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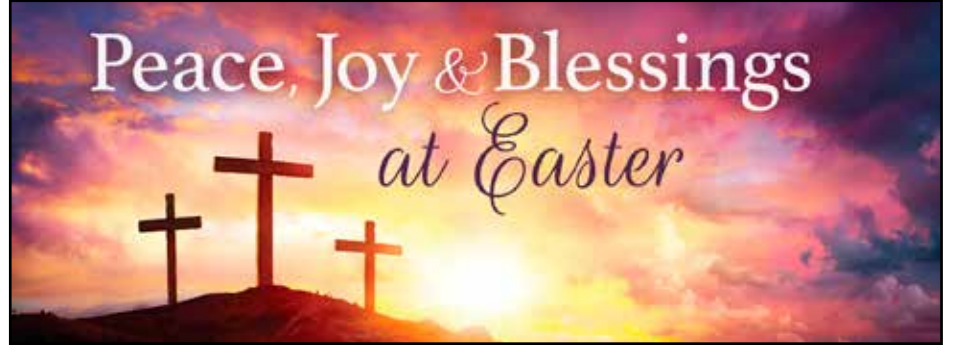
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## Happy Spring - New Life Breaking Through!



Featured Writer  
**Katie Castro**



The weather might be playing tricks on us, but all of the other signs are still here: It's Easter Week 2024!

Little green shoots of daffodils and irises poke through the ground, the shelves are stocked with lilies and tulips in every grocery store, and we're pulling out the pastels and light colors once more from the back of our closets. The landscape might still be muddy, but there is no doubt ... spring has sprung, and with it, the sacred holiday of Easter.

Even if you don't celebrate Easter-resurrection specifically - there's still something in this Holy Week for all of us, I believe, and this year it feels like even the weather is playing into the theme. Don't get me wrong... the bunnies are cute, I love a good egg hunt, and Reese's peanut butter eggs are in my top 5 favorite candies... but what I really, really love about Easter is what nature has on full display: life pushing right through the mud.

Nature tells the story that Holy Week does too: that no matter how dark the night, no matter how unreasonable the circumstances, life will push through too.

This is the story of the betrayal, crucifixion, and resurrection of Christ,

it's the story of nature in its cyclic seasonal rhythms, and it's my story too.

None of us are strangers to trauma or tragedy or misfortune. It's part of the human condition, isn't it? Life twists and turns and we each face our own falls & winters (of dying, death, and hibernation). This year has been another one of those for me (at least figuratively).

In July 2023, my mom was diagnosed with osteosarcoma (bone cancer) of the rib. I'll never forget the way the word "unsurvivable" bounced off the oncologist's lips. She fought bravely and swiftly, but in just a matter of weeks we went from "we can buy more time" to "there isn't time" and we found ourselves making dreaded decisions day by day at first and then hour by hour. By November 10th, she had left us and the sunny world that we once knew - with her positivity, kindness, and radiance in it - was all at once gone.

I've survived other hard things - the death of my father to alcoholism, the death of my daughter to poor medical care, the diagnosis of another child with a developmental disability... there have been other falls & winters where I have felt suffering's cruel touch and retreated into hibernation for survival then too. I've felt connected with the suffering of Christ and the plight of humanity in great ways (more so than

I wish I did), and yet... that's the big, operative word here: and yet...

Hard-earned hope has taught me resurrection: that, in Christ, all things are made new. Even dead things live and new beginnings come from every ending. It's taught me that when the sun has set, if you wait around in the dark long enough, you'll see color begin to slip through on the edge of the horizon until the whole sky is lit up in a glorious sunrise. It's taught me to go hunting for these little green shoots: the daffodils and lilies pushing through the mud - promising that no matter what has been, life will win again too.

This is the invitation I need this Easter week and maybe it's the one that you need too:

No matter what has happened... pull out the pastels, find the flowers, celebrate with candy and with loved ones. New life is still breaking through.

Hallelujah, He is Risen.

*Katie is a passionate preacher and public speaker who enjoys teaching on the following topics: leadership, mission, entrepreneurship, advocacy, women's empowerment, fostering community and more. To book Katie for your organization, please visit: www.katiecastro.org/speaking.*

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Follow us on:

## Webb's Candies at Easter and throughout the Year



Contributing Writer  
**Pat Locke**

Here in Chautauqua County we are fortunate to have some great chocolate makers to provide a Willy Wonka experience for children of all ages. With Easter being

one of the best seasons to satisfy your sweet tooth, it is nice to know we don't have to travel far to find locally made Easter bunnies and Easter eggs of all shapes and sizes plus colorful jelly beans to sprinkle throughout your Easter baskets.

Webb's Candies has been in business since 1942 and is known for making chocolates to perfection. This Easter season treat your family to a fun selection of chocolate Easter bunnies and chocolate Easter eggs. Among their



CONTINUED ON PAGE 17



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Editorial with Lori Cornell

# Easter Lilies



Owner & Publisher  
**Lori Cornell**

Easter lilies will forever remind me of my son, Zach. He is No. 3 in my four-son lineup and my first home birth, just a few days after Easter in 2009. As I labored for 19 long hours in my old northside Jamestown home, I stared intensely at the three green-foil-wrapped Brigiotta's lilies that adorned the dining room window seat. My nurse-practitioner midwife had set up a kiddie pool (oh yes, in my house!) and my stubborn, 11-pound, giant-headed baby was apparently content to just take his good old time - a habit he continues today.

Speaking of flowers, this past week I had the pleasure of attending "Bloom," a creative, well-planned women's networking event (see page #17) in honor of Women's History Month. At the event, the organizers invited guests to blindly select some "seeds of inspiration" labeled with a word that was intended to help guide guests' life course. I was excited to pick the word "tenacity" and felt pretty sure that this was a great word for me.

Tenacious: showing power to endure.

Life is not easy for any of us! The ability to pick back up and overcome is the inspiration we all need. For people of faith, perhaps Easter itself is our greatest reminder that all things are possible through Him

who gives us strength. For all of us who have been knocked down, kicked around and faced trials and tribulations but have come out on top - with faith, our tenacity is the character that makes us stand tall.

Given the above-referenced labor alone, I should have earned a little slice of the title "tenacious" right?! (Ha!)

But if I am being truly honest, no one in my life better defines "tenacious" than this March 27 birthday boy, Zach. Strong, unshakeable and persevering are all synonyms that resonate as I have watched him grow. In addition to just being a great kid, student, and athlete, he has handled an unusually long list of health issues with quiet persistence.

Just days after his birth, he was admitted to Children's Hospital with a kidney abnormality that we monitored for years.

Right about the time his sonograms offered that clean bill of health, his oldest brother Ben was diagnosed with Type I Diabetes. Zach, as his sibling, subsequently tested positive for four of the five autoantibodies that are present when one is developing diabetes. In other words, my seven-year-old, at that time, was essentially told, "Hang tight, you're 80 percent likely to get a very difficult disease before you reach middle school..."

This is a rarely identified interim status since the diagnostic test is optional and available only to family members of Type I's. By age eight,



he became a coveted diabetes research subject, becoming one of only 85 patients in the country to try a cutting-edge prevention drug. Eighteen months later, he developed insulin-dependent Type I anyway. He will always remember that day as the one he missed his first-ever midget football game while being admitted into the hospital instead.

His doctors recommended him for four more national research studies throughout his tween years, considering him an early diagnostic rarity. He never blinked to get poked and prodded for the benefit of others. Some day when there's a cure for Type I Diabetes, it will be because of tenacious kids like Zach.

Fast forward to the pandemic years, not only did Zach have COVID like the rest of us, but he developed - and then outgrew - a painful growth condition with his feet. Likewise, he also suffered

two tough ski accidents: one with a concussion and another, with a broken wrist. A few years later, after what we thought was just a bad-choice dinner, he was rushed into an emergency appendectomy.

Next came epilepsy. To hold your convulsing child through multiple grand mal seizures is an experience I wouldn't wish on any parent ever. He was diagnosed at age 13, endured two years of unpleasant anti-seizure drugs and finally came out with a clear EEG this past fall.

Despite all of this, he is still as cool as a cucumber, tough as nails and resilient as the day is long. For this very special week, if you'll pardon my mama pride, I give a shout-out to my tenacious, six-foot, four-inch Easter "baby boy"!

Happy 16th, Zach! Drive on.

And...Happy Easter, All. (Don't forget to stop by Brigiotta's for your beautiful lilies and tasty treats for your Easter feast!)

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**SUBMISSION DEADLINES**  
Thursdays at 5:00 pm

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## Italian-American Charity Golf Association

### Presents the Femmes of Rock

The Female Lead Violinist/Vocalist Group to Perform at the Reg Lenna on April 27 to Benefit the UPMC Mammography Fund



Article Contributed by  
**Italian-American Charity Golf Association**  
Partners for the event include Fund for Downtown Programming, City of Jamestown, Jamestown Local Development Corporation, and UPMC Hillman Cancer Center.

The Italian-American Charity Golf Association proudly presents Femmes of Rock Live on Stage at the Reg Lenna Center for the Arts on April 27 at 8pm.

The Femmes of Rock are a high-energy rock production fronted by four female violinists/vocalists. The electric violin quartet sings and strings the music of AC/DC, Electric Light Orchestra, Queen, Led Zeppelin, The Eagles, Jimi Hendrix, Prince, Metallica, David Bowie, Pink Floyd, and more.

Tickets are \$42.50 (includes \$2 restoration fee) and can be purchased at reglenna.com, by calling 716-484-7070, or in-person at the Reg Lenna located at 116 E 3rd St, Jamestown, NY. All proceeds benefit the mammography fund at UPMC.



