

CHAUTAUQUA GAZETTE



CHQgazette.com | L. Cornell and Company, LLC



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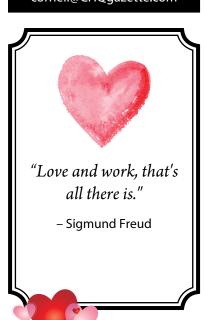
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Andrew Goodell: for Family, Friends & Community



The Goodell Family: Carrie Sheffield, Alex Gniewecki, Andy Goodell, Lisa Goodell, Jessica Goodell, and Randi Fitzgibbons.

Featured Writer

Lisa Goodell

This Valentine's Day, the Gazette is proud to honor the retirement of our longtime Assemblyman Andy Goodell with this special tribute of love and legacy as only his wife, Lisa, could tell. While he may be best known for his many years of dedicated public service, Lisa tells the inside story about what makes him so beloved.

anyone can ask for in life. Some friends are meant to be comic relief, some friends are there to be

CONT. ON PAGE 10

Featured Writer

Shannon NixonMarketing Director
Chautauqua Gazette

am writing this in part as a tribute to my little brother who I am particularly proud of at the moment. This story starts on July 1, 2024.

It was the evening following the wake of our grandfather, lovingly referred to as Pops by his 16 grandchildren.

Sitting in the cozy back room of an Italian restaurant somewhere in Connecticut, our boisterous family of nearly 50 people divided into two long tables to dine family-style. The appetizers were passed around, the wine was poured, and at some point in the night, my brother paused, turned to those sitting next to him, and said, "No offense to anyone who doesn't want kids, but who wouldn't want this? Look at what Grammy and Pops did."

It Starts and Ends With Love

There we were. Pops's legacy, eating, drinking, laughing, and crying about him. If not for the 60-year love story of two teenagers from Long Island, there wouldn't have been 50 of us stuffed into that room that night, celebrating the man responsible.

After dinner, the cohort of cousins grabbed every spare bottle of wine we could find off the tables and scurried back to the hotel cramming ourselves into one room--some shoulder to shoulder on the beds, some on the sofa, some sprawled out on the floor---and took turns sharing our favorite memories of Pops.

The next day, sitting at lunch after the funeral, one of my cousins was hemming and hawing as she wondered whether to break the news that she was expecting her first child. Not just her first child, but the very first greatgrandchild of the family. This was very big news, as Grammy had been hounding all of her adult grandchildren for a great-grandbaby for years. Nothing can make up for the loss of the love of her life, but my cousin blurting out the baby news sure did



help.

Almost immediately after the funeral, my brother flew home to Colorado, found himself a nice Midwestern doctor lady, and asked her to marry him. Just kidding, it wasn't that straightforward and she's not actually Midwestern.

I won't speak on my brother's behalf, but everyone faces a series of defining moments in life. Pops was a true family man: starting his own business, providing for his five children, spoiling his grandchildren, and demonstrating exactly why we value family. It only makes sense that his grandson would see the example of something so well done and strive toward that.

It was only a week ago while visiting my grandmother in Florida that she, my mother, my aunt, and I had pulled into a restaurant when we got the call from my brother: he was going to propose to

his girlfriend. Soon after the shock subsided, the joy set in. My Grammy, understandably still emotionally raw after losing her husband seven months earlier, said, "I have a greatgrandbaby coming next week and a grandson getting married. Life is good."

There is a quote by Freud: "Love and work, that's all there is." When you strip away the nonsense of life and focus on what's real, love sits at the top, love exists within, love is what gives birth to all the good in the world: art, revolutionary ideas, community, family...

We mourn when we lose someone because we loved them and because they turned our lives technicolor with the innate superpower that is love.

We celebrate the pregnancies and engagements of other people simply because we love those people. We love to see the ones we love happy, and their happiness pours over onto us.

We lost the physical presence of our grandfather

CONT. ON PAGE 12



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—This Week— Around Town

Wednesday, February 12

Movies at The Reg: Nickel Boys | 7 PM - 9:15 PM

Reg Lenna Center for The Arts Jamestown For Info: 716-484-7070

Thursday, February 13 -

Saturday, February 15

Fire & Ice Celebration 5 PM - 9 PM

The Chautauqua Harbor Hotel Celeron

For Info: 716-489-2800

Valentine's Day Dinner

Guppy's Restaurant | Bemus Point For Info: 716-386-4422

Friday, February 14

Valentine's Day Dinner

Andriaccio's Restaurant | Mayville For Info: 716-753-5200

Valentine's Day Dinner

Belle-View East | Falconer For Info: 716-753-5200

Movies at The Reg: Wicked 7 PM - 9:45 PM

Reg Lenna Center for The Arts Jamestown

For Info: 716-484-7070



Friday, February 14 - Sunday, February 16

Winter Craft/Vendor Show 9 AM - 4 PM

Chautauqua Suites | Mayville For Info: 716-269-7829

The Mayville Winter Festival

Downtown Mayville Fori Info: 716-269-4129

Wine & Chocolate Month

Lake Erie Wine Country For Info: 877-326-6561

Breakfast With the Birds 9 AM - 11 AM

Audubon Community Nature Center Reservation Deadline Feb. 10: AudubonCNC.org/events

Saturday, February 15

Chautauqua Striders Winter 5k Series | 10 AM

Chautauqua Harbor Hotel | Celeron For Info: chqstriders.org Sunday, February 16

Sunday, February 16

Cassadaga Valley FFA: Pancake | 8 AM - 12:30 PM

Breakfast Fundraiser Stockton Fire Hall | Stockton For Info: 716-962-8581 ext. 1400.

Spaghetti Dinner: Solidarity 4 PM - 7 PM

Gathering & Silent Auction

Mount Moriah Lodge | Jamestown

For Info: susan.meara@gmail.com

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A Labor of Love

Our Valentine's Anniversary Edition



Owner & Publisher Lori Cornell

ne year ago, I jumped off a cliff and bought a newspaper. Now, here we are. For better or worse. In sickness and in health. At 300 newspaper stands, each Monday. Publishing and proudly serving you.

For me, the Chautauqua Gazette, has been a labor of love. It's an opportunity to reconnect and renew our energy and enthusiasm for the many nooks, crannies, businesses and organizations that make our community this great place we call home. It's a chance to carry on the cherished tradition of this newspaper's retired founder, Stacey Hannon. It is a true gift to work with some of the most tireless and talented graphic designers, writers, marketing, digital and delivery experts with whom I have ever met.

This Valentine's Day, as we also celebrate our One-Year Anniversary, join us in showing the love for our community's newspaper. There are three ways you can help!

Become a Reader-Sponsor

Help support our free publication by joining our upcoming, new sponsorship page! Gold (\$500),

Silver (\$250), Bronze (\$100) sponsors will be listed each week by name in appreciation for your investment in our promising future. We will begin this special feature on Feb. 24. No contribution is too small. Valued readers contributing \$5-\$99 will also be listed on this thank you page, once per month. Checks may be sent payable to the Chautauqua Gazette, P.O. Box 32, Bemus Point, NY 14712 or contributions can be made online.

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Thank you from the bottom of my heart. It's an honor to represent your hopes, dreams and dedicated efforts each week.

Live CHQ, Love CHQ and of course, as always...READ CHQ!

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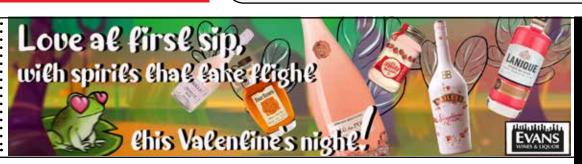
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The Chautauqua Gazette is a locally owned free weekly, community newspaper that highlights the notable events and remarkable people who make the Greater Jamestown region a unique and vibrant place to live. The Chautauqua Gazette is published every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

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In Loving Memory

January 30

Robert "Bob" Ambrose Burkett, 90 Jamestown Lind Funeral Home

> Brenda L. Ackley, 62 Jamestown Lind Funeral Home

January 31

Joseph Campbell, 54 Jamestown Riccardi's Family Funeral Home

February 1

Timothy A. Miller, 80 Falconer Falconer Funeral Home

February 1 (cont.)

Walter Clark, 84 Buffalo Lind Funeral Home

Mary Jane Rivera, 72 Jamestown Lind Funeral Home

February 3

Herbert E. "Herb" Johnson, 72 Jamestown Lind Funeral Home

February 4

Emily P. Ledstro, 90 Falconer Falconer Funeral Home





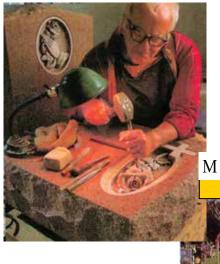
"Love is the beauty of the soul."

- Saint Augustine

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The Greatest Love of All



Contributing Writer

The Rev. Rachel Erin Stuart Senior Pastor, Hurlbut Memorial Community United Methodist Church, Chautauqua, New York

"Beloved, let us love one another, because love is from God; everyone who loves is born of God and *knows God."* (1 *John 4:7*)

A few years ago, Ash Wednesday and Valentine's Day happened to coincide. It's an odd pair of holidays—one acknowledging our mortality, our imperfections, and our shortcomings; the other celebrating love, romance...and chocolate.

The two might seem mutually exclusive, especially the way we talk about love on Valentine's Day. It's often all about romantic love, especially the most idealised kind. We're supposed to wax poetic about our partners, make grand romantic gestures, gloss over all the things that make real relationships hard. At least, that's certainly the impression you'd get from the ads and the social media posts.

