



Jamestown Gazette




L. Cornell and Company, LLC

Farmers Market Edition

Volume 1 • Issue 17 | Week of June 3, 2024

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Follow us on:  

Why Buy Local? It Just Makes Sense.

Featured Writer
Jordan Nicholson

It's almost here, folks. Strawberry season in Western New York means ubiquitous berries at roadside stands and farmers markets that will be superior to any strawberry you can get from October-May.

Shortcakes. Pies. Crepes. A freshly washed carton and fork. However you decide to enjoy one of the biggest perks of Spring and Summer, the difference is undeniable.



What about Western New York sweet corn? Is it ever really as good anywhere else?

How about fresh meat and poultry? Have you ever had a burger made from locally-sourced organic beef? Have you whipped up an omelet with farm-fresh eggs?

To find the answers to these questions, one only needs to look at the three F's: freshness, fairness, and flavor.

Freshness

Did you know that only four

different corporations control more than 75 percent of the grain supply in the entire world? These companies spend millions pushing products that require high-yield crops like corn, which incentivizes farmers to grow commodities instead of things like fruits and vegetables despite their regional suitability.

Moreover, factory farms account for more than 70 percent of poultry production, more than half of all pork production, and nearly half of all egg production.

The food chain is highly globalized



and heavily monetized. As we saw during the pandemic, any interruption in the supply chain causes massive waves across every aspect of life. U.S. agricultural export capacity has tripled in the last 30 years. This volume requires a massive logistics apparatus and all sorts of storage complications. The result? The onion you just bought at the store could be a year old or more.

By contrast, the produce you get at a farmer's market is locally-sourced. It is likely that the person selling you

the produce grew it and undertook the entire process themselves. It doesn't have to travel thousands of miles. It doesn't need to be stored for the winter.

Freshness means vibrancy, texture, and nutrition.

Fairness

Many of you have probably seen the breakdown of the 12 massive companies that control almost all of the commercial global food supply. The price of groceries is outrageous. Meanwhile, these companies are posting record



profits and offering stock buy-backs for their investors.

Did these buy-backs mean labor conditions improved? Of course not. Did they mean the suppliers were rewarded and allowed to enjoy the fruits of their labor (pun intended)? Were the Teamsters who delivered the food at least able to rely on a secure, lifelong pension fund? Our ability to eat is the result of backbreakingly hard work

CONTINUED ON PAGE 10

Support Chautauqua County Farms

Featured Writer
Pat Locke

According to the 2022 Agriculture Census Chautauqua County was home to 1,291 family farms. The average farm size in the county is 182 acres with the total land in farms being 223,634 acres. These farms produce high quality, safe and nutritious foods for us all to enjoy. Chautauqua County farms generate \$87,710,000 in sales

annually from livestock, poultry and products with \$74,993,000 of that coming from dairy cows. Many of these farms sell products direct to consumers and to local restaurants. Chautauqua County has more farms and produces more grapes than any other county in New York State.

Each year from mid-May through late October Chautauqua County is abundant with weekly farmers

markets. Many local pick-your-own farms offer their visitors a chance to select their own asparagus, strawberries and other produce at peak freshness in early spring. Cherries and peaches are available to pick during the summer season. The farmers markets offer homegrown produce such as blueberries, local meats, honey, eggs, homemade jams

CONTINUED ON PAGE 5

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MON. 7/15 - SON

MON. 7/22 - GAVIN PATERNITI

MON. 7/29 - AMBER & JOSH

MON. 8/5 - JUSTIN WHEELER

MON. 8/12 - JAMIE SMITH

MON. 8/19 - SIXPENCE

MON. 8/26 - SHAMUS

MON. 9/2 - MIRANDA WILCOX

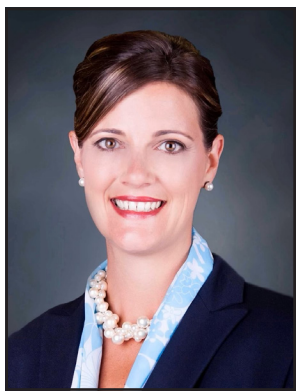
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Editorial with Lori Cornell

Love our Farm Fresh Community



Owner & Publisher
Lori Cornell

agriculturally based economy, but we are taking advantage of one of the cherished assets that make our community the great place it is to call home. We are enabling our continued high quality of life, and we are showing appreciation for the hardworking farmers that make it all happen.

For many of us in this beautiful rural county, it is closer to run down the road to buy farm-fresh eggs and locally grown produce than it is to go to a grocery store. Or the bountiful farmers market selections presented weekly at each of our municipal centers make this choice so worth the routine. I am proud to live in a community like that, and I am so thrilled to celebrate local agricultural in this edition.

Please check out our centerfold for a complete listing of local markets.

Happy June.

This week, the Jamestown Gazette is proud to showcase the seasonal opening of our community's farmers markets and support local agriculture. Following our featured covered story writers Jordan Nicholson and Pat Locke's exceptional arguments as to "Why Buy Local," I only have one thing to add.

When we visit our farmers markets and local farm stands, not only are we buying fresh and delicious produce and supporting our local



When tillage begins, other arts follow. The farmers, therefore, are the founders of human civilization.
- Daniel Webster



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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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Jamestown Pride Celebrates Pride Month with Events Saturday and Sunday

Article Contributed by
Jamestown Pride

You're sure to find fun Saturday, June 8 at Jamestown Pride, when the downtown and other venues will be alive with events.

The opening day of the Jamestown Public Market has Pride-themed vendors, activities, community organizations, and educational resources along Main Street, between 3rd and 4th Streets, 10 a.m.-2 p.m.

Entertainment at the Winter Garden Plaza (313 North Main Street) includes a community drum circle, local variety show, live music and nationally known drag performers wear their Pride finest and to participate in Jamestown's first Rainbow Walk departing from the Winter Garden at 1 p.m.