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## Vitality Natural Health and Wellness Center

### The Benefits of a Multivitamin



Contributing Writer  
**Dr. Melissa Dengler, ND, LMT**  
Naturopathic Doctor, Vitality Natural Health and Wellness Center

Advocates of natural medicine have long known the importance of using nutritional supplementation to prevent and treat certain acute and chronic diseases. Among the millions of U.S. adults who use nutritional supplements, multivitamin and mineral formulas are the most popular. The Journal of the American Medical Association has corroborated what so many have purported all along, that multivitamin supplementation is beneficial even in the absence of outright extreme deficiency symptoms like scurvy (lack of Vitamin C) or pellagra (lack of Vitamin B3). A multivitamin and mineral formula is a smart choice for everyone, even active, healthy people who eat a variety of fresh, organic foods. That's because every biochemical process in the body relies upon vitamins and/or minerals to facilitate processes that help maintain physical health and achieve optimal performance.

When there is even a mild deficiency, or a problem with absorption of nutrients, those processes cannot take place and can cause us to become ill or lead to chronic disease. A multivitamin formula helps support the body as it confronts things such as:

- Depleted mineral content in the food supply due to soil erosion and chemicals used in conventional farming and food production.
- Busy lifestyles that create too much opportunity for consuming overly processed, preservative-laden convenience foods that are low in nutrients.
- Failure to consume at least five servings of fruits and veggies a day.
- Methods of food preparation that destroy nutrient in food (e.g. excessive or prolonged heat).
- Inability to manage stress, which increases the body's

need for nutrients.

- Alcohol and tobacco use.
- Exposure to environmental toxins at home, work/school, and in transit, not to mention those lurking in the water supply and runoff into the soil.
- Genetic susceptibilities that influence nutrient needs.
- Overuse of antibiotics, affecting immunity and leading to dysfunction in the gut.
- Chronic illness, serious acute illness, or surgery, and use of medications that can interfere with the body's ability to absorb nutrients.

Suboptimal levels of certain nutrients increase risk factors for diseases, even when an individual is not expressing overt deficiency symptoms. To illustrate, elevated blood levels of the amino acid homocysteine are indicative of cardiovascular risk. Regular intake of Vitamin B12, Vitamin B6 and/or folate cause homocysteine levels to fall within the normal range. This may have a profound impact on reducing risk of heart attack.

#### Your Multivitamin Insurance Plan

While multivitamins provide "dietary insurance" for our modern lives, we need to be educated on the various types and what works best for our individual needs. There are a wide variety of formulas and methods of delivery (e.g., tablet, capsule, time-release, liquid). Some formulas contain herbs, which can interact with other medications. The purity and quality of a supplement is critical to its effectiveness.

Everyone has different nutritional needs based on age, activity level, and health status. The type of multivitamin that is best for you will be different from anyone else's, even a family member of the same age. The best way to determine what type of multivitamin or mineral supplement you need is to consult with a holistic practitioner. Please stop into Vitality Natural Health and Wellness Center, formerly Lakewood Apothecary, and we would be happy to answer all of your questions. We are located at 130 Chautauqua Avenue in Lakewood, in front of the clock tower, where we do truly always have time for you.

### SUDOKU

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

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

1	2	3	4		5	6	7	8	9	10					
11					12						13	14	15		
16					17				18						
19				20	21			22	23				24		
25							26						27		
28						29							30		
				31	32						33				
34	35	36	37						38						
39							40	41	42						
43						44						45	46	47	48
49						50					51	52			
53					54						55				
56		57						58						59	
60						61	62							63	
														64	
															65

#### CLUES ACROSS

- Database management system
- Medical procedures
- Clapton, musician
- Defender
- Exert oneself
- Indicates position
- Quay
- Atrocities
- A way to address an adult man
- Ends
- Unable
- Taxi
- Gratuities
- A famous train station
- Japanese persimmon
- Sours
- Beneficiary
- Baseball official
- Confused situation
- Unworldly
- Yemen capital
- Type of soil
- Beloved beverage - Cola
- Lying down
- Angeles
- Fail to amuse
- Collapsible shelter
- Commercial
- Taste property
- Lordship's jurisdictions
- It cools your home
- Dismounted
- Charge in a court of law
- One less than one
- Spoke
- Famed garden

#### CLUES DOWN

- Show a picture of
- Small sultanate
- Unfortunate incident
- A way to ski
- Abba - Israeli politician
- Observed
- "Westworld" actor Harris
- Belonging to me
- Shoelace tube
- Takes to civil court
- Early multimedia
- Produces anew
- Horse races
- Of I
- Equally
- Changes color
- A place to stay
- Town in Galilee
- Mathematical figure
- Klingon character
- They -
- Atomic #58
- Showered up extinct
- Loosen grip
- Unpleasant smell
- Innermost membranes enveloping the brain
- Esteemed college "league"
- Partner to Pa
- Small American rail
- A salt or ester of acetic acid
- Sodium
- Military figure (abbr.)
- Lighted
- Paid to get out of jail
- All of something
- Ohio city
- More abject
- A radio band
- Scientific development (abbr.)
- Monetary unit
- Scored perfectly
- A punch to end a fight
- The Golden State (abbr.)
- The Beehive State (abbr.)



March 13

Yvonne Michelle Wonderling, 63  
of Warren  
Peterson-Blick Funeral Home

March 14

Joan Marilyn Logie Reed, 92  
of Jamestown  
Lind Funeral Home

March 10

Sean Gregory Trask, 54  
of Jamestown  
Hubert Funeral Home

Jacob K. Tanner, 29  
of Falconer  
Lind Funeral Home

March 11

Linda Babyak, 76  
of Salamanca  
Hubert Funeral Home

March 15

Joyce Bataitis, 92  
of Jamestown  
Lind Funeral Home

Janet K. Gibson, 84  
of Jamestown  
Lind Funeral Home

Lisa Marie Wood Gibson, 52  
of Warren  
Peterson-Blick Funeral Home

March 16

Susan E. Harris, 79  
of West Ellicott  
Lind Funeral Home

Donald C. "Don" Johnson, 63  
of Ashville  
Lind Funeral Home

Robert William Richards, 69  
of Warren  
Peterson-Blick Funeral Home

March 17

Bradley William Rolfe, 70  
of Ashville  
Lind Funeral Home

Dorothy M. Johnson Peterson, 98  
of Falconer  
Falconer Funeral Home

March 12

Madeline R. DeMarco, 79  
of Jamestown  
Lind Funeral Home

March 18

Kathy J. Slagle, 75  
of Jamestown  
Falconer Funeral Home

James Bernard McDunn, 90  
of Johnstown  
Peterson-Blick Funeral Home

Richard C. Sparling, 84  
of Jamestown  
Lind Funeral Home

Lisa L. Spunaugle, 54  
of Jamestown  
Falconer Funeral Home

March 19

Paul D. Waid, 75  
of Frewsburg  
Peterson Funeral Home

Sandra L. Hedlund, 83  
of Jamestown  
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## Justice and Love are in the Air at the Jackson Center

Article Contributed by

**Robert H. Jackson Center**

"Read" annotates the last message you sent, followed by a long delay, and yet your phone refuses to buzz in response.

Torture for the text-age, forlorn victim of love.

But even more that 110 years ago, faltering communications were still an anxiety-producing part of romance. Only thing that has changed are the channels and the price of a stamp.

Jackson biographer, John Q. Barrett writes in his blog, TheJacksonList.com, "In fall 1911, Robert H. Jackson, a nineteen-year-old high school graduate with a year of law office training in Jamestown, New York, enrolled as a senior at Albany Law School. During that academic year, law student Jackson studied intensely and earned top grades. He also met Irene Alice Gerhardt, a twenty-one-year-old government secretary."

A matchmaking contrivance of a classmate that winter brought Jackson ice skating at Albany's Washington Park Lake knowing the classmate's cousin, Irene Gerhardt, would also be there. Irene and Robert skated and hit it off. "Soon they were attending weekend dances, and that June she was his guest at his Albany Law School commencement," says Barrett.

After graduation in 1913, Jackson moved back to Jamestown, passed the bar, and sought to establish his practice, as well as a long-distance-relationship. However, by 1914 two-way communication dried up.

A distressed, but always eloquent writer, Robert put pen to paper and composed "Self-convicted."

*Once on a time there lived a philosopher, One of your sage and cynical kind, Two doctrines he cherished which perfectly suited, His unsentimental, satirical mind.*

*The First of these notions, simply preposterous, Defying all precedents, customs and rules, Was this, that (except those pertaining to business), "All letters are written by Women and Fools!"*

*Most of these letters are silly, romantic, Puerile, morbid, flatly inane, "A mere piece of paper" (maxim the Second), Who would wish for, or value it, if he were sane?*

*Now, across the big state there dwelt a fair maiden, And unto this stoic(?) she sometimes would write, Such letters of helpfulness, hope and affection, As only such dear, gentle hearts can indite.*

*And it happened that once these "mere pieces of paper" Met with delay as letters will do,—A week passed—a fortnight—now look at our cynic— How spiritless, silent, and bluer than blue!*

*A night letter sped, a "long distance" followed\*, The wires fairly hummed, (now where is his hobby?) "Dear, what can have happened to your precious letters! I miss them. Please write. Yours distractedly, Bobby—*



Submitted Photo

From their first meeting through married life, Robert and Irene Jackson enjoyed ice skating together. (Robert H. Jackson Center archive photo)

[\*An off-hour, thus lower-rate, telegram. He also uncharacteristically and impractically utilized expensive long-distance before sending this poem in the mail.]

