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Mother's Day Edition



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Sheila with daughters Claire and Hannah at Christmas several years ago.

Featured Writer

Sheila McCarthy Webster,

Director of Marketing & Communications, Chautauqua County Chamber of Commerce

From the pain of childbirth to the first day of kindergarten; from prom to college graduation to marriage and all the milestones before, during, and after, mothers cry. We just do. It's not that we are

hurting, or sad (even though we sometimes are). It's mainly that we are overjoyed, proud and amazed that time has flown by so quickly. Being a mother is demanding work. It's those moments of pleasure and wonder that break the routine and cause us to catch our breath.

As a mom of two daughters who are now adults, just writing this gives me pause. It's hard to capture the essence of a three-decade time

span in just a few paragraphs. Our daughters have been the catalyst for most of life's ups and downs for an exceptionally long time now. We watched in awe as they tackled relationships, academics, athletics, music, art, careers and more. We tried to guide them through struggles and always cheered their successes.

CONTINUED ON PAGE 16

Nurses Make the Difference

Celebrating National Nurses Week: May 6-12

Featured Writer Ioni Blackman

American Nurses Association has selected "Nurses Make the Difference" as their theme 2024. The theme honors the incredible nurses who embody the spirit of compassion and care in every health care setting.

Nurses are the heart of healthcare. There are 5.2 million registered nurses in the United States. Nursing represents the country's single largest healthcare profession. National Nurses Week begins each year on May 6 and ends on May 12, Florence Nightingale's birthday.

"Nursing in an art; and if it is to be made an art, it requires as exclusive a devotion, as hard a preparation, as any painter's or sculptor's work." —Florence Nightingale (1820-1910)

Miss Nightingale is considered the founder of modern nursing. A British citizen, she was born May 12, 1820, in Florence, Italy, hence her name. Her family was wealthy and expected her to follow the traditional path to marriage, however she felt God wanted her to make a difference. By 1853 she had received

CONTINUED ON PAGE 16



Florence Nightingale Founder of Modern Nursing - born 1820 JAMESTOWN GAZETTE May 6, 2024

The Gazette proudly recognizes

April Colburn

our senior graphic designer, and one of the hardest working, most talented supermoms we know!







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Editorial with Lori Cornell

My Mom



Owner & Publisher

Lori Cornell

Happy Mother's Day to all the

moms out there, most especially

We unfortunately will not be

spending Mother's Day together

this year as she undergoes long-

awaited surgery in Florda.

(Thank you for your prayers!)

She and my dad are snowbirds,

heading to outside of Orlando

each winter. They recently

discovered a surgeon there to

finally address the constant pain

and hampered mobility a spinal

however, has been postponed

and rescheduled for one reason

or another three times in the

last frustrating three months

preventing my parents from returning to their Dunkirk

homestead within their usual

Through it all, my mom has been

true to form, spending her days

praying and caring for her grown

children and grandchildren from

afar instead of thinking of herself.

Our phone conversations are

nearly always the same, a few

words about her latest medical

hurdles and then a barrage of her

typical mom-concern: "Are you

getting any sleep? How is the

paper? Should you buy or rent

chairs for the grad party? Is Zach

ok? Did Nate decide college?

springtime cycle.

prolonging her pain and

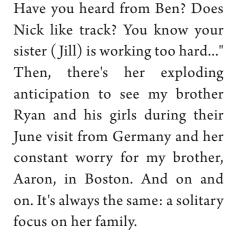
surgery,

issue has caused her for years.

prescribed

The

to my own: Rita Mrowka.



Her approach to back surgery her refusal to ever put her own problems and needs first - once again exemplifies my mom's selfless approach and no doubt epitomizes the true meaning of Motherhood: to love another more than one could possibly

ever love oneself.

This love transcends age, time and space. A mother remains always a mother, no matter how old her children become or where they might be. As the mother of four quickly growing children myself, my mom taught me that there is no greater achievement, no greater title, than to work hard each day as your children's mom. It's a job of greatest joy, greatest heartache, unintended failings and resounding recommitments to give them the world.

While popular culture may deem it taboo to declare the words "You're acting just like your mother," I am proud to endeavor Rita Mrowka's example.

Ever-present and supportive, the unfailing backstop, a constant - my Mom.

In closing, I would like to pay tribute to two close friends who will be celebrating their moms as they look down lovingly upon them from heaven this Sunday. May Grace Velk and Nancy Brooker rest in peace.





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SUBMISSION DEADLINES

Thursdays at 5:00 pm



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

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Chautauqua County Senior Living Communities Win Prestigious US News & World Report Awards

Article Contributed by

Culture Care Senior Living

Culture Care Senior Living is thrilled to announce that all three of its Chautauqua County Senior Living communities have been honored with the prestigious "US News & World Report Best in Assisted Living and Memory Care" Award. This recognition, bestowed upon only 50 out of nearly 600 communities across New York State, underscores the exceptional care and service provided to seniors. Following a rigorous evaluation process by US News & World Report, which included surveys of residents and their families, The Magnolia in Frewsburg, Tanglewood Manor, and Memory Garden in Jamestown were recognized for their outstanding care and service.

CEO Gary Rohinsky expressed his gratitude to all Culture Care Team Members for this significant achievement, emphasizing their unwavering dedication and passion in ensuring the highest level of care for residents. The communities' success in both Assisted Living and Memory Care categories reflects their commitment to excellence.

Vice President of Community Outreach, Hnatyszyn,

acknowledged the remarkable dedication of the teams at these communities, emphasizing tireless efforts in going above and beyond to fulfill the organization's mission. This achievement adds to the numerous awards received by the communities over the past two years, highlighting their ongoing commitment to excellence.

To celebrate this achievement, Culture Care Senior Living is launching the #HereToCare campaign. This three-month initiative will focus on the three pillars of their mission: residents/seniors, team members, and the community. The campaign will culminate in a community-wide #HereToCare event at the end of July, celebrating the collective effort and dedication of all involved.

As part of the campaign, Culture Care Senior Living invites collaboration and participation from the community. For inquiries or to join in their journey to help others, please email heretocare@ careisourculture.com.

We are grateful to our residents, their families, and all community members for their continued support and trust. Together, we will continue to make Chautauqua County a place to love for our seniors and the community at





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Rotary Auction Returns!

Article Contributed by

Rotary Club of Jamestown

The Rotary Club of Jamestown has brought back its hugely popular auction of years gone by but with a new twist. Three long-time members, all past presidents of the organization, have taken up the reins to give the Rotary Auction fundraiser new life... and indeed it has developed a life of its own.

The Rotary Club Treasure Trove Auction is scheduled to physically begin at 5PM, Saturday, May 18 at the Moon Brook Country Club, originally founded by the Rotary Club in 1919. Mike Roberts, Vince Horrigan, and Tim Edborg have certainly come up with a great idea as tickets for the affair are completely SOLD OUT!

DIAMOND sponsors of the event are UBS Financial Services, Northwest Bank, and Weber Knapp. PLATINUM sponsors are Allied Alarm Services, Inc., Southern Chautauqua Federal Credit Union, UPMC Chautauqua, TJ's Plumbing & Heating, and Ahlstrom-Schaeffer Corporation. GOLD sponsors include Slone Melhuish Insurance, Artone LLC; and Hope's Windows, Inc; SILVER

sponsors are National Fuel; Barb & Vince Horrigan, Cummins Jamestown Engine Plant, The Resource Center, Lisa & Andy Goodell, Truck-Lite, and Serv Pro of Jamestown-Olean.

Despite the sold-out event, additional supporters may still participate by registering to bid on-line following all pertinent information listed at JNYrotary.afrogs.org. The on-line bidding will begin May 1st and continue until May 18 at 12:00 NOON. Before the online bidding ends at NOON, the bidder should enter an ABSENTEE BID - that is the highest amount of money the bidder is willing to pay for an item should someone bid higher during the live auction.



Treasure Trove Auction Chairmen, left to right, Mike Roberts, Tim Edborg and Vince Horrigan, admire auction items up for bid beginning 5/1/24 at JNYrotary.afrogs.org.

When the physical auction at Moon Brook begins at 7:30 PM, under the direction of Auctioneers Chuck and Ben Ludwig, live bids will start at the last amount entered by online participants. When the bidding is over, the absentee bids will be opened, and the item will go to the highest bidder.

> There are approximately thirty fantastic items that will go up for bid at the live auction and they include: a Taylor Swift signed guitar, a signed Buffalo Bills Josh Allen jersey, a cocktail

cruise and flaming steak dinner, a RICOH color copying system, an Old Rip (Pappy) Van Winkle 10 year bottle of bourbon, a 3 night stay for four people in a 2 bed/2 bath NYC apartment (near Columbus Circle) and tickets for a Yankees/ Cleveland game August 20-22 in the Legends box at Yankee Stadium and a 3 BD/4 bath Presidential Villa and golf package at Vidanta's Grand Luxxe in Puerto Vallarta, Mexico for January 24-31, 2025. All are listed at JNYrotary.afrogs.org.



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St. Susan Center Receives 40,000 **Pound Food Donation**

Article Contributed by

St. Susan Center

"The St. Susan Center, a soup kitchen based in Jamestown, New York, celebrated a monumental moment Tuesday as they welcomed a generous donation of 40,000 pounds of food."

"A semi-truck laden with this bountiful donation from the Church of Jesus Christ of Latter-Day Saints arrived this week in a remarkable of generosity, spearheaded Falconer, NY native

Sam Ognibene, which showcases the spirit of compassion and unity within our community.