Later, you'll find more drag at the Knights of Enchanted Dreams, Brazil, and The Fish in Bemus Point, as well as burlesque and dancing at Sneakers.

On Sunday morning, June 9, both St. Luke's Episcopal Church and First Presbyterian Church have



Submitted Photo

Drag queen Thee Suburbia (left), who was especially popular with kids in 2022, returns to Jamestown with drag queen Ella Fartzgerald, for three separate appearances for Jamestown Pride, June 8-9.

Pride services. Closing the festivities Sunday is a drag brunch fundraiser.

Visit JamestownPride.org/Events and click on Agenda for the full schedule.

Jamestown Pride is presented by Evergreen Health and the Mental Health Association in Chautauqua County.

Headliners Thee Suburbia & Ella Fartzgerald

SATURDAY, JUNE 8

- 8 am: **Andrea DiMaio Yoga** (Winter Garden Plaza)
- 10 am - 2 pm: **Pride celebration** of opening day of the Jamestown Public Market: Pride-themed vendors, activities & community organizations (Main St, between 3rd & 4th St; performances @ Winter Garden Plaza)
- 2 - 4 pm: **Thee Suburbia Drag Performance** (Winter Garden)
- 4:30 pm: **Meet the Queens! Thee Suburbia Meet & Greet, followed by open mic** (Knights of Enchanted Dreams)
- 5 pm: **Lips Poppin' Drag Performance** (Brazil)
- 7 pm: **Local Drag Performances** (Knights of Enchanted Dreams)
- 8 - 10 pm: **Pop-A-Pastie Productions Burlesque Show** (Sneakers - \$5 cover, must be 21+)
- 10 pm: **Lips Poppin' Drag Performance** (The Fish, must be 21+)
- 10 pm - 1 am: **Dancing with DJ Bad Weekend** (Sneakers, must be 21+)

SUNDAY, JUNE 9

- 10 am: **Pride Sunday Service** (St. Luke's Episcopal Church)
- 10:30 am: **Worship Service Honoring Pride Month** (First Presbyterian Church)
- 11:30 am: **Drag Brunch Fundraiser for Jamestown Pride with Thee Suburbia & Ella Fartzgerald** (Rose & Grace Studios; tickets @ bit.ly/jpridebrunch)

And More! Scan QR Code for Full Schedule:



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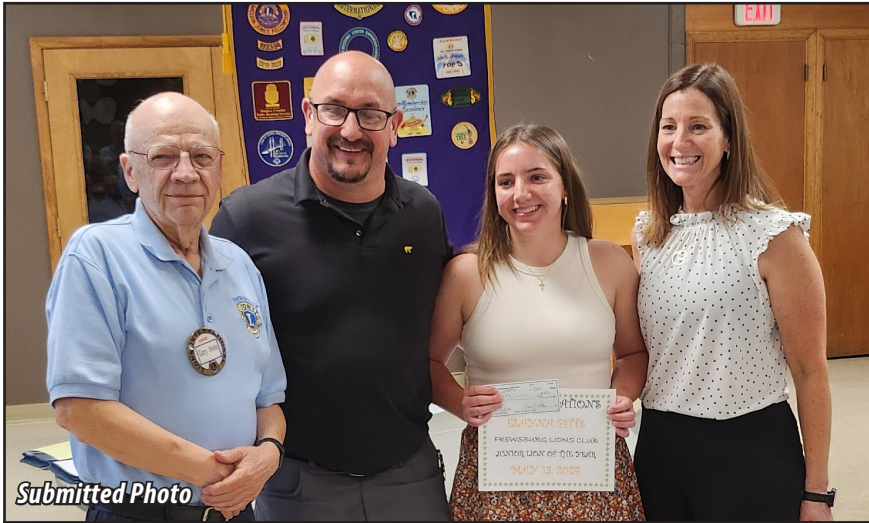
Dr. Jennifer Wilcox to Accept Unitarian Universalist Congregation of Jamestown's Richard T. Parker Memorial Award for Social Justice



Submitted Photo

As founder of Jamestown's Wellness and Forensic Center, Dr. Jennifer Wilcox will accept the Unitarian Universalist Congregation of Jamestown's Richard T. Parker Memorial Award for Social Justice at their 10:30 a.m. service on Sunday, June 9. The Center is being recognized for its work in helping victims of sexual assault, physical violence, sex trafficking, and human trafficking. Dr. Wilcox is a family nurse practitioner and forensic nurse in Chautauqua County, Chautauqua County Coroner, adjunct professor at Duquesne University and serves as the medical coordinator for the Child Advocacy Program of Chautauqua County. Everyone is welcome to the service at 1255 Prendergast Avenue. To participate virtually, use the link at UUJamestown.org/calendar.

Frewsburg Lyons Club Names Elayna Pitts 2024's "Jr. Lyon of the Year"



Submitted Photo

From left: Gary Wells, Secretary, Troy Pitts, Elayna Pitts, Michelle Pitts.

Elayna Pitts named 2024 "Jr. Lyon of the Year" by Frewsburg Lyons Club. At her school, Elayna serves as Junior Class President, runs track, dives for the swim team and is a competitive gymnast. She is also a member of the student council, National Honor Society, Sources of Strength and a student mentor. In addition, Alayna volunteers for her church nursery and is an active member in the youth group. As a member of Structural Integrity, she will volunteer for Habitat for Humanity over the spring break next year.

Support Chautauqua County Farms

CONTINUED FROM Front Page

and jellies, sweet corn, sugar snap peas, tomatoes, spinach, watermelon, cantaloupe, basil, eggplant, potatoes, cheeses, lettuce, bell peppers and string beans plus delicious Amish baked goods that includes their popular donuts until sold out. Bouquets of gladiolas are often times available to market customers.