It felt a bit odd to pair all the chocolate boxes and the bright red flowers with the ash-grey crosses and the fasting. But the truth is, love-romantic or otherwisecan be messy. The truth is, we aren't perfect, and we do mess up. We fight with our loved ones. We hurt them when we don't mean to. We let them down. We lose them, or they lose us, all too soon.

And yet, still we love. Even though trust can make betrayal worse, we risk it. Even though openness makes us more vulnerable, we seek it. Even though grief is impossibly hard, we invite it.

Why? Because we need it. We need one another. We need people around us to affirm our basic goodness when we question it. We need people to rely on when we can't make it on our own. We need the beauty and the depth and the empathy that comes from knowing and loving and understanding someone deeply.

For me as a Christian, it all comes back to this: love is divine. The very essence of God's nature is love, and we are made in God's image. We are made to love and to be loved. To treasure one another. To learn from one another. To embrace the world with open arms whenever it is possible. Because when we do, the world really can change for the better. Even if it takes a long, long time.

That year, one of my favourite liturgy resource companies made special Ash Wednesday/ Valentine's Day materials just for the day. Little valentines kids could colour during worship or Sunday School. They said: "You are made from stardust."

Every Ash Wednesday, we remember that we are made from the dust of this earth and that we will eventually return to it. But we don't often remember that that dust itself comes from the stars. from the dawn of the universe, coalesced into the impossibly rare balance that allowed life to grow and thrive and give birth to us—humans, dust-people.

We are made of stardust. An infinitessimal speck of the divine creative power of the universe, made in the image of that divine power. In the image of love. And we may never be entirely perfect in this life. But if we can lean on that perfect love that made the stardust, maybe we can find ourselves living a little more divinely each day.

The Chautauqua Gazette is proud to feature different faith leaders from throughout Chautauqua County each week, in an effort to connect and inspire. We endeavor to provide a variety of religious and faith perspectives well-aligned with our diverse community and values. If you are a faith leader and wish to contribute, please contact publisher Lori Cornell at cornell@CHQgazette.com.

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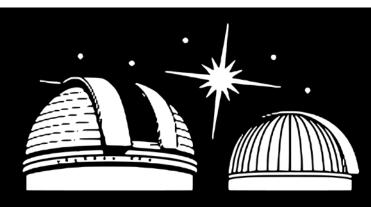
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MARTZ-KOHL OBSERVATORY

"Galaxies: From Spirals to Ellipticals"

with Margaret Verrico Wednesday, February 19

Contributing Writer

Martz-Kohl Observatory

The Universe is home to an incredible variety of galaxies-vast and aweinspiring collections of stars, gas, dust, and dark matter. These galaxies come in all shapes and sizes: blue spirals like our own Milky Way, and red ellipticals that are often devoid of the gas and dust necessary for new star formation. But how did these different types of galaxies come to be? Why are there so few galaxies that fall in between these two categories? In her upcoming talk, Margaret (Maggie) Verrico will take us on a journey through the evolution of galaxies, explaining how they formed in the early Universe and how they've evolved into the diverse population of galaxies we observe today.

Maggie will discuss how astronomers study galaxies and make inferences about their past, present, and potential futures. She'll dive into the processes that drive the transformation of galaxies, from their star-forming spiral stages to the quenching of star formation and eventual transition into elliptical galaxies. Along the way, she'll also explore the intriguing role supermassive black holes play in galaxy evolution, including the monster black hole that lies at the center of our own celestial home, the Milkey Way Galaxy.

Margaret (Maggie) Verrico is currently a Ph.D. student at the University of Illinois Urbana-Champaign, where she focuses on galaxy evolution and the relationship between galaxies and the supermassive black holes at their centers. She earned her Bachelor's in Physics from the University of



Margaret Verrico

Pittsburgh in 2021 and is originally from Buffalo, New York. Maggie is particularly interested in the ways galaxies "shut down" their star formation and the transient events that occur around supermassive black holes, which provide valuable insights into a black hole's "appetite" and growth.

This talk will be shown on the big screen at the Martz-Kohl Observatory and available online via Zoom. You are encouraged to come to the observatory to virtually meet Maggie Verrico and join in our always lively Q&A after her talk. If the weather permits, there will be public viewing opportunities. More info: https://martzobservatory.org

The Martz-Kohl Observatory, located at 176 Robbin Hill Road, Frewsburg, NY, is operated by the Marshal Martz Memorial Astronomical Association, Inc., a non-profit organization devoted to the amateur astronomer. The emphasis of the association is observational astronomy, well-rooted in education outreach and enjoyment of the starry skies.





Accounts Vary on Valentine's Day Origins

Article by

Metro Creative Connection

Valentine's Day is a bright light in the middle of the winter . Come February 14, sweethearts celebrate their love and affection for one another on this day devoted to happy couples.

The origin of Valentine's Day has generated much speculation over the years. Most early accounts do not point to heart-shaped boxes filled with chocolates. Rather, a few distinctive tales may paint the picture of early Valentine's Day, and they have nothing to do with stuffed animals or romantic dinners.

Roman Festival

One of the earliest records of the term Valentine's Day is traced to the Roman festival of Lupercalia, which was a fertility festival. This annual event held on

February 15 included animal sacrifices and priests called the Luperci who would take pieces of animal hide and touch it to the foreheads of women in the hopes it would make them more fertile. Fortunately for the squeamish (and the sacrificial animals), Pope Gelasius I ended Lupercalia and replaced it with St. Valentine's Day by the end of the fifth century.

Two or Three St. Valentines?

Most people attribute the origins of Valentine's Day to the holiday's namesake, St. Valentine. But it seems that Valentine was the surname

of a few different individuals. According to History.com, the Catholic Church recognizes at least three different saints named Valentine or Valentinus. One Valentine was a priest during the reign of Emperor Claudius II, who decided that single men made better soldiers than those with families or wives. Claudius outlawed marriage for young men. Valentine disagreed with the decree and would perform marriages in secret. Others believe it was St. Valentine of Terni, a bishop beheaded by Claudius II outside of Rome, who was the true namesake.

> Yet another Valentine may have been jailed and

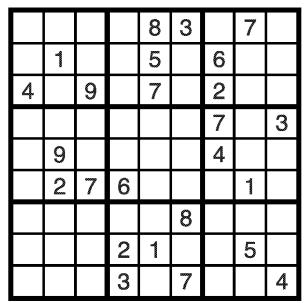
fell in love with a jailer's daughter while in prison. He purportedly wrote to her, beginning the first Valentine card or letter tradition. Other stories say the imprisoned

Valentine actually was writing to a blind woman he purportedly healed, and signed the note "from your Valentine."

It is hard to know who is who in regard to the name Valentine, as the stories and the people behind them are used interchangeably. Some historians believe they actually are the same person rather than several Valentines, while others insist there were multiple martyred individuals.

However you slice it, the defiant actions of one or more people named "Valentine" set the course for centuries of romance to follow.

SUDOKU

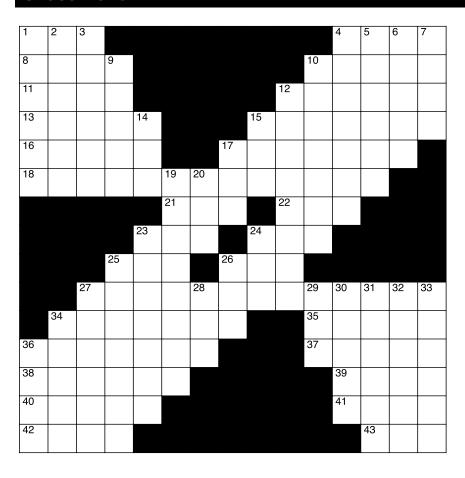


Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Level: Intermediate

CROSSWORD



CLUES ACROSS

- 1. Racquet sport group (abbr.)
- 4. Norse god of thunder
- 8. Russian industrial city
- 10. What's good for the ___ 11. Round-ish shape
- 12. Baltimore MLBer
- 13. French modernist painter
- 15. Burned with water 16. Intestinal issue
- 17. Take the lead
- 18. Prove oneself worthy
- 21. None
- 22. Tax collector
- 23. Swiss river
- 24. Gymnast Raisman

- 25. Baby's dining accessory
- 26. Canadian beer distributor
- 27. Iconic American tourist destination
- 34. More expansive
- 35. Alert
- 36. Popular boots Doc ___
- 37. Showings
- 38. Conclusion
- 39. Share a common boundary 40. Shooting sport
- 41. Popular side dish
- 42. Global energy firm 43. Chronicles (abbr.)



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CLUES DOWN

- 1. Type of bomb
- 2. Polynesian island country
- 3. Heavenly body
- 4. Hard workers 5. Covered
- 6. Johns Hopkins Hospital founder 27. Droves
- 7. Plant of the grass family
- 10. Storehouse
- 12. Scarlet-flowered desert shrub 31. Type of verse
- 14. A pituitary hormone
- 15. Female sibling
- 17. Monetary unit of Afghanistan 34. Founder of source-based history
- 19. Empowering

- 20. Space station
- 23. Disorder
- 24. State of fuss
- 25. Footwear for babies
- 26. Nuclear reactor (abbr.)
- 28. Affirmative
- 9. Island person of the Bering Sea 29. Male parent
 - 30. Utter obscenities

 - 32. Unpleasant person
 - 33. One who settles down
 - 36. A way to snarl



Mayville WINTER FESTIVAL

President's Day Weekend • February 14-16, 2025

Support Community Helping Hands at the Festival

Article Contributed by

Community Helping Hands

Winter will be with us for a while yet, so we might as well enjoy it!

