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Pan-American Film Division Releases *Mother's Day*

Contributing Writer

Paul Leone

"Being vulnerable and honest allows other people to be vulnerable and honest."

Filmmaker Travis Carlson speaking to Anthony Merchant on WRFA's Arts on Fire April 1, 2020



Mother's Day, a film written and produced by local filmmaker Travis Carlson, premiered at the Reg Lenna Civic Center on Saturday, April 2. The film was shot on location in Gerry, Chautauqua County. "This is a true story," said Travis. "It is also a Western New York and Chautauqua County story. For that reason we thought it important to film at the actual location." Local viewers will recognize the landscape along Route 60 out of Gerry and such landmarks

as Heritage Village and the Country Fair. A stunning opening scene, shot from high above with a drone mounted camera, follows a solitary motorcycle driver past hills and fields familiar to Chautauqua County residents. The story recreates a conversation between

a mother with a long history of mental illness and her son trying to confront her condition. Highly emotional, visceral and unsettling, this is no Hallmark *Mother's Day*.

CONTINUED ON PAGE 5

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IN THIS ISSUE

- Editor's Message.....3
- Obituaries.....4
- Faith Matters.....4
- Martz Kohl Observatory.....6
- Puzzles.....7
- Nurses Week.....8-11
- Classifieds.....13
- Eye on Business.....14
- Mental Health Month.....15
- Distribution List.....17
- Friends Around Town.....18
- Around Town.....19



JamestownGazette.com

Celebrating MPS Awareness Day in Jamestown, NY

Local Resident Shares Rare Disease Story and Promotes Awareness for International MPS Awareness Day on May 15

Contributing Writer

Joan Eppheimer

May 15 is International MPS Awareness Day, a day dedicated to elevating public understanding of mucopolysaccharidoses (MPS) and mucopolylipidosis (ML) diseases. In these rare diseases, the affected person lacks an enzyme in their body. With over 75,000 different enzymes in the human body, it would not



seem like one missing enzyme would have much impact, but it does. These enzymes are responsible for breaking down long chains of waste molecules in everyone's cells. Instead of getting

recycled, the molecules start to build up in each individual cell. It would be like never taking the garbage out in a cell.

Wayne Eppheimer, a resident of Jamestown, NY and former pastor of the local Christian and Missionary Alliance Church, has MPS type II, also known as Hunter Syndrome. The disease is so rare he was not

CONTINUED ON PAGE 8

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JPS Elementary Schools Join One District, One Book for May

Article Contributed by
Jamestown Public Schools

1,500 Jamestown Public Schools elementary school students will bring home a copy of Wishtree by Katherine Applegate, and begin reading it with their families and class on Monday, May 23rd. It's all part of a unique, national family literacy program called One District, One Book from non-profit Read to Them designed to strengthen the educational connection between home and school.

"Reading a common book together turns out to be a terrific way to unite a school community and increase parental involvement. Reading aloud at home ensures students come to school prepared to read and to succeed—in school and in life," Bush Elementary School Principal Kate Benson, who suggested the program to her fellow elementary school principals.

JPS will join schools and districts across North America who have undertaken this community literacy strategy by reading and discussing the story about a wise oak tree named Red who through his lifetime has experienced many changes in his community. In school, students will experience dynamic assemblies, answer trivia questions, and engage in



Submitted Photo

JPS elementary schools are kicking off a unique, national family literacy program designed to strengthen the educational connection between home and school. 1,500 Jamestown Public Schools elementary school students will bring home a copy of Wishtree by Katherine Applegate, and begin reading it with their families and their classes on May 23rd. JPS staff, families and community members are excited to read together. Pictured are: Hector Guzman Oyola & Marianet Vila Mojica, parents of Zohan Guzman Vila; Amy Vezina, Teacher; Kathy Brunco, Music Teacher and parent of Liam & Gino Brunco; Diana Meckley, Jamestown Rotary Member; Paula Slagle, Grandparent & PTO member; Nichole Mason, Teacher; Steve Swart, Teacher; Kate Benson, Principal and Solimar Vazquez, Parent & PTO member.

creative extension activities.

One District, One Book is a family literacy program from Read to Them, a national nonprofit based in Richmond, Virginia. The organization's mission is to create a culture of literacy in every home. "The secret sauce of family literacy is to create a symbiosis between home and school. When students see their book being read and shared and discussed at home and school, they are

surrounded by the culture of literacy," explains Read to Them Director of Programs, Bruce Coffey.

"We've heard about the effect One District, One Book can have on our students and families," explains Katie Russo, principal of Lincoln Elementary School. "We are super confident that reading one great book together can ignite excitement about reading in our school community. I

can't wait to start hearing and joining in the conversations The Wishtree will spark."

Read to Them's family literacy programs have reached over 2 million families in over 3,000 schools in all 50 states (and 6 Canadian provinces). A continually growing body of research demonstrates that children who are read to at home are better prepared to read, succeed in school, and graduate. www.readtothem.org 1,500 Jamestown Public Schools elementary school students will bring home a copy of Wishtree by Katherine Applegate, and begin reading it with their families and class on Monday, May 23rd. It's all part of a unique, national family literacy program called One District, One Book from non-profit Read to Them designed to strengthen the educational connection between home and school.

"Reading a common book together turns out to be a terrific way to unite a school community and increase parental involvement. Reading aloud at home ensures students come to school prepared to read and to succeed—in school and in life," Bush Elementary School Principal Kate Benson, who suggested the program to her fellow elementary school principals.

CONTINUED ON PAGE 17

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Words of Wisdom with Walt Pickut

You're driving me where?

Contributing Editor
Walt Pickut

Where is that place called Bonkers? Or is there someplace else called Nutzzz!? In any case, isn't somebody always driving you there? As a matter of fact, I think I've been driving people there myself for years.

Minor annoyances and little peevs happen all the time. Sometimes all you need is a deep breath and a little sense of humor to shake it off—and maybe a short walk to the barnyard to see if they really "got your goat."

But what if the annoyances escalate to real trouble?

Imagine doing something you enjoy, something actually valuable, doing it the best you can and even getting paid for it. But then somebody asks you for more, then demands it, and finally tells you somebody will die if you don't do it? Where is the breaking point?

Is it after you do your best and then keep on doing it? After you become so exhausted you can't be sure you're doing it right anymore—but you still won't quit? That's hero-level perseverance. It's a volunteer firefighter who dies saving somebody else's life. It's a police officer risking life and limb running toward the danger, not away from it.

And in a pandemic, sometimes it's a nurse. It's the doctors and therapists, and lab techs, too, of course. But this week our readers to celebrate National Nurses Week. This year it ends on May 12, the birthday of Florence Nightingale, the founder of modern nursing.

This is a time when nurses are earning and deserve our thanks and recognition in ways never before seen. Many are serving in situations vastly understaffed and over stressed by never-before-seen patient loads and too-often terminal illness. The strains are both physical and emotional.