During the fall season, farmers markets offer Concord grapes, grape juice concentrate, winter squash, pears, sweet potatoes, beets, radishes, broccoli, brussels sprouts, cabbage, zucchini, cucumber, kale, carrots, broccoli, cauliflower, celery, onions, maple syrup, pumpkins, apple cider and apples. Many of these farmers markets have live music to add to the enjoyment of your day.

A list of farmers markets in the county

and other categories can be found by tapping on 'farms and markets' on the Chautauqua County Visitors Bureau website. www.tourchautauqua.com

Through the Cornell Cooperative Extension the CHAUTAUQUA GROWN website provides a list of farms. You will find recipes such as chicken/asparagus over pasta and strawberry/rhubarb fruit bars featured along with an interactive map that is user friendly. Click on a location for directions to the various farms. If you don't have internet access, call their office at 716-664-9502.

www.bit.ly/CHQGrown

Enjoy your Chautauqua County summer and the delicious homegrown produce whether visiting a local farm or a local farmers market.

SUDOKU

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

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: Advanced

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

CLUES ACROSS

- 1. Baby's dining accessory
- 4. Something free
- 8. Ancient Egyptian deity
- 10. Set-like mathematical categories
- 11. Top-quality
- 12. Expansive
- 13. Seizure
- 15. People with congenital absence of pigment
- 16. Gains
- 17. Mocked online
- 18. Clint's son
- 21. Body part
- 22. Humor
- 23. Code number
- 24. Your physique
- 25. Family of regulator genes
- 26. LA football player (abbr.)
- 27. "The Blonde Bombshell"
- 34. Charity
- 35. Bluish greens
- 36. Examined closely
- 37. A type of equation
- 38. Stretched uncomfortably
- 39. Indian religious god
- 40. Clocks
- 41. Slowly leak through
- 42. Witnesses
- 43. Midway between south and southeast

CLUES DOWN

- 1. Nestlings
- 2. Induces vomiting
- 3. A place to eat
- 4. Partner in the air
- 5. Offered one's take
- 6. Nobel-winning French biologist
- 7. Farm animals
- 9. Prevent from growing
- 10. Sensationalist periodical
- 12. Soft-bodied beetle
- 14. Very fast airplane
- 15. Imaginative creation
- 17. Recipe measurement (abbr.)
- 19. Evoked a response
- 20. French river
- 23. Shiny yellow minerals
- 24. Make illegal
- 25. U.S. military branch
- 26. River in France and Belgium
- 27. A woman of refinement
- 28. Male child
- 29. Type of medication
- 30. German city
- 31. Animal disease
- 32. Mediterranean dietary staple
- 33. Sneak out
- 34. Radioactivity unit
- 36. Performs on stage

**May 21**

Randall L. Cross, 58
Westfield
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May 24

Ronald M. Nixon, Sr., 79
Jamestown
Lind Funeral Home

May 25

Barbara B. Slumsky, 77
Jamestown
Lind Funeral Home

Gary M. Neel, 64
Jamestown
Falconer Funeral Home

May 25 (continued)

Wanda A. Poweski, 93
Dunkirk
Lind Funeral Home

May 27

Kevin Charles Dowd, 59
Hubert Funeral Home

May 28

Ruth A. Fritton, 80
Frewsburg
Falconer Funeral Home

Ann Marie Olson, 90
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*"When someone you love becomes a memory,
that memory becomes a treasure."*



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Faith Matters

Mealtime Blessings



Contributing Writer

Rev. Luke F. Fodor
Saint Luke's Episcopal Church

We used to have a little book that sat near our dinner table called 100 Graces: Mealtime Blessings or it might have Table Blessings: Mealtime Prayers Throughout the Year—I have forgotten which one it was. When my boys were young, we would gather around the table to eat as a family, and we'd take turns saying the prayers over our food. These prayers always transported us to times long ago and locations far away—as many of the prayers were passed down through the generations.

Now that we have teenagers with many extracurriculars and busy work schedules, the book of blessings has been misplaced and we rarely gather around the table. And when we do, we occasionally say a prayer before our meal, but largely we forget. I don't think we're the only ones. Forgetting to say our prayers seems to be growing phenomenon.

I wonder if our prayers seem a little less important now that we have the convenience of pulling whatever food we want from our refrigerator—whether it is in season locally or not. We no longer need to pray for favorable weather as we genetically modify and engineer our food with draught-resistant strains.

While not secret, it is a scarcely appreciated fact: our whole prayer life and liturgical cycle is predicated on the agricultural way of life. Christians inherited from their Hebrew ancestors many celebrations that are tied to the growing cycle like

Sukkot (which became Pentecost) in addition to their development of their liturgical practices linked to the growing seasons, such as the penitential fasting associated with the season of Lent, which just happens to occur in the historically lean, fallow time of winter when stores of provisions were running low.

As American alienation from the seasonal cycle of growth and the natural world continues, our prayers and liturgies, which look to the natural world to gain their saliency, grow stale and inconsequential. Liturgies crafted to bless a growing season make little sense to those who neither sow nor reap and prayers to protect us from the dangers of a dark night are pointless—as we keep darkness at bay with the perpetual light of our many flickering screens.

These days—our family table prayers have turned adapted. While we continue to “thank God and the hands that prepared the food,” we seek to make our very consuming of food, our prayer. We eat seasonally and locally. When you eat a tomato grown in backyard, your very eating becomes an expression of prayer. May we all pray, the poet/farmer Wendell Berry's poem Prayer After Eating:

*I have taken in the light
that quickened eye and leaf.
May my brain be bright with praise
of what I eat, in the brief blaze
of motion and of thought.
May I be worthy of my meat.*

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



Our Town Through My Eyes with Sam Teresi

Episode 1: Lunch With Mayor Joe



Contributing Writer

Sam Teresi

Former Mayor of Jamestown

Many years ago, as a young and newly elected public official, I was dining with a group of my colleagues at a New York Conference of Mayors (NYCOM) meeting, when the conversation turned to what was happening in our respective communities.