Community Helping Hands (CHH) is proudly participating at this year's Winterfest Vendor and Craft Show just down the road in the Chautauqua Suites spacious event room. There will be fiber arts, printed shirts, wood crafts, self-care products, paintings, food items and so much more. CHH will have a booth there to sell jewelry. As we sorted totes of donated jewelry, we found vintage pieces and fun items in bracelets, necklaces, earrings, pins, etc. Of course, not all items were perfect, so there are "Treasure Bags" filled with items that will make a crafter squeal in delight.

Proceeds from the Jewelry Sale will support Community Helping Hands'

Emergency Needs Fund. This fund was established to help individuals and families with an unexpected and critical expense. Money to take care of an emergency isn't always available to everyone. Running out of gas may prevent someone from getting to work and the impact could be a job loss. CHH tries to help clients who need a small amount of money to get through an emergency. The money in the Emergency Needs Fund comes from fundraisers like this Jewelry Sale and from donations by caring community residents.

Stop by the Community Helping Hands booth at the Winterfest Vendor and Craft Show at the Chautauqua Suites from 9 AM to 4 PM on February 14, 15, and 16. We may have just what you are looking for and you'll be supporting the Emergency Needs Fund with your purchase or donation.







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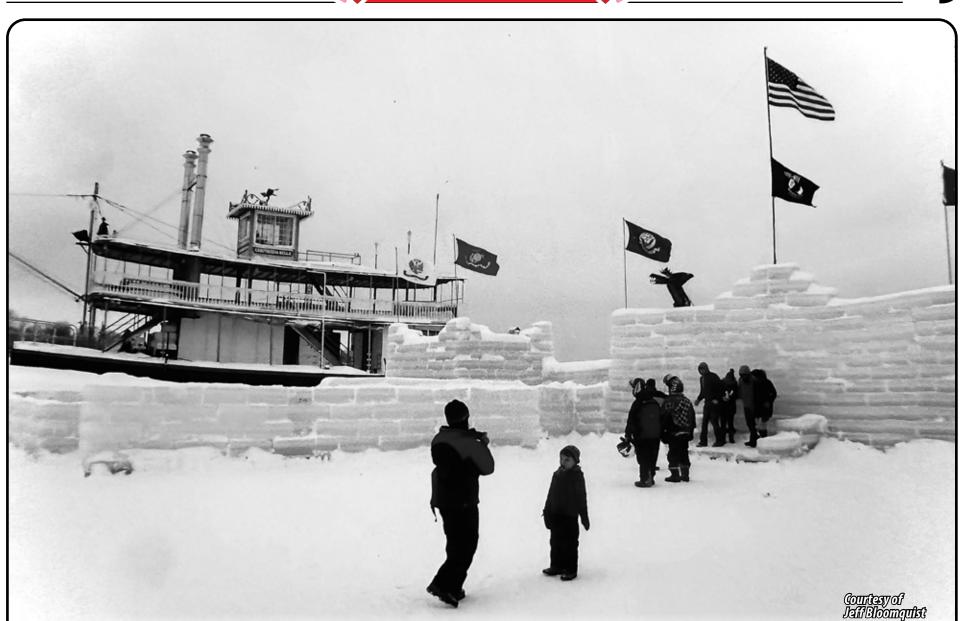












BUILDING THE COMMUNITY

The Mayville Winter Festival Lives on After an Outpouring of Community Support

Featured Writer

Sorena Gilkinson Co-Founder & President, Inspire Good of WNY, INC.

Local Mayville residents, and businesses organizations, rallied together to make sure that the 38-year-long annual Mayville Winter Festival would continue in 2024. The outpouring of support from the community has been tremendous, and even though the festival may look different this year, the festival will go on with renewed appreciation and energy - as well as new ideas and community-based collaborations.

The renewed appreciation and energy began when local residents and business owners, Chris Keefe, Nick Andriaccio, and Rick Syper got together with a plan to continue the festival with at least a castle for the 2025 season, running it under the Village of Mayville upon approval at their then-upcoming Village Board Meeting. And with those 3 came a snowball of enthusiasm and support from other local business owners, residents, and property owners.

Upon approval from the Village of Mayville board of trustees in

Janaury, the castle building crew began to expand to include veteran builders and supports such as Jeff Lang, Don Emhardt, Tom Carlson, Tim Hull, Burl Swanson, and Mr. Angeletti with the support of the students once again from the E2CC Hewes BOCES students in Ashville. There are many others and we will be sure to thank them all once we have a full list.

The other piece of the puzzle is the local organization that picked up the event and is coordinating with the castle builders and the community to offer many different activities that are connecting the community through the event weekend. This organization has been in the paper a few times already and they are a brand-new not-for-profit organization based in Mayville, that was established in April 2024. Inspire Good of WNY, INC. Their mission in a nutshell is to inspire good and give back through a grass-roots mission and that is what you are going to see for the event.

"We couldn't make this happen without the support of the Village of Mayville for the approval for the castle to be built and headed up – along with the fireworks and the food trucks that will be at the event. We couldn't make this happen without the community support from the local

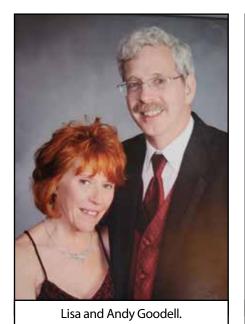
residents, the business owners as well those in surrounding communities who are stepping in to help. From food runners bringing lunches donated by local restaurants to Lakeside Park, to those members helping to plan the event, those willing to donate baked goods and coffee to the castle builders and deliver them, to those who are sponsoring the event monetarily or in-kind, offering activities, sharing the positivity, and sharing the updates through the social media pages we are making a positive impact together - and we are making history". This statement made by Sorena Gilkinson, Co-founder and President of Inspire Good of WNY, INC. says it - it's a community event – for the community – by the community, and that is how it will remain.

The organization has chosen to make the most of the time they were given to plan the event and is working with their insurance company to offer a variety of things that will appeal to the family-style event this was designed to be. You can expect to see the main attraction of the ice castle, the fireworks, a local band onsite Saturday night, sledding hills, a Kids Zone, carriage rides, food vendors, and many collaborative community events and activities. They have also chosen to utilize the village green (the park at the traffic light) for their wooden ice castle, ice ball bowling and more. Both the lake area and the uptown area will be connected by a shuttle running on Saturday and all of their events are being posted currently to an album on their Facebook page with exact locations and dates and times for those activities.

Make sure you are following their Facebook page "Mayville Winter Festival" and check out all of their posts sharing the progress of the castle, an album dedicated to their sponsors, one for their activities, and more. If you have any interest in sponsoring the event or helping in some manner, the organization asks that you message them on Facebook or send and email connectingyou716@gmail. to com so that they can streamline community support communication.

For the Love of Family, Friends & Community





called on in the good times or the tough times, and some friends become loyal companions. What's rare is to find that friend who embodies all these roles and becomes a lifelong companion, trusted advisor, and willing adventuresome travel companion. Meet my husband, Andy Goodell!

Andy is an enigma to most of us because he is almost always in a great mood - that's just his temperament, his baseline. If you walk up to him and shake his hand, he will invariably greet you with a smile and a conversation. Firsthand knowledge of this has taught me NOT to take him grocery shopping unless I have an extra hour or more to spend.

Andy and I met while I was serving as the executive director for the Girls Scouts of Western New York, and he was the secretary of the board. The Girl Scout motto, "leave things better then you found them" has remained a steadfast viewpoint of his and advice he has shared with friends and family and followed all his life.

Andy dislikes negative talk about friends and acquaintances, as much as he dislikes bragging and boasting about himself. Unless of course he is sharing harrowing stories about his outdoor hiking or skiing adventures, tales of driving old vehicles with various parts duck-tapped together or narrowly escaping tragic ends while boating on Chautauqua Lake. Ask any friend, the adventures and stories are endless, as are his "bad dad jokes" and beloved puns! When not in his law office, you can find Andy working to bring new life to things that others may consider outdated or useless. Either by completely restoring his 1976 Marinette Cabin Cruiser, working on the mechanics of his 1993 Jeep, or lovingly polishing the chrome on his 1975 BMW motorcycle. He also loves hands-on work activity and can often be found restoring old furniture, building sheds that perhaps I insist that we "need", or working in the yard at home or the office.

He loves a good problem - especially



Grandchildren Cameron & Cadence Fitzgibbons

a good conundrum. Which is one of the many reasons he has a love for law, economics/budgets, and politics. He will never run from a challenge and always enjoys a great debate with a friend, family member or colleague. His daughter Jessica describes him as "my hero" who embodies authority, wisdom, and order. "My dad reminds us of our own strength and agency and encourages us all to do the right thing

– especially when no one is watching."

A Lutheran Swede to his core, Andy is a life-long member of First Covenant Church in Jamestown, and a man of great faith which provides the principles and values that serve as a moral compass for everyday decision making and values. Besides a love for the tuba, which he played throughout high school and in the



Grandchildren Bella and Lina Milazzo



figure to many others. His stepson,

Alex, likes to say, "Andy lives by his

own strongly held sense of right and

wrong. In doing so, he serves as a moral

compass and teacher to others around

him; he is someone who genuinely

cares about building up others. There

Truly, Andy embodies integrity,

wisdom, and honor while also

embracing his "inner child." He can

aren't many others like him."