Today, some nurses are being assigned 24-hour shifts, sometimes back-to-back, and often mandatory. Care can be intensive and too-often it is for patients who cannot survive—an outcome especially trying for those drawn to the work by compassion long before their schooling began. Exhaustion under unrelenting emergencies is both mentally and physically inevitable.

Such stress can be an occupational hazard like a pitcher's shoulder, a tennis star's elbow, and a laborer's back, but at their worst can lead to PTSD, an environmentally induced mental disorder.

As a result, this week we also invite you to join us in recognizing May 2022 as Mental Health Awareness Month, caring for those among us challenged by such mental disorders or by mental illness.

According to Healthyplace.com, reported to be the largest consumer mental health site on the net, the difference between "mental disorder" and "mental illness," is merely one of considering whether the origin of the condition was external or internal.

That means your brain, just like any other organ in your body, can suffer from either—regardless of the cause, they both deserve the same compassionate care without stigma or judgment.

So, let's join together this week and start a drive to better mental health for all in body and mind.

After all, Bonkers is just too far to drive, and it's not worth the trip anyway.

Enjoy the read.

Walt Pickut
Contributing Editor

Jamestown Gazette

The People's Paper.

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April 25

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Hugh Browning Duckwall, 72, of Randolph
VanRensselaer Funeral Home
Kyle R. Johnson, 33, of Lakewood
Lind Funeral Home
William L. Leichner, Sr. 78, of Jamestown
Lind Funeral Home
Christine Bernadette Rieg, Chris, 89, of Ashville
Hubert Funeral Home

April 26

Jennifer M. Brady, 41, of 69 Allen St., Jamestown
Peterson Funeral Home
William R. "Bill" Bruyer, 89, of Kabob
Falconer Funeral Home
Gloria D. Waite, 91, of Jamestown
Lind Funeral Home
Richard "Dick" Wright, 77, of Pleasant Township
Donald E Lewis Funeral Home

April 27

Gordon D. Cox, 66, of Ashville
Frey Funeral Home
Donna Joyce Johnson, 85, of Frewsburg
Peterson Funeral Home

April 28

Carol H. Anderson, 84, of Warren
Donald E. Lewis Funeral Home
James H. Brooks, 86, of Jamestown
Lind Funeral Home

April 29

Maurice P. "Mo" Daniels, 75, of Jamestown
Peterson Funeral Home
Rev. Joseph Peter Jude Janaczek, 76, of Falconer
Falconer Funeral Home

April 30

Marshall F. Confer, 90, of Warren
Peterson-Blick Funeral Home
Robert G. "Bob" Saxton, 89, of Busti
Lind Funeral Home
Carol A. Winterburn, 83, of Jamestown
Lind Funeral Home

May 1

Lisa A. Belk, 60, of Jamestown
Lind Funeral Home
Susan Adele Jones Fiorenzo, 83, formerly of Greenhurst
Lind Funeral Home
James Bryan Kemp Sr., 92, a lifetime resident of Warren
Peterson-Blick Funeral Home
Ann V. Lamp, 90, of Jamestown
Lind Funeral Home

John Sayre Rogers, 100, of Greenhurst

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May 2

Jean T. Carnes, 87, of Jamestown
Lind Funeral Home
Betty Jean Hughes, 96, formerly of Warren
Donald E. Lewis Funeral Home

C. Robert "Bob" Ostrander, 97, of Jamestown
Lind Funeral Home

Roger M. Vine, 83, of Jamestown
Lind Funeral Home

May 3

Anthony John Oleksak, "Tony", 90, of Warren
Donald E. Lewis Funeral Home

Faith Matters

The Future



Contributing Writer
Pastor Shawn Hannon

Hope Lutheran Church, Arcade, NY

There was a sign that hung in my family cottage growing up. It read, "To be seen, stand up. To be heard, speak up. To be respected, shut up." It reminded me of an older adage, "Children are to be seen, and not heard." I suppose there may have been a time and, perhaps even a place, where those statements were partially true, but I struggle with their social implications. More than that, I struggle with end result of a family, community, organization, or society that demands the youngest among them "shut up" until they come of a certain age. My fear is that when groups silence or separate any segment of their population, it's the group in power who ends up suffering if not the group as a whole.

If you've been attending a church that follows the global set of readings one half of the Christians in the world read on Sunday mornings called the lectionary, you've no doubt been living in John 6 lately and heard references to bread or manna more time than you can count. But do you remember how the chapter started? 5,000 people were sitting on a hillside listening to Jesus teach when the hour got late. Jesus asked his disciples how they were going to feed all these people. They responded, "We could work for 6 months and not have enough money to feed all these people!" Yet there was a boy there who had five loaves of bread and two fish. Jesus took the boys gifts, blessed them, and gave them to the people. Once all had ate there were 12 baskets of food left over.

It's an amazing story. In fact, it is the only miracle of Jesus (besides the resurrection) recorded in each of the gospels. It's central to our faith and

understanding of Jesus as our Christ. And central to the story is the most unlikely figure of all: a boy. He's not named. He doesn't have a back story. As far as we know he never makes another appearance. But he's there that day, and he packed a lunch.

The grown-ups around Jesus were sure they were in trouble. They thought there would never be enough. They knew feeding those people who never be possible. But Jesus took the offering of the boy, and not only did everyone eat, but there was food leftover. Imagine that same story but this time when the boy comes forward with his lunch the disciples (which wouldn't be out of character) say, "Scram, Kid! Children are to be seen and not heard. Or better yet, unseen." No one would have ate.

When organizations push children to the edges, when we ask them to wait their turn, when we treat them like objects to be seen and not heard, it is not the children who suffer. That boy still would have had his lunch. He would have ate; just not everybody else. It is the rest of us to lose. When we lose their gifts, insights, and passion, we lose ourselves.

Children are the future. That much is obvious. But children are also the present. The largest generation in American history was born between 1995 and the present. We can ask them to sit in the corner and wait their turn in our churches, organizations, and community, but it is we who will suffer. Instead, may we be bold enough to ask what they have to offer, and willing enough to see how it works—especially if it's not what we would have done.



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.

Pan-American Film Division Releases *Mother's Day*

Pan-American Film Division was a nickname Travis and his associates called themselves while making short films since 2018. For several years Travis had been shooting special features and documentaries for the Pagoulas and their sports franchises. In 2020, in order to produce *Mother's Day* and take on projects for hire, the group formally incorporated as a Limited Liability Corporation. Travis wrote the script in the fall of 2019 immediately prior to the covid pandemic. Nevertheless, with a limited budget, a dedicated staff of volunteers and an entrepreneurial dream the project was completed and released to the public. It seemed only fitting that it should arrive near upon the first of May and Mental Health Awareness month.

Mental Health Awareness month has been recognized nationally since 1949. A focus on mental health issues is designed to raise awareness, fight stigma and advocate for a better mental health care system. The National Alliance on Mental Illness (NAMI) reports a growing mental health crisis in the country. NAMI is the nation's largest mental health organization dedicated to improving the lives of individuals and families affected by mental illness. According to NAMI nearly two in five adults nationally struggled with mental health issues in 2020. The numbers indicate the considerable affect the covid pandemic has contributed to the mental health crisis.