Did it work? A springtime wedding at St. Peter's Protestant Episcopal Church was held Easter Monday, April 24, 1916, they had two children, maintained a happy marriage by all accounts, while professionally, Jackson received five federal appointments, including to the U.S. Supreme Court.

"Throughout their thirty-eight-year marriage, on occasions when one was away from home, each Jackson continued to send the other letters, cards and, on occasion, poems. And they saved them," says Barrett.

Bobby and Irene were married until his death in 1954 at the age of 62.

The Robert H. Jackson Center is dedicated to advancing the legacy of Robert H. Jackson and our vision of a global society where the universal principles of equality, fairness and justice prevail... but that doesn't mean we don't know a little something about love, too. The Center itself, with its Kent Mansion eloquence, and spacious banquet room have played host to weddings, wedding receptions, bridal photos, and rehearsal dinners.

To learn more about how our rental spaces can work for your function, as well as the important contributions of Robert H. Jackson, please visit the Center from 8:30 am to 4:30 pm, Monday through Friday at 305 East 4th Street in Jamestown, NY or online at [roberthjackson.org](http://roberthjackson.org). Read more from John Q. Barrett at [TheJacksonList.com](http://TheJacksonList.com).

In the meantime, we encourage you to write something to someone special in your life. Whether poem or prose, to let them know how important they are. Send a text, email, or better yet a hand-written, first-class letter!

## Volunteers Needed for Audubon Lights and Eclipse Watch



Submitted Photos

Audubon Community Nature Center needs many volunteers for Audubon Lights and the Eclipse Watch on Monday, April 8.

Article Contributed by  
**Audubon Community  
Nature Center**

At Audubon Community Nature Center's (ACNC) Audubon Lights - Friday and Saturday nights March 29-30 and April 5-6, plus Sunday, April 7 - hundreds of visitors will experience a spectacular lights display plus live entertainment and snacks around an outdoor fire.

More will be welcomed for the all-day Eclipse Watch Monday, April 8, with its horse-drawn wagon rides, live music, and food trucks.

Audubon Volunteer Coordinator Emily Nelson has the challenging task of finding enough volunteers to "staff" all these events. "ACNC has an amazing crew of dedicated volunteers," Nelson says, "but this is a unique time, and we need all the help we can get!"

Audubon Lights volunteers are needed for iPad admission sales,

exhibit docents, snack stand sales and more, with parking volunteers needed for the April dates.

The Eclipse Watch needs are similar with the addition of horse-drawn carriage rides. Volunteers get a free ACNC Eclipse T-Shirt and be able to get to the perfect spot to watch the eclipse at 3:18 p.m.

To help, contact Nelson at [ENelson@AudubonCNC.org](mailto:ENelson@AudubonCNC.org) or (716) 569-2345.

For information on Audubon Lights and the Eclipse Watch, with a link to sign up for the horse-drawn wagon rides, go to [AudubonCNC.org](http://AudubonCNC.org) and click through Programs and Events.

Audubon Community Nature Center is located at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown, N.Y., and Warren, Pa.



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Holy Week Services

**Palm Sunday - Sunday, March 24<sup>th</sup>**  
10:30am Worship in the Sanctuary

**Maundy Thursday - Thursday, March 28<sup>th</sup>**  
6:00pm Dinner Worship with Communion & Soup in the Fellowship Hall

**Good Friday - Friday, March 29<sup>th</sup>**  
11:00am Community Easter Workshop in the Fellowship Hall  
7:00pm Good Friday Worship Service in the Chapel

**Easter Day - Sunday, March 31<sup>st</sup>**  
9:30am Continental Breakfast & Easter Egg Hunt  
10:30am Worship with Communion in the Sanctuary

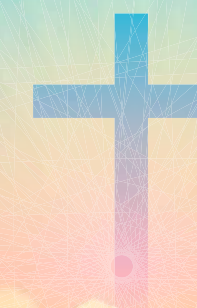
## A Last Supper. A Crucifixion. A Tomb. A Resurrection...

6:30 pm Maundy Thursday Service  
6:30 pm Good Friday Service  
11:00 am Saturday Easter Egg Hunt  
6:00 am Sunday Sunrise Service  
10:00 am Easter Sunday Service

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**PALM SUNDAY - MARCH 24**

9:30am

Palm Sunday Breakfast

10:30am

Service featuring Children's Hosanna Parade,  
followed by Easter Egg Hunt

**EASTER - MARCH 31**

10:30am Service

[jamestowncmachurch.org](http://jamestowncmachurch.org)

**EASTER WEEKEND  
AT HILLCREST CHURCH**

**IN-PERSON & LIVESTREAM**

**Good Friday 7 pm**

**Easter Sunday**  
8:45 am traditional worship • 11 am contemporary worship

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**The Chautauqua Center**  
 Our Family Caring For Your Family

## The Chautauqua Center Welcomes New Podiatrist and Establishes Podiatry Program

Article Contributed by  
 The Chautauqua Center

Patients in need of foot and ankle care now have access to expert treatment at The Chautauqua Center (TCC) with the addition of Dr. Mohammad Khan.

Dr. Khan will spearhead the creation of a comprehensive podiatry program at TCC's Dunkirk location. He is a highly skilled, second-generation podiatrist with expertise in treating a wide range of foot and ankle conditions across all age groups. His services will include diabetic foot care; fungal and ingrown toenail treatment; pain management for conditions like plantar fasciitis, arthritis, and tendonitis; wound care and limb salvage; orthotics; skin lesion management; peripheral neuropathy treatment; and, much more.

"We are thrilled to welcome Dr. Khan to The Chautauqua Center," TCC Health CEO Michael Pease said. "His addition will significantly enhance our ability to provide quality, accessible foot and ankle care to our community."

Dr. Khan will be available for appointments Monday through Thursday, starting in the afternoon of March 20, 2024, primarily at TCC's Dunkirk office (75 E 3rd Street). He is also in the process of establishing himself through Brooks Hospital to perform surgical procedures and future wound care services.

"I'm excited to join The Chautauqua Center and eager to help bring essential podiatry services to this community. I'm committed to providing compassionate, high-quality care for patients of all ages facing foot and ankle health challenges," Dr. Khan stated.

Dr. Khan, DPM, DABPM, CWSP, AACFAS, is a highly accomplished podiatrist with expertise in foot and ankle surgery, wound management,



Submitted Photo  
 Dr. Mohammad Khan, DPM, DABPM, CWSP, AACFAS

and research. He completed his Doctor of Podiatric Medicine at Temple University, followed by residency and Chief Residency at Montefiore Mount Vernon Hospital. Dr. Khan further distinguished himself through a Podiatric Medicine & Surgery Research Fellowship at Penn Presbyterian Medical Center. He comes to TCC Health from the Neighborhood Health Center (FQHC) in Buffalo, NY and holds a faculty appointment at Catholic Health System PMSR/RRA Residency. He actively contributes to podiatric medicine through research publications, lectures, peer reviews for scientific journals, and editorial positions.

To schedule an appointment with Dr. Khan or for referrals, please contact our Dunkirk location at (716) 363-6050. Existing patients of TCC Health can easily be referred through their existing providers. Dr. Khan also welcomes outside referrals from providers outside of TCC Health. Visit [TCCHealth.org](http://TCCHealth.org) for more information

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## Chautauqua County Seizes State Stipend to Bolster Firefighter Recruitment



Submitted Photos



Submitted Photos



Article Contributed by  
 Chautauqua County Media Information Officer

Chautauqua County fire departments are lauding a revolutionary training stipend program aimed at tackling the recruitment challenges plaguing the fire service.

This initiative, administered by the State Office of Fire Prevention and Control (OFPC), stands as a beacon of hope for many small municipalities like the Village of Fredonia, where the backbone of fire service lies in the dedication of its volunteer firefighters.

"This stipend program represents a pivotal moment in our ongoing efforts to strengthen and stabilize the volunteer fire service," Chief Myers emphasized. "By alleviating the financial barriers associated with training, we can empower more individuals to step forward and serve their communities in this critical capacity."

Noel Guttman, Director of Emergency Services, Chautauqua County, underscored the significance

of the program in benefiting all fire departments across the county, stating, "The launch of this stipend program is a significant step forward in addressing the recruitment challenges faced by fire departments throughout Chautauqua County. We urge members of our community who are interested in becoming heroes to reach out and explore the rewarding opportunities available in the fire service."

Volunteer fire departments, which serve approximately nine million New Yorkers, have encountered significant challenges in recent years due to a decline in volunteerism coupled with a surge in demand for their services. This program, backed by \$10 million in funding, aims to address these challenges by providing stipends to volunteer firefighters upon completion of essential training courses, including Basic Exterior Firefighter Operations, Self-Contained Breathing Apparatus and Interior Firefighting Operations, and Fire Officer 1. These stipends range from \$750 to \$1,250, with additional funding available for the completion of OFPC training courses or equivalents, as determined by state fire officials.

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## Jamestown Rotary Partners with Singapore Club to Distribute 1,171 Bicycles



Submitted Photos  
 Some of the children with their bikes.

Article Contributed by  
 Rotary Club of Jamestown

The Rotary Club of Jamestown, NY welcomed member David Troxell and his wife Marissa home after their winter in Thailand and were delighted to hear the results of a recent project. The Jamestown Club partnered with the Rotary Club of Sentosa, Singapore to sponsor a joint international Bicycle Project in the rural areas of the province of Siem Reap in Cambodia. It is common in that part of the world for students to walk between 3 and 10 kilometers to attend school due to the lack of transportation.