After detailing the amazing economic turnaround in the City of White Plains, the county seat of Westchester County and a booming suburb of New York City, Mayor Joe Delfino, who was several decades my senior in both age and public service, turned to me and asked, “so Sam, tell us about Jamestown. What kind of place is it and what’s happening there?” I have to admit that for a moment I froze and was wondering just what I could possibly offer that might compare with the “White Plains Renaissance” and the other amazing stories offered around the table.

After taking a deep breath, I shared with Mayor Joe and the rest of our table mates my take on New York’s “Pearl City”.

“During it’s heyday, the Jamestown area was a small industrial giant. Like most other Midwest Rustbelt cities, we probably peaked in both population and economic prominence somewhere between the end of WWII and the start of the Viet Nam War. Since then, we’ve been the type of Rocky Balboa underdog that most people love to root for. We’ve also been knocked to the canvas too many times to remember, only to pull ourselves up again to fight the good fight for another round.

“Our town is a good and generous place where:

- Most folks take their showers AFTER coming home from a long, hard day’s work.
- Locals still greet each other, as well as strangers, with a smile and a warm hello.
- Folks live the ‘miracle of hard work’ to maintain their homes, send their kids to school and provide for the next generation a town that’s even better than the one entrusted to them.
- Thousands of volunteers and contributors make possible parades, festivals, charity events

and a continuous stream of sporting, recreation and other entertainment activities.

- People embrace and nurture the arts, because they understand their importance in providing for the educational, cultural and economic wellbeing of the entire region.
- Folks touch the lives of family members, neighbors, individuals throughout the community and people around the world through one of over 100 religious organizations representing more than 30 denominations.
- Professional educators and community volunteers teach, coach, care for and nurture our young people as if they were their own children”.

It was at this point that Mayor Joe emphatically stated: “You, my friend, may not be the mayor of a wealthy city, but you are obviously the mayor of what just may be the richest community in the entire state”!

On the heels of my lunch with Mayor Joe, a student at one of our middle schools asked me the following question. “As mayor, if you could have only one wish granted, what would it be”? My answer, without hesitation, was and still is very simple.

“That everyone in Our Town could have the opportunity to spend some time in my shoes and see this amazing and often taken for granted place, through My Eyes”.

As a mayor, one receives a special admission ticket to observe folks at their work, support and participate with others and at times, even lead some of the good things that are happening behind the scenes. Over the years and with that ticket, I have come to understand that one person can make a difference, but he just can’t do it by himself. And to paraphrase President Clinton, I also came to realize and witness in action, that there is nothing wrong with Our Town that can’t be fixed with what’s right with Our Town.

And, thus the purpose of this column. During future editions, it will be my hope to take us on a journey that spotlights some of the people, places, events, developments and attributes of Our Town, that have made it the resilient and special place that it’s been, and still is today.

So, let the journey begin.

Sam Teresi was the Mayor of Jamestown from January 1, 2000 until January 1, 2020. He is the longest continuously serving mayor in the city’s history.



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Our mission today as it was forty years ago is the continued conservation of all species in Lake Erie and its ecosystem, education of our youth, boating safety, access to Lake Erie, and promotion of this region as a premiere tourist destination.

Celebrating Forty Years



Starts: Saturday, June 8th, 2024 at 12:01am
Ends: Sunday, June 16th, 2024 at 4:00pm
Awards Ceremony and Picnic: Sunday, June 23rd, 2024

To Sign-Up or Further Information Contact:
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- August 15th** - Kid's Day at Southtowns Walleye Free Fishing Related Activities

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Pat's Pen with Pat Locke

June is National Rose Month



Contributing Writer
Pat Locke

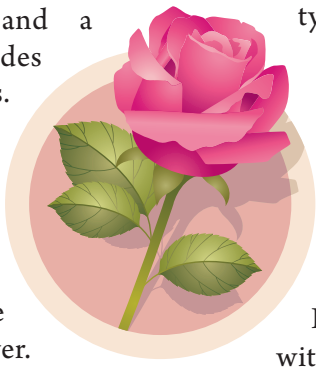
The month of June is National Rose Month and was first observed in 1959 when efforts were made to pass a bill to designate the rose as the national flower. However, the rose wasn't made the national flower until 1986 when President Ronald Reagan made it official. First Lady Ellen Wilson created the White House Rose Garden in 1913. Before becoming a rose garden, part of the property was allocated to the White House stables, horses and coaches.

June is recognized as an ideal month for roses and a popular choice for brides at their June weddings. Roses come in more than 150 varieties across the Northern Hemisphere and around the globe. Five states make the rose their state flower. New York State's official rose (named on April 20, 1955) is one of any color or combination, North Dakota and Iowa named the Prairie Rose as their state flower. Georgia's state flower is the Cherokee Rose and the Oklahoma Rose is the state flower of its namesake.

Roses have a long history of symbolism from love, peace, devotion and beauty. You can enjoy the beauty of roses this month by visiting the Buffalo and Erie County Botanical Gardens located at 2655 South Park Avenue and Ridge Road or perhaps gift a bouquet from your own personal rose garden. If your summer includes planting a rose garden, suggested tips are to learn

which roses grow best in your soil with good drainage, avoid placing them too close to other plants to guarantee adequate sunlight and air circulation. Water the roses at the base of the plant to avoid wetting the leaves and trim tall bushes to approximately five feet during the winter season to prevent wind damage. One of the keys to success in growing roses in New York State is choosing disease-resistant varieties.

If visiting the botanical gardens in Buffalo, you will learn that in early 1893 Frederick Law Olmsted provided the Buffalo Board of Park Commissioners with a design for the 156-acre South Park with its picturesque lake and pedestrian paths. It became the location of an arboretum displaying trees and shrubs that could grow in Western New York. Erected in 1898 by the well-known firm of Lord & Burnham, the glass conservatory is one of the largest structures of its type in the country.