Submitted Photo

NAMI's advocacy includes publicizing personal stories about peoples' own mental health journeys. Media attention, particularly print and video made widely available, is a valuable tool to educate the public concerning mental health. Mental illness has long been feared and stigmatized in this country. The shame attached to mental illness often leaves it hidden or denied. Personal stories are testimony to the reality of mental illness and to its prevalence in society. As such they are effective in countering misperceptions.

Mother's Day is one such revealing story. Travis Carlson grew up in Gerry. He attended Cassadaga Valley Central Schools. He began shooting video in his teens and soon attracted friends and acquaintances to collaborate in his hobby. The group shot a number of full length films before realizing that filmmaking was a viable career option. Eventually, Travis found

work shooting film commercials. During the pandemic, while *Mother's Day* was in production, he filmed plays for the Irish Classical Theater repertoire to be shown on their website. The dialogue in *Mother's Day*, he says, is the "almost verbatim" conversation he had with his mother in 2014 at her home in Gerry. The conversation takes place on lawn chairs in her backyard among neighbors sometimes visible. A rural small town western New York culture is prevalent throughout the film. Before production began Travis sought permission from his mother to make public her intimate story. She gave her blessing, believing, like NAMI, that her story might very well help others fighting mental illness. The result is a potent portrait of the effects of mental illness upon an individual and within a family.

Mother's Day may be downloaded, streamed or purchased at the

Continued from front page
Pan-American Film Division website (www.panamericanfilms.com/mothers-day). The film runs slightly over two hours. The website includes interviews with the two principal actors—Lisa Ludwig and Michael Charles Wagner—as well as trailers, staff interviews, audience reactions and much discussion on the process of putting the film together. Obviously, working through the pandemic was a challenge. A limited budget demanded efficiency and cooperation among the staff. Travis remembers fondly driving his father's lawnmower, a necessary prop, five miles along Route 60 to the set. That Pan-American completed the film is a testament to its commitment to the subject and its determination to build a creditable film production company. The Jamestown Gazette wishes the company well and looks forward to future productions.

Friday evening, April 29, at The Jamestown YWCA Chautauqua County executive P.J. Wendel issued a proclamation designating the month of May Mental Health Awareness Month 2022. On the same date in Washington D.C. the Executive Office in a similar proclamation called upon citizens, government agencies and non-profit organizations "...to join in activities and take action to strengthen the mental health of our communities and our nation."

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



Jamestown Memorial Day Parade Veterans Council Jamestown, NY

Article Contributed by
The Memorial Day Committee

The Veterans Council of Jamestown is pleased to announce that the 2022 Memorial Day Parade will take place on May 30th in Jamestown and are looking for participants. Individuals and organizations are encouraged to participate following the guidelines by reaching out to the contacts above and/or filling out the information at the link below. Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

Groups are encouraged to honor the US Military and no hand outs are requested. Parade line up will begin at 9:00 a.m. on 4th Street beginning at Washington. The parade will step off promptly at 10:00 a.m. and will travel down 4th Street to Prendergast Avenue and continue to Buffalo Street and into Lakeview Cemetery where a brief ceremony will occur.

To register please use this form <https://forms.gle/7A8ca1VcYMBcoxo68>

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CWC to Hold Migratory Bird Tour on May 14th



Photo by Twan Leenders

A Male Yellow Warbler

Article Contributed by
Chautauqua Watershed Conservancy

The Chautauqua Watershed Conservancy will be offering a migratory bird observation tour on Saturday, May 14th from 9:00 – 10:30 AM at its Cassadaga Lakes Nature Park (CLNP) in Cassadaga on Route 60, located between Tim Horton's and Camp Gross. The tour will be led by CWC Ecological Restoration Manager, author and photographer Twan Leenders who will assist with bird identification and discuss the importance of water quality and protected lands such as the CLNP to our migrating birds.

The first half of May is when most of our migratory songbirds return from Central and South America. It is the ideal time to see these tropical gems, before the trees completely leaf out and hide them from view. Expect a variety of warbler species, orioles, tanagers, thrushes, swallows, vireos, and possibly a few hummingbirds and indigo buntings on the walk. Mid-May is also the best time to hear these birds. Newly returned male birds sing energetically during

this period to attract a mate and stake out their breeding territory. In only a few weeks the nesting season will be in full swing, and the woods will go quiet again as they don't want to draw attention to their presence anymore. In short, this will be the ideal time and place to be wow-ed by our backyard birds!

Participants are encouraged to bring binoculars and cameras if they have them and should also dress appropriately for the weather and for the typical wet conditions of a wooded wetland. A \$5 per individual or \$10 per family donation is suggested for non-CWC members. Space is limited, so advance registration is required. Please call 716-664-2166 or email info@chautauquawatershed.org by 3pm on Friday, May 13th with the number of attendees and a contact name and phone number.

MARTZ-KOHL OBSERVATORY

Student Space Explorers Make Real Discoveries

Contributing Writer

Walt Pickut

Martz-Kohl Observatory Board of Directors

This month the Martz-Kohl Observatory welcomes special guest speaker Rachel Freed. Her enthusiasm is contagious, and the Martz-Kohl Astronomical Observatory wants to help it spread.



Submitted Photo

Rachel Freed, co-founder and the President of the Institute for Student Astronomical Research.

As co-founder and the President of the Institute for Student Astronomical Research (https://www.in4star.org/), Rachel has guided high school student scientists across the country in publishing 150 scientific research papers in astronomy, including about 500 student and professional coauthors.

Any student or teacher with an interest in science, and astronomy in particular, is invited to come to the Martz-Kohl Observatory on Wednesday evening, May 18, at 7:30 to hear and talk to Rachel on the observatory's big screen. Learn about the exciting and original research being done by students and teachers just like them.

As Rachel says, "Astronomy captures the imagination as few other disciplines has in all of human history. It's important because it's the study of the universe in which we exist and an attempt to understand our place within it. Also, if students can learn to do research in astronomy, including learning how to critically analyze data, as well as how to communicate science, they will be better able to apply these skills in general, and that's critical for an educated society."

Teachers and parents will learn that Rachel Freed is making a remarkable impact in astronomy and education. She will describe her journey from a high school teacher with a passionate fascination with astronomy to a more-than-full-time professional astronomer. She is now a leader in double star astronomy research programs and edits the Journal of Double Star Observations (JDSO).

"I have been interested in both astronomy and education for more than two decades. I'm fortunate to get to work in the intersection of these two interests," Rachel says. At Martz-Kohl she will also detail

the research underway by people in her research programs, and the new research opportunities created for students by the growth of access to global telescope networks (Las Cumbres Observatory and Skynet).

Rachel has a B.S. degree in Biology and an M.S. in Neuroscience, is currently working on a PhD in astronomy education at Edith Cowan University, Australia and is a postdoctoral fellow at the University of North Carolina, Chapel Hill, working in Astronomy Education and Evaluation.