"We hope this donation showcases togetherness and unity of effort sharing the food with all of the community showcasing the love we show at the St. Susan Center,"" said Cherie Rowland, Executive Director of the St. Susan Center.

The center extended invitations to partners, pantries, community members, and local officials to join in celebrating this significant contribution, which not only bolsters St. Susan's mission to feed those in need, but also, promises to have a farreaching impact across Western New

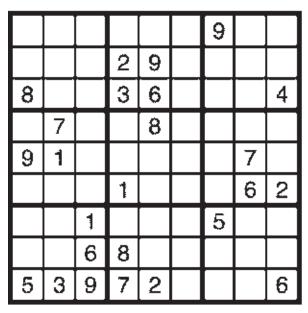
All donated food items are shelfstable and capable of lasting, ensuring their availability to those who need them most. The St. Susan Center will distribute the donations not only within its own operations, but also to Feedmore WNY and other local food pantries across Chautauqua and Cattaraugus Counties.

> "St. Susan's is so grateful to $the\,Church\,of Jesus\,Christ$ of Latter-Day Saints for this enormous gift of 40,000 pounds of food,"" expressed Cherie Rowland, ""This gift will enable us and so many other pantries in our

area to meet the needs for food in our community."""

"Since the beginning of the year, St. Susan's has served over 16,000 meals, with plans to provide 60,000 meals by the end of 2024. This generous donation not only supports these efforts but also reinforces the collective commitment to combating food insecurity in our region.

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

	10	10						10					10	140
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		+	
02					63				J		64			

Jamestown's Got Pride

Article Contributed by

Jamestown Pride

The Jamestown Pride planning committee hosts its second Community Meeting Thursday, May 9, 6:30–8 p.m. at the Mental Health Association, Door 14 in the rear of the Gateway Building, 31 Water Street.

The event includes volunteer training, community discussion, and unveiling the Jamestown Pride Entertainment and Event Calendar. Refreshments will be served.

To join via Zoom, visit Jamestown Pride's Facebook page, JamestownPride.

The 2024 Jamestown Pride Event is Saturday, June 8, in downtown Jamestown. Pride vendors and community organizations will have tables and activities 10 a.m.-2 p.m., in cooperation with the Jamestown Public Market. Live entertainment is scheduled in the Wintergarden Plaza (313 North Main Street), culminating with a drag performance by Thee Suburbia from 2–4 p.m.

To volunteer, community members can sign up at https://bit.ly/ JPrideVol to assist with set-up, tear-



Pride 2023 sidewalk art.

down, and other event needs. Email info@jamestownpride.com questions or for more information.

This year's Presenting Sponsor is Evergreen Health. Sponsorship opportunities are available at a range of price points; Jamestown Pride corporate/ welcomes individual, and nonbusiness, profit sponsorships. Contact info@ JamestownPride.com to learn more and receive a sponsorship packet.

Learn more at JamestownPride.org, Jamestown Pride's Facebook page Facebook.com/JamestownPride, or email info@jamestownpride.com.

CLUES ACROSS

- 1. Lions do it
- 5. In favor of
- 8. Rest here please (abbr.) 11. Pulpits
- 13. Leisure activity
- 14. Fertility god
- 15. Financial obligations
- 16. When you anticipate getting somewhere
- 17. Spanish river 18. Sporting events
- 20. Type of tree 21. Ceased to be
- 22. Persons
- 25. Synthetic resin
- 30. Relates to photochemical reactions
- 31. Father

- 32. Former Cowboys coach
- 33. City in Finland
- 38. Run batted in
- 41. Got through
- 43. They darken skin 45. In a harmful way
- 48. Form of weaving
- 49. City of Angels hoopster
- 50. Caucasian language
- 55. Syngman ___, Korean president
- 56. Sun up in New York
- 57. Paddled 59. Fishes
- 60. Affirmative
- 61. Nimble
- 62. Doctor of Education
- 63. Soviet Socialist Republic
- 64. A small island

CLUES DOWN

- 1. Cool!
- 2. Hebrew unit of measure
- 3. Swedish rock group
- 4. College army
- 5. Favor over another 6. Called it a career
- 7. Egg-shaped wind instrument
- 8. Israeli statesman
- 9. Hurries
- 10. Slog
- 12. Midway between south and southeast
- 14. Benedictine monk
- 19. Self-immolation by fire ritual
- 23. Family of regulator genes 24. Surrendering
- 25. Political action committee
- 26. S. American plant
- 27. Long-term memory

- 28. Bark 29. Breathes in
- 34. Take hold of 35. Everyone has one
- 36. Valentine's Day color
- 37. Drivers' licenses and passports
- 39. Outer walls of castles
- 40. Enters with force
- 41. One thousandth of an inch
- 42. Deceased Chinese politician
- 44. Sugary secretion of plants 45. Expressed pleasure
- 46. Shelter
- 47. Utilizes
- 48 Forest resident
- 51. Fashion accessory
- 52. A sharply directional antenna
- Kristofferson, actor
- 54. A bad place to end up
- 58. MLBer Gordon



JAMESTOWN GAZETTE Obituaries May 6, 2024



April 22

Mark Manuel (Pete) Aldrich, 91 Falconer

Falconer Funeral Home

April 24

Marla Jo Piazza Siegel, 53

Jamestown

Lind Funeral Home

April 25

Mark S. Thorpe, 63

Jamestown

Lind Funeral Home

Marilee S. Brooks, 87 Kennedy Falconer Funeral Home

April 26

Nancy A. Harte, 67 Jamestown Lind Funeral Home

Dorothy A. "Dot" Ruby, 85

Lakewood

Lind Funeral Home

Arloene Eva Johnson, 88 Frewsburg Riccardi's Family Funeral Homes

April 27

George E. Rowley, Jr., 89

Jamestown

Lind Funeral Home

April 28

Ella Mae Gibbs, 88 Ashville Lind Funeral Home

April 30

Neil S. North, 86 Akeley, PA Peterson Funeral Home

May 1

Arlene Sue Rickard Johnson, 74

Jamestown

Falconer Funeral Home

Adam Edward Schultz, 27

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I lovingly founded the Sacred Sound Spiritualist Sanctuary in Lakewood. As a woman, mother, grandmother and a divine feminine, I understand and know what moms go through. Whether you are a birth mom, adoption mom, stepmom, or even a single man having to fulfill both roles, we all have the same goal – to help our children through puberty into adulthood without creating too much strife.

You are probably asking yourselves "how can I achieve such a task"? If you are fortunate to still have children at home, no matter what age, teach them kindness and to be grateful. Teach them LOVE for love is the greatest and most powerful energy in the universe. They can accomplish anything they set out to do with the energy of LOVE.

I hold true to the belief that your child's soul selected you to be their mother even before they came into your life as an infant? The soul travels in our universe from inception on to infinity. Upon first breath each newborn acquires a soul and begins a new set of shared life experiences, both positive and negative that they will carry into the spirit realm after death.

When the soul is reincarnated into human flesh, its path was preselected choosing both the mother and father. Birth is an opportunity to rebuild on past experiences and develop as a better human being than was afforded them in a previous life. You have everything that your child needs and wants to thrive in the environment it chose to be reborn in. Their spirit has honored you to teach and develop their skill set through daily activities and shared experiences. You are responsible, along with your family, for guiding this new being along the path of goodness. It is your job to guide and direct this young soul to fulfill its life mission and reach the ultimate goal.



Happy Mother's Day

The Jamestown Gazette is proud to feature different faith leaders from throughout the Greater Jamestown area each week, in an effort to connect andinspire. We endeavor to provide a variety of religious and faith perspectives well-aligned with our diverse community and values. If you are a faith leaderand wish to contribute, please contact publisher Lori Cornell at LCornell@jamestowngazette.com.

Hope and Healing Conference Announced



Article Contributed by Andy Felong

The Sun is a marvel of physics. At its core, under immense pressure and scorching temperatures, hydrogen atoms undergo nuclear fusion releasing a tremendous amount of energy. This energy slowly makes its way outward, battling its way through layers of hot plasma, before radiating out into space as light and heat. The Sun's influence extends far beyond its visible surface. Solar winds, a stream of charged particles, whip out from the Sun impacting Earth. These powerful eruptions can disrupt satellites and power grids here on Earth.

Semi-retired physics instructor, Mike Stafford, returns to the Martz-Kohl Observatory to help us understand solar physics in a nonmathematical way while sharing the wonder that is our closest star. Mike taught at Penn State University full time and Gannon University as an adjunct for 37 years. Mike is a pilot, a licensed parachute rigger, and expert skydiver with 3,700 jumps! Mike says, "as a physicist, interested in everything, I am able to speak on any subject, sometimes coherently."

This presentation will be live at Martz-Kohl Observatory available online via Zoom on Wednesday, May 15, 2024 at 7:30 pm, EDT. You are encouraged to come to the observatory to meet Mike and the astronomy team at MKO and join in Q&As after his talk. Tours will follow. Dress appropriately for the weather as if you were outside. While the classroom is heated. the domes are not. If the weather permits, there will be public viewing opportunities. More info: https:// martzobservatory.org

Martz-Kohl Observatory, located at 176 Robbin Hill Rd, 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, wellrooted in education outreach and enjoyment of the starry skies.