Several iconic rose gardens in New York City are a must-visit for rose enthusiasts. The Peggy Rockefeller Rose Garden located within the New York Botanical Garden boasts over 600 rose varieties.

Stop and smell the roses, enjoy those little things about your life, your family, your spouse and your friends. The origin of the phrase, stop and smell the roses, is attributed to a golfer by the name of Walter Hagen. He published a book in 1956 called The Walter Hagen Story. In it, he said "You're only here for a short visit. Don't hurry. Don't worry. Be sure to smell flowers along the way". The quote became rather famous due to its motivational and inspirational qualities therefore an interpretive license was taken to shorten the sentence to "stop and smell the roses".

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Kate Welshofer Joins National Comedy Center as Communications and Content Strategist

Article Contributed by
National Comedy Center



Submitted Photo

Kate Welshofer

Award-winning former broadcast journalist, news anchor and producer Kate Welshofer has joined the National Comedy Center, the United States' official cultural institution dedicated to the art form of comedy, as Communications and Content Strategist.

Welshofer will supervise digital, social and broadcast content development in the Marketing and Communications department of the state-of-the-art museum, while working closely with the Center's Programming, Archives and Operations teams. She will be responsible for the Center's digital and social content strategy and produce content designed to drive audience engagement and brand growth.

Welshofer will also focus on building new strategic partnerships and media initiatives for the Comedy Center, broadening its press outreach, and supervising new projects to drive tourism, while serving as a press spokesperson and ambassador for the organization.

"With her extensive experience as a multi-media writer, journalist, content creator and speaker, Kate Welshofer brings extraordinary skill and talent to our Communications team," stated National Comedy Center Vice President of Marketing and Communications Gary Hahn. "We look forward to building our digital strategies and expanding our content creation under her supervision and guidance, as we build the Comedy's Center's brand nationwide."

"We've admired Kate's work as a broadcast journalist for years. She knows how to tell stories well and how to engage audiences with compelling content," stated National Comedy Center Executive Director Journey Gunderson. "We look forward to Kate's important new role as we continue to fulfill the National Comedy Center's mission to tell comedy's vital story and preserve its heritage for generations to come."

"I feel so fortunate to have the opportunity to join the team at the National Comedy Center. Humor is a huge part of who I am, and I have long admired the Comedy Center for not only appreciating and celebrating the craft of comedy and its artists but also respecting, valuing and promoting the incredible power and importance of humor in all our lives," stated Kate Welshofer. "I'm thrilled to now be part of that mission and am looking forward to helping more people discover what a treasure the National Comedy Center truly is."

Welshofer has had a storied journalism career with 27 years of broadcasting experience, most recently as the anchor, host and co-creator of the innovative and highly-rated Most Buffalo daily news program airing on WGRZ-TV in the Buffalo market for the past six years. Welshofer was previously a news anchor and multi-media content producer for Spectrum News, hosting nightly newscasts, delivering breaking news and creating broadcast and digital content for communities throughout New York State, including Albany, Syracuse, Binghamton, Watertown, the Mohawk Valley and Hudson Valley as part of Spectrum's (previously Time Warner Cable) 24-hour news operation.

Welshofer received two consecutive national Edward R. Murrow Awards in 2020 and 2021 for outstanding achievement in broadcast and digital journalism by the Radio Television Digital News Association (RTDNA). She is a graduate of St. Bonaventure University with a BA in Journalism/Communications.

WEEKLY AUTHOR "SPRING SERIES"

at the Hazeltine Public Library

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- June 3 - Bill Burk, retired JCC professor/athletic director with "RUN! From Civil War to the NFL, the Jehuu Calcrick Story"
- June 10 - Alicia Willsie, poet
- June 17 - Adrienne Ploss, genealogist/gardener
- June 24 - Steve Sorensen, hunting enthusiast
- July 1 - Deb Pines, Chautauqua mystery writer

The author series is on hiatus over the summer but resumes Sept. 9 with author Deb Madar and Sept. 16 with Dawn Swanson. Local authors interested in being part of the fall 2024 author series are invited to contact the Hazeltine Public library. Author talks are designed to give local writers a venue for exposure as well as interact with an audience on an informal level. Questions and answers are encouraged and authors often bring books to sign and sell.

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- Brenda Schoepp



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IT'S FARMERS MARKET TIME



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Why Buy Local

CONTINUED FROM Front Page

from millions worldwide, often in conditions that could best be described as exploitative.

When you buy local, you're keeping your money local. Many farmers don't see a profit from their labor after expenses. The high cost of farming and the unrelenting nature of the profession means

fewer small farmers, more mass-produced food, and lower quality. Instead of giving your money to shareholders, give your money to the hardworking folks who are taking the time to make sure you still have access to real food.

You're also getting more bang for your buck. Fresh, natural produce is going to nourish you better than processed food. Local produce is better for you and packs more nutritional value than what you'll get at the grocery store.

Flavor

If the first two F's weren't enough to convince you to buy and eat

local, the third should suffice. Flavor. The food tastes better and it's not even close. No chemicals. No lengthy storage procedures. No time spent on a container ship. Fresh asparagus, in-season, with a locally-sourced steak? Strawberry shortcake with fresh cream and berries that were picked early the same day?

There is nuance, too. Local honey tastes differently depending on the vegetation near the hive. Some can taste minty. Others taste like clover. All of it tastes incredible.

The bland and flavorless produce you can readily find at the supermarket might work in a pinch, but I challenge you to make the same salad twice. Once with locally-sourced ingredients

and another with supermarket ingredients. You will be blown away by the difference.

Strawberries in-season blow the mushy, moldy, plastic carton berries out of the water. Sweet corn is better from a roadside stand – crispier, more flavorful – than it is wrapped in plastic next to novelty butter spreaders.