Come to the Martz-Kohl Observatory Wednesday, May 18, 2022 at 7:30pm, to meet Rachel virtually on our high-resolution, conference screen and join in our always lively Q&A after her talk. Later, if the weather cooperates, we offer tours and viewing opportunities through the big telescopes. Friends from far away are invited to join and interact by Zoom. Simply go to martzobservatory.org/zoom/. MKO never charges admission, but contributions at the door or online help us continue serving our public.

Spectacular Show Predicted

Comet SW3 has been falling apart and strewing its orbit with debris for nearly 30 years as it circles the sun once every 5.4 years. This year astronomers predict that Earth may pass through that debris stream on the night of May 30-31. If it does, we might see the most spectacular meteor shower in centuries, producing as many as 1,400 brilliant shooting stars per hour, peaking about 1:00 a.m. However, like all "weather" forecasts, prediction is not a guarantee. Heads up!

JHS Business Classes Learn What it Takes to Be a Social Media Influencer

Article Contributed by

Jamestown Public Schools

JHS Business classes with Kristin Kohler are delving into what it is like to be an entrepreneur, through the lens of being a social media influencer as part of a unit on finding meaningful careers, our digital footprint and the impact of social media on careers long term.



Submitted Photo

JHS Business student, Jose Figueroa, Jr., worked on his to-do list delving into what it is like to be an entrepreneur, through the lens of being a social media influencer as part of a unit on finding meaningful careers, our digital footprint and the impact of social media on careers long term.

Ms. Kohler uses a curriculum called NGPF (Next Gen Personal Finance) for some of her Career Exploration courses. They have a variety of simulation interactive games and activities that are engaging for the students including one called "Influenc'd."

"So many students tell me they want to go viral and "get rich" on social media," said Ms. Kohler. "This game was developed to give them a more realistic idea of just how difficult it is to really be an entrepreneur in the digital world.

Student are given a series of goals to meet with regard to their online following, as well as financial, and then, they navigate through a series of challenges to see if they can responsibly manage their online posting, engagement, and make decisions about their earnings related to their online activity. They are only successful if they meet or exceed every goal. The students enjoy the game and become competitive with each other.

"I think it is important for kids to understand that most people who make a living as influencers on any platform do not just go viral overnight and suddenly become rich," said Ms. Kohler. "We discuss that most influencers actually do a great deal of work behind the scenes and that they need

a vast knowledge of more than just 'posting.' They need to know about videography and editing. They need to understand the platform's algorithm. They need to understand their audience and branding for themselves as well as any brand partnerships that they make. Most of them either need a manager or they need to have a real working knowledge of contracts. Just like most entrepreneurs, they get to be their own boss, but that comes with a lot of hard work and oftentimes hours of sacrifice and compromise. We talk a lot in my Careers Exploration about finding work you are passionate about. I want them to understand that they need to find a career that they love being good at, not just something they are good at."

Students also played a game that put them in an Uber seat during this unit to see what it was like to do gig work showing the same competitiveness and enthusiasm while playing. Learning business and still having fun!

Games & Puzzles

SUDOKU

Edited by Margie E. Burke

Difficulty: Medium

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

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

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The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Salary limits
- 5 Sign of life
- 10 _____ one's time
- 14 Away from the wind
- 15 Pass into law
- 16 Bidding site
- 17 Reddish-brown
- 18 Good-looking
- 20 Send into a swoon
- 22 Reacts to yeast
- 23 Triangular Greek letter
- 24 Like many wedding cakes
- 26 Welles of film fame
- 28 Swelling reducer
- 32 Leave a mark on
- 35 Take the pulpit
- 37 One of Mickey's eyes
- 38 TV cabinet
- 40 Twisting Chubby
- 42 "Tarzan" extra
- 43 Reason out
- 45 Ethereal
- 46 Beginner, slangily
- 48 When tripled, an Elvis tune
- 50 McDonald's clown
- 52 Meddlesome sort
- 56 French farewell
- 59 Fuel for big rigs
- 61 Workplace trouble, sometimes
- 63 Not fooled by
- 64 Send forth
- 65 Rotini, for one
- 66 Civil rights org.
- 67 Work well together
- 68 Unable to relax
- 69 Property title
- 11 Egyptian bird
- 12 Kevin Kline title role
- 13 Spud's buds
- 19 Nativity scene
- 21 Golfer's concern
- 25 Heavier, as a dessert
- 27 Stomach neighbor
- 29 Make cookies
- 30 Say it's so
- 31 Larson of "The Far Side"
- 32 Read a bar code
- 33 Manage somehow
- 34 One more time
- 36 Fender benders
- 39 Rotten to the core
- 41 Social worker's work
- 44 Worst looking
- 47 Bit of fresh air?
- 49 Caustic cleaner
- 51 Commercial creator
- 53 Present time
- 54 Boxer's quest
- 55 Vocally
- 56 "Beg pardon ..."
- 57 British title
- 58 Pupil's place
- 60 Legal postponement
- 62 Chic getaway

DOWN

- 1 Gave a hoot
- 2 Unaccompanied
- 3 Necklace item
- 4 Ottawa's NHL team
- 5 Gardening moss
- 6 Lacking in schooling
- 7 Base "facilities"
- 8 Rockslide debris
- 9 Capt.'s guess
- 10 Come to pass

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MAY 6-12
NATIONAL NURSES WEEK

How Communities can Recognize Nurses



Photo by: Metro Creative Connection

Article by

Metro Creative Connection

The vital role nurses play in health care settings across the globe was perhaps never more apparent than in recent months. When COVID-19 was declared a pandemic by the World Health Organization in March 2020, nurses were on the front lines in the battle against the virus, and have remained there ever since.

In recognition of the sacrifices nurses and other health care workers have made to help the sick, individuals across the globe have placed signs in their yards thanking essential workers. In addition, many more have taken to social media to highlight the lengths individual nurses have gone to while helping them or their loved ones who caught the virus or fought other illnesses. Communities can follow such individuals' lead by making collective efforts to thank the nurses who call their towns and cities home.

- **Sponsor fundraising efforts.** Town officials can help to organize a community-wide fundraising effort or a 50-50 raffle with the ultimate goal of donating to a charitable organization chosen by local nurses. Health care facilities have been stretched incredibly thin during the pandemic, so a donation to a charitable organization that benefits health care workers can be a great way for communities to honor local nurses.
- **Encourage residents to lend a helping hand.** The work frontline medical workers have done during the pandemic has been endless and exhausting. In recognition of that, community organizers can promote

volunteer programs designed to lift some of the burden off local health care workers' shoulders. Local hospitals, blood banks and health centers may need volunteers, and this is a great way for local residents to show health care workers their efforts are appreciated.