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The Leader You Have Been Looking For



Former Lutheran pastor and founder of Warren, Pa's Free Books for Kids Town, Ruby Wiles will speak on "You Are The Leader You Have Been Looking For" at the 10:30 a.m. May 12 Sunday service of the **Unitarian Universalist Congregation** of Jamestown, 1255 Prendergast Avenue. She will explore unlocking our hidden potential to change the world so we can all live in peace and harmony with each other and the beautiful creation. Wiles received UUCJ's Richard T. Parker Award for Social Justice in 2017. To join virtually, use the link at UUJamestown.org/



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Explore a police car, SWAT vehicle, Army tank, Stat Medevac-Helicopter, fire trucks and many more vehicles! There will also be other activities, "Dunk -a-Cop, face painting, a bounce house, and much more with local food vendors and community agencies displaying their pamphlets.

> Come One, Come All to enjoy a family event with your Local Law Enforcement!



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Pamela Farnham, RN Deja Ferrara, RN Melanie Gifford, LPN Paige Green, LPN Nicole Hinderleider, NP Christopher Howard, RN Nancy Hunt, RT Kaitlin Kell, LPN Nancy Knee, RN Sarah Knuth, LPN Joseph Koterass, LPN Kathleen Kuzmunich, RN Debbie Larsen, RN Beverly Larson-Butts, RN Melissa Lauffenburger, LPN Heather Spunaugle, LPN Jaynie Leonard, RN Samantha Macri, LPN Carla MacTavish, LPN Mary Malanowski, RN Christopher Mattison, RN

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SBDC Announces Entrepreneurship of the Year Award Winners During **National Small Business Week**



2024 Entrepreneurs of the Year

Article Contributed by

Small Business Development Center

Every year since 1963, the President of the US has issued a proclamation announcing National Business Week which recognizes critical contributions of America's entrepreneurs and small business owners. More than half of Americans either own or work for a small business, and they create about two out of every three new jobs in the US each year.

The Small Business Development Center (SBDC) at Jamestown Community College is honored to recognize the tremendous efforts of the local small business community and announce the 2024 Entrepreneurs of the Year during National Small Business Week. The SBDC delivers high quality business counseling and training to clients looking to start a business or improve the performance of an existing business. Services are free and confidential.

The SBDC is pleased to recognize the following small business owners in Chautauqua and Cattaraugus County as Entrepreneurs of the Year for 2024:

Cory Clark, Marquee Brewing

Michael Johnson, Reishore Clothing LLC

Rebecca Magnuson, She Sings Café

Wayne Quattrone, Daile Jackson, and Kimberly Ristau, HAWC Physical Therapy

These individuals were selected

for their successes owning small businesses in our region and have been nominated to receive awards at the state level as well. Each has overcome obstacles and contributed to the economic growth of the area.

The SBDC is honored to work with the small business community in Chautauqua, Cattaraugus, and Allegany County. According to SBDC Director, Courtney Curatolo, "These individuals have not only inspired the SBDC team of advisors, but also inspire others interested in starting their own small business in our region. It has been very fulfilling watching each of these individuals grow their businesses and see success in a period of economic uncertainty."

Cory Clark, owner of Marquee Brewing in Portville, New York has a fascinating origin story that echoes the spirit of community and passion for craft brewing. Founded in 2012 while living in Seattle and a dream of contributing something unique to his local community. Marquee Brewing began as a modest home brewing project making sodas and seltzers. Cory decided to turn his hobby into a business and opened his doors in the summer of 2023. He aimed to create a welcoming space where locals and visitors alike could gather to enjoy high quality, handcrafted hard sodas, hard seltzers, and hard teas.

Michael Johnson, Founder and CEO, of Reishore Clothing LLC has decided to make Jamestown the headquarters for his growing

CONTINUED ON PAGE 16

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Happy Mother's Day from all of us at the Jamestown Gazette!



Children are the anchors that hold mothers to life. ~ Sophocles

And she loved a boy very much... even more than she loved herself...

~ Shel Silverstein

& Nick (14):

Thank you for the honor of being your mother. I celebrate you Mother's Day and every day. You are my whole heart.

~ Lori Cornell



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Scones

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Attention Dads & Kids: Great Gift Ideas for Mom



Article by

Metro Creative Connection

other's Day is an opportunity to show moms how much they're loved and appreciated. Though many moms may insist they don't want anything beyond spending the day with their children, gifts are a big part of Mother's Day.

No two moms are the same, and though standards like flowers and greeting cards will always have a place on Mother's Day, the following are some gift ideas that can put smiles on the faces of moms from all walks of life.

Bookworm

There's no end to the gift options for mothers who love to curl up with a good book. Of course, some new books may delight Mom, but gifts that can improve the reading experience also merit consideration. For example, an ergonomic backrest reading pillow can make bedtime reading sessions more comfortable and ensure Mom's neck and back get ample support as she reads the latest page-turner. A nightstand book holder also can be ideal for moms who can't seem to keep track of their bookmarks.

Fitness Enthusiast

Some moms simply love to get in a good workout. Shoppers whose mothers or wives love to break a sweat might want to look into home gym equipment, as many fitness enthusiasts transformed part of their homes into exercise

areas during the pandemic. If that sounds like the mom on your shopping list, then a suspension training system won't take up much room but can provide an intense, full-body workout. A new yoga mat, some wireless Bluetooth headphones or a compression stretching mat are some additional gifts that might make exercise-loving moms smile this Mother's Day.

Traveler

Moms whose children still live under the same roof may not have much opportunity to travel, but empty nesters and grandmothers might. For such moms, a foldable, hanging travel bag can make it easy and convenient for mom to carry all of her toiletries and access them without taking up what's often minimal

hotel room counter space. For moms who want to document their excursions, a leather travel journal encourages them to note their experiences and gives them something they can revisit for years to come. Of course, some new luggage can make the perfect gift for newly retired moms who can't wait to start visiting places on their travel bucket lists.

Businesswoman

Millions of moms manage to juggle the obligations of family life with a challenging career. Mother's Day can be a great time

to recognize that balancing act. A self-heating coffee mug can ensure Mom's morning cup o' joe doesn't go cold as she traverses her way through a hectic morning routine. Another great gift is a charging mouse pad that can charge all of Mom's devices even while she's working. If you want to help Mom remain calm as she navigates her way through a day filled with personal and professional obligations, an essential oils diffuser can create a sense of relaxation on the most hectic of days.

No two moms are the same. Fortunately, great gifts can be found for moms from all walks of life this Mother's Day.

Mother's Day Trivia

- 1. Which scientist won two Nobel Prize awards and was also the mother of a Nobel Prize Winner?
- 2. The modern Mother's Day was first celebrated in which country?
- 3. Mother's Day started as an anti-war movement True or false?
- 4. What is the most popular gift purchased for Mother's Day?
- 5. Name the most popular day of the week to have a baby?
- 6. Which flowers are often associated with Mother's Day?
- 7. In the Bible, Eve is credited with being the what?
- 8. What are the odds of a woman delivering twins?
- 9. Name the most popular month to have a baby?
- 10. Which president established Mother's Day?

1. Marie Curie 2. The United States 3. True 4. Cards 5. Tuesday 6. Carnations 7. Wother of All the Living; 8. 1-in-33 9. August 10. Woodrow Wilson

Annual Mother's Day Contest

HERE'S HOW TO PLAY!

Count the "Hearts" scattered throughout the paper

Entries must be postmarked or texted no later than May 13, 2024.

One submission per person. Winner will be notified by phone and announced in a future issue of the Jamestown Gazette!



Camestown

Jamestown Gazette Mother's Day Contest Entry Form

Name:		Number of heart
		_
	State: 7in:	

Send the contest form by mail to: PO Box 32 . Bemus Point, NY

or text a picture of this completed form to: **716-485-3876**

(This number is a contest submission line only. As always, if you need to speak with the publisher, please text her at 716-720-1845.)

Winner will receive a gift package worth hundreds including Dinner, Flowers & Spa Treatment!

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for NYS Assembly District 150

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All that I am, or hope to be, I owe to my angel mother.

~ Abraham Lincoln

ArtScape Jamestown Original Art Show opens with 58 regional artists

Article Contributed by

ArtScape Jamestown



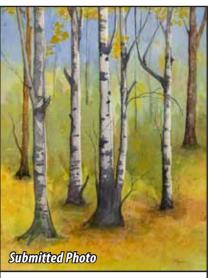
CHAUTAUQUA COUNTY, NY— The original artwork for the 2024ArtScapeJamestownwillbeon display and for sale at Chautauqua Art Gallery from May 10 - June 29 with an opening reception on May 17 from 5-7:30pm. The public is invited to the opening reception to meet the ArtScape artists and view their work. The artwork is also available for purchase at: https:// ChautauquaArtGallery.com.

Now in its second year, ArtScape is an outdoor public "gallery" created by the Jamestown Renaissance Corporation in partnership with the Chautauqua Art Gallery and the City of Jamestown Parks Department. It displays works of art by local artists on banners in the downtown area. ArtScape aims to represent a diverse group of regional artists from all walks of life. From December 2023 through February 2024, local artists submitted up to three works of art for this unique art show. In March, a jury of arts professionals selected 56 of the 295 artworks submitted. This year ArtScape Jamestown is also pleased to partner with the Resource Center to host artwork by two artists who participate in Resource Center art programs led by Susan Gutierrez.