The best part? We live in an agricultural community. We have access to some of the best food in the world, and it's usually very affordable.

Happy strawberry season to all, especially the hardworking farmers and farmhands who take enough pride in their bounty to sell it to us at a bargain. Thank you for helping us all make better choices.



CHAUTAUQUA FARMERS MARKETS

Dunkirk Farmers Market

Wednesdays 9am-2pm
June-October

45 Cliffstar Court, Dunkirk

Local farmers offer a wide variety of fresh fruits and vegetables.

Learn fun new ways to eat healthier, including how to fit more fruits and vegetables into your diet with Cornell University Cooperative Extension's Eat Smart New York.

716-338-2460

dunkirkfarmersmarket@gmail.com

Lakewood Farmers & Artisans Market

Thursdays 10am-2pm
June-September

Chautauqua Avenue, Lakewood

Fresh, local fruits, vegetables, baked goods, and much more!

716-763-8557

lakewoodny.com/
farmers-artisans-market

Mayville Farmers & Artisans' Market

Thursdays 11am-5pm
June-August

2 South Erie Street, Mayville
Vendors, food trucks and more.

716-269-4129

connectingyou716@gmail.com

www.facebook.com/Mayville-FarmersArtisansMarket

Forestville Farmers Market

Thursdays 2am-6pm
during summer season

Main Street, Forestville

Blackberries, cauliflower, kale, raspberries, strawberries, Swiss chard, yellow squash, zucchini, tomatoes and more.

Falconer Farmers Market

Fridays 11am-6pm
June-September

Davis Park (Main & Homestead Streets), Falconer

Locally grown fruit, vegetables, Amish goods, and more.

Westfield Farmers & Artisans Market

Saturdays 9am-2pm
May-September

Moore Park, 23 Elm Street
Westfield

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716-597-4453

westfieldmkt@gmail.com

Fredonia Farmers Market

Saturdays 9am-1pm
June-October

9 Church Street
Fredonia, NY

Locally grown produce - vegetables, fruits, maple syrup, honey, brown eggs. Quilts, flowers, baskets, artisans, jewelry, soy candles, and more!

fredoniafarmersmarket.org/

Jamestown Public Market

Saturdays 10am-2pm
June-October

3rd Street (between N. Main & Cherry Street), Jamestown

Locally grown produce, organic fruits and vegetables, meats and cheeses, baked goods, gourmet coffee, lunch, and special activities.

info@jtownpublicmarket.org

facebook.com/JamestownPublicMarket

Cassadaga Farmers Market

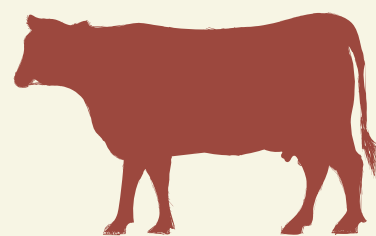
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June-October

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June is Dairy Month!

The many health benefits of dairy

Article by

Metro Creative Connection

Many people recall the slogan "Milk, it does a body good." But as different health fads have emerged since that slogan was first uttered, including an increased availability of dairy alternatives, dairy has been somewhat pushed aside, leaving many people to question if it is a friend or foe.

According to Vasanti Malik, a nutrition research scientist with the Harvard T.H. Chan School of Public Health, dairy isn't necessary for maintaining optimal health for humans. However, it is one of the best and easiest ways to get ample amounts of vitamin D, protein and calcium, each of which keeps vital organs, muscles and bones functioning properly. Here's a deeper look at dairy in the average diet.

What is dairy?

Dairy products consist of a variety of products that are from mammals, including cows, goats and sheep. These include milk, yogurt, cheese, kefir, ice cream, butter, ghee, cream, cream cheese, sour cream, whey products, and casein. Dairy products are often categorized as "regular," "whole," "reduced fat," "low-fat," or "skim." These characterizations indicate the fat content in a given item.

Nutritional benefits of dairy

Dairy products are nutrient-dense and great sources of protein, calcium and vitamins. Protein builds and repairs muscle tissue; carbohydrates in milk provide energy; and calcium and phosphorous can help strengthen bones and teeth. Vitamin D helps promote the absorption of calcium. Dairy also contains riboflavin, vitamin A, pantothenic acid, potassium and niacin. One eight-ounce serving of milk contains the recommended daily

values of these nutrients based on guidelines from the U.S. Food & Drug Administration.

Bone health

Dairy protein and calcium may play critical roles in bone health and density, helping to reduce the risk for osteoporosis, states the Dairy Alliance. Eating and drinking foods rich in calcium may offset a possible protein-calcium loss that occurs with aging, thus protecting bone health.

Heart health benefits

Some people avoid dairy because of perceptions that it is bad for cardiac health. A report presented at the 2018 Congress of the European Society of Cardiology that looked at 20 studies involving around 25,000 people found no association between the consumption of most dairy products (including whole fat varieties) and cardiovascular disease. The only exception was milk, but the results showed one would have to drink almost a liter of milk a day for a higher risk of cardiovascular disease. Still, the American Heart Association recommends adults choose fat-free or low-fat dairy products whenever possible. Also, a 2018 study published in the British Journal of Nutrition found men who ate plenty of fermented dairy products like yogurt and cheese had a smaller risk of coronary artery disease than men who ate less.

Additional benefits of dairy include a reduced risk of childhood obesity and an improvement in body composition and weight loss during energy restriction in adults, according to a 2016 report in the Journal of Food and Nutrition Research.

Dairy provides many health benefits. People concerned about their overall health should work recommended dairy servings into their daily diets.