David and Marissa Troxell with a plaque with the donor's name that was attached to each bike.

**All are welcome to join us at FIRST COVENANT CHURCH!**

*Holy Week*

Palm Sunday Service:  
 March 24th at 10:00 AM

Maundy Thursday Service:  
 March 28th at 7:00 PM

Easter Sunday, March 31st:  
 10 AM Worship in the Sanctuary including a special children's moment!  
 Following worship: muffins & refreshments in the main hallway.

All services are streamed live on our Facebook - FirstCovChurch!

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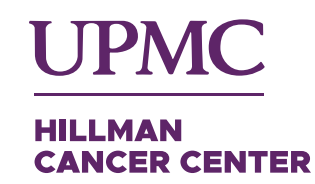


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# Women's HISTORY IN SOUTHWESTERN NY

## Thank You, Miss Ophelia

Original Article by  
**Rachel Brown**

Article and photos printed with full permission from Making Women's History in Southwestern New York State ([womenmakehistory.net](http://womenmakehistory.net)) by Traci Langworthy, a professor of history at SUNYJCC.

It was a warm June day in the year 1874 when Ophelia Griffith stood with hands planted firmly on hips in the kitchen of the summer hotel on Lake Chautauqua. Miss Ophelia, as she was known to one and all, was the proprietor with older sister Martha. At the age of 37, she was what was called a "spinster," a somewhat pejorative term for any woman who remained unmarried after the age of 30.

She looked with some exasperation on the flurry of activity that characterized the preparations for the noontime meal. The cook, Hilda Swanson, a broad-faced Swede, was attempting to instruct two younger Swedish girls as they made the daily loaves of bread, while at the same time seeing to the large roast beef ready to be removed from one of two massive wood-burning cook stoves in the kitchen. Being Saturday, a new contingent of boarders was expected to arrive for the week. Someone would need to be down at the dock to meet the steamer from Mayville and to see to the trunks. Where was Anders Hedin, the hired man?

As if on cue, Anders came into the kitchen, somewhat hot and dusty after the long walk from his home atop Swede Hill in Jamestown. "Anders, there you are," said Miss Ophelia. "Hitch the wagon and get down to the dock right away." It was then she noticed the young boy who had followed the man into the kitchen. "Who's this?" She demanded. "D is my boy Johann," said Anders. "He come help." The boy, a slender lad of no more than eight looked shyly up at the imposing figure

now looming over him. "Good," said Miss O. "Get that load of wood and stack it here by the stove," pointing to the woodshed attached to the back of the kitchen. The boy jumped into action with a speed and willingness not lost on his stern taskmaster.

From that day forward young John, as he came to be known, was an indispensable part of the operation. He would spend the next 64 years of his life in that place. He would meet his future wife Selma Moline, like himself a Swedish immigrant. She had come in 1892, making the long voyage in steerage on a ship from Sweden, via Liverpool, England, and on to New York, passing through the gates of Ellis Island at the age of 16. Together they would raise a family of three children - the youngest being Anna, my grandmother. The year my grandmother was born, Ophelia Griffith turned over the deed to the farm to John Hedin.

Anna Ophelia Hedin Erickson was born April 30, 1906. Less than one month later, on May 23, 1906, Ophelia Griffith opened her home to the annual meeting of the Political Equality Club of Chautauqua County. My grandmother grew up literally, "at the knee" of this remarkable woman; a woman who had become a pillar of the community, the embodiment of strength and independence. She would call her "Grandma" and would be nurtured and cared for and encouraged in turn to find her own strength and independence.

Ophelia Griffith (1837-1920) was the youngest of twelve children born to John and Tryphena Bemus Griffith. Both of her parents had come with their parents to Chautauqua in the year 1806, when it was still a dense wilderness. Jeremiah Griffith and Daniel Bemus were pioneer settlers, arriving during the inhospitable winter months. They traveled down the frozen lake, carrying their belongings on sleds pulled by oxen. Jeremiah arrived a couple of months after Daniel Bemus and laid claim to a large tract of land extending from the Belleview Road to Fluvanna, in what is now the Town of Ellery. Years later Jeremiah's oldest son, John, would divide the land among his twelve children. In the 1850's, to his two unmarried daughters he gave 100 acres in the section now known as Martha's Vineyard. Martha and Ophelia took charge of the farm, planting grapes, corn and other crops and keeping a small herd of cattle. They then determined to add on to the family home built by their father and transform it into a boarding hotel to accommodate the growing number of summer visitors flocking to the area.

the Masons or Odd Fellows. Unlike many such societies, however, the Grange admitted women and even encouraged a certain number be made officers of the organization. Like rural churches, granges often became the center of farming communities, hosting suppers, concerts, speakers and even lending libraries. According to the *History of the Grange Movement* by Edward Winslow Martin, published in 1873, this was a way to mix business with pleasure: "It was the old principle of the husking-frolic and the quilting bee, applied to loftier objects and practiced with a sterner eye..." The loftier objects in this case were nothing less than the elevation of society, socially and morally. At the beginning, some male members were wary of giving women equal stature in this pursuit. They felt that "woman's proper sphere is the fireside," and women's involvement would be "the first step toward woman's rights." This latter fear proved to have some merit. As it turned out, women did want to participate more fully; they wanted to have a voice in the direction of their own lives, in their communities, and in the nation. One way to achieve this would be through winning the right to vote.

Chautauqua County became an important epicenter of the movement for women's political equality during the latter part of the 19th century, through the efforts of women like Ophelia Griffith. The county became the first in New York State to form a Political Equality Club and by 1891 had the largest and best-organized association of these suffrage clubs in the entire country. One of the first orders of business was to get women elected to local school boards. Chautauqua newspapers, including the Jamestown Evening Journal (now the Post-Journal) opposed the idea of making any changes to the all-male Board of Education, saying in an editorial in 1889 that "they



Ophelia Griffith




John and Selma Hedin with their three children: Florence, Griffith, and Anna (center). Courtesy of Anna's granddaughter, Rachel Brown.



Submitted Photos  
Local Political Equality Club members, circa 1910. Pictured from left to right are: Hetty Sherwin, Sarah Dickenson, Ophelia Griffith, and Eleanore Grant. Provided courtesy of Kim Bentley.

CONTINUED ON PAGE 15

**KOINONIA  
CHRISTIAN FELLOWSHIP**

**Sunday School  
9:30 AM**

**Sunday Worship  
10:30 AM**

**Wednesday Bible Study  
7:00 pm**

**Lifting Up others by  
Lifting Up Christ**

**Pastor Ron Lemon  
716-720-5726  
KCFellowship.org**

**EASTER SCHEDULE**

**Palm Sunday of the Lord's Passion**

**Saturday, March 23rd**  
4:00 PM - St. James Church and Our Lady of the Snow  
5:30 PM - St. Patrick

**Sunday, March 24th**  
8:00 AM - St. James  
9:00 AM - St. John and Sacred Heart  
10:00 AM - Our Lady of Loreto  
11:00 AM - Ss. Peter & Paul and St. Patrick

**EASTER TRIDUUM**

**Holy Thursday, March 28th**  
7:00 PM - St. James  
Evening Mass of the Lord's Supper

**Good Friday**  
12:00 PM - Ss. Peter & Paul - "Seven Last Words"  
3:00 PM - Our Lady of Loreto  
Service of the Lord's Passion

**Holy Saturday, March 30th**  
8:00 PM - St. John - Easter Vigil Mass


**Easter Sunday, March 31st**  
8:00 AM - Our Lady of the Snow  
9:00 AM - St. James and Sacred Heart  
10:00 AM - Our Lady of Loreto  
11:00 AM - Ss. Peter & Paul and St. Patrick

**CATHOLIC NEIGHBORS IN FAITH**  
JAMESTOWN • LAKEWOOD • PANAMA • RANDOLPH

**Springboard Will Award at Least \$600,000 to Entrepreneur Builders in 2024**

**New Rapid Prize Competition Launched to Reward and Support Those Strengthening the Entrepreneurial Ecosystem**

*Article Contributed by  
Springboard*



Springboard, a new regional, innovative, year-long rapid prize competition launched today. Offering total prizes of at least \$600,000 in 2024, the program is designed to strengthen and incentivize those who are working to boost the entrepreneurial ecosystem in Western New York, including Chautauqua County. Prizes will range between \$5,000 and \$25,000 per winner and will be awarded in three rounds. Ideal candidates have a product, service, program or initiative that benefits entrepreneurs or businesses and need funding to expand or bring the idea to market.

Courtney Curatolo, Director of the Jamestown Small Business Development Center at Jamestown Community College, added, "We are excited to partner with Springboard to bring this opportunity to the southernmost counties in Western NY. Our region of Chautauqua, Cattaraugus, and Allegany County is building the foundation of our entrepreneurial ecosystem, and this program will provide organizations that work with entrepreneurs the opportunity to be strategic in their programming over the next year so that our ecosystem can grow."

The prize program will support those working in Greater Buffalo, Greater Rochester, and Southern Tier communities who are actively contributing to entrepreneurship and building up the region's entrepreneurial landscape.

Springboard will help to fund eligible activities that benefit entrepreneurs or promote business growth, such as pilot programs or new initiatives that are focused on entrepreneurship support, education, or ecosystem building; networking, mentoring, and match-making activities; entrepreneurship competitions such as hackathons or startup weekends; activities designed to support a target demographic; and innovation that helps facilitate the growth of many other companies. For comprehensive guidelines and other program details, visit [www.springboardny.org](http://www.springboardny.org).