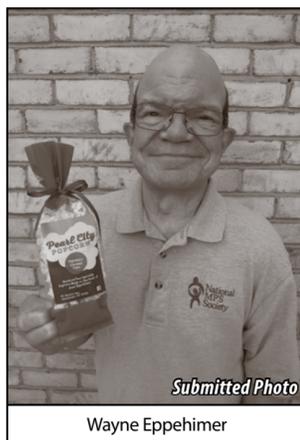
- **Celebrate holidays that honor nurses as a community.** The American Nurses Association notes that National Nurses Week begins each year on May 6 and ends on May 12. Though National Nurses Week is not a federal holiday, communities can still come together during the week to highlight the work their local nurses do. Township or other local officials can encourage businesses in the community to offer special discounts to nurses during the week, while schools can take part in collective efforts to thank nurses. For example, students from all grades can work on a banner thanking nurses and then showcase the banner by the entryway to campus so passing motorists can see it.
- **Highlight a local nurse each week on social media.** Community leaders can ask residents to nominate a local nurse each week and then choose one nominee to highlight on social media. Students or local officials can interview the nominee, asking what compelled them to become a nurse and their most interesting experiences on the job. Interviews can be posted on community social media pages so all residents can get to know the unsung heroes in their communities.

Communities can work together on a variety of collective efforts aimed at recognizing the extraordinary efforts made by local nurses every day.

Celebrating MPS Awareness Day in Jamestown, NY

CONTINUED FROM FRONT PAGE

properly diagnosed until after his 24th birthday. At that time, his older sister noticed her son was exhibiting characteristics similar to what she had seen in her brother as a child. The Shriner's hospital in Erie, PA had provided Eppheimer with a probable diagnosis of Hunter Syndrome (MPS II) as a teenager. Knowing this, his sister sought clinical testing for her son and brother. The results came back positive for MPS II for both of them.



Submitted Photo

Wayne Eppheimer

The National MPS Society supports families and individuals diagnosed with eleven different types of storage diseases, varying types of MPS and ML. In each type of MPS, a different enzyme is lacking. Because these are cell storage diseases (also known as a Lysosomal Storage Disorder or LSD) every organ and part of the body is affected, including the heart, bones, joints, respiratory system and central nervous system, leading to a shortened lifespan. Approximately 140 babies are born in the United States each year with these diseases. If you narrow it down to Eppheimer's specific type of MPS, approximately 35 babies are born with MPS II in our country each year. It is estimated there are less than 500 people living with MPS II today.

There were no treatments for MPS II until 2006 at which time an Enzyme Replacement Therapy (ERT) was approved by the FDA. Eppheimer has been receiving ERT since July 2008. ERT provides an external source of the deficient enzyme given intravenously. The synthetic enzyme travels through the blood stream and enters cells to help break down the waste molecule build up. This drug is a wonderful breakthrough developed by years of research and FDA trials. Eppheimer has already surpassed the normal life expectancy for MPS II by almost ten years. It is not a cure however because it is only a temporary source given once a week for a few hours. It helps to slow the tide of future damage, but is unable to reverse the damage already done.

International MPS Awareness Day seeks to raise awareness of

this family of diseases so rare, most doctors tell Eppheimer: "They taught us about this disease in medical school, but I never expected to meet anyone with it." Raising awareness is important for many reasons. It helps to get funding for further research as science looks to develop treatments for all syndrome types and eventual cures for the disorders. It brings awareness to the National MPS Society which works hard not only to fund research, but to get newborn screening approved in all 50 states for those types which have ERT available. The sooner enzyme replacement can be started, the more the damage can be stemmed.

To help raise awareness locally, and to help fund further research, Pearl City Popcorn is hosting Purple Bag Sales during the month of May. Their Signature Caramel corn will be available in purple bags, the National MPS Society's color. 100 per cent of the profits from these sales will benefit the National MPS Society. Pearl City Popcorn is owned by Eppheimer and his wife Joan and is available at the BioDome Project and the Country Woods Store.

For more information on MPS and ML visit mpsociety.org. For more information on the popcorn sales visit Pearl City Popcorn on Facebook.



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NATIONAL NURSES WEEK — MAY 6-12

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| Dawn Beardsley | Kaitlin Kell | Cara Orr |
| Lisa Beaujean | Nancy Knee | Meg Paolini |
| Lea Benedetto | Sarah Knuth | Thomas Perry |
| Jocelyn Bensink | Joseph Koterass | Krista Petry |
| Tammy Benware | Katie LaBarr | Brittany Rickerson |
| Casey Brown | Theresa Langworthy | Cassandra Rodgers |
| Cherie Bunce | Christina Lanphere | Taylor Ross |
| Angelica Camacho | Debbie Larsen | Sandra Salzer |
| Joanne Campbell | Melissa Lauffenburger | Laura Seiberg |
| Jamie Cercone | Beverly Larson-Butts | Susan Short |
| Charles DeJesus | Andrea Lewis | Lyndsey Smith |
| Jackie Falto-Berry | Jason Lusk | Heather Stanford |
| Tammy Fardink | Samantha Macri | Amanda Stevens |
| Daniel Farnham | Carla MacTavish | Krista Steward |
| Deja Ferrara | Nekeisha McAdoo | Lynn Thomas |
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FAMOUS NURSES TRIVIA

1. Who was the founder of the American Red Cross?
2. Who was the first licensed African American nurse?
3. Who is the founder of the Frontier Nursing Service (FNS)?
4. Who is sometimes called the "Mother of Forensic Nursing"?
5. Who is known as the "First Lady of Nursing"?
6. What nurse during the Crimean War opened the first nursing school?
7. Who is the nurse that founded planned parenthood?
8. What nurse during the Crimean War but was discriminated against because of her skin color?
9. What nurse during the 1800s was responsible for many reforms in prisons and mental asylums?
10. Which English nurse was executed by the Germans for helping soldiers escape during World War I?

How to Manage the Stress of Being a Nurse

Article by
Metro Creative Connection



Photo by:
Metro Creative Connection

Working in the healthcare sector can be a fast-paced job filled with days characterized by extremes. Nurses already were working long, variable shifts in hectic environments before COVID-19 came along. Then they were asked to do even more, including being tasked with the care of a seemingly endless stream of new patients.

According to a research paper published in The Lancet in June 2020, a large-scale, cross-sectional study of 2,014 frontline nurses from two hospitals in Wuhan, China, determined the nurses had a moderate level of burnout and a high level of fear while working. Roughly half of the nurses reported emotional exhaustion. Beyond China, many nurses routinely report having moderate to high levels of stress on the job.

The nursing education and program resource Nurse Journal says stress may be one of the most overlooked issues affecting nurses and nursing students today. Stress can affect nurses' personal and professional lives. In fact, scientists first identified stress as an occupational concern for nurses in the 1950s. Continuing to explore ways for nurses to alleviate stress means more positive outcomes for all involved. Here are some strategies.

Increase staff

Worker shortages can take their toll on nurses who have to work even harder due to those deficits. Whenever possible, healthcare offices and departments should make every effort to keep sufficient qualified staff on hand so that nurses do not feel overly taxed. Nurses can do their best to advocate for hiring more nurses as well.

Take quiet breaks

Nursing requires a high level of skill and technical acumen. Most nurses cannot daydream or work on autopilot while on the job. Taking ample opportunity to retreat to quiet spaces and turn off your brain for some time can help you recharge during a shift. While resting, drink water and limit caffeine consumption. Mild dehydration may increase cortisol levels and exacerbate stress.