Granddaughter Bella Milazzo





Daughter Jessica Goodell

Berkshire Symphony while at Williams games, riding four-wheelers through the woods or sled riding on his College, he loves to sing and will often harmonize - from the balcony - with homemade "skiboban" and toboggan the church choir. His Bible is old and with his grandkids or kids from the filled with verses underlined in pen. neighborhood. He will always invite you to join in, provide you with the While Andy has one biological child, coat off his back, and sound advice to he has helped raise all of our children "just thread the sled through that little into adulthood and has been a father cut in the woods if you want to get the

> jeep to pull you back to the top of the Andy Goodell: an adventurer, an

best ride", and then show up with his

advocate, a teacher, lawyer, public servant, friend, father, grandfather, and husband. A man who loves his community and is proud to call Chautauqua County his forever love.

The Hon. Andrew Goodell retired on Dec. 31, 2024 as the NY State Assemblyman for District 150. He served in this elective position for fourteen years. He was born and raised in Chautauqua County, graduating from Maple Grove High School. He then obtained an undergraduate degree in political economics and mathematics from Williams College and a law degree from Cornell Law School. After practicing in a private law firm in Washington, DC, he returned home to serve in the County Attorney's office for six years and then as the County Executive from 1990-1997. The Hon. Goodell returned to private practice in 1998, focusing also served on numerous community boards during this time, including the Chautauqua Leadership Network, SUNY Fredonia Business Administration and Accounting Advisory Board, Bemus Bay Pops, Jamestown Noon Rotary, Girl Scouts of Southwestern New York, Citizens Opportunity for Development and Equality (CODE), First Covenant Church, and Silver Creek Montessori School. In 2010, he was elected to the New York State Assembly and served as Minority Floor Leader for the last eight years. The Hon. Goodell lives with his wife Lisa and has four adult children.

Cassadaga Valley FFA Host Pancake Breakfast Fundraiser



and Taylor Lahnen selling tickets at Tractor Supply in Fredonia.

Taylor Lahnen Cassadaga Valley FFA

Article Contributed by

The Cassadaga Valley FFA is holding a pancake breakfast fundraiser on Sunday, February 16th at the Stockton Fire Hall. With a big incline of interest in FFA, the students are working on raising money for upcoming events. 100% of all proceeds goes to the FFA account, where the money is used for things like Official Dress and Jackets, competition fees, travel, lodging, and community outreach. We are looking for a brighter future with our chapter and carry on old traditions, while creating new ones. The pancake breakfast will be held from 8:00am-12:30pm Pre-sale tickets for adults are \$10 and tickets for kids 5 & under are \$5. All tickets purchased at the door are \$10. The pancake breakfast will include a

sausage patty, water, coffee, milk, or orange juice, local maple syrup and all you can eat pancakes! There will also be a basket raffle sponsored and held by the Fanara Family. The baskets will range in a wide variety of options, and you don't even have to be present to win! If interested pancake breakfast tickets please contact lcrisantimeeder@ cvcougars.org or call 716-962-8581 ext. 1400.

FFA develops members' potential and helps them discover their unique talents through handson opportunities, with the end goal giving members resources to achieve real world success. This year's members are relatively fresh new members and their goal is to build their chapter from the ground up. These students are working tirelessly to achieve their goals. The future looks bright in their hands.



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February is National Cancer Prevention Month

Article Contributed by

Kendra McIntyre

Outreach Coordinator Cancer Services Program of Allegany, Steuben, Cattaraugus and **Chautauqua Counties**

February is National Cancer Prevention Month and a great opportunity to learn more about how to reduce your risk for cancer or even prevent it. Research shows that up to half of cancer cases and about half of cancer deaths could be prevented by getting screened for certain cancers and with lifestyle changes like choosing a diet with fruits, vegetables, and whole grains; exercising; drinking less alcohol; and not smoking.

One key action you can take right now is making sure you are up to date with your cancer screenings. Talk to your doctor about what screenings you need now, and which are due in the future. How can screening prevent cancer? In the case of cervical and colorectal cancers, screening tests can find the cells that lead to cancer. These cells can be removed before cancer grows. Although breast cancer can't be prevented with a screening test, a

mammogram can find breast cancer early when it may be easier to treat.

If you don't have insurance or a health care provider, the Cancer Services Program (CSP) Allegany, Steuben, Cattaraugus and Chautauqua Counties may be able to help. The CSP provides free cervical, colorectal, and breast cancer screening for eligible New Yorkers who do not have health insurance. If you are age 40 or older, call the CSP at 1-877-778-6857 to find out if you qualify for free cancer screenings.

In addition to getting cancer screenings, there are many other things you can do to lower your risk for cancer. A few of these include staying at a healthy weight and staying physically active, eating lots of fruits, vegetables, and whole grains, not using tobacco, and choosing not to drink alcohol or to drink less. More information about how to prevent cancer or find it early can be found at the Centers for Disease Control and Prevention: https://www.cdc.gov/cancer/ prevention/index.html

Here's to good health in 2025!

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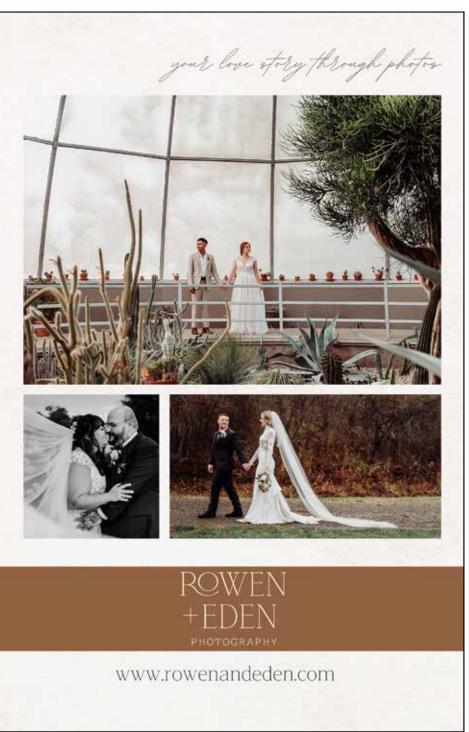
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It Starts and Ends With Love

CONTINUED FROM FRONT PAGE

last summer, but as this year unfolds, we have not forgotten his simple instructions: to always just love each other, to always make our family the number one priority.

This summer, I get to witness my brother embark on this path, and if he wasn't getting married thousands of miles away, I would have handed him a list of every local wedding vendor I've talked to this week while putting the edition together.

Start the journey at Marquis Bridal for the perfect gown, and enlist the expertise of Headen to the Party for seamless planning. Capture the magic of every moment from engagement photos to the wedding reception with ESE Photography, Snaps by Sean, Candidly Kierra, or Rowan + Eden Photography. Whether celebrating engagement, shower, or reception, venues like Splash, Whittier Apple Farm, Northwest Arena, Women's Club of Warren, Morning Glory Bed & Breakfast, Cockaigne Resort, The Red House, and Hideaway Bay Resort all provide gorgeous backdrops. An equally elegant atmosphere can be created outdoors with tenting from Jamestown

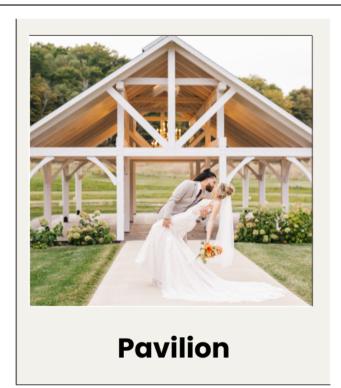
Awning & Party Tents and the true main event (the food) could be catered by Andriaccio's Restaurant, The Catering Company, or Basil & Bones. Thoughtful wedding favors from Sweeterson Farms add a special touch, while breathtaking floral arrangements from Pea Pod & Juniper or Bough & Bend Floral complete the vision. Entertainment from Synergy Entertainment will keep the celebration alive, and prewedding pampering at St. Elmo Spa ensures the bridal party is glowing. And accommodations at Splash Suites or Hideaway Bay Resort provide a comfortable, luxurious retreat for the big day.

My brother's wedding may be in Colorado, but anyone reading this and thinking of popping the question to their significant other can certainly use this edition as a resource once they start planning the big day. And after all the uncharacteristically sappy stuff I just wrote, who wouldn't be thinking about tying the knot?





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MHA Luncheons Recognize Progress, Welcome Visitors



At the Mental Health Association in Chautauqua County's January recovery luncheon, Public Relations Manager Dianne Valvo awarded a certificate to participant James Coon for completing two training programs: the Goodskills Career Builder program on the Jamestown Community College Jamestown campus, where he was certified in cybersecurity and OSHA 10, and the Industrial Maintenance Technician program at the JCC North County campus in Dunkirk. Visitors are welcome to this month's February 18 (third Tuesday) recovery luncheon in the Gateway Building, Door 14, 31 Water Street, Jamestown. To learn more, call (716) 661-9044. Information about the MHA is at MHAChautauqua.org and Facebook.com/MHAChautauqua.

Audubon Snow Camps for Ages 4-12 Feb. 17 and 19



At February Snow Camps, children ages 4–12 can enjoy a holiday of Audubon Community Nature Center activities, explore outdoors, play, climb, run, and engage their senses as they discover all that late winter offers. Paid reservations are due by February 13 for the Monday, February 17 Camp and by February 17 for the Wednesday, February 19 Camp. For information or to make reservations, call (716) 569-2345 or go online to AudubonCNC.org/events.