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Chautauqua

AGRICULTURE



Trivia

1. How many farms are located in Chautauqua County?
2. What is an annual event that showcases the local farming community?
3. What is the most popular grain consumed by humans?
4. How many acres in Chautauqua County are dedicated to vineyards?
5. What 18th-century invention revolutionized the process of planting seeds in rows?
6. What is a major crop grown in vineyards in Chautauqua County?
7. What insect is known for its role in pollinating crops?
8. Approximately how many dairy cows live in Chautauqua County?
9. What farm animal is capable of running a 7-minute mile?
10. What industry is the largest employer in the world?

1. Over 1,500 2. The Chautauqua County Fair 3. Wheat 4. More than 23,000 5. The seed drill 6. Grapes 7. Bees 8. Over 30,000 9. A pig 10. Agriculture



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HOME

AWAY

AUB Auburn Doubledays
BAT Batavia Muckdogs
BUF Buffalo Diesel
ELM Elmira Pioneers
GEN Geneva Redwings
NEW Newark Pilots
NF Niagara Falls Americans
OLN Olean Oilers
SAL Salamanca Lizards

	3	4	5	6	7	8
	SAL 6:30pm	★ OLN 6:30pm		NF 11pm	AUB 6:30pm	NF 6:30pm
9	10	11	12	13	★ 14	16
ELM		AUB	BAT 6:30pm	BAT	GEN 6:30pm <i>Wegmans</i>	
16	18	18	19	20	21	22
NEW		NF	ELM 6:30pm	NF	AUB 6:30pm	
★ 23	25	★ 25	26	27	28	★ 29
NEW 6:30pm 5:30pm <i>Crossing</i>		GEN 6:30pm	GEN	BAT 6:30pm <i>JCC</i>		AUB 6:30pm
30						
BAT						

JUNE

	★ 1	2	3	4	★ 5	6
	BUF 7:00pm		NEW 6:30pm	NEW	NF 6:30pm <i>Salsbury</i>	ELM
7	8	★ 9	10	★ 11	12	13
ELM 2:00pm 5:30pm	BAT	NF 2:00pm		GEN 6:30pm	GEN	AUB
★ 14	15	16	17	18	19	★ 20
NF 2:00pm <i>PURINA</i>		NF	BAT 6:30pm	NEW	NF	GEN 6:30pm
21	22	23	24	25	★ 26	27
ELM			GEN	NF	BAT 6:30pm <i>AMERICAN</i>	BAT
28	29	30	31			
ELM						

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★ June 23rd

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★ June 25th

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★ June 27th

FREE Tickets - JCC Buyout

★ June 29th

Kids Camp Day

July 1st ★

Fireworks by Jamestown Mattress

July 5th ★

\$2 Tickets, Hot Dogs & Beer

July 9th ★

\$2 Tickets, Hot Dogs & Beer

July 11th ★

First Responders Night by Live CHQ

July 14th ★

Bark at the Park Presented by Purina

July 20th ★

Strikeout Cancer Game

July 26th ★

Fireworks & Christmas in July

**Great Strides Walk is Coming to
Chautauqua County Once Again!**

**WNY Cystic Fibrosis Foundation Walks to Raise
Awareness and Support for the Cure for Cystic Fibrosis**



Submitted Photo

Article Contributed by
**WNY Cystic Fibrosis
Foundation**

On June 15th, the WNY Cystic Fibrosis Foundation local chapter is hosting its third Great Strides walk this year in Dunkirk, at Point Gratiot Park. This walk will be full of fun activities for all ages from Crosby's Pizza to snow cones, a local DJ, and music! The best part? Not only can the whole family come out and walk, but don't forget to bring your four-legged best friend! You read that right, yes, Chautauqua Country Great Strides is a dog walk! So, grab your shoes, jackets, sunglasses, and doggie bags because rain or shine we hope to see you at 10 am for check-in, and be ready to walk at 11 am.

This dog walk of the year is also being sponsored by a few of your local businesses, like the one and only Nestle Purina. Nestle Purina has been a big reason for the walk's success these past few years with their major sponsorship, but most importantly their unwavering support.

Nestlé Purina is proud to be a returning sponsor of the Cystic Fibrosis Foundation's Great Strides Walk. We've been part of the Dunkirk community for 53 years and are passionate about making a local impact. We hope you can join us at Point Gratiot Park on June 15, 2024!

To register and walk in this year's Chautauqua Country Great Strides Dog walk here are the next steps:

- Go to www.cff.org/chapters/western-new-york-chapter#events and scroll to find Chautauqua County Great Strides. Click the event and you will be brought to the main page to register.
- On the main page there are two options, to create a team or join a team as a walker. Not able to make it in person? No worries! The opportunity to still support as a virtual walker is also an option.
- For help to get registered do not hesitate to reach out to western-newyor@cff.org, or call the main office at (716) 204-2535.

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Reptiles: Tales of Scales at Audubon Little Explorers Saturday, June 8



Submitted Photo

On Saturday morning, June 8, Audubon Community Nature Center Little Explorers and their adults will get up close and personal with reptiles like Lincoln the Box Turtle.

Article Contributed by Audubon Community Nature Center

You and your 3 to 8-year-old(s) can learn more about “Reptiles: Tales of Scales” at Audubon Community Nature Center Little Explorers on Saturday, June 8, 10–11:30 a.m.

Even if you are a little uncertain about some reptiles, once you learn more about the amazing characteristics and behaviors of these animals, meet some real reptiles, and explore how they fit into the ecosystem, you could come to appreciate the importance of these scaly critters in the wild.

An indoor lesson includes a meet-and-greet with some of ACNC’s reptile ambassadors. Then head

out to explore Audubon’s property, where you will look for wild reptiles and identify their natural habitats.

A snack is provided after the hike and a craft is offered if there is time.

Little Explorers takes place rain or shine, so dress for the weather.

The fee is \$12 for adults, \$9 for children ages 3–8 and Nature Center members.

Enrollment is limited to 15 children, 30 participants total.

To make your paid reservations required by Thursday, June 6, 2024, call (716) 569-2345 during business hours or go to AudubonCNC.org and click through Programs and Events.

