at least 30 days before an election
- be 18 years old (you may pre-register at 16 or 17 but cannot vote until you are 18)
- not be in jail or on parole for a felony conviction (unless parolee pardoned or restored rights of citizenship)
- not currently be judged incompetent by order of a court of competent judicial authority
- not claim the right to vote elsewhere

Go to: www.voterreg.dmv.ny.gov/MotorVoter/ to register to vote online
OR

Go to: <https://www.elections.ny.gov/NYSBOE/download/voting/voterregform-eng-fillable.pdf>
to download a voter registration form