Ribbon Cutting for New Central Ave CoWork to be Held at Dunkirk United Way Office

Article Contributed by **United Ways of Chautauqua County**

A new coworking space for nonprofits is set to open Tuesday with a ribbon cutting at the United Ways of Chautauqua County's Dunkirk office.

UWCC raises, invests and leverages approximately \$1.8 million dollars annually in philanthropic contributions toward community impact and, as of 2025, will also be leveraging its physical footprint for the same mission-driven cause.

The agency's office on Central Ave was recently converted into a shared working space and hub for practical collaboration and innovation.

In addition to remaining a space for United Way's operations in northern Chautauqua County, Central Ave CoWork will include a private office, two semi-private cubicles, two hot seats and a meeting room accessible for use by any nonprofit serving Chautauqua County. The private office and cubicles will be leased annually to long-term tenants, while the hot seats and meeting room will be available through an online scheduling tool.

The ribbon cutting is set for 1pm on Tuesday, Feb. 11 at the new Central Ave CoWork, located at 626 Central Avenue.

"This is a strategic investment in the nonprofit organizations serving Chautauqua County," said Katie Castro, UWCC Director Advancement. "Nonprofit coworking is a proven model that maximizes resources, encourages networking enhances collaboration. By sharing office



space, organizations can reduce costs and cultivate new partnerships all while ensuring the best use of donor dollars."

Research indicates that coworking environments drive innovation, and United Way anticipates that Central Ave CoWork will spark new ideas and initiatives among Chautauqua County's nonprofit sector.

As a mobilization engine for social good in the community, United Way mobilizes thousands to action each year from all sectors -- individuals. businesses, nonprofit organizations and governments -- to create longterm social change for a thriving Chautauqua County.

The development of Central Ave CoWork was made possible through the generous support of the Ralph C. Sheldon Foundation and the Northern Chautauqua Community Foundation, whose grants funded the renovations and infrastructure upgrades necessary to retrofit United Way's Dunkirk office into a dynamic coworking environment.

United Way invites community members, nonprofit leaders, and stakeholders to attend the ribboncutting ceremony and explore how Central Ave CoWork can serve as a resource for their organizations. For more information on Central Ave CoWork, contact the United Ways of Chautauqua by calling 716-483-



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Frewsburg Lions Induct New Members



new Lions members and Martha Dove sponsor

Article Contributed by Frwesburg Lions Club

The January meeting of the Frewsburg Lions Club included the induction of two new members. Craig and Meg Rodgers. Don and Martha Dove were the sponsors for the new members.

The meeting also welcomed Dr. Danielle Cook the new Frewsburg Central School Superintendent, as the speaker for the evening.

It was decided that members and people in the community should save metal tabs for recycling.

Our annual Chicken Barbeque will be held in April. Please keep watch for the exact date and time.

The Frewsburg Lions club is composed of volunteers dedicated to following our motto "We Serve." If you are interested in helping us serve others and making our community a better place to live, call 716-969-6488.



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Lion's Club of Jamestown Celebrates Busy 2024 and Looks Forward to 2025

Article Contributed by

Lions Club of Jamestown

The Lions Club of Jamestown is proud to share their community contributions for 2024, as well as exciting, planned activities for 2025.

The Lions Club of Jamestown was established in 1922, making it one of the oldest Lions Clubs in the nation. The local club offers financial support $to \, the \, Lions \, International \, Foundation$ who works on a global scale with humanitarian projects, including the SightFirst program which aids in restoring sight and preventing blindness through treatments and therapies to third world countries, including the eradication of River Blindness one of the leading causes of vision impairments in Mexico and Latin America.

Other areas of focus include childhood cancer, the environment, diabetes, hunger, and youth related initiatives. In 2024, the local chapter participated in several community events, as well as contributed to several vital causes.

This included a donation to the JHS 2024 Graduating Class celebration; participation in the Ashville Safety Village's spring and fall community events; a donation to the Audubon Community Nature Center; a donation to the Chuck Telford Scholarship fund; participation in the Big Fish Marathon, supporting the YMCA's Summer Diabetes Camp; a donation to Camp Badger, a club located in Spencer NY providing educational and social activities for differently-abled individuals; and a donation to and participation in the RAM clinic, held at Jamestown Community College, which provided free medical, dental and vision care to over 250 community members.

The Lions Club welcomed several guests from the community to share their stories or causes of interest. Guests for 2024 included Megan Maynard, Executive Director of the Chautauqua Blind Association; staff from the Boys and Girls Club of Jamestown; and new member Tracey Mingle and her seeing-eye dog, Iggy.

Tracey discussed with the club her experiences as a person living with limited sight, and the experience she had training Iggy at The Seeing



Tracey Mingle and her seeing-eye dog lggy.

Eye, a facility located in New York State. Tracey's story, and passion for expanding equitable access for those living with blindness or limited site, has inspired the Jamestown Lions to plan several fundraising events and activities for 2025. All proceeds will be donated to The Seeing Eye towards the purchase of a seeing-eye dog for a person in need.

The Lions Club also fundraises yearround with the mint program, a timetested and proven project for Lions Clubs throughout the world. The Lions emblem certifies that the Lion Mints Program is an official Lions Club fundraising activity and are available at many locations across the county.

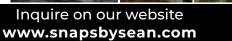
The Jamestown Lions also have several Eyeglass recycle boxes across the county. Lions have recognized the urgent need for corrective lenses and collect usable glasses in their communities to support the Lions Recycle for Sight Program. All recycled eyeglasses are welcome to be donated.

More 2025 information on fundraising efforts will be posted on the club's Facebook page, and community members are encouraged to follow for updates https://www.facebook.com/ LionsClubJamestownNY. Those interested in learning how to become a member of the Lions Club, interested in presenting to members, or those looking to request assistance from the club, can contact the club via their Facebook, or at 716-485-6801.











Congressman Langworthy and Congresswoman Sharice Davids Introduce the Bipartisan Weather Alert Response and Notification Act (WARN Act) for 119th Congress

Article Contributed by

Congressman Nick Langworthy

Congressman Nick Today, Langworthy (R-NY-23) Congresswoman Sharice Davids (D-KS-03) introduced bipartisan Weather Alert Response and Notification Act (WARN Act) for the 119th Congress. This legislation, which was developed following the problems that arose during Winter Storm Elliott, requests the Comptroller General of the United States to conduct a study on the effectiveness of local alert systems during severe weather events. This legislation was previously introduced by Rep. Langworthy in the 118th Congress where it garnered strong bipartisan support and passed unanimously through the House Transportation and Infrastructure Committee and on the House floor.

The study would evaluate the efficacy of current alert systems and investigate new platforms for

weather alerts that account for advances in technology. It would also evaluate the effectiveness of disseminating unique, life-saving alerts during severe weather, including travel bans and areaspecific power outages.

"In times of emergency, one of the best things we can do to save lives and mitigate damage is to ensure there is an accurate and reliable public notification system," said Congressman Nick Langworthy. $\hbox{``As we saw with Winter Storm Elliott'}\\$ and countless extreme weather events across the nation, effective warning systems are a matter of life and death. This legislation is the first step to replacing inconsistent, fragmented, and arbitrary systems into a streamlined process for an accurate and consistent nationwide emergency alert system. We came extremely close to having this bill become law in the last year, and I'm confident we will be able to get it across the finish line in this new Congress."

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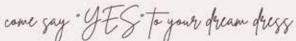




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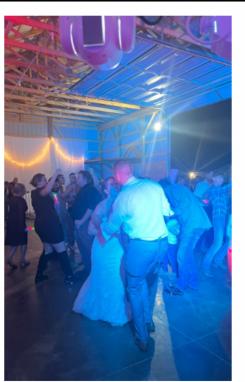
















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Article by

Metro Creative Connection

Valentine's Day is steeped in tradition. Giving flowers is a popular tradition each February 14, and the National Retail Federation estimates that people spend around \$2.6 billion on flowers for Valentine's Day, when an estimated 250 million stems of flowers are sold globally. Valentine's Day is the most lucrative day for florists, with the red rose the most popular flower given on this day for lovebirds.

Just because millions of roses are prepared in advance of Valentine's Day sales doesn't mean this is the type of flower that one has to choose for a bouquet or arrangement. A surprise bouquet can feature unique blooms. Here are tips to give the perfect bouquet to the person who claims your heart.

• Identify your loved one's favorite colors and flowers. Understanding your partner's floral preferences is the first step in choosing a Valentine's Day arrangement. Many have a favorite flower type or color, and everyone's isn't necessarily a red rose. Some people love bright daffodils, while others like exotic lilies. Pay attention to these likes to select flowers that will delight your partner.

- **Select fresh flowers.** When buying flowers in person, make sure they are fresh by gently feeling the part of the petal that meets the stem. If this part is firm, then the flower is fresh.
- Opt for neutral tones. If you're unsure of which flowers to buy, stick with varietals in white and soft, neutral tones. This will lend a more romantic vibe to the bouquet. Bright, high-contrast florals may come off as tacky unless you can guarantee that the person prefers them.
- Keep allergies in mind. Valentine's Day should be about offering love, not a case of the sniffles. If the person in your life suffers from floral allergies, avoid certain blooms, like sunflowers, chrysanthemums and hyacinths, suggests Funny How Flowers Do That, a United Kingdombased flower company. Tulips, irises and hydrangea are less likely to cause an allergic reaction.
- Order early. Time is of the essence when getting flowers for Valentine's Day. Florists may rush or have fewer flowers to work with as Valentine's Day draws closer. Ordering well in advance means you'll get your desired arrangement.