"Iamthrilled to continue supporting this program through Chautauqua Art Gallery," said Leslie Calimeri, owner of Chautauqua Art Gallery. "Now in its second year, I am excited to see ArtScape continue to grow and reach even more talented artists. The creativity and variety of artwork is truly incredible."

"Public artwork creates beauty, builds community, and gives people a reason to explore downtown Jamestown. It is wonderful to see local businesses supporting this project and helping to foster a sense of community and pride in our city.", said Frank Besse, Executive Director of the Jamestown Renaissance Corporation.

All of the artist's pieces have been professionally photographed to be printed on banners that will be hung downtown this June, throughout the rest of the year and into 2025. A brochure with a walking tour of the outdoor gallery will be available at restaurants, hotels, and attractions throughout Chautauqua County, including The Chamber of Commerce, Visitors Bureau, and Chautauqua Art Gallery.



"Aspens in Autumn", Watercolor Painting by Katherine Kepner



"The Buoys", Photograph by Catherine D'Agostino



"The Monolith", Oil Painting by Joseph Grice



"That Perfect Day", Aluminum powder coated sculpture by Marshall Burns

TTE 1

Infinity Announces Fourth Annual Ultimate Adventure Challenge Fundraiser

Article Contributed by

Infinity Visual and Performing Arts

Infinity Visual and Performing Arts' fourth annual Infinity's

Ultimate Adventure Challenge (IUAC) will begin on May 1st, 2024 and run through the end of the year. IUAC is an outdoor recreation challenge that combines elements of a traditional hiking challenge with an arts-filled scavenger hunt.

There are two ways to participate in IUAC:

1) The "Local Challenge" features locations within a 30-mile radius of Jamestown, NY. Registered participants are given a list of hiking trails, outdoor art installations, and public spaces to visit where they search for specific landmarks and upload selfies for credit.

2) The "Choose Your Own Adventure Challenge" allows participants to participate from anywhere in the world. For this option, participants select their own hiking trails, art installations, and public spaces to visit.

This is great for anyone who lives out of the area, or will be traveling during the challenge period, but still wants to support Infinity and participate.

Finishers of both versions of Infinity's Ultimate Adventure Challenge will receive a patch and sticker designed by local artist, Ash Pickering.

Infinity Executive Director, Shane Hawkins, says, "In recent years, Infinity needed to reimagine our traditional fundraising events. In addition to being artists and musicians, many members of the Infinity community

We believe that there is a special connection between music, art, and nature, and this challenge is our way of honoring the connection, while raising much-needed support for our non-profit organization!"

are avid outdoor enthusiasts.

Infinity's Ultimate Adventure Challenge registration fees serve as a fundraiser to support music and arts education experiences at the Infinity Center for children and teens.

Register online today at www. infinityperformingarts.org/ adventurechallenge

Postal Carriers to Collect Donations for Annual "Stamp Out Hunger" Food Drive

Article by
Nick Dean

elp feed county residents in need on Saturday, May 11 by simply leaving canned goods for your postal carrier.

Held on the second Saturday in May each year, Stamp Out Hunger is an event of the National Association of Letter Carriers. United Way has partnered with the NALC to facilitate and promote the event since 1994.

with the NALC to facilitate and promote the event since 1994.

In the last 30 years, Stamp Out Hunger has grown into the nation's largest one-day food drive, helping to fill the shelves of food banks in cities and towns throughout the United States.

Last year, the Stamp Out Hunger food drive collected more than 40.3 million pounds of food in one day for people in need, including those living in poverty and those who walk a financial tightrope despite working one or more jobs.

The need is great, and you can help.



pounds of charitable donations are collected by letter carriers from residences along their routes. The simplicity and efficiency of the drive are what makes it work.

The passion and hard work of U.S. United Ways and the Stamp Out Hunger volunteers make a tangible difference in the lives of so many individuals and families.

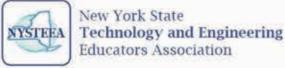
According to organizers of the event, food collected in Chautauqua County will be delivered directly to the local food pantries in our community. Items collected closer to Buffalo will go to food banks there as well as FeedMore WNY.

To participate, simply leave your donation of non-perishable food in a bag near your mailbox on the second Saturday in May, and your letter carrier will do the rest.

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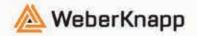












Join the Chamber Now to Strengthen Business Connections

CONTINUED FROM PAGE 15

The program will begin at 8:30am. We urge attendees to come a little early for the buffet breakfast, and also to come prepared with questions for our local state representatives.

The Chamber's State Legislative Breakfast is sponsored by Brooks-TLC Hospital System, Chautauqua Institution, Chautauqua Suites, DFT Communications, Jamestown Community College, Jamestown Mattress, LaBella Associates, Media One Radio Group, National Grid, Observer, The Post-Journal, and UPMC Chautauqua.

The price is \$25 for Chamber members and \$29 for non-members. Advanced registration is required. Please RSVP by May 6. You may register online through our web calendar at www. chautauquachamber.org

Business After Hours at Music for Your Mouth May 15

Join us at Music for Your Mouth for a great networking opportunity as our next Business After Hours will be held Wednesday, May 15 from 5-6:30pm. Music For Your Mouth is located at 21 South Erie Street, Mayville. The Chamber's Business After Hours series allows you to stop in after work for appetizers and a cash bar, check our list to find our Who's Who in the Room, have a fun social time while making some great business contacts, and then move on with the rest of your evening. Be sure to bring business cards for networking and our door prize drawing

Advanced registration is not required but is appreciated and will get you on the Who's Who in the Room list. Business After Hours is free for two people from each Chamber member business. Anyone above the two-person limit, or non-members may attend for just \$10 each.

Business After Hours at Music for Your Mouth i sponsored by Music for Your Mouth, Chautauqua Marina, Jamestown Community College, Media One Radio Group, National Grid, Observer, The Post-Journal, and Southern Chautauqua Federal Credit Union.

Registration is open now through our online calendar at www. chautauquachamber.org. We look forward to seeing you there!



BPU Yard Waste Site Now Open for the Season

Saturdays • 7:00am – 1:00pm April 13 through November 9

Wednesdays 4:00-7:00pm • May 8, through September 25

1001 Monroe Street at the dead end of Eighth St. • restricted to use by BPU residential customers 2023-2024 window stickers available at BPU customer service - Steele St.

I will look after you and I will look after anybody you say needs to be looked after, any way you say. I am here, I brought my whole self to you. I am your mother.

~ Maya Angelou

Northwest Bank Announces Grant Program for First-Time Homebuyers During National Fair Housing Month

Article Contributed by

Mother's Day Edition

Northwest Bank

Northwest Bank, a full-service financial institution offering a complete line of business and personal banking solutions, has announced the availability of funding through the First Front Door (FFD) specialty lending program. FFD grants provide down payment and closing cost assistance to eligible first-time homebuyers.

First Front Door empowers first-time homebuyers to navigate the competitive real estate market with confidence and support. By contributing a minimum of \$1,500 toward down payment and closing costs, homebuyers are eligible for a maximum grant of \$15,000. This amount represents a significant increase from previous funding which was capped at \$5,000.

By introducing First Front Door during National Fair Housing Month, Northwest Bank reaffirms its commitment to promoting fair and equal access to housing opportunities for all community members. Funding through the program is available for prospective homebuyers across Northwest's footprint.

Earlier this year, Zillow announced their predictions for the hottest housing markets in 2024, including four that Northwest serves: Buffalo, Columbus, Indianapolis and Cleveland.

"At Northwest Bank, we recognize the unique challenges faced by first-time buyers in today's dynamic housing landscape," said Rocco Diina, senior vice president, head of mortgage

Northwest Bank

sales. "With escalating prices and fierce competition, many aspiring homeowners find themselves sidelined, unable to secure financing or compete effectively in the market. First Front Door is a lending solution that we are proud to provide – ensuring a pathway to homeownership that is inclusive, transparent and supportive."

To qualify for First Front Door, prospective homebuyers must:

- Be a first-time homebuyer: A person who has not owned an eligible property used as their primary residence in the last three years.
- Contribute personal funds as part of the down payment and closing costs: For FFD, by contributing a minimum of \$1,500 toward down payment and closing costs, homebuyers are eligible for a maximum FFD grant of \$15,000.
- Be income eligible: The income of the household must be at or below 80 percent of the median income at the time of FFD program enrollment.
- Complete homeownership counseling: Homebuyers must complete at least four hours of homeownership counseling from an approved agency prior to the purchase of the home.

More information on Northwest Bank's complete portfolio of home lending solutions, including programs for first-time homebuyers, veterans, first responders and more, can be found here: https://www.northwest.bank/personal/home-lending/

CHAUTAUQUA COUNTY HUMANE SOCIETY PETS OF THE WEEK



Meet Ms. Beautiful, beyond her striking appearance, Ms. Beautiful's beauty shines through her unwavering compassion, her boundless capacity for love, and her ability to teach those around her the true meaning of kindness. Meet Ms. Beautiful soon at CCHS. Shelter No. RR179.

Starfish is a friendly one year old who would love to make you her family. She lives in the Serenity room at the Chautauqua County Humane Society with other cats and is happy with their company. Please come to meet her soon. All animals that are adopted out of CCHS have been spayed or neutered, are up to date for vaccinations, and have a microchip.Shelter No. RR179.