Round One applications are due April 26, 2024 and more details about the program and how to apply and can be found here.

The Center for Regional Strategies, Main Light Strategies, Ralph C. Wilson, Jr. Foundation, Victor & Company and several community partners collaborated to lead the development of the pilot program.

**Spring 2024 Author Showcase**

*Article Contributed by  
Hazeltine Public Library*

Hazeltine Public Library is pleased to announce the popular author showcase will begin April 29. Each Monday night a local author will present a short talk about their work, the processes they use in writing and then be available to answer questions.

The series will be held at 6:30 PM Monday, April 29, in the Community Building at the rear of the Hazeltine Public Library.

Sally Ferguson who specializes in journaling will start the series on April 29. During the evening she will help you collect thoughts, jumpstart your writing, and share tips and tools for journaling and creating stories.

Painter, gardener, photographer and author Trenton Lutes will be at the library on May 6. He is currently working on book 3 of "The Terra-Healers"

Renowned writing coach Kathy Carlton Willis presents her lecture on May 13. Her focus is coaching/mentoring women and helping them experience 'aha moments'. She is a popular speaker for women's events, civic groups and more.

SWCS librarian Mary Zdrojewski will be at the library on May 20. Ms. Zdrojewski has written a YA fantasy book as well as a picture book "Wiser the Owl" that is used by school librarians across the state to help students learn about the research process.

**CONTINUED ON PAGE 14**

**Countywide Housing Market Assessment and Development Strategy Complete**

**New Document Will Assist with Addressing Housing Needs Across Chautauqua County**

*Article Contributed by  
Chautauqua County  
Partnership for Economic  
Growth*



The Chautauqua County Partnership for Economic Growth (CCPEG), in conjunction with the Chautauqua County Department of Planning and Development and housing-related stakeholders from across the County, has announced the completion of a countywide Housing Market Assessment and Development Strategy.

The assessment, which was conducted by MRB Group in conjunction with CCPEG's Housing Development Work Group partners, provides insights to the existing housing stock and market conditions, as well as current and future anticipated gaps. These insights, combined with stakeholder input, provided the foundation for the development of actionable strategies to address housing gaps and needs in Chautauqua County.

This Strategy was developed to help housing providers, municipalities, Chautauqua County agencies, and not-for-profit organizations identify solutions and prepare for future development that will ultimately meet the needs of the community's residents. It summarizes existing housing initiatives in the County, provides demographic and economic data, provides data-rich information on the current housing stock and real estate market, and offers strategies and recommendations for Chautauqua County and its partners to encourage and facilitate housing solutions that align with local priorities. Recommendations from this study will be used to guide housing policy decisions, encourage public-private collaborations, and be an instrumental tool for leveraging future funding opportunities.

The full Strategy can be found on the CCPEG website, [CHQPartnership.org](http://CHQPartnership.org).

we implement the Strategy's action items that will start to move the needle on improving existing housing conditions and creating new housing choices across the County. The top 19 action items have been prioritized in the Housing Strategy, and CCPEG's Housing Workgroup, municipalities, and partners will work together in order to carry out these action items," said Mark Geise, Deputy County Executive for Economic Growth and Chautauqua County Industrial Development Agency /Chautauqua Region Economic Development Corporation CEO.

Among the many recommended actions, Aldrich gave some examples of actions CCPEG itself will take, such as: identifying, preparing, and marketing top sites for development; expanding collaboration with the Chautauqua County Land Bank to address quality, safety, and blight issues; and identify vacant and underutilized sites and buildings in areas within and near downtowns, villages, hamlets, and main streets, and initiating pre-development work, among several others.

Partners for the Housing Strategy include CCPEG, Chautauqua County Department of Planning & Development, Chautauqua County Health Department, Chautauqua County Land Bank, Chautauqua Opportunities Inc., Chautauqua Home Rehabilitation and Rehab Corp., City of Jamestown, City of Dunkirk, Village of Sherman, and all other municipalities who participated.

**CHAUTAUQUA COUNTY HUMANE SOCIETY PETS OF THE WEEK**



**Daffodil**  
Daffodil is a little bundle of joy who fills every moment with her playful antics and endless affection. Her playful, goofy nature and her love for running and cuddles are truly heartwarming. She is hoping to find a home where she can continue to spread her love and joy. Daffodil is more than ready to bloom in a loving family that appreciates her playful spirit and sweet nature. Meet her soon at CCHS. Shelter No. RR179.



**Buddy**  
This big guy may still be young, but Buddy is an old soul. He is shy and quiet, and buries his gorgeous face in our armpits every time we pick him up. He would love to blossom in a loving home with a family to call his own. We believe his heart is enormous and just waiting for the moment to flourish and thrive! Won't yours be the family to give Buddy that moment?! Shelter No. RR179.

Chautauqua County Humane Society • 2825 Strunk Rd., Jamestown, NY • (716) 665-2209 • [www.chqhumane.org](http://www.chqhumane.org) • [cchs@chqhumane.org](mailto:cchs@chqhumane.org)

**Laurel Memorial Run/Walk Logo Contest Under Way**

*Article Contributed by  
The Resource Center &  
Filling the Gap*



Chautauqua County high school students can put their artistic talents to use by participating in a contest to design the logo for the 2024 Laurel Memorial Run and Walk, set for July 19-20. The person who designs the winning entry will receive a \$100 gift card to a business of their choosing.

Laurel Run was started in 1997 by Wayne and Elaine Hotelling of Silver Creek, in honor of their oldest daughter, Laurel, who died in 2017, had Down syndrome, and the Laurel Memorial Run/Walk seeks to raise awareness and appreciation about the achievements of people with Down syndrome and other types of disabilities. The Laurel Memorial Run and Walk raises money for Filling the Gap, Inc., which works with The Resource Center to support people with disabilities and their families in Chautauqua County.

Designs should be submitted by April 22 to: Laurel Run Logo Contest, c/o Filling the Gap, 92 Fairmount Avenue, Jamestown, NY, 14701 or [kayla.depane@fillingthegap.net](mailto:kayla.depane@fillingthegap.net).

Last year's winning design was created by Bradyn Stevens.

**Welcome All!**

**HOLY WEEK AND EASTER DAY SERVICES**

**FIRST LUTHERAN CHURCH**  
120 Chandler Street, Jamestown, NY  
716-664-4601



*The Rev. Mark E. Swanson, Pastor  
Brian A. Bogey, Organist/Choirmaster  
Kimberly King, Worship Leader &  
Coordinator of Contemporary Worship*

**PALM SUNDAY  
SUNDAY OF THE PASSION**  
March 24  
9:00 AM Contemporary &  
11:00 AM Traditional Services

**HOLY WEEK SCHEDULE**

- Holy Wednesday Service with Bishop Lee M. Miller II at 12 noon in the Chapel. Luncheon to follow in the Church Parlors
- Maundy Thursday Service at 12 noon in the Chapel
- Good Friday Service at 12 noon in the Chapel

**EASTER SUNDAY**  
9:00 AM CONTEMPORARY WORSHIP  
with Communion led by the Sacred Fire Praise Team  
10:30 AM SPECIAL EASTER MUSIC PRELUDE MUSIC  
Including Organ, Piano, Brass, Bell Choir & Vocal Solos  
11:00 AM EASTER DAY TRADITIONAL WORSHIP  
with Communion  
Celebratory Anthems by First Lutheran Choir  
Festive Hymns with organ and brass; Uplifting Liturgy & Sermon

**Christ is Risen! Alleluia!**

### Register Now for MHA Wound Care Summit

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



The free, all-day Regional Harm Reduction and Xylazine Wound Care Summit at the Chautauqua Harbor Hotel in Celoron, N.Y., is open to anyone.

Xylazine is a non-opioid sedative or tranquilizer, not approved for use in people, being used as a cutting agent for heroin and other street drugs. When not fatal, it can cause skin sores and infections so severe they require amputation.

Rescheduled from January and open to anyone, the free all-day Regional Harm Reduction and Xylazine Wound Care Summit is at the Chautauqua Harbor Hotel in Celoron on Wednesday, May 22. Co-hosted by the Mental Health Association in Chautauqua County (MHA), the Northeast and Caribbean Opioid Response Network and the Columbia School of Nursing in New York City, it includes a light breakfast and lunch.

Especially relevant for friends and family members of people who use substances and the staff of hospitals and rehabilitation centers, this is an opportunity to further your knowledge and experience regarding wound care. The principles and concept of harm reduction will be explored, providing participants with an accepting, compassionate and

kind way to support people in our community who use substances.

CASAC and Social Work CE credits are available, and CNE credits are pending.

Any questions can be addressed to Shannon.Fisk@MHACHautauqua.org.

With limited seating, registration is required at bit.ly/WoundCareSummit.

Free xylazine wound care kits, testing strips for xylazine and fentanyl, and Narcan, the brand name for naloxone, a non-prescription drug that reverses an opioid overdose, are available at both the Dunkirk and Jamestown MHA recovery centers. Visit MHACHautauqua.org or Facebook.com/MHACHautauqua for more information.

### Easter Memories

Article Contributed by  
**Scott Mekus**  
Eventz by Scott



Submitted Photo  
Scott, Ken and Chris Mekus with father Donald Mekus from Easter "back in the day" in Dunkirk, NY.

My two brothers (Ken Mekus, Chris Mekus) and I received this 3-foot solid chocolate bunny from my dad, Donald Mekus, at Easter one year when we were young kids in Dunkirk! Boy - we were so excited to see our dad and what he had for us. (My mom, Alice Mekus-Britt, and dad were divorced when we were young so we made the best of it.) Well, my mom thought it was just too much chocolate for us so she froze a portion of it to make her Christmas fudge and the rest of it...stay tuned!