Try aromatherapy

Researchers have long studied how certain aromas can calm anxiety. According to the healthcare site Healthier Talk, in one study researchers gave special citrus-scented badges to stressed out nurses working in a cancer center. Over shifts ranging from four to eight hours, the nurses' stress levels decreased by up to 40 percent. Using scented oils or other aromatherapy techniques may help induce a calmer atmosphere.

Find a shift you can manage

Rather than working a varied schedule each week, determine if you can work a consistent schedule. Nurses tend to work 12-hour shifts and even longer hours when shortages require overtime. However, by working the same shift hours, your body can grow accustomed to the schedule, rather than facing exhaustion from ever-changing shifts. In addition, a routine can reduce anxiety, helping nurses more easily anticipate what is coming next.

Keep a journal

Keep a list of days when you're feeling especially overwhelmed and jot down what led to that feeling. Identifying particular stressors can help you find effective coping strategies. You may notice you're more stressed on days you are responsible for a school carpool. Asking a friend to help out in these situations can alleviate stress.

Nursing stress is a common problem that can be addressed in a variety of ways.

Cummins Employees Hop into Giving



Sherry Nowell looking over the donated toys.

Article Contributed by
UPMC Chautauqua

Cummins Toy Drive success this year was due in part to Matthew Davis, Toy Drive Coordinator, Sherry Nowell and Deb Jordano, all Cummins employees.



Matthew Davis taking a small portion of the toys into UPMC Chautauqua.

"Without the help from Deb and Sherry we wouldn't have been so successful," stated Matthew. "They had an idea to take it to another level of giving, and it worked! We had over 400 employees donate to the drive with a total of over 600 volunteer hours. They made it fun, offering an Easter egg with a surprise inside if someone were to donate \$10. There was also a grand prize everyone was entered into offering local handmade gifts, chocolate, and a paid vacation day."

UPMC Chautauqua Director of Development, Megan Barone, said "Matthew has been such an inspiration. He had a vision 6 years ago to help our community children to cope and adjust to illness and hospitalization with giving a gift to meet the developmental, psychosocial, emotional, and educational needs of our patients. His vision came to life in the eyes and smiles of the children. When he reached out to me this year and told me they were able to donate over \$5,000 worth of toys for our patients, I was amazed at the beauty of giving."

Matthew has been able to help support over 500 children each year, providing comfort to over 2,000 children over the 5-year span of Cummins employees donations. The children who are given the toys will be able to take them home with them to enjoy.

Matthew's vision of helping UPMC Chautauqua Hospital's children started with himself and a few others at Cummins Engine

and has turned into the employees looking forward to donating a toy at Easter time. "I enjoy doing this every year and want to see it grow bigger each year, so we can help provide some happiness for the children in our community. This year's drive has been a huge success and I cannot wait to start planning next year's!" stated Matthew. Cummins Engine Easter Toy Drive will benefit patients throughout the hospital in areas such as Emergency Room, Maternity (for newborns), Pediatrics, Adolescent Mental Health, Speech and Hearing, Radiology, Waiting room, and ENT.

This year, because of the large donation, Cummins will be able to support Court Appointed Special Advocates (CASA) with toys for their program as well.

If you would like to support UPMC Chautauqua's pediatric patients, or if you would like more information on how to get involved with Cummins Engine toy-drive, please contact Megan Barone, director of development at 716-664-8423 or Baronema3@upmc.edu.

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JHS Honor Society Inducts New Members



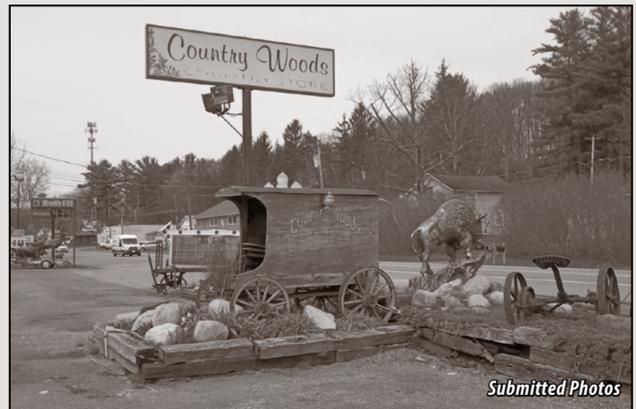
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Livermore, Kiya Holmes, Nichole Iacuzzo, Mercedes Johnson, Quinn Johnson, Kaylen Kirschman, Olivia Kubera, Maddisyn LaTone, Rhonda-Sue Leonard, Arron Loomis, Hannah Lutgen, Elsa McAvoy, Rheese Maggio, Alexandra Melquist, Caleb Micciche, Karryne Mims, Meghan Mistretta, Greta Nordwall, Kylie O'Brien, Aubrey Reynolds, Celeste Roberts, Kylee Schrader, Jacob Smeraldo, Julia Smith, Lindsey Spitz, Madison Terry, John Torres Jr and Juliana Yanik.

"We are so proud of these students and their accomplishment," said JHS Principal Dana Williams. "Their work ethic and dedication to their academics, school and community activities are exemplary. They are all an excellent representation of the amazing students we have at JHS."

To be eligible for membership consideration, students had a weighted cumulative grade point average of 96.0%, or an unweighted average of 91.0%. Additionally, potential members had to meet high standards of leadership, service, and character. The Faculty Council evaluates members of the junior and senior classes. Leadership is based on the student's participation in two or more community and school activities, or election to an office. To meet the service requirement, the student must have been active in three or more service projects in the school or community. Character is measured in terms of integrity, behavior, ethics, and cooperation with both students and faculty.

EYE ON BUSINESS

Country Woods



Submitted Photos



Contributing Writer
Linda Kent

Julie Woods, the current owner of Country Woods, 1771 Foote Avenue, Jamestown, took ownership in September 2021 and opened on October 5. The store had already been in business for 35 years according to Julie.

Julie worked as a nurse for 36 years before deciding to buy the store. It took meeting with Sharon Tibbitts, the previous owner six times before deciding to buy. Yet, she still hasn't given up nursing. She still works one day a week at the Warren General Hospital Cancer Center.

She smiles when she remembers why she thought of buying the store. Julie stopped in the shop with a friend and made the comment that she'd like to own a store like that. The rest, as they say, is history.

Helping people find what they're

looking for and making them happy brings satisfaction to Julie. She enjoys getting to know people and meeting those who come in to look around. She is still learning the ropes of business. In these difficult times, it's been quite a challenge to balance things so she can make her customers happy and still keep her business operating.

Julie is in the process of putting her own unique style in Country Woods. She supports her community and carries a dozen local vendors along with her own merchandise. She carries a wide selection of better-quality candles, including the battery-operated styles. They also have home décor, seasonal items, homemade teddy bears, rugs and cards. She also has teas, candies and Pearl City Caramel Corn, which is celebrating MPS week this week.