Chautauqua County Humane Society 🔹 2825 Strunk Rd., Jamestown, NY 🔹 (716) 665-2209 🔹 www.chqhumane.org 🔹 cchs@chqhumane.org



Hello friends, my name is Curly. I am a laid back, quiet boy who is content to sit back and watch what's happening around me. I am very friendly and cuddly. I am well-mannered and get along with other cats, dogs, and people. I would do best in a quieter, less active home. I am looking for an owner who has love to give, time to spend with me and is able to provide a safe forever home that I can call mine. Life on the streets is not for me. You can find me in the Cat View Room at Paws. Stop by for a visit. I'll be waiting to meet you.



Pet OF Week 212 Elm St., Warren, PA

Jamestown BPU Outlines Proposals to Retool & Expand District Heating Division

Article Contributed by

Jamestwon Board of Public Utilities

After a 15-month engineering study of the Jamestown Board of Utilities (BPU) District Heating system, the utility proposes a project to expand and retool the thermal heating system named "Retool District Heating: Charting for the Future."

The Ramboll Engineering analysis of the BPU's unique heating system was funded by the New York State Energy Research and Development Authority (NYSERDA) and provides the BPU with suggested alternative fuel sources for the Jamestown BPU thermal heating network.

Since 1984, the BPU has generated hot water that is distributed through insulated underground lines that flow throughout downtown Jamestown and north on Main Street to provide hot water and heat to the 70 buildings on the system, including hundreds of apartments, school buildings, churches and other private and public facilities. The hot water passes through a heat exchanger in each building providing heat to the customer's equipment and returns the resulting cooled water to the power plant for reheating.

The BPU's coal power plant originally supplied the system's heat; currently, the heat is provided by natural gas generation and boilers as the BPU no longer uses coal.

"Due to the New York State Leadership Climate Community Protection Act, we must now plan to transition away from natural gas as our primary fuel source to provide heat to the system," explained BPU General Manager David L. Leathers. Also, our piping system is aging, and the current economics and reliance on natural gas likely will not justify wholesale pipe replacements without a new heat source."

According to Leathers, the Ramboll Study points to several new heating options, with two methods selected by the BPU for further review and analysis.

"These new options will require Federal and State funding to study and undertake the





'retooling' of our District Heating system," continued Leathers. "In addition, our District Heat

customers will also see increased rates because of the investment, which includes installing new pipes in the ground and a new heating method."

BPU Transmission and Distribution Manager Kristofor G. Sellstrom outlined the utility's two most economical choices for further engineering analysis.

"The first option leverages the BPU's wastewater treatment plant, which has a constant flow of cleaned warm water leaving the facility where a heat exchanger and water-water heat pump could extract this continuous supply of thermal energy. This type of solution is utilized in European countries, so the technology is proven," stated Sellstrom.

"However, this option requires a significant increase in the amount of underground pipe to travel from our current system through our industrial areas in Jamestown and Falconer to the BPU Wastewater Treatment Plant located on Quaint Road, Town of Poland," continued Sellstrom. "New customers would need to be added along this additional pipe to provide a competitive levelized energy cost."

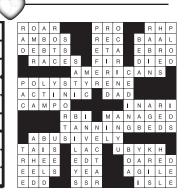
Leathers noted that more than 40 potential customers are in the path leading from Buffalo Street through the industrial area of Allen Street to the Quaint Road facility, including two schools and many manufacturing facilities.

"We are beginning to communicate the possibility of serving District Heat to these prospective customers," said Leathers. "This path for District Heat's future is the lowest-cost renewable approach for the community and can provide customers with a stable, reliable and easy-tomaintain and operate energy service. In addition, NYSERDA has a Flex-Tech grant program that is currently available to help

CONTINUED ON PAGE 16

PUZZLE SOLUTIONS

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Join the Chamber Now to Strengthen Business Connections

Article by

Daniel J. Heitzenrater,President and CEO of the
Chautauqua County Chamber
of Commerce

Our mission is to build vital connections, provide professional resources, and champion our local businesses in Chautauqua County. What does that mean for your business? It means by joining the Chamber of Commerce you will have access to a variety of programs and products that connect you with customers, peers, resources, and communities throughout Chautauqua County.

One way the Chamber connects local businesses with customers is through our ShopLocalCHQ Gift Card program. Last year the Chamber sold over \$76,000 in ShopLocalCHQ Gift Cards, which can be redeemed at over 170 businesses in Chautauqua County. In addition, online referrals through the Chamber's Business Directory continue to grow. Each day we average over 5,400 referrals through the online directory - helping customers to find businesses that provide a broad array of services and products. Through referrals alone, your business can see a more than 12% return on your Chamber investment.

We provide connections to peers through simple and effective networking opportunities throughout the year. The Chamber runs a number of Business After Hours events at venues countywide where local businesspeople can meet up with potential vendors, customers, and suppliers. These events have grown in popularity in recent years. In addition, each event we run includes networking components whether it's a question-and-answer session with local elected representatives or our annual golf tournament.

Resources provided through the Chamber include employee benefits and compliance programs. Whether you're looking to retain employees by offering a comprehensive health insurance program or seeking a way to make sure you're complying with the state's required sexual harassment prevention training, the Chamber can help. Through our series of Business Builder Workshops, the Chamber provides beneficial information on a wide variety of topics from business insurance to marketing to planning.

In addition to all that, the Chamber is a strong voice for small business year-round. While National Small Business Week is drawing to a close, the Chautauqua County Chamber of Commerce works to promote all local businesses all year round by facilitating new business ribbon cuttings and through our social media. Our Facebook reach climbed by over 75% last year, much of that due to our objective to provide a social media megaphone for small business.

The Chamber's annual spring membership drive continues through May 10. If your business or organization has not joined the Chamber yet we still have some special offers in place. In recognition of National Small Business Week, you can join the Chamber now and get a \$45 discount off your first-year membership at any of the Main Street levels. This offer is valid through May 10 only. In addition, any business that joins during the drive will be entered into a drawing for a second year Main Street One tier membership free (a \$195 value) or two tickets to the Chamber Annual Awards Banquet in October (a \$125 value.)

You can learn more about the Chamber and all we have to offer by checking out our website at www.chautauquachamber.org.

Registration is Closing Soon for the State Legislative Breakfast May 10

The Chautauqua County Chamber of Commerce is pleased to once again host State Senator George Borrello and Assemblyman Andy Goodell for this interactive event, to be held Friday, May 10 at Chautauqua Suites in Mayville.

CONTINUED ON PAGE 17

JAMESTOWN GAZETTE Mother's Day Edition May 6, 2024

Mom Is My Favorite Title

CONTINUED FROM FRONT COVER

Our little girls shared similar interests as children but took vastly different approaches to life. The firstborn is a true extrovert who has an extraordinary collection of friends. I use the word collection purposely because she has cultivated relationships with staying power, and then worked hard to maintain those friendships over many years and sometimes thousands of miles. The second one was more reticent in her early years. We went through a period when her tiny hand held onto just one of my fingers, and I still recall how it felt to be trusted so much through just the touch of a little hand. She made friends selectively, but in meaningful ways, and has since blossomed into a poised and savvy young woman.

For moms who must leave their children in the care of others because they have jobs outside the home there is almost always guilt. Yes, there are times when I would have loved to be a mom who stayed home, but for our family that would have been a true financial hardship. Over the years I have made peace with the fact that as a mom with a career and a work ethic I was setting a different kind of example for our children - I hope. Make no mistake, there is no such thing as a part-time mother. You may have a full-time job, but being a mom does not get set aside when you go to work. It just resides in a different part of your brain for a bit while you deal with other things. In career roles and in volunteer service over the years I have had the good fortune to have a variety of "titles." None of them has ever come close to the title "Mom." It's my favorite.

When our children were growing up, they were lucky enough to have

two parents who brought different skill sets to the household. Their dad was more likely to be patient and steady, while their mom was more quick-tempered. He's more cerebral. I'm more hands-on. I like to think our girls learned only good things from our differences, but who really knows?

Much of what I learned about being a mom came from watching my own mother through the years. She was more of a disciplinarian than I was - but she raised five children while I had just two. My mom, like her mother before her, was not strong in the nurturing department, but demonstrated clearly how to get things done. Mom taught us that when you make a commitment you must follow through. I see that trait now in my own adult children and I feel my family legacy. My mom is no longer with us, but I am grateful to her for lessons too numerous to count.

Parenthood is different for everyone, but I believe most of us want something better for our children than the hand we were dealt. For mothers, especially mothers of daughters, the struggle feels raw and personal. I always hoped my daughters wouldreach beyond my capacities and in some ways they have. They are braver than I ever was. Our offspring have taught us life lessons we never expected, about resiliency and expectations and about the true meaning of unconditional love. If you are a mom, take a moment to thank your kids this Mother's Day for the lessons they have taught you. If you still have your mom in your life, take a moment to thank her for all she has done for you. Happy Mother's Day!

Nurses Make the Difference

CONTINUED FROM FRONT COVER



January 1959 Jamestown (LPN) School of Practical Nursing graduating class

conditions. She observed and worked with her colleagues to form the basis of modern nursing. Her strict attention to handwashing and implementation of hygiene practices reduced the death rate drastically. In 1860 she opened the Nightingale Training School for Nurses at St Thomas Hospital, London. She continued throughout her life to study nursing and care and raised the standards of nursing.