Choosing flowers comes down to a few simple steps to offer a gift of love on Valentine's Day.

t's hard to imagine Valentine's Day without chocolate, and that association can be traced to a name that is very familiar to people who enjoy sweets on February 14. According to History. com, Richard Cadbury utilized advancements at his family's chocolate factory in England to produce new varieties of what was then known as "eating chocolate." Cadbury then began marketing eating chocolates in decorative boxes, and while History.com notes he never patented the heart-shaped box, it's widely believed Cadbury was the first to create one.



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8 Unique Valentine's Day Gift Ideas

Article by

Metro Creative Connection

Gifting is a key component of Valentine's Day celebrations every February 14. Valentine's Day is a mere month-and-a-half after the holiday season, so ideas for more thoughtful gifts may be in short supply. Let these Valentine's day gift ideas serve as inspiration.

- 1. Custom painted portrait: Many local artists paint beautiful portraits from photographs. Find an image you like and have it made into an even more impressive work of art.
- 2. Doll likeness: The well known Funko POP! brand known for its pop culture figurines enables customers to create likenesses of themselves or loved ones. You can have custom dolls made in your sweetheart's likeness.
- 3. Preserved roses: While fresh roses may only last a few days to a week, preserved or "eternity" roses are treated and specially packaged so they can endure and serve as lasting, welcome reminders of Valentine's Day love.
- 4. Journal or scrapbook: A

decorative scrapbook or journal enables your special someone to keep track of moments spent together and key milestones.

- 5. First date map: Gift a framed picture of a map marked with the specific location of your first date, whether it was a restaurant, park or
- **6. Birthstone jewelry:** Jewelry is a popular gift on Valentine's Day. Make gifts even more special by finding pieces that include your special someone's birthstone. The American Gem Society offers a handy chart www.americangemsociety.org/ birthstones/.
- 7. Experiential gifts: Experiential gifts may be just what is needed this Valentine's Day. Some options include a couple's cooking class, tickets to a sports game or concert, a vacation to a romantic locale, or a day or night out on the town.
- **8. Prepare a favorite recipe:** Learn what your loved one enjoys eating the most and then recreate the recipe as a thoughtful gift and dinner at home.

This Valentine's Day, people can consider these unique thoughtful gift



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Questions to Ask when Shopping for a Wedding Reception Venue

Article by

Metro Creative Connection

Engaged couples make plenty of decisions when planning their weddings, and some may be more significant than others. Choosing a wedding reception venue is among the most important decisions couples will make.

The reception venue is where couples and guests will spend the majority of the day, and no two venues are the same. As couples begin shopping for a place to host their reception, they can ask themselves and venue representatives a multitude of questions to narrow down their options and ultimately make the best decision for them.

What are we looking for in a venue?

Some couples may know precisely what they want their receptions to be like, while others may not have the slightest idea. Of course, some couples may be somewhere in the middle. Prior to beginning the process of choosing a venue, couples can identify what they're looking for. Is a venue with outdoor entertaining space a priority? Do you want to hold the ceremony and reception at the same venue? How many guests will the venue need to accommodate? Answering these questions and others can help couples narrow down their search.

How much can we afford?

Budget is a significant variable when shopping for a wedding venue. Some venues offer spaces that accommodate couples with a wide range of budgets, while others are singular spaces suited to receptions within a specified size. Itemizing a budget and determining how much can be alloted to a reception venue can serve as a guideline when couples begin searching for sites.

Is our date available?

Once couples know what they want and what they can afford, they can prepare a number of questions that are worth asking at every venue they visit. Perhaps the most important, at least for those couples who have already chosen a wedding date, is the availability of the site on that date. If couples have not yet chosen a date, they can ask for a list of available dates at each venue they visit and perhaps use that knowledge to pick a day, particularly if they prefer a given venue.

Who will cater the meal?

Some venues do their own catering, while others may have working relationships with outside caterers. And some venues rent only the spaces and require couples to hire their own caterers and arrange all

the details on their own. If a venue caters the meal, ask if they accommodate people with various restrictions, such as food allergies and gluten intolerances.

How many hours are included in the rental agreement?

It's important that couples know what they're getting, including how much time they get in each space they consider. The online wedding resource The Knot notes a standard wedding reception is five hours, the first of which is generally designated as cocktail hour.

What is the payment structure?

Identifying the payment structure, include down payment due date and when the final payment must be made, is important as well. This knowledge can allow couples to map out their expenses, the most significant of which is typically the reception venue.

These are just some of the questions couples can ask as they plan their wedding receptions.

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"Love is in the Air" Edition

Senator George Borrello Honored with 100% Conservative Rating by the New York State Conservative Party



Senator George Borrello and his Senate Republican colleagues who achieved a 100 percent Legislative Rating.

From left: Senator Alexis Weik, Senator Borrello, Senator Pam Helming, Senate Republican Leader Rob Ortt, Chairman Kassar, Senator Dan Stec (in back); Senator Joe Griffo, Senator Steven Rhoads, Senator Mario Mattera.

Article Contributed by

Senator George Borrello

Senator George Borrello has been recognized by the New York State Conservative Party for earning a 100% conservative rating on the party's 2024 legislative scorecard. The rating, based on votes cast on 27 key bills during the 2024 legislative session, places Senator Borrello among an select group of just nine senators to achieve a perfect conservative score.

The annual Conservative Party ratings assess legislators on votes related to economic policy, public safety, government accountability, and individual liberties—issues central to New York's conservative voters. This year's ratings underscore the stark contrast in Albany, with Senate Democrats averaging just 16.2%, while Senate Republicans averaged 92%.

"I am honored to receive a 100% conservative rating from the New York State Conservative Party," said Senator George Borrello. "New Yorkers are tired of skyrocketing taxes, rising crime, and government overreach that continues to drive families and businesses out of our state. I have always been committed to standing up for fiscal responsibility, public safety, and the fundamental freedoms of New Yorkers, and I will continue to fight against the radical policies that are making our state unaffordable and unsafe."

New York State Conservative Party Chairman Gerard Kassar



Senator Borrello receiving his award for achieving a 100 percent Legislative Rating.

emphasized the importance of these ratings in holding legislators accountable to voters.

"The New York State Conservative Party issues this scorecard annually, so voters know exactly where their legislators stand on key issues," Kassar said. "With Democrats driving this state to the far-left fringes, it's crucial to recognize the leaders who are fighting back. Senator Borrello's 100% rating reflects his unwavering commitment to conservative values and to making New York a place where families and businesses can thrive."

Senator Borrello has been a strong advocate for reducing taxes, supporting law enforcement, protecting constitutional freedoms, and fighting Albany's burdensome regulations—principles that align with the Conservative Party's core mission.





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YWCA Jamestown Hosts Third Annual Coldest Night of the Year Walk on February 22





YWCA Jamestown is thrilled to announce the return of its Coldest Night of the Year (CNOY) walk, taking place on Saturday, February 22, 2025. This family-friendly event will begin and end at the Winter Garden in Jamestown, offering participants a meaningful way to support local housing programs while enjoying food, music, and warmth by the fire after the walk.

Participants can register online now at cnoy.com/jamestown. Those unable to attend in person can still make a difference by walking remotely or pledging funds to support other walkers.

Event Day Details: Registration begins at 4:00 PM at YWCA Jamestown, and the walk starts at 5:00 PM from the Winter Garden. Along the way, walkers can enjoy stops featuring hot cocoa and coffee to keep warm. Special characters from winter-themed children's programs will also be in attendance, offering a fun photo opportunity for walkers of all ages.

There is no fee to register for the walk. Walkers are encouraged to ask family and friends to sponsor them to raise funds for this important cause.



Last year, YWCA Jamestown raised over \$15,000 through CNOY, supporting the Transitions Supportive Housing Program. This vital program provides housing and case management support services for single women and women with children who are homeless or at risk of homelessness. Transitional housing provides a unique and critical component in addressing homelessness by offering up to two years of stable housing paired with supportive case management. This approach allows women to stabilize their lives, develop essential skills, and achieve goals that enable them to secure and maintain long-term permanent housing. Through personalized support, case managers assist clients in accessing resources and unlocking their full potential, empowering them to build a foundation for lasting success.

This year, YWCA Jamestown has an exciting new development to share. In addition to continuing support for Transitions, funds raised from the event will help expand housing services at the established Empower newly Her First House, a partnership with First Lutheran Church of Jamestown. This initiative will nearly double the organization's housing capacity, enabling YWCA

Jamestown to provide transitional housing services to even more women and children in need.

Event Details:

- Date: Saturday, February 22,
- Location: Winter Garden, Jamestown, NY
- Start time: 4:00PM
- **Registration:** cnoy.com/ jamestown
- Post-Walk Activities: Enjoy food, live music, and a cozy fire at the Winter Garden

This year's fundraising goal is \$20,000 to support both the Transitions Supportive Housing Program and Empower Her First

Special Thanks to Our Sponsors: We are deeply grateful to our sponsors who make this event possible: KeyBank, Hall & Lee Yaw LLP, and Cummins JEP. Your support empowers us to continue our mission of providing safe and stable housing for women and their families.