So stop on by and browse some of her beautiful wares. Take something home that will make you smile and make yourself happy.

National Mental Health Month

Warning Signs of Mental Health Issues

Article by Metro Creative Connection

A 2017 study from the Institute for Health Metrics and Evaluation estimated that 792 million people across the globe lived with a mental health disorder. If that figure is startling, it's likely even greater as a result of the pandemic.



Photo by: Metro Creative Connection

Data from the Kaiser Family Foundation indicated that about four in 10 adults in the United States reported symptoms of anxiety or depressive disorder during the pandemic. That marked a significant uptick since the summer of 2019, when one in 10 adults reported such symptoms.

The pandemic undoubtedly posed significant challenges that affected the mental health of people across the globe. But those challenges won't necessarily go away if and when life returns to pre-pandemic normalcy. Nor is there any guarantee that new challenges that pose a threat to individuals' mental health won't arise in the years to come. That reality underscores the importance of learning to recognize signs of mental illness in both adults and children.

The National Alliance on Mental Illness notes that each mental illness has its own symptoms, so anyone concerned about their own mental health or the health of a loved one can speak with a mental health professional for more information. In the meantime, the NAMI notes that these are some common signs of mental illness in adults and adolescents.

- Excessive worrying or fear
- Feeling excessively sad or low
- Feelings of confusion or difficulty concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or significant feelings of irritability or anger
- Avoiding friends and social activities
- Difficulty understanding or relating to other people
- Changes in sleeping habits or feelings of fatigue and low energy
- Changes in eating habits, such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality

(delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)

- Inability to perceive changes in one's own feelings, behavior or personality. Some individuals experience a lack of insight known as anosognosia, which NAMI describes as unawareness of one's own mental health condition.
- Overconsumption of substances such as alcohol or drugs
- Multiple physical ailments without obvious causes, such as headaches, stomach aches and vague and ongoing aches and pains
- Suicidal thoughts
- Difficulties handling daily life, including an inability to carry out activities or handle problems and stress that arises each day
- An intense fear of weight gain or concern with appearance
- Pre-adolescent children also can experience mental illness, which can manifest itself through these symptoms:
- Changes in academic performance
- Excessive worry or anxiety. Some children may fight with parents to avoid going to bed or school.
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Individuals who are experiencing any of these symptoms or those who recognize them in loved ones, including children, are urged to contact a health care professional, including their general physicians, who may be able to recommend a mental health specialist. More information is available at www.nami.org.

COVID-19 Oral Antiviral Treatments Available Locally

Prescription Antivirals can Prevent Severe Disease and Death

Article Contributed by Chautauqua County Department of Health & Human Services

As announced through the New York State Department of Health's 'Test Soon, Treat Early' initiative, oral antiviral treatments are now available by prescription and are a powerful tool to prevent severe COVID-19 disease and death in infected persons. Treatments for COVID-19 are most effective when given soon after symptom onset so it is very important for persons experiencing symptoms to test early. Because oral antivirals are taken by mouth and do not require an IV or injection, they are convenient and easy to administer. Anyone experiencing COVID-19 symptoms should test as early as possible, and if the test is positive, eligible individuals should discuss treatment options with their health care provider.

COVID-19 are a game changer in the fight against this virus," stated Christine Schuyler, Public Health Director. "We are excited that there is finally widespread availability of these prescription medications that have the potential to save lives, especially for high-risk, vulnerable, or unvaccinated community members as we continue to battle COVID-19 infections."

Currently, two oral antiviral medications, Paxlovid and Lagevrio (molnupiravir), have Emergency Use Authorization (EUA) for treatment of COVID-19. It is recommended that healthcare providers treating people who are confirmed COVID-positive and have mild-to-moderate COVID-19 symptoms, strongly consider prescribing an oral antiviral.

These therapies require a prescription by a licensed and

"Oral treatment options for

CONTINUED ON PAGE 17

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The Everyday Hunter® with Steve Sorensen

Patience Wears Down Mental Sharpness



Contributing Writer
Steve Sorensen



Photo by Steve Sorensen

This mid-morning gobbler is one that fell to a patient hunter.

Four hours passed. The gobbler was just over the edge, within 30 yards. If I called, he answered. If I shut up, he shut up. He wasn't going to budge, and I was already so close I had nowhere to go. It was a stand-off.

I usually don't let a stalemate go longer than 20 minutes, 30 tops. Why? A real gobbler and a real hen don't lock themselves in place and call back and forth. They have legs, and they use them. If a hunt turns into a 20-minute impasse, I start thinking about a change. Seasoned turkey hunters will tell you patience kills more gobblers than anything, and they're right. But isn't four hours enough patience?

In most cases, patience means just wait the gobbler out. On another hunt a hen flew down at daybreak, 20 yards away, and raced across a field to meet up with a gobbler that sounded like he was choking to death. It made no sense to go over there myself because I'd just be dealing with a henned-up gobbler. But if I stayed put, and called every 10 or 15 minutes, he might eventually come my way. It might take an hour, maybe two, but his walnut-size brain would remember the pretty hen sounds I was making. Shortly after 8:30, he strolled across the field and I killed him. That's usually what we mean by patience in the turkey woods.

But four hours? I could have watched "Dances with Wolves" — something

else I don't ever want to do again.

I should have killed that four-hour gobbler, but I didn't. Here's the rest of that story.

The sun was getting high in the sky and Post Meridian minutes were about to arrive. Every muscle was sore from not moving. Suddenly, another gobbler sounded off. He was also down over the hill, but in the opposite direction. I turned my head to look back, over my right shoulder. He was about 140 yards

away on the bench below, headed my direction.

It was decision time. Should I keep working the gobbler in front of me, the bird almost in hand, just out of sight, a few yards below the crest of the hill? Or should I move and work the newcomer I could see down on the bench?



EverydayHunter.com

I made the wrong decision. I decided to move to the opposite side of the tree, and call to the new gobbler. He was on his way toward

me. All I'd need to do was keep him coming. So I got to the knees I could barely straighten, put my seat pad on the other side of the tree, and with something resembling an old wrestling move called "the sit-out," I switched to the other side of the tree.

My move was half made when I heard, "Putt, putt!" I turned my head in time to see those big wings lift him. He sailed down into the valley. I turned back to see the newcomer running away.

I had all the patience in the world, but I forgot one thing. When a gobbler has competition, he might decide to beat that competition to the hen. When I made my move, that gobbler made his move. Another 15 seconds and he'd have been floppin' instead of flappin'.

It wasn't a lack of patience that ruined my hunt. My failure was in forgetting that when two lovebirds are playing hard to get, a third makes it a love triangle. The dynamics totally change, and I should have played that change to my advantage. I could have turned my head and called to the second gobbler, directing the sound away to make it first gobbler think I was leaving for a new Romeo. But no, my mental acuity was even less nimble than my stiff knees.

I let my patience wear down my mental sharpness, and that's why I went home with an unfilled tag that day.

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. He is a field contributor to Deer and Deer Hunting magazine, and won the 2015 and 2018 national "Pinnacle Award" for outdoor writing.