The Woman's Christian Association, WCA, opened in 1885 as a boarding house for young working women. It had one hospital room for all emergencies. By 1890 the need for more nurses was evident as the hospital part of the Association was expanding. A training school for nurses started with three students. By 1897, a photograph taken on the lawn of the building shows fourteen students. The school continued to train RN level nurses until 1964 when it closed. Jamestown Community College was offering an Associated in Arts in Nursing by 1963 and could take over the education of our area RN students. WCA had greatly expanded by this time and of course the Jamestown General Hospital also needed nurses. In 2023 JCC had 34 graduates.

Another nurse training school opened in 1900. The Chautauqua School of Nursing was a correspondence school. It was ideal for students who had to remain at home or work fulltime. It was closed in 1924 when New York state refused to recognize it's credentials. Today student nurses learn in a clinical setting as much or more than in the classroom.

The BOCES LPN program also supplies nurses for the local hospitals, skilled nursing facilities, homecare providers, doctor's offices, and other healthcare facilities. In 2021 they graduated 26 LPNs. The program began in 1987 when the Jamestown School of Practical Nursing located at Jamestown General Hospital closed. General Hospital shut its doors in The Jamestown Board of Education entered into a contract with the General Hospital in 1961. There is reference to a school of the same name starting in 1949, but not much else is known.

National Nurses Day is Monday, May 6 - we urge you to recognize the important role nurses play in our lives by thanking and encouraging your favorite nurses throughout the week.

Jamestown BPU Outlines Proposals to Retool & Expand District Heating Division

CONTINUED FROM PAGE 15

industries study their heating systems and overall efficiency with the potential to evaluate possibly joining an expanded District Heating system."

Business Development Coordinator Ellen Ditonto and others are visiting potential customers to assist them in applying for such funding through the Flex-Tech Program.

"Another path forward is based on ground-source heat extraction using a significant number of closed-loop wells. The next step is to drill a few thermal test wells near the power plant," said Sellstrom. "If a high energy extraction rate is available, geothermal may be the most economical heating method we can utilize."

The BPU is replacing aging pipes and valves to ensure customer reliability in the coming years as the utility transitions away from natural gas. Leathers stated that the BPU is pursuing

funding and will work with customers to progress a new centralized system leveraging wastewater effluent or geothermal heat.



Friends Around Town





3Cs Food Truck Check out our facebook for this week's location & Specials 267-4403 | www.3cscatering.com

INSURANCE

March 24 NYS Maple Weekend.



GLASS SERVICES



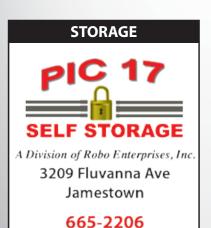


Open Daily 7am -1pm











SBDC Announces Entrepreneurship of the Year Award Winners

CONTINUED FROM PAGE 9

sustainable t-shirt company, a decidedly big world idea he is bringing to a small town. Reishore Clothing retails quality recycled garments using innovative solutions and best practices to bring plastics recycling technology into the mainstream converting and something that most of us think as trash into something we all use t-shirts. Each t-shirt they produce is made from at least 10 recycled plastic water bottles with a look and feel that is unlike anything else you've seen before in the eco-friendly and sustainable market. And now, he has opened a brick-and-mortar retail shop in Downtown Jamestown that is only going to ensure growth potential.

Rebecca Magnuson is an abuse survivor, talented musician, and savvy business owner. She returned home to Chautauqua, purchased a defunct restaurant and after extensive renovations opened the She Sings Cafe in Mayville, NY. Her mission is to tell women's stories through education, healing, and empowerment. She provides employment opportunities abused women in her business. The café feeds body, mind, and soul with farm to table cuisine and provides a live performance venue for music, storytelling, poetry, and comedy. Rebecca is the creator of a soonto-be-released documentary, She Sings: Surviving the Narcissist, and also the touring show, She Sings: A Soaring Musical.

Wayne Quattrone, Daile Jackson, and Kimberly Ristau, owners of HAWC Physical Therapy have worked hard to establish their reputation and become a highly recommended physical therapy office in the region. HAWC has grown faster than they expected and the owners have started a new capital project to add a full sized hydroptherapy pool to add to their numerous treatment













18 JAMESTOWN GAZETTE Celebrating Nurses May 6, 2024

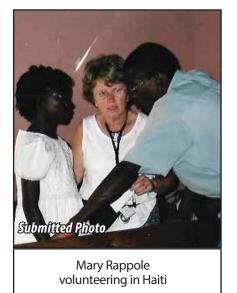
"ONCE A NURSE, ALWAYS A NURSE"

Featured Writer

Mary Rappole, RN

n May 12th, we will be celebrating Mother's Day and the week of May 6th we honor the nursing profession. Two roles that I am happy to say that I have been able to claim. Choosing a profession in the 60's had limited options for this Panama Central School 1964 graduate: teacher, secretary, or nurse? Who are the influencers and what is the cultural expectation for us as we take on the role of mom and the responsibility of a professional nurse? I reflect on many similarities in both caretaking positions.

My early nursing career was spent at WCA in an acute care setting, working with a team in the postoperative area. Just as parenting, this requires a team approach. "Mom and



Dad" can be a team, but the neighbor that helps with after school care, the music teacher that encourages creative development, the band director that instills the sense of discipline to achieve excellent results, the coach that teaches athletic skills,

and the home room teacher that sees a child struggle are the community team that supports our children.

As a home care registered nurse and later as a nurse practitioner working in the hospice and palliative care setting, I experienced the joy of intimacy with families as they struggled with aging parents and end of life decisions. The same is true in mothering; we attempt to engage with each of our children one-on-one as they move through the development stages, from preschool to middle school to high school, and then those big decisions about further education, life partners, and beyond. There is joy, disappointment, sense of loss and a huge feeling of accomplishment. Landing on "I did my best," is emotional and how the nurse and the mom experience her caring roles.

There are many environments I have been privileged to work in: acute care hospital, home care staff nurse, parish nurse, administration, teaching, short term mission in Haiti, private women's health practice and hospice home care. But there is no time clock that you punch out with any of the above. With your family, friends, and community, you are always a nurse and very often can be helpful to them as they work through emergency and chronic care.

Just like being a mom, there is no off time with that calling as well. Even when those "littles" leave home and have families of their own, mom still fills a special role in their lives. As we celebrate our moms, and we honor the nurses in our community, there is one very important concept we can all agree on. The role of nurturing in the home, as a mother and professional nurse, is a lifetime calling. Many agree "once a nurse always a nurse," just as there is no retirement from the blessed and privileged position of mom.

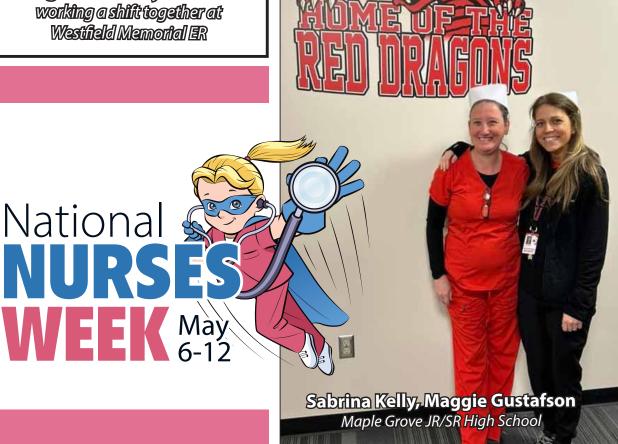
Thank you to my mom and the ladies in my life who have been role models in their life choices as neighbors and teachers and as senior nurses who mentored my professional accomplishments.

CELEBRATING NURSES



Peg Cornall & Caughter Kathryn Carlson working a shift together at Westfield Memorial ER





IN APPRECIATION

by Lori Cornell

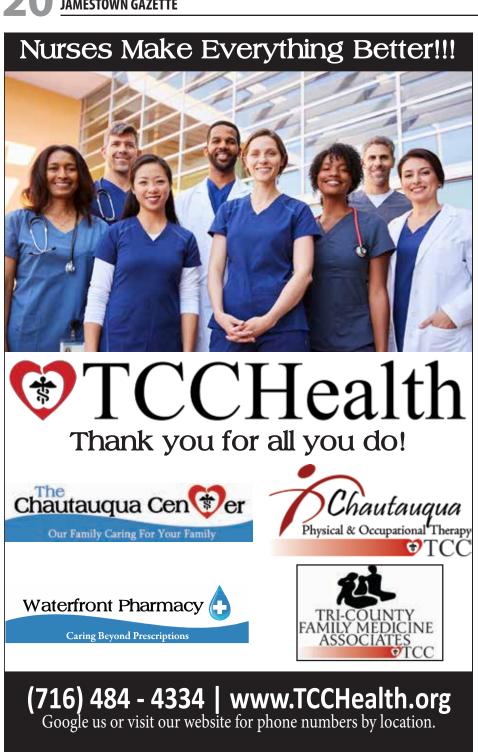
As the mother of two children with Type I Diabetes, I have a very deep appreciation for the nurses in our lives. A special shout out to Maple Grove Jr.-Sr. High School Nurse Sabrina Kelley who has taken care of my sons, Ben and Nate, for the last several years - going above and beyond to ensure their care and safety at school. Type I is a demanding, 24-7 disease that doesn't take breaks for the other stressors in busy teenagers' lives. Sabrina has been there every step of the way, training teachers, coaches, bus drivers and beyond. She is omnipresent and strong - forever our healthcare stalwart, giving trusted confidence each day the boys have been blessed by her care.