She and her good friend Anna Barnes (R.I.P.) chopped up the remainder, wrapped the pieces in tin foil and decided to have a neighborhood kid scavenger hunt with them! My cousin Melodee Muccigrosso (Sager back then) was responsible for gathering all the 25-plus neighborhood kids to take them for a walk around the 6th/Washington/7th/Park square block to allow the two parents time to hide the chocolate. When we returned, it was every kid for themselves! Tin foil packets were all over 33 East Sixth Street! They were high, they were low, they were in trees and everywhere you'd go! There was laughter, and then there were tears because our dad's gift was no longer there - it was now in the

hands of all the neighborhood youngsters. Years later, we'd find those melted tin foil packets around the property and think about the crazy Easter event my mom and Anna concocted.

But in my adult years, I came to realize that my mom didn't design the hunt to make us mad about losing our chocolate from our dad, but to learn about SHARING. Thanks Mom for teaching us this important life concept and letting us never forget about our childhood friends from the neighborhood over 50 years ago... Happy Easter everyone!

### Spring 2024 Author Showcase

CONTINUED FROM PAGE 12

Bill Burk talks about his writings on June 3. His self-published book "Run! From Civil War to the NFL; the Jehuu Caulcrick Story" is the true narrative history of a boy who escaped the Liberian civil war.

Poet Alicia Willsie will be the June 10 speaker. Her writing has spanned 30 years and she has several published works of poetry. Local genealogist and historian Adrienne Ploss will continue the story of her family farm on June 17.

Hunting enthusiast Steve Sorensen concludes the spring series on June 24. His passion for the outdoors and the rural aspects of life have resulted in 30 awards, several publications

about hunting and a series of magazine articles.

Each author will have books available for sale and signing and they will take questions after their presentations. The series is free and open to the general public. Reservations are appreciated for each individual lecture.

The Hazeltine Public Library is located at 891 Busti Sugargrove Rd., off street parking is available and the Community Building is accessible. Those interested are learning more or making reservations are invited to contact the library at 716.487.1281.

Hazeltine Public Library is a proud member of the Chautauqua Cattaraugus Library System.

### In Loving Memory of RUPERT CHARLES LOUCKS

Rupert Charles Loucks, an historian by both profession and avocation, died on January 5, 2024, in York Hospital, Shippensburg, Pa., aged 87. He was born January 25, 1936, in Jamestown, New York, the son of Charles T. and Rachel Hoyt Loucks. He graduated from Cassadaga Valley Central School as valedictorian in 1953. By that age he was already locating and transcribing stones in numerous small, neglected cemeteries around the county. Rupert was one of the last surviving charter members of the Fenton Historical Society (then so called).

Rupert continued his education at JCC, and Binghamton University's Harpur College where he graduated summa cum laude and valedictorian. At JCC he won the Board of Trustees award as outstanding student graduating with an Associate in Arts degree and the Sarita Hopkins Weeks award for the graduate with the highest scholastic excellence. He was also editor of the student newspaper and business manager for "The Lamp" student yearbook. He graduated in 1955. He subsequently earned master's and doctoral degrees at the University of Wisconsin-Madison, specializing in the Colonial and Revolutionary eras of United States history. He initially taught at the University of Hartford. From 1969 until his retirement in 1997, he was a member of the University's history-philosophy department. In addition to U.S. topics, Rupert enjoyed teaching perspectives-enriching world history courses.

He seized opportunities to integrate into the classroom art and architectural history and other material-culture oriented themes that were central as well to his wide-ranging avocational interests. During both his teaching and retirement years, he enthusiastically embraced history-related projects involving cooperative community and campus interaction. Most noteworthy were various historic preservation enterprises. He was a driving force in the 1980s historic structures survey project that culminated in the HARB-administered Shippensburg Historic District. Independently, he pursued the parallel application process that secured for Old Main and the other four original Shippensburg University buildings their National Register designation as the Cumberland Valley State Normal School Historic District. That campus enterprise coincided with the major restoration and renovation of Old Main, including its Chapel, a project in which he actively participated. In the course of that preservation activity, Rupert became the resident expert on the evolution of the community's historic streetscape. He happily shared both his insights and his enthusiasm for the preservation cause with classroom students, walking tour participants, and area organizations. Sometimes he integrated into such sessions tours of his cherished historic downtown residence, which is still only partially restored and renovated. The area organizations figuring into that cooperative campus-community preservation activity

included the Shippensburg Historical Society, in which he was particularly active during the 1980s. Those integrative enterprises also involved the Shippensburg University Arts and Humanities Outreach Center, which he directed for several years.

Despite the brevity of his former residence in Chautauqua County, Rupert always maintained his strong family and personal ties with that region and adjacent communities in Warren County, Pennsylvania. He devoted much of his time back home to exploring the role, from the 1790s on, of his paternal- and maternal-line family members in the settlement and development of that interstate-border area. Rupert's mother was Rachael Hoyte and his ancestral surnames included Blodgett, Root, and Seymour. His numerous donations to the Fenton History Center from his extensive collection of family heirlooms always included extensive genealogical and provenance information.

During his retirement years, he continued pursuing his life-long gardening and travel interests, as well as editing manuscripts for colleagues and friends. He was preceded in death by his younger siblings, Richard Hoyt Loucks, in 1971, and Jean Loucks Estus, in 2006. His immediate survivors are a niece and nephew, Tracy Estus Paxton of Jamestown and Russell Estus, and his wife, Anna, of Frewsburg, New York, as well as their respective children and grandchildren. His surviving kinfolk also include myriad cousins around the nation and in Ontario, many of them several times removed and bonded by common genealogical interests. He also leaves behind a host of close friends, several of whom live overseas, including, most notably, Iceland and Scotland.

The Fogelsanger-Bricker Funeral Home is in charge of the cremation arrangements. A memorial service will be held April 27 in Shippensburg University's Old Main Chapel. His remains will be interred in family plots in three cemeteries in this area. They are the Busti and Fluvanna cemeteries and Foster Cemetery, Lander, Pennsylvania. Thus, his remains will lie in close proximity to those of Loucks-line forebears of the six preceding generations. Memorial gifts may be directed to the Shippensburg Emergency Services Building, 20 Walnut Bottom Road, Shippensburg, PA 17257, the Shippensburg Public Library Endowment Fund, 73 West King Street, or a charity of choice. Online condolences may be expressed at www.fogelsanger-brickerfuneralhome.com.

Rupert never owned a car. When he visited the area, he stayed with relatives such as the late Pete and Betty Johnson of Jamestown. He walked all over town or got rides with friends eager to share his knowledge and company. He had exhaustive knowledge of the past of many rural neighborhoods and families. His contribution to our knowledge of early rural cemeteries are his enduring legacy.

### PUZZLE SOLUTIONS

Grid of numbers for puzzle solutions.

Grid of letters for puzzle solutions.

### Women's History in Southwestern NY: Thank You, Miss Ophelia

CONTINUED FROM PAGE 11

should let well enough alone." But the clubs pushed forward and two women were elected that year.



Submitted Photo  
A sketch of Ophelia's from her youth, courtesy of Rachel Brown

One of the rallying cries for woman's suffrage echoed that of our founding patriots: "No taxation without representation!" In 1902, the fifteenth annual convention of the Chautauqua County Political Equality Club was held at the home of Mrs. Carrie Hanson of Fluvanna. A couple of the local club members had taken on the painstaking chore of compiling a list of taxpayers in Jamestown. This task had taken two days but in the end they were able to show that fully one-third of the city's taxpayers were women. Think of it! One third of the city's citizens paid taxes but weren't allowed to vote!

Miss Ophelia continued to attend local, county, and even state meetings for woman's suffrage, as well as Grange conventions in the state, while operating the summer hotel at Martha's Vineyard. On March 30, 1917, she turned 80 years old. A guest book on this momentous occasion shows the event was attended by over 100 people, including many members of the Political Equality Club. Another milestone would be reached in November of that year - one that Miss Ophelia and others had worked long and hard to achieve; an amendment to the New York State Constitution was approved giving women

the right to vote. New York was the first Eastern state to fully enfranchise women, though it would be another three years before the U. S. Constitution was amended, giving the right to all.

Ill health prevented Ophelia Griffith from exercising her hard-won right. She died April 13, 1920, two weeks after her 83rd birthday. It is safe to say that without the courage and determination of Miss Ophelia and the other women of Chautauqua County, we would not be celebrating over 100 years of women having the right to vote in New York State.

### Sign Up Now for your April Chamber of Commerce Events



April 11:  
**Business After Hours**  
Mazza Chautauqua Cellars, Westfield  
5-6:30 p.m. - free for members,  
\$10 for non-members

April 19:  
**Annual County Executive Breakfast**  
Chautauqua Harbor Hotel, Celoron,  
8 a.m. - \$25 for Chamber members,  
\$29 for non-members

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## Falconer, Panama Earn High School Bowl Victories at SUNY JCC

Article Contributed by  
**SUNY Jamestown  
Community College**

Falconer Central School defeated Southwestern Central School 46-44 in a recent Media One High School Bowl match at SUNY Jamestown Community College.

In another match, Panama Central School topped Frewsburg Central School 35-5.

Declan LaForest of Falconer, Philipp Meyer of Southwestern, and Abby Becker and Xander Gould of Panama earned Player of the Match honors.