CNOY is a "winterrific" event held on the same day across the United States and Canada, uniting communities to raise awareness and funds for organizations that house and feed the homeless. YWCA



Jamestown is proud to be the only host location in Chautauqua County, and we need your support to make this year's walk a success.

How to Get Involved:

- Sign Up to Walk: Register as an individual or a team at cnoy. com/jamestown.
- **Support a Walker:** Pledge funds to back a participant.
- **Volunteer:** Help us make the event run smoothly.
- **Sponsor the Event:** Join our incredible sponsors in supporting this cause.

"The Coldest Night of the Year walk is a powerful way for our community to come together and support women and families in need," said Kristi Ternullo, Director of Programs at YWCA Jamestown. "With your help, we can expand our housing services and provide a warm, safe place for even more women and children to call home."

Together, we can make a difference in the lives of women and children in our community. Let's walk to raise awareness, build connections, and provide hope.

For more information, contact YWCA Jamestown at 716-488-2237.

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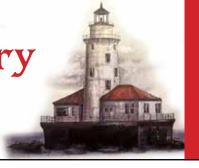
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Tiffany is a curious, friendly, and silly cat. If you're looking for a cat with a knack for mischief and a heart full of love, this is your girl. Stop by to visit Tiffany, and she will be sure to show you how comfy she is by offering you a head nudge. Shelter No. RR179.



6 Valentine's Day Traditions

Article by

Metro Creative Connection

Valentine's Day is a day of love nestled in the middle of February. Sweethearts use Valentine's Day as an opportunity to show the people they care about just how deep those feelings run. A 2023 survey from the National Retail Federation found consumers expected to spend \$25.9 billion on Valentine's Day, up from \$23.9 billion in 2022. Forecasters suspect spending is likely to increase this year as well.

Valentine's Day is awash in many different customs. Here's a deep look at some of those enduring traditions and others that some may feel should be brought back into favor or adopted entirely.

Handwritten Cards

It's a common scene each year in card retailers and pharmacies: people three-deep in the aisle trying to pick out Valentine's Day cards in the eleventh hour. People can save themselves the hassle of fighting the crowds if they make their own handmade cards. In the eighteenth and nineteenth centuries, sweethearts created unique cards from scratch, according to Country Living. And prior to products produced by Hallmark and other greeting card companies, people used to send one another cards customized with personalized messages.

Pampering Gentlemen

It is common in North America for Valentine's Day celebrations to lean significantly toward favoring women, who are often on the receiving end of flowers and chocolates. However, in South Korea and Japan, it is the men who are pampered with such gifts. Women purchase chocolates for their male partners, family members and coworkers as tokens of appreciation and affection. Never fear, a month later on White Day (March 14) men reciprocate with candy, cake and flowers.

Bouquets

These days a dozen long-stemmed red roses might be the norm for Valentine's Day gifting. However, roses weren't always the preferred flower for the holiday. History.com reports that, in the nineteenth century, bouquets might contain all sorts of flowers, each chosen to convey certain messages. Individuals can research the meanings behind certain flowers and put together a Valentine's Day gift this year that expresses exactly what they are feeling.

Puzzle Purses

Sweethearts in Victorian England created "puzzle purses," which were a series of love letters that could be read separately, but also fit together to create a design and message. These intricately folded sheets of paper had parts of messages or verses written on different corners and were meant to be read in a specific order.

Heart-shaped Chocolate Boxes

British chocolatier Richard Cadbury is credited with creating the first heart-shaped box for Valentine's Day. The boxes were intended to be so beautiful they would be kept to hold trinkets or love letters. Ornate chocolate boxes are not quite as common today, although the gifting of chocolate for the holiday is still strong.

Celebrating in June?

Many Brazilians skip Valentine's Day in February and choose to celebrate Saint Anthony, the patron saint of marriage and matchmaking, on June 12. Celebrating both is fine for those who prefer to shower affection on loved ones multiple times a year.

Valentine's Day traditions are still strong and can add a little something extra to celebrations this February.



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5 Tax Prep Tips

Article by

Metro Creative Connection

Tax season isn't something most people look forward to, particularly if they suspect they owe money. However, a few tax prep tips can make the process of filing a return and, if necessary, paying back taxes as pain-free as possible.

- 1. Call your tax preparer early. If you use an accountant or another tax preparer, be sure to book the appointment as soon as possible because slots fill up quickly. You don't want to wait until the last minute and find there are no remaining appointments.
- 2. Establish a tax preparation folder. Beginning in January, certain documents will arrive in the mail that will be needed to file your taxes. Documents include earnings statements, banking interest statements and documents indicating investment profits. When items arrive, stash them in your tax folder so you'll have all necessary paperwork at the ready.
- **3. Avoid tax scams.** As tax season draws near, tax scammers target unsuspecting individuals. You may find that you receive calls or texts from those purporting to be with the Internal Revenue Service. However, financial experts say that the IRS or the U.S. Treasury will never call you on

the phone; their mode of contact is via the U.S. mail. Another scam is individuals advertising a bigger refund when you use their services. This is not how tax laws work nor is it possible to get a return larger than what is owed. Avoid anyone promising a bigger return, advises Bankrate.

- Consider increasing health spending account contributions. Lisa Greene-Lewis, a blog editor at TurboTax, says HSAs are triple taxadvantaged, meaning you get an "above-the-line" deduction for contributing, and the growth in these accounts as well as withdrawals are tax-free if used for qualified health expenses. If you need to lower your tax burden, HSAs may be a safe and legal way to do so.
- 5. Utilize tax software. If you're not using an accountant and have a relatively cut-anddry financial situation, modern tax software can be an easy and inexpensive way to do your taxes. These sophisticated programs ask a series of detailed questions and the entire process can be completed in relatively little time.

It's almost time to get income taxes in order. Certain tips can make the process go more smoothly.

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"I don't go by the rule book ... I lead from the heart, not the head."

- Princess Diana

This Sunday Hear About "The Love Songs that Changed Us"



Rev. Alex Holt, the Unitarian Universalist Congregation of Jamestown's First Sunday virtual speaker, returns this Sunday, February 16, to recognize Valentine's Day and the importance of Love. Members of the congregation from different generations will share the love song from their younger years that became a powerful representation of Love for them. Holt is an Oregon resident and retired UU minister who last served the Unitarian Universalist Church of Meadville for four years. Linda Hiers is service leader. All are welcome to the service at 1255 Prendergast Avenue. To participate virtually, use the link at UUJamestown.org/calendar.

Youth Learn Sewing is Not Harder than it "Seams"

Article Contributed by

Lynn Wahlstrom 4-H Educator

Chautauqua County 4-H's Leaf Jr. program invited youth ages 9-18 to the Carnahan Center on the JCC Campus for a 2-class series on how to sew!

The first class was held Thursday, January 23, 2025, at 6:30pm at the Carnahan Center on the ICC Campus. Thirteen youth signed up to work with 4-H volunteer Nancy Johnson to make a sewing box to store a basic sewing kit.

The youth started by tracing a pattern on fabric to cover the outside of the box, learning about seam allowances to allow the fabric to fold over to the inside of the box. After the fabric was glued to the outside of the box, the students covered the inside of the box with contact paper to help it last for years to come. They then filled the box with a basic sewing kit to start their sewing hobby.

The second class in the series will be held on February 6th where students can learn to use a sewing machine and sew their own pillowcase. This program will be taught by Amber Laurie of the Concord Quilting



Three participants of the Leaf Jr. Sewing Box class show off their new sewing kits. Pictured are Colton Reynolds with Aiden and Cayden Novaro.

Studio in Ripley, NY. We are not taking registrations for this class as it is full.

Our next LEAF Jr series will be on gardening. It kicks off March 10th with cold sowing and growing microgreens, then students will build a bug house in April to help native pollinators and finish in May where students will make seed creatures with native plant seeds. Youth do not have to take all the classes in the series. Registration will be open soon!





"To be brave is to love someone unconditionally, without expecting anything in return. To just give."

- Madonna

"Love is in the Air" Edition

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Basics of Beekeeping – For Veterans

A FREE, Live Seminar for Veterans Provided by **Cornell Cooperative Extension and Cornell Small** Farms Program Farm Ops



Veterans are invited to attend a FREE webinar from Cornell Cooperative Extension and Cornell Small Farm's Veteran Education Program, Farm Ops, to learn more about the basics of beekeeping on Wednesday, February 26th.

Article Contributed by

Katelyn Walley

Farm Business Management Specialist with the SWNY Dairy, Livestock, and Field Crops Program

Find out if beekeeping is right for you! NY & NJ Veterans are invited to join Cornell Cooperative Extension Livestock Management Specialist, Amy Barkley, to learn more about beekeeping in a FREE virtual seminar. This will take place on Wednesday, February 26th, 2025 from 6pm – 7:30pm via Zoom. Registration is required by visiting tinyurl.com/FarmOpsBees.

Are you curious about the art of beekeeping and its vital role in our ecosystem? Join us for an engaging seminar where we'll explore the basics of caring for bees, from hive management to harvesting honey. This session, led by experienced beekeeper and livestock management specialist with Cornell Cooperative Extension, Amy Barkley, will equip you with valuable insights to start your beekeeping efforts.

For any questions, concerns, or accommodation requests, please contact Katelyn Walley-Stoll at kaw249@cornell.edu or 716-640-0522. Funding and support for this event is provided by Cornell Small Farms Veteran Program, Farm Ops. Learn more about Farm Ops by visiting https://smallfarms.cornell. edu/projects/farm-ops/.