This edition would also not be complete without loving recognition to my family's favorite nurses in the whole world: Grandma-Nurse Peggy and Aunt Kathy! This mother-daughter caregiving-duo (on our Cornell side) are more commonly known as Peg Cornell and Kathy Carlson. They take nursing to the next level, having served patients near and far for a combined 80-plus years. We are so proud to recognize them and all of our community's nurses this week! Nurses are the boots-on-theground, caring and compassionate givers of care that we rely on when medical needs arise. We are so thankful for your service to our community, especially at the most critical times in our health and wellness journeys.





20 JAMESTOWN GAZETTE May 6, 2024





Happy Mother's Day from Lane Women's Health

Proudly serving our community's moms & babies for over 40 years



We Salute National Nurses Week & Celebrate our Dedication to You

Robert Daniels, MD
Nancy Allen, MD
Karen Winterburn, NP
Katie Ireland, NP
Chelsea Hatch, NP
Korinda Messinger, CNM
Nikki Peterson, CNM
Katie Hodak, CNM

Accepting New Patients 716-484-9194

400 Foote Ave. Jamestown, NY

Northwest Bank Announces Grant Program for First-Time Homebuyers During National Fair Housing Month

Article Contributed by

Northwest Bank

Northwest Bank, a full-service financial institution offering a complete line of business and personal banking solutions, has announced the availability of funding through the First Front Door (FFD) specialty lending program. FFD grants provide down payment and closing cost assistance to eligible first-time homebuyers.

First Front Door empowers first-time homebuyers to navigate the competitive real estate market with confidence and support. By contributing a minimum of \$1,500 toward down payment and closing costs, homebuyers are eligible for a maximum grant of \$15,000. This amount represents a significant increase from previous funding which was capped at \$5,000.

By introducing First Front Door during National Fair Housing Month, Northwest Bank reaffirms its commitment to promoting fair and equal access to housing opportunities for all community members. Funding through the program is available for prospective homebuyers across Northwest's footprint.

Earlier this year, Zillow announced their predictions for the hottest housing markets in 2024, including four that Northwest serves: Buffalo, Columbus, Indianapolis and Cleveland.

"At Northwest Bank, we recognize the unique challenges faced by first-time buyers in today's dynamic housing landscape," said Rocco Diina, senior vice president, head of mortgage

Northwest Bank

sales. "With escalating prices and fierce competition, many aspiring homeowners find themselves sidelined, unable to secure financing or compete effectively in the market. First Front Door is a lending solution that we are proud to provide – ensuring a pathway to homeownership that is inclusive, transparent and supportive."

To qualify for First Front Door, prospective homebuyers must:

- Be a first-time homebuyer: A person who has not owned an eligible property used as their primary residence in the last three years.
- Contribute personal funds as part of the down payment and closing costs: For FFD, by contributing a minimum of \$1,500 toward down payment and closing costs, homebuyers are eligible for a maximum FFD grant of \$15,000.
- Be income eligible: The income of the household must be at or below 80 percent of the median income at the time of FFD program enrollment.
- Complete homeownership counseling: Homebuyers must complete at least four hours of homeownership counseling from an approved agency prior to the purchase of the home.

More information on Northwest Bank's complete portfolio of home lending solutions, including programs for firsttime homebuyers, veterans, first responders and more, can be found here: https://www.northwest. bank/personal/home-lending/

Hope and Healing Conference Announced



Carlton Hall, Gwendolyn A. Bork & Laura Stack, Keynote Speakers for the 2024 Hope and Healing Conference at the Chautauqua Harbor Hotel in Celeron, NY.

Article Contributed by

Chautauqua County Media Information Officer

Substance The Chautauqua Abuse Response Partnership (CSARP) coalition is proud to announce the upcoming Hope and Healing Conference, a premier event dedicated to addressing the complex needs in mental health and chemical dependency. This event is a cornerstone in celebrating treatment and recovery successes within Chautauqua County and the wider region.

Join us as we connect, learn, and celebrate the collective strides we are making in healing and recovery. This full-day event will offer "Hope Talks," brief presentations reflecting local stories and efforts in the format of popular "Ted Talks," addresses by municipal officials, and a behavioral health resources fair.

We are honored to feature an impressive lineup of keynote speakers who bring experience and expertise to our engaging day of transformation, care, and community.

Event Details:

- Date: June 6th, 2024
- Time: 8:30 AM 3:00 PM
- Venue: Chautauqua Harbor Hotel
- Register at: HopeandHealingConference. com
- Registration includes lunch, coffee, tea, and water service

Introducing Our Keynote Speakers:

Laura Stack is a noted speaker, author, and leader in substance abuse prevention. She is the Founder & CEO of Johnny's Ambassadors Youth THC Prevention, an organization dedicated to educating communities about the dangers of high-potency THC on adolescent brain development. She will share her deeply personal and motivational story as a mother and leader in

substance abuse prevention, focusing on the impact of THC on youth. About Laura Stack: Visit https://johnnysambassadors.org to learn more.

Carlton Hall, President and CEO of Carlton Hall Consulting LLC, brings a quarter-century of intensive substance abuse prevention and community problem-solving services. Carlton has been a guiding force in community coalitions both nationally and internationally, contributing to global discussions on drug prevention at the United Nations Office on Drugs and Crime (UNODC). About Carlton Hall: Visit http://carltonhallconsulting.com/to learn more.

Gwendolyn A. Bork, a seasoned Peer Recovery Coach and NYS Trainer of Trainer. President of FOCUS, a WNY Youth Addiction Prevention Coalition currently funded by the White House Office of Drug Control Policy and the CDC. Business owner, Author, and Gold Key Award Winner by the Chemical Dependency Consortium, she deeply understands the Continuum of Substance Use Disorder. Gwendolyn's multifaceted expertise equips her to address prevention, treatment, recovery, and harm reduction with compassion and knowledge. About Gwendolyn A. Brock: Visit https://www. legendwny.com/team/gwendolynbork to learn more.

The Hope and Healing Conference welcomes healthcare professionals, policymakers, community members, and media representatives to this significant event. Your participation is a step towards a community united in fostering hope and facilitating healing. Attendees will be equipped with practical knowledge and inspired to contribute positively to the well-being of our communities. For updates on the conference agenda and registration details, please visit the official conference website.

Jamestown's Got Pride

Article Contributed by

Jamestown Pride

The Jamestown Pride planning committee hosts its second Community Meeting Thursday, May 9, 6:30–8 p.m. at the Mental Health Association, Door 14 in the rear of the Gateway Building, 31 Water Street.

The event includes volunteer training, community discussion, and unveiling the Jamestown Pride Entertainment and Event Calendar. Refreshments will be served.

To join via Zoom, visit Jamestown Pride's Facebook page, @ JamestownPride.

The 2024 Jamestown Pride Event is Saturday, June 8, in downtown Jamestown. Pride vendors and community organizations will have tables and activities 10 a.m.–2 p.m., in cooperation with the Jamestown Public Market. Live entertainment is scheduled in the Wintergarden Plaza (313 North Main Street), culminating with a drag performance by Thee Suburbia from 2–4 p.m.

To volunteer, community members can sign up at https://bit.ly/



Pride 2023 sidewalk art.

JPrideVol to assist with set-up, tear-down, and other event needs. Email info@jamestownpride.com with questions or for more information.

This year's Presenting Sponsor is Evergreen Health. Sponsorship opportunities are available at a range of price points; Jamestown Pride welcomes corporate/business, individual, and non-profit sponsorships. Contact info@ JamestownPride.com to learn more and receive a sponsorship packet.

Learn more at JamestownPride.org, Jamestown Pride's Facebook page Facebook.com/JamestownPride, or email info@jamestownpride.com.

Registration Time for the 66th Allegany Nature Pilgrimage





Anyone who loves the outdoors and wants to learn more about it will find their passion fulfilled at the 2024 Allegany Nature Pilgrimage, May 31–June 2. More than 120 naturalist-led nature walks, field trips and classes fill the weekend. Big Tent speakers are Jim McCormac Friday on "Moths: Growing the Darker Side of Butterflies" and Julie Lundgren Saturday on "Allegany's Natural Wonders."

Article Contributed by **Allegany Nature Pilgrimage**

The 2024 Allegany Nature Pilgrimage is an outdoor learning experience that combines fun with a variety of nature-oriented activities.

Registration for the 66th annual event, May 31–June 2, is now open at AlleganyNaturePilgrimage.com. Walk-in registrations can be made in person at Camp Allegany in the Red House Area.

Both the experienced naturalist and the inquisitive beginner are welcomed to beautiful Allegany State Park in western New York State's Cattaraugus County. The park's more than 60,000 acres abound with plants and animals.

Your biggest challenge will be choosing from the more than 120 programs, including over a dozen birding walks/talks, orienteering, astronomy, geology, family nature walks, mythology, mushrooms and fungi, bird banding, owl prowls, day and night programs. With many family and child-friendly opportunities, programs vary in length and may be a walk or seated talk. The complete list is at AlleganyNaturePilgrimage.com/Walks--Talks.

The evening Big Tent speakers are Jim McCormac presenting "Mysterious Moths: Growing the Darker Side of Butterflies" on

Friday and Julie Lundgren offering "Allegany's Natural Wonders" on Saturday. McCormac's talk on one of the most important animal groups will be a pictorial journey into an intriguing and little known world that unfolds all around us. Lundgren will guide a virtual expedition into Allegany State Park, the largest protected forest land in New York outside of the Adirondacks and Catskills.