JPS Elementary Schools Join One District, One Book for May

CONTINUED FROM PAGE 2

JPS will join schools and districts across North America who have undertaken this community literacy strategy by reading and discussing the story about a wise oak tree named Red who through his lifetime has experienced many changes in his community. In school, students will experience dynamic assemblies, answer trivia questions, and engage in creative extension activities.

One District, One Book is a family literacy program from Read to Them, a national nonprofit based in Richmond, Virginia. The organization's mission is to create a culture of literacy in every home. "The secret sauce of family literacy is to create a symbiosis between home and school. When students see their book being read and shared and discussed at home and school, they are surrounded by the culture

of literacy," explains Read to Them Director of Programs, Bruce Coffey.

"We've heard about the effect One District, One Book can have on our students and families," explains Katie Russo, principal of Lincoln Elementary School. "We are super confident that reading one great book together can ignite excitement about reading in our school community. I can't wait to start hearing and joining in the conversations The Wishtree will spark."

Read to Them's family literacy programs have reached over 2 million families in over 3,000 schools in all 50 states (and 6 Canadian provinces). A continually growing body of research demonstrates that children who are read to at home are better prepared to read, succeed in school, and graduate. www.readtothem.org

COVID-19 Oral Antiviral Treatments Available Locally

CONTINUED FROM PAGE 15

authorized provider. Contact your healthcare provider if you test positive for COVID-19 and meet the following eligibility requirements:

- Age 12 years or older weighing at least 40 kg (88 pounds) for Paxlovid, or 18 years or older for Lagevrio (molnupiravir);
- Test positive for SARS-CoV-2 on a nucleic acid amplification test or antigen test; results from an FDA-authorized home-test kit should be validated through possible, patient attestation is acceptable;
- Have mild to moderate COVID-19 symptoms
- Patient must not be hospitalized due to severe or critical COVID-19; and
- Able to start treatment within 5

days of symptom onset.

Both Paxlovid and Lagevrio (molnupiravir) are currently available by prescription at pharmacies participating in the Federal Retail Pharmacy Program, in nursing home pharmacies, and retail pharmacies. Retail pharmacies currently reporting availability throughout Chautauqua County include CVS, Rite Aid, Walgreen's, and Wal-Mart. Specific locations can be found using the COVID-19 Therapeutics Locator (<https://covid-19-therapeutics-locator-dhhs.hub.arcgis.com/>).

Additional questions about COVID-19 treatment options or availability can be sent to COVID19Therapeutics@health.ny.gov.

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PAWS ALONG THE RIVER HUMANE SOCIETY

PET OF THE WEEK

Hello everyone. My name is Norman. I am a 3-year-old, 13-pound boy looking for a new family to call mine. My brother, Artie, and I were brought to Paws when our owner couldn't take care of us. I am very laid-back and easygoing. I enjoy a good nap, looking out the window, and being brushed. I like other cats and dogs too. I am neutered and current on my vaccines. The staff at Paws would be happy to introduce us, so please contact them today. Hi! My name is Artie. I am a 16#, 4-year old guy looking for a special person to share my love with. I brought to Paws with my brother, Norman, when our owner couldn't take care of us. I am very gentle, snuggly and affectionate. I enjoy napping in the sunshine, sitting in your lap and getting brushed. I do enjoy the company of other cats and dogs. If I sound like the cat you've been searching for please contact Paws.

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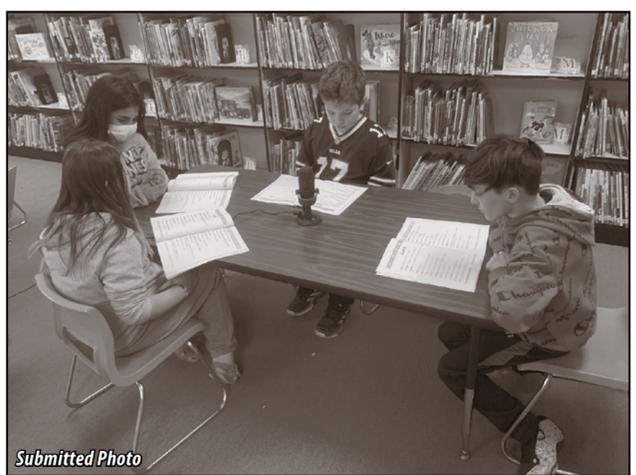
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Chautauqua County Humane Society Pets of the Week

Sir Isaac

Sir Isaac is a little ball of energy who loves to be around people. At just 11 months old, he will definitely need your help to learn how to be the best dog that he can be. He may be too much for less active dogs. Shelter No. RR179.

Fletcher 4th Graders Combine Reading & Podcast



Submitted Photo
Fletcher Elementary School 4th graders, Myah Matteson, Melanie Rosa, Kane Cercone and Jaxon Pratt, recorded their podcast using Reader's Theater scripts with help from Library Media Specialist Carrie Lyon and music teacher Frank Valente.

Article Contributed by
Jamestown Public Schools

A group of Fletcher Elementary School fourth graders gathered around a microphone in the school's library to create a podcast using Reader's Theater scripts with Library Media Specialist, Carrie Lyon, and music teacher, Frank Valente. The teachers are using the podcast idea with fourth graders more engaged and excited about reading.

"Mr. Valente and I were brainstorming ways to get kids more engaged while addressing some of the issues that seem to plague a lot of students this year," said Ms. Lyons. "We thought that podcasts would get kids reading, also exploring new ways to learn and obtain information, and present opportunities to engage with technologies that are relatively new to them and would help them to learn digital citizenship."

Ms. Lyon is using Reader's Theater scripts to help students practice their fluency and reading flow. She introduced the idea of podcasts, which most of the students did not know about. She played a few different podcasts that talk about facts about animal habitats, wellness for kids like yoga moves and a spy one for kids. The group then analyzed what they liked/disliked about the podcast. They also learned what sounds they could create to add more realism to their podcast readings.

Mr. Valente, who owns the microphones that the students record with, will also teach the students how to use the free software to put in sounds and adjust the background noises to make a finished product.

"It is so important to use technology with students," said Ms. Lyon. "It's relevant, it's engaging, it's a great way to teach digital citizenship and it often provides a way to include all students by offering modifications to help them. For example, the kids who are too shy to perform in a play often feel free to use silly voices and express themselves more when using the podcast format. Also, if someone has difficulty reading, he or she can record their lines individually, so I can help them, to be melded into the podcast seamlessly, making them feel successful and part of the larger group."

Ms. Lyon also wants to remind parents about the importance of online safety.

"Kids have been handed devices that are basically the world at their fingertips without a lot of instruction on proper use. Online safety and ways to use the internet/technology to better learn new information is so important to teach. One easy way that parents can help their kids to be safe online is by visiting <https://www.kidsfirstcommunity.com/online-tools-teach-child-internet-safety/>. We need everyone's help to keep our kids safe online."

"Nicole's Cakes" Nicole Degolier

Linda and Kiarra

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