Falconer (2-0) was represented by LaForest, Wyatt Bell, Marcella Seekings, Josh Erickson, Isabella Anderson, JC Hannon, Madelyn Conner, Hunter Braley, Lexi Cross, and Lydia Potter.

Southwestern (1-1) team members were Meyer, Brayden Haaksma, Sterling Wynham, Sharlenna La, Matthew Lefler, Nolan Lefler, Cooper Degnan, and Hunter Kestler.

Becker, Gould, Lauren Gibbs, Ian Heath, and Liz Anderson competed for Panama (3-0).

The Frewsburg (1-1) team included Olivia Nelson, Madasyn Lander, Grace Gilevski, Mathias Sanfilippo, Ella Fuller, Claire Spielman, and Aiden Haase.

High School Bowl, in its 62nd year, is produced by Media One Group in cooperation with JCC.

Sponsors include Jamestown Community College and the JCC Alumni Association, Weinberg Financial Group, Chautauqua County Humane Society, Pepsi, Chautauqua Region Community Foundation, Chautauqua County Industrial Development Agency, Honest John's Restaurant and Pizzeria, and Southern Chautauqua Federal Credit Union.

High School Bowl airs at 11 a.m. Saturdays on WJTN (1240 AM and 101.3 FM) and at 7 a.m. Sundays on SE-93 (93.3 FM).

## Dining in the Dark Returns for its 12th Year!

Article Contributed by  
**Chautauqua Blind  
Association**

CBA Vision Rehabilitation Services is pleased to announce the return of its annual Dining in the Dark event on April 12 at the Chautauqua Harbor Hotel in Celoron, NY. This event is a unique sensory experience that allows guests to dine without the sense of sight.

The event will begin at 5:30 p.m. with a social hour, featuring a cash bar and silent and live auctions. The silent and live auctions will provide guests with the opportunity to bid on a variety of items, with the proceeds going towards CBA Vision Rehabilitation Services. At 6:15 p.m., dinner seating will begin, with each guest being blindfolded and escorted to their table by a sighted guide. The dining experience will consist of a 3-course meal, designed to tantalize the taste buds and heighten the senses.

Gene West, President of CBA Vision Rehabilitation Board of Directors, explained that the event raises funds and awareness for the programs of CBA, which are aimed at education, prevention and supporting visually impaired individuals. Their programs include Vision Rehabilitation, Orientation and Mobility Training, Vocational Rehab, and the Youth Vision Screening program.

Megan Maynard, newly appointed Executive Director, welcomed the community to attend, stating: "The dining experience offered is truly unique as it allows guests to enjoy a delicious meal without the use of their sight. This presents a wonderful opportunity to walk around, interact with others, and gain a better understanding of what it's like to be visually impaired.



Additionally, this is a great chance to learn more about CBA's programs."

CBA has been serving the area for over a century and has initiated several programs for the benefit of the community. Formerly known as Chautauqua Blind Association, they continue to serve visually impaired clients in and outside their homes, as well as vision screen over 4,300 children in Chautauqua and Cattaraugus County in 2023. The screening program identifies children with vision disorders and eye abnormalities, working with schools to then refer these children to area eye care professionals for further evaluations and/or treatment.

Also, to ensure that follow-up treatment is received for these children, CBA created the Sight for Success Program in 2019 for children with financial needs. Following the untimely death of Dr. Timothy Grace, many individuals made donations and memorials in his honor, leading to the formation of the Dr. Timothy Grace Sight for Success Program. This program continues to keep Dr. Grace's passion for eye health alive.

Dinner reservations for the event are \$65 per person and are appreciated by Tuesday, April 2. Reserve online at: cbavision.org or call: 716-664-6660.

## First Lutheran Church to have Special Music on Easter Sunday

Article Contributed by  
**First Lutheran Church**

The First Lutheran Church will have special music at both the 9 a.m. Contemporary Worship Service and the 11 a.m. Traditional Worship Service on Easter Sunday, March 31st. The 9 a.m. Contemporary Easter Service in the lower level of the church will celebrate "Christ is Risen" with Holy Communion. The service will include Easter music, scripture readings, the Easter message by Pastor Mark E. Swanson, as well as observing Holy Eucharist. Congregational songs lead by the Sacred Fire Team will be "He is Risen," "Glorious," "Remembrance" sung at the communion, and "All the Earth Will Sing Your Praises."

Childcare is provided at both worship services. The Contemporary Service is family friendly in a relaxing environment and about 45 minutes in length. The service will be video recorded and available online via the following: Facebook, Vimeo, and the Church website www.flcjny.org. The Sacred Fire Praise Team members include Kimberly King, Worship Leader & Coordinator of Contemporary Worship, Les King, Andrea Magnuson, Doug Anthony, Elaine Rissel, Brenda Ecklund, and Jonah Gruber.

There will be a half hour of special prelude music beginning at 10:30 a.m. prior to the 11 a.m. Traditional Worship Service in the church nave. Musical selections will include organ & piano solos *Easter Morning*, *Joyous Dawning* by Margarethe Hokanson, *Prelude in B Minor* by J. S. Bach, and *There is No Greater Love* - arr. by Harold De Cou, performed by Brian A. Bogey; a vocal duet, *Behold the*

Man arr. by Tom Fetteke and sung by Peter & Kimberly Larson; a trumpet solo, *Andante from the Trumpet Concerto in B-flat* by Franz Joseph Haydn and performed by Brandon Caruso; *Fanfare for Easter* by Sondra Tucker, and performed by the Good News Handbell Ensemble directed by Karen Linn; and *Because He Lives* by William & Gloria Gaither, sung by Julie Costantini.

The 11 a.m. Traditional Worship Service with Holy Communion and Pastor Mark E. Swanson preaching, will include festive Easter congregational hymns with organ and brass including *Jesus Christ is Risen Today*, *Now All the Vault of Heaven Resounds*, *That Day with Joy was Bright*, and *Thine Is the Glory*. The choral anthems sung by the First Lutheran Choir will include *Early in the Morning* by Clifford McCormick and *Be Joyful and Sing* by Benjamin Harlan, accompanied by organ and trumpets. During communion Marika Koch, soprano soloist, will sing *Alleluia* (from *Exsultate, Jubilate*) by Wolfgang Amadeus Mozart. The organ postlude will be *Carillon de Westminster* by Louis Vierne.

Worship participants at the 11 a.m. Traditional Worship Service will include the Rev. Mark E. Swanson, Pastor; Brian A. Bogey, Organist/Choirmaster; Brandon Caruso and Glenn Utter, trumpeters; Julie Costantini, Liturgist; Fran Guichard, Lector; and Marika Koch, Hymn Cantor. This service will also be video recorded on our First Lutheran Church Facebook page, and on our church website www.flcjny.org. The public is cordially welcome to attend.

## "Bloom" by Rose & Grace Studio: A Women in Business Networking Event

Article Contributed by  
**Rose & Grace**

Thursday, March 21, Erica Rose and Oksana Miller hosted a women in business networking event in downtown Jamestown at the new Rose & Grace Studio. This sold out event welcomed over 55 women from Jamestown and the surrounding areas to connect, collaborate and be inspired. Erica Rose is the owner of Rose & Grace Studio, a 2500 square-foot, one-hundred percent natural lit studio available for rental use by photographers, brands and businesses.



Submitted Photo  
Erica Rose, owner of Rose & Grace Studio, and Oksana Miller

Oksana and her husband, Luke, where they use their social run an Instagram and Facebook account called "CHQdatenight"

platforms to highlight some of their favorite local businesses.

## This Week Around Town

**MARCH 26**  
**CCE Spring Lunch & Learn Series - Food Preservation "Scavenger Hunt"** - 12pm-12:30  
Cornell Cooperative Ext. Offices or via Zoom  
For info & to register: <https://chautauqua.cce.cornell.edu/gardening> or 716-664-9502 x224

**Children in the Stream/4H Youth Fly Fishing Program** - 7pm-8:30pm  
Free Fly Tying/Fly Fishing Classes for Adults and Youth  
Costello Room in the Rockefeller Art Center  
SUNY Fredonia  
For info: 716-410-7003 or albertorey.com

**MARCH 27**  
**Registration Deadline: Mud Camp**  
March 28, 9am-3pm  
Audubon Community Nature Center  
For info: (716) 569-2345  
[www.auduboncnc.org](http://www.auduboncnc.org)

**Lecture Series: Experiencing Kenya**  
2pm-3pm  
Lake Shore Center for the Arts, Westfield  
For info: <https://lakeshorecenterforthearts.com/events/experience-kenya-lecture-series/>

**Movies at The Reg - Drive-Away Dolls**  
7pm - 8:30pm  
Reg Lenna Center for The Arts  
For info: <https://reglenna.com/events/movies-the-reg-drive-away-dolls>

**Entry form Deadline: Come to the Table for CASA**  
Info at: [www.ChautauquaCASA.com](http://www.ChautauquaCASA.com)

**MARCH 28**  
**Clue, the Stage Play - 7:30pm**  
Main Street Studios Fredonia  
For tickets: [mainstreetstudios.seatyourself.biz](http://mainstreetstudios.seatyourself.biz)

**Piano Improvisation Concert - 8pm**  
SUNY Fredonia - Juliet J. Rosch Recital Hall  
Free and open to the public

**MARCH 29**  
**Easter Bunny at Chautauqua Mall - 12-4pm**

**Piano Improvisation Workshop - 4pm-5:50pm**  
SUNY Fredonia - Mason Hall Room 1080  
Free and open to the public

**Clue, the Stage Play - 7:30pm**  
Main Street Studios Fredonia  
For tickets: [mainstreetstudios.seatyourself.biz](http://mainstreetstudios.seatyourself.biz)