Just 10 minutes from Allegany State Park, rooms have been secured at the White Pine Lodge in Salamanca with a reduced rate of \$109 including fees. Call them at 716-945-7600 and ask for the Allegany Nature Pilgrimage discount.

May 1 is the deadline for ordering from the exclusive Allegany Nature Pilgrimage line of shirts and sweatshirts designed by awardwinning Fredonia, N.Y., artist Erin Ruffino.

For details and to register for this outdoor adventure, visit AlleganyNaturePilgrimage.com, where you will find the link to the online store.

The Allegany Nature Pilgrimage is made available by the Allegany State Park and volunteers from Jamestown's Audubon Community Nature Center, Buffalo Audubon Society, Rochester's Burroughs Audubon Nature Club, and Erie's Presque Isle Audubon Society.

SUNY JCC Announces Scott Kindberg will Address Class of 2024 at Commencement Ceremonies

Article Contributed by

SUNY Jamestown Community College

Scott Kindberg, award-winning journalist and author, will present the keynote address to graduates of SUNY Jamestown Community College at its 2024 commencement events.

Kindberg is a lifelong resident of Jamestown and the regional sports editor for The Post-Journal and its sister publications the Observer in Dunkirk and Times Observer in Warren, Pennsylvania since 2020. A recent inductee of the Chautauqua Sports Hall of Fame, Kindberg began his career as the assistant general manager of the Jamestown Expos before joining The Post-Journal as a sports reporter in 1983. From 1987-2015, Kindberg became the assistant sports editor, and covered the Buffalo Bills and their four consecutive Super Bowl appearances. His work has earned 14 New York State Associated Press awards.

In addition to the thousands of articles and columns he has written over the years, Kindberg has authored 10 books and co-edited "Our Game: from Unknowns to Tarp Skunks," a book about the history of baseball in Jamestown.

Kindberg graduated from Jamestown High School and



Scott Kindberg

SUNY JCC, which awarded him the Distinguished Alumnus Award in 2023. A summa cum laude graduate of Point Park University, Kindberg has a degree in journalism and communications, and he has traveled throughout the state following the successes of high school athletes for four decades. Kindberg and Vicki, his wife of nearly 30 years, have three sons and three grandchildren.

Commencement events at SUNY JCC are set for 7 p.m. on May 17 at the Olean YMCA for graduates of the Cattaraugus County Campus, and 10 a.m. on May 18 in the gymnasium of the Physical Education Complex for graduates of the Jamestown Campus. The events will honor graduates from summer and fall 2023, and pending spring 2024.

More information is available at sunyjcc.edu/events.

Chautauqua County's 1st Annual Active Transportation Week is May 13-17

Article Contributed by

Chautauqua County Department of Planning and Development

The Chautauqua County Department of Planning and Development, in collaboration with the Department of Health and CHQ Transit, is excited to announce the launch of the first annual Active Transportation Week.

This year Active Transportation week will be held May 13 to May 17 and local residents are being encouraged to utilize the county's public transportation system -CHQ Transit – or simply use an alternative mode of transportation other than their personal motor vehicle. Friday, May 17 will also focus on riding a bike to work. This will be followed up by two family-friendly Group Bicycle Rides in Jamestown and Dunkirk. Participants can jump on to ride with friends, coworkers, and family.

The local effort is part of a nationwide initiative aimed at reducing single-rider vehicle trips, slashing CO2 emissions, fostering vibrant, interconnected community. Whether it's walking, biking, skating, bussing, or carpooling, there are plenty of ways to get involved. Such endeavors underscore the strategic of imperative prioritizing accessible and sustainable modes of mobility.

"Encouraging a greater number of individuals to embrace public transit, cycling, or walking isn't just good for Chautauqua County—it's a win-win for everyone!" explained Stephanie Nick, Chautauqua County



Special Project Coordinator. "When our communities invest in making it easier and safer to get around without dependence on cars, we all reap the rewards. From substantial savings in healthcare costs and personal expenditures to fostering the growth of local businesses and communities, the shift towards accessible and sustainable modes of mobility is the way of the future."

Information on bus schedules and prices can be found online at chqgov.com/carts/CHQTransit. Interested residents can also call CHQ Transit at 1-800-388-6534 to talk to a live person who will help plan the best route. Anyone interested in participating in Active Transportation Week can register at chqgov.com/events. Registration is not required, but will help with planning for subsequent years.

For more information, contact Stephanie Nick at (716) 661-8214 or email nicks@chqgov.com, or simply visit CHQGov.com and be a part of the movement towards a greener, healthier future.

JPS School Budget Vote & Board Election To Take Place May 21







Submitted Photos

Community To Vote On 2024-25 School Budget; Three School Board Members

Article Contributed by **IPS School Board**

District voters will have the opportunity to approve the Jamestown Public Schools budget and vote for three members of the district's board of education on Tuesday, May 21.

On Tuesday, April 16, the JPS Board of Education approved the district's proposal for a \$104,566,897 budget for the 2024-25 school year that includes a 0% increase to the tax levy as well as the creation of a \$5 million dollar capital reserve fund that will help the district plan for future capital projects.

"This proposed budget will maintain critical positions that will continue to directly help our students' social and emotional needs, support our families, as well as directly address the academic impacts of the COVID shutdowns, especially in the areas of English/Language Arts, Reading and Literacy, and mathematics," said Dr. Kevin Whitaker, JPS Superintendent. "We also look forward to beginning upgrades to our playgrounds and continued investment in our physical plant. Paired with upgrades to our transportation fleet, we believe this to be a great budget for the kids of our community."

A Budget Hearing will take place on Tuesday, May 14 at 6 p.m. at Persell Middle School.

Three candidates are also on the ballot to fill three open seats on the district's board of education — two three-year terms and one term that will expire on June 30, 2025. In order of appearance on the ballot:

Frank Galeazzo is seeking his second full term on the Board of Education. He currently serves on the board's Policy and Finance committees. Galeazzo and his

wife, Elizabeth, have been City of Jamestown residents for 20 years and have two children: Bradley, a 2022 JHS graduate, and Ashlyn, a junior at JHS. Galeazzo is a graduate of SUNY Alfred State and is currently the Information Services Manager at the Jamestown Board of Public Utilities. He was previously involved in local and regional PTA organizations.

"I am seeking re-election to my seat on the Jamestown School Board to continue to share my leadership skills and to steer the district in the positive direction it's already heading," Galeazzo said. "I also want to ensure the students of Jamestown Public Schools have the opportunities to excel in everything they do by providing the best education and programs possible."

Joseph Calimeri is seeking his first full term on the Board of Education. Calimeri, a 2003 JHS graduate, was appointed to fill a temporary vacancy on the Board in March. He has served as partner at Wright Calimeri, PLLC since 2017 after joining Wright Wright & Hampton in 2011. Calimeri holds a bachelor's degree from SUNY Geneseo and a law degree from Ohio North University College of Law. He resides in the city with his wife Leslie and children Sam, a sophomore at JHS, and George, a UPK student at Lincoln Elementary School.

"JPS provides endless opportunities for its students and has first-class faculty and staff," Calimeri said. "I am a proud graduate of Jamestown

High School and have two children currently enrolled in JPS. I hope to continue working with the Board to help ensure that all students are provided with opportunity and resources to receive a high-quality

CONTINUED ON PAGE xx

JPS School Budget Vote & Board Election To Take Place May 21

CONTINUED FROM PAGE xx

education and become proud 21. members of our community."

Nina Karbacka is seeking her fourth term on the Board of Education. Karbacka holds a bachelor's and master's degree in music education from SUNY Fredonia and 41 years of teaching experience, at all grade levels, in the Jamestown Public Schools. She is the president of the advisory committee for NYS Association of Small City School Districts, which gives her the opportunity to represent the community to legislators, and the NYS Commissioner, to promote funding and awareness for Jamestown schools. Karbacka has been an active volunteer and currently serves as president of the board of the Chautauqua Regional Youth Symphony and on the board of the Western NY Chamber Orchestra.

"My goal is a complete education for every student, rich in experiences in music, arts, sports, rigorous academics, and career opportunities to ensure the success and graduation of every child," said Karbacka. "I hope to continue to serve as a voice for the children and families of Jamestown Public Schools."

The two candidates who receive the most votes will be elected to three-year terms to commence July 1, 2024 and end on June 30, 2027. The individual who finishes in third place will be elected to a term that will commence on May 22, 2024 and end on June 30, 2025.

Voters can cast their vote at any of the three polling sites: Jefferson (195 Martin Road), Lincoln (301 Front Street), and Washington (159 Buffalo Street) schools. The polls will be open from noon to 9 p.m. on May

Registered voters who are not able to vote in person on Election Day may be eligible to vote by absentee ballot. Reasons for voting by absentee ballot include: Absence from county on election day; temporary illness or physical disability; permanent illness or physical disability; duties related to primary care of one or more individuals who are ill or physically disabled; resident or patient of Veterans Health Administration Hospital or detention in jail/prison, awaiting trial, awaiting action by a grand jury, or in prison for conviction of a crime or offense which was not a felony. Early Voting is also available. Applications for both Absentee or Early Voting can be obtained through the District Clerk, in person, by mail, or by phone. (District Offices, 197 Martin Road, Jamestown, NY, 716-483-4420). Those wishing to receive the ballot by mail must apply by May 14. Absentee ballots must be received in person, or by mail, by 5 p.m. on May 21.."