SWNYDLFC is a partnership between Cornell University and the CCE Associations of Allegany, Cattaraugus, Chautauqua, Erie, and Steuben counties. Their team includes Katelyn Walley, Farm Business Management (716-640-0522); Amy Barkley, Livestock (716-640-0844); Management Katelyn Miller, Field Crops Specialist (716-640-2047); and Katie Callero, Dairy Management Specialist (607-422-6788). CCE is an employer and educator recognized for valuing AA/EEO, Protected and Individuals with Disabilities and provides equal program and employment opportunities.

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Best Picture Nominees to Show at Reg Lenna Center for The Arts



A scene from A Complete Unknown.

music. A Complete Unknown is rated *Article Contributed by*

Awards including Best Picture, Best Timothée Chalamet stars and sings Actor - Chalamet, Best Supporting as Bob Dylan in James Mangold's A Actor - Edward Norton, Best Complete Unknown (Fri., Feb. 7 at 7 Actress - Monica Barbaro and Best p.m.) the electric true story behind Director - Mangold. the rise of one of the most iconic singer-songwriters in history. New York, 1961. Against the backdrop of a vibrant music scene and

Based on the Pulitzer Prize winning novel by Colson Whitehead, Nickel Boys (Wed., Feb. 12 at 7 p.m.) chronicles the powerful friendship between two young Black teenagers navigating the harrowing trials of reform school together in

R and is 140 minutes long. The

film is nominated for 8 Academy



A scene from Nickel Boys.

Florida. Nickel Boys is rated PG-13 and is 140 minutes long. The film is nominated for Best Picture and Best Adapted Screenplay in this year's Academy Awards.

Upcoming Movies at The Reg include Oscar-nominee for Best Actress Cynthia Erivo and Best nominee Supporting Actress Ariana Grande in the Best Picture nominee - the movie musical Wicked (Feb. 14 at 7 p.m.) and two showings of Disney's Mufasa: The Lion King (Feb. 19 at 2 p.m. & Feb. 21 at 7 p.m.)

Tickets for most Movies at The Reg are \$8 in-person at the box office and \$10 online (reglenna. com) & by phone - 716.484.7070. Family showings are \$7 in-person at the box office and \$9 online & by phone. Special engagements are priced differently. The theater and box office at The Reg are located at 116 E. 3rd St. in Jamestown, NY. The box office is open Mondays, Wednesdays and Fridays 12 - 5 p.m. and one hour before movies and events.



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Consider Wedding Flowers Carefully

Article by

Metro Creative Connection

Although many decorative elements help to create ambiance for a wedding celebration, perhaps none is more awe-inspiring than beautiful floral arrangements. Flowers offer visual appeal, captivating aromas and texture that can make a space more welcoming.

Engaged couples typically go to great lengths when planning their weddings, but flowers may not be as micromanaged as other elements. Some are content to let florists design their arrangements, but the average cost of wedding flowers in 2023 was \$2,800, according to The Knot Real Weddings Study. That price tag merits some input on the part of couples. Floral experts say couples should budget for floral arrangements coming in at 10 percent of the overall wedding budget, which is the industry standard. Therefore, for a \$60,000 wedding a couple should assume their florals will cost \$6,000. It's important to note that the cost of wedding flowers has been steadily increasing over the last few years due to inflation and climate change, says The Knot. So couples may need to be even more involved in floral decisions to maximize their dollars spent.

Here are some variables to consider when selecting wedding flowers.

- **Greenery:** Adding greenery to fill in spaces in floral arrangements can save some money. Centerpieces and bouquets that are floral-heavy will certainly cost more.
- **Symbolism:** Consider the meaning behind flowers to make choices even more personal. You also may want to select flowers that will complement the theme of the

wedding. For example, traditional spring blooms like tulips and daffodils will coordinate with spring weddings.

- Flower varieties: Hardier varieties of flowers, such as daisies, mums, carnations, and protea, are less likely to wilt quickly in bouquets or centerpieces than some other blooms, even when they are cut. Such blooms can hold up in any weather and last the entire day so that arrangements will be picture-perfect no matter the hour.
- **Venue:** Couples may find that some venues already have faux flowers or other decor. That may mean couples do not need to have as many flowers or any elaborate arrangements.
- Size: A particularly large floral centerpiece can overwhelm a

table, and a bouquet that is overly cumbersome may detract from the bride or her bridesmaids. Choose the correct scale for comfort in bouquets. For table arrangements, select a size that will not discourage conversation or

block guests' view, nor take up too much real estate on the table.

- Allergies: Although they are cut, flowers in arrangements can trigger allergic responses in some people. Others may be bothered by overly aromatic flowers. Work with the florist to find blooms that will be best.
- Color scheme: Although white flowers always coordinate, many couples like some color in their arrangements. Be sure the flowers pick up the hues used in bridesmaid dresses or even the season of the year.

Couples should take an active role in deciding what to include in floral pieces for their weddings.

Chautauqua County to Announce New Safety Program for Older Adults

Article Contributed by

Justin Gould

Chautauqua County Media Information Officer

Chautauqua County officials will hold a press conference on Friday, February 7, 2024, at 1:00 p.m. to announce a new safety initiative aimed at helping older adults remain secure in their homes.

The event will take place in person at the Gerace Office Building, Room 333 (3 North Erie Street, Mayville, NY), and will also be streamed live on Chautauqua County's YouTube page and accessible remotely via Zoom. Media members attending remotely are encouraged to join the Zoom meeting to participate fully in the press conference, including the Q&A session.

County Executive Paul M. Wendel Jr., County Sheriff James Quattrone, Office for Aging Services Director Dana Corwin, Home Care and Caregiver Support Coordinator Michelle Swan, and NY Connects Coordinator Bridgette Paoletta will discuss this innovative program made possible through a partnership between USAging and Ring. The initiative provides 500 free Ring Video Doorbells and Stick-Up Cams to eligible older adults in Chautauqua County, empowering them with technology that enhances security and promotes independent living.

Chautauqua County's Office for Aging Services is one of only 10 recipients nationwide selected to receive Ring devices through USAging's national collaboration with Ring. This program builds on successful efforts in other states and aims to provide seniors with greater peace of mind while also supporting caregivers and improving overall community safety. Officials will outline program eligibility, benefits, and how older residents can apply.

Members of the media are

WHO: County Executive Paul M. Wendel Jr., County Sheriff James Quattrone, Office for Aging Services Director Dana Corwin, Michelle Swan, Home Care and Caregiver Support Coordinator and Bridgette Paoletta, NY Connects.

WHAT: Chautauqua County officials will host a press conference to announce an innovative safety program in partnership with USAging and Ring. This initiative provides eligible older adults with free Ring Video Doorbells and Stick-Up Cams to enhance home security and independence.

WHEN: Friday, February 7, 2024 at 1 p.m.

WHERE: In-person at the Gerace Office Building, Room 333 (3 North Erie Street in Mayville, NY), streamed on Chautauqua County's YouTube page and joinable remotely via Zoom:



Meeting ID: 881 3856 4352 Passcode: 042218

WHY: Chautauqua County's Office for Aging Services is among 10 nationwide recipients of USAging's partnership with Ring, securing 500 devices to support older adults in aging safely at home. The press conference will outline program details, eligibility, and the impact on community safety.

encouraged to attend in person or virtually. Media members are kindly requested to RSVP in advance by contacting Justin Gould, Chautauqua County Media Information Officer, via email at gouldj@chqgov.comor by phone at (716) 720-0251 (cell), to assist with planning.



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- Scarlet Johansson



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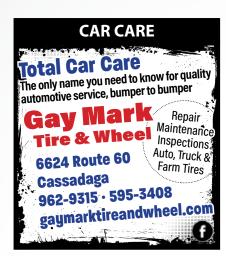
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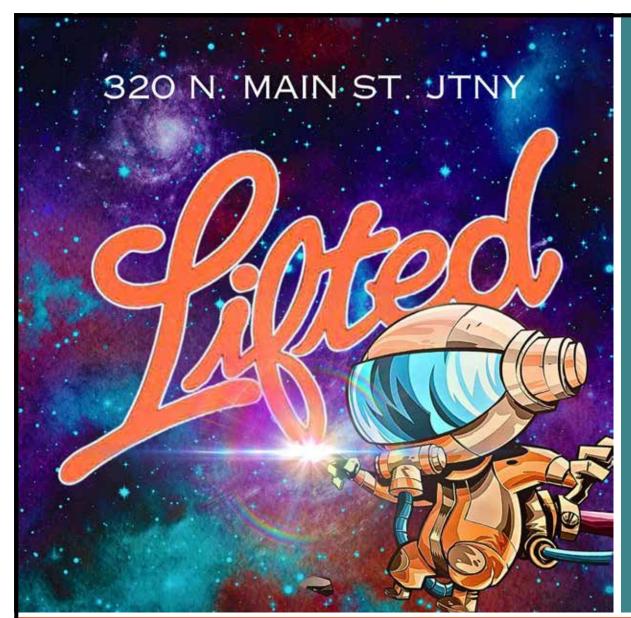




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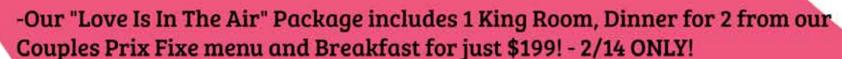


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