**Audubon Lights - 8:15-10pm**  
Audubon Community Nature Center  
For paid reservations: [AudubonCNC.org](http://AudubonCNC.org)

**MARCH 30**  
**Peeps Pairing at Liberty Vineyards**  
10am-6pm  
Liberty Vineyards & Winery, Sheridan

**Bemus Point Easter Egg Hunt - 10:30am**  
Bemus Point Golf Club & Tap House  
For info: [www.visitbemuspoint.com](http://www.visitbemuspoint.com)

**City of Jamestown Easter Egg Hunt - 11am**  
Allen Park  
For info: [www.facebook.com/CityOfJamestownNY](http://www.facebook.com/CityOfJamestownNY)

**Adult Only Easter Egg Hunt - 11am-3pm**  
21 Brix Winery, Portland  
For info: <https://21brix.com/pages/events-calendar>

**Easter Eggstravaganza**  
Ages 2-6 1pm • Ages 7-11 1:15pm  
Koinonia Christian Fellowship, Frewsburg  
Info: Katie 716-450-3114

**Easter Bunny at Chautauqua Mall - 12-4pm**



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## Five Holy Week Services & Events in 4 Days at Christ First

Article Contributed by **Christ First United Methodist Church**

Five services and events will observe the solemnity of Maundy Thursday through the joy of Easter Morning at Christ First United Methodist Church at 663 Lakeview Ave. in Jamestown.

During the Maundy Thursday service at 6:30 pm, the Chancel Choir will be accompanied by Cathy Regis-Green on violin.

At the Good Friday service at 6:30 pm, the impact of Good Friday when all hope seemed lost forever will be contemplated. The Rev. Jenni Piatt's sermon is, "Why?"

On Saturday, area children will

search for 1,800 Easter eggs hidden in the church's courtyard beginning at 11 am.

An early Easter morning service will begin at 6 am outside in the church courtyard if weather is favorable, or in the chapel if it is not.

A jubilant Easter service at 10 am includes the Chancel Choir's performance of "Easter Alleluia," conducted by Steven A. Woods, Director of Music, and accompanied by Andy Schmidt, Organist. In addition, "Jump for Joy," the church's liturgical dance troupe, will also perform.

All are welcome; phone 716-664-5803.



## Nominations Sought for SUNY JCC Distinguished Alumnus Award

Article Contributed by **SUNY Jamestown Community College**

The Career Community Awards are given in six areas of study that represent all the majors and programs at SUNY Jamestown Community College, and are given to those outstanding in their field.

Nominations are due by May 1 and can be made online at sunyjcc.edu/alumni.

All nominations are reviewed by a selection committee which includes representatives of the Alumni Association board of directors and SUNY JCC faculty and staff. Awards will be presented at the JCC Foundation Awards Gala on Nov. 6 at the Chautauqua Harbor Hotel in Celoron.

The full list of past recipients can be viewed at sunyjcc.edu/alumni.

Nominations are sought for the 2024 Distinguished Alumnus Award and Career Community Awards that are given by the SUNY Jamestown Community College alumni associations at the Jamestown and Cattaraugus County campuses.

Since 1980, the Alumni Association has presented accomplished SUNY JCC alumni with the Distinguished Alumnus Award, the association's highest honor. The award is given to those who have typified the college's tradition of excellence and brought credit to the college through personal accomplishment, professional achievement, or humanitarian service.



# Hoppin' Around Town



Lilia & William Weston



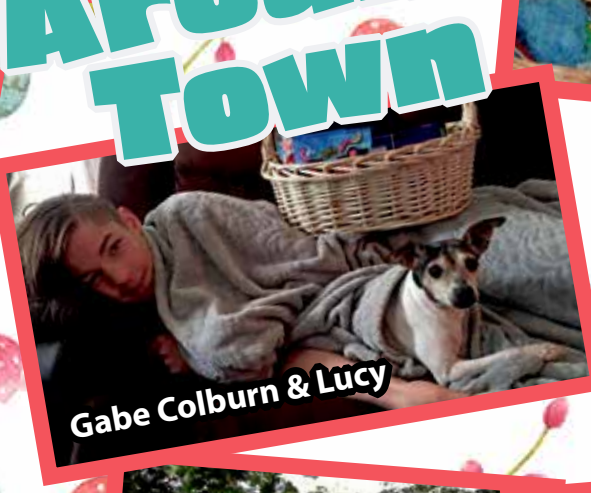
Gavin Rogers



Ashley, Emma, Lizzie, Ryan Schrechengost



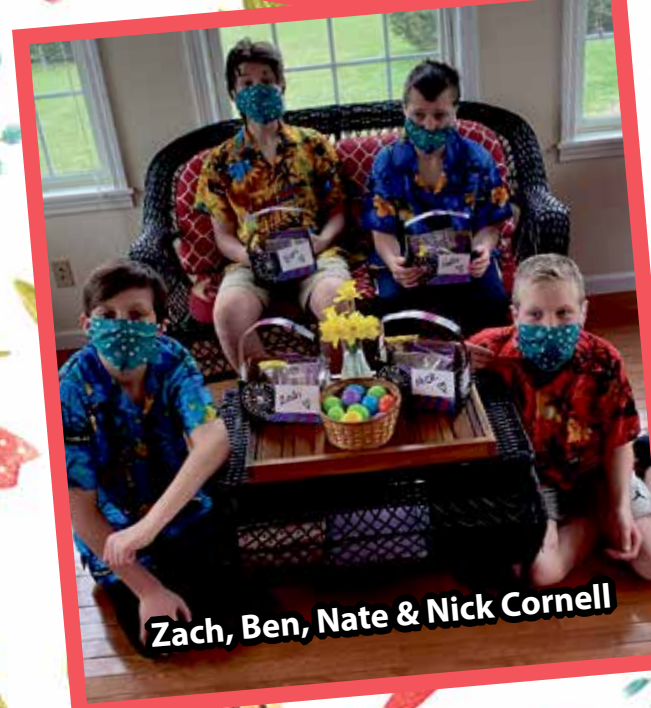
Anjolina Nazarro



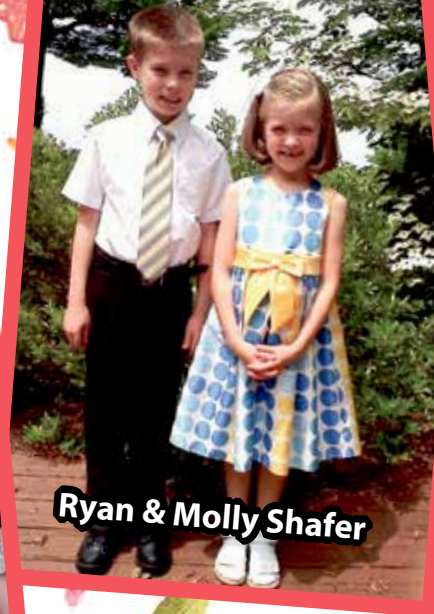
Gabe Colburn & Lucy



McKenna & Ruby Lombard



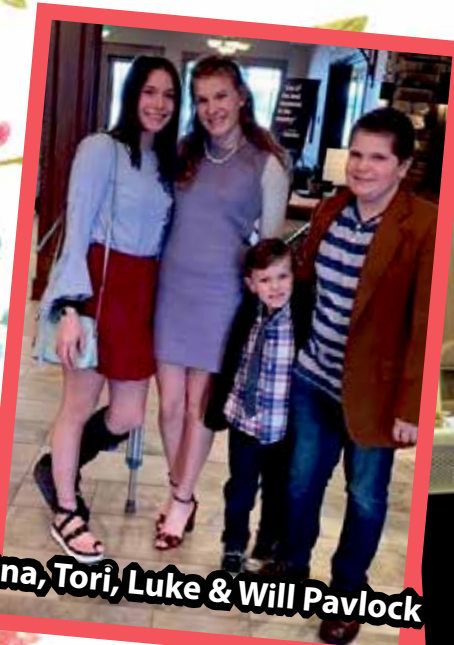
Zach, Ben, Nate & Nick Cornell



Ryan & Molly Shafer



Sophie Stevens, Lois Keyes & Carter Stevens



Ana, Tori, Luke & Will Pavlock



Trevor & Tyler Hudson



Taylor & Carter Gustafson

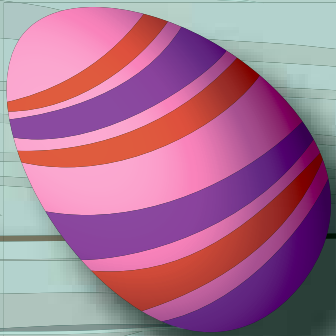


David & Hope Marshall



Luke & Brock Bowman

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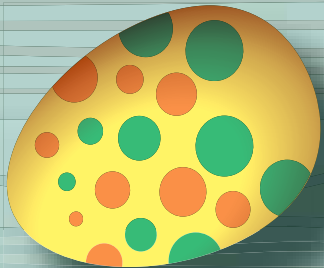
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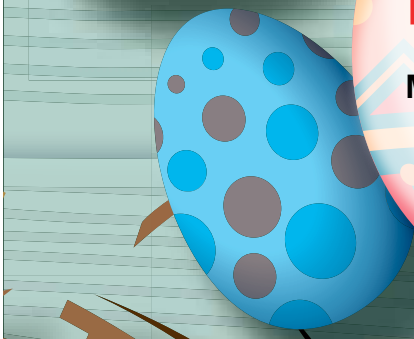
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