First Fridays to Include Street Closure in Westfield

Article by

Daniel Heitzenrater

Chautauqua County Chamber of Commerce

First Fridays in Westfield will once again spill into the street in Westfield as the Chamber of Commerce has secured a permit from the New York State Department of Transportation to close Route 20 in the village during the event. This is the second year for the expansion of the event, which allows for additional vendor participation and makes the experience safer and more walkable for all guests.

Route 20 (East Main Street) will be temporarily closed to all traffic from Portage (Route 394) to Union Street, with limited traffic from Union to Pearl Street. The closure will be in effect from 4-8pm during First Friday June 7, and subsequent First Fridays on July 12 (Reunion Weekend), August 2, and September 6.

Chamber President and CEO Dan Heitzenrater noted, “This temporary road closure will help to ensure a safe and enjoyable experience for all involved in First Fridays – our businesses, our vendors, and the general public. We appreciate everyone’s cooperation and understanding. Simple detours will allow for emergency access, and there is plenty of parking on off-street lots and throughout the village.”

Staunzie Grady, Chamber Coordinator added, “First Fridays is a community event that celebrates the vibrancy and diversity of our local business community. It brings together business owners, artists, and residents in celebration of creativity and local entrepreneurship. We invite everyone to enjoy live music, explore various artistic displays, and show their support for our local establishments.”

The Chamber thanks the Village of Westfield, Westfield Development Corporation, and Chautauqua County Emergency Services for their assistance and support during this permitting process.

To help cover the additional costs associated with the street closure, there is a small \$20 fee for business vendors that want to sell merchandise during First Fridays. Nonprofits with vendor (sales) tables pay just \$10, or for nonprofits with information-only tables there is no charge. All vendors are required to register in advance through the Chamber calendar at www.chautauquachamber.org.

The June 7 First Friday is sponsored by AHN Westfield Memorial Hospital, Brooks-TLC Hospital System, Westfield Boatworks, Community Bank, and Wanderlust Custard.



Significant Milestones are Recognized at MHA Luncheon



Submitted Photo

The Mental Health Association in Chautauqua County is a peer recovery center offering support groups and individual coaching for people looking to improve their lives, deepen wellness, thrive in recovery, or support those on a recovery path. At their recent recovery luncheon, several participants were recognized for significant milestones they achieved. A delicious meal was prepared and served by members of the Church of Jesus Christ of Latter-day Saints (from left): Gail Smith, Lydia and Patrick, Pam and Gary Lucas, Betsy Trusel and Dave Barker. To learn more, call (716) 661-9044 or visit MHACHautauqua.org or facebook.com/MHACHautauqua.

Mayville Depot Museum Open for Summer!



Submitted Photo

The Mayville Depot Museum is now open for summer, Friday-Sunday, 1-5pm. Admission is free, modest donations appreciated. The museum has launched a new touch-screen video system, with a suite of short historical videos: Mayville’s history; a tour of the Mayville cemetery; Mayville’s ice industry; the Village and Town’s historical markers; and selections from John Luensman’s extensive series on “Chautauqua Lake: Past, Present, and Future”. This new feature complements the existent showcase of historic artifacts. The original depot was built in 1871, destroyed by fire in 1923, and rebuilt by 1925. The museum is supported by the Chautauqua Town Historical Society.



School Board Election Results

On Tuesday, May 21, 2024, Chautauqua County 2024-2025 School Board Elections took place along with votes on Proposition No. 1 (School Budget), Proposition No. 2 (Establishment of a Capital Improvements Reserve Fund) and some districts voting on Proposition No. 3 (Library Budgets). Below are the results:

Jamestown

Frank Galeazzo (281 votes)
Joseph Calimeri (333 votes)
Nina Karbacka (330 votes)
Budget passed (340-68)
Prop 2 passed (341-50)

Southwestern

Elizabeth Laczi (436 votes)
Michael Carothers (398 votes)
Josh Gesing* (283 votes)
Budget passed (475-112)
Prop 2 passed (464-123)
Prop 3 passed (448-142)

Bemus Point

Kathleen Colver (153 votes)
Shawn Hricko (152 votes)
Margaret Spence (135 votes)
Budget passed (139-52)
Prop 2 passed (130-62)

Chautauqua Lake

Michael Ludwig
Jessup Baker
Budget passed (226-73)

Falconer

Tracy Schrader (133 votes)
Marcella Centi (117 votes)
Budget passed (122-21)
Prop 2 passed (128-15)

Frewsburg

Larry Lodestro (182 votes)
Michael LeBaron (180 votes)
Budget passed (146-74)
Prop 2 passed (141-80)

Panama

Carrie Munsee (103 votes)
Budget passed (123-21)
Prop 2 passed, 106-39

Silver Creek

Matt Bogosian (315 votes)
Brian Boedo (294 votes)
Stephen Boothe (183 votes)
Deandra Parker (107 votes)
Michael Schneider (98 votes)
Budget passed (364-158)
Prop 2 passed (287-235)

* Write-in Winner



Celoron Rib-Fest

June 5-8

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Cruisin'

Saturday, June 8th
12 till?

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Bailey's Towing & Recovery



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Sound by Chautauqua Audio Works Inc.



Wed. June 5th

6:00 pm—9:00 pm
Taylor Remaid
Mix

Thurs. June 6th

6:00 pm—9:00 pm
Backlog
Mix

Fri. June 7th

5:00 pm—7:30 pm
Derek Davis Trio
Acoustic Variety

8:00 pm-11:00 pm
Bucked Up
Country

Sat. June 8th

1:00-4:00 pm
Chautauqua
Audio Works
DJ Mix

4:30-7:30 pm
Untouchables
Rock n Roll/Blues

8:00-11:00 pm
Smokin' 45
Country Rock

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CCPEG Receives \$25,000 to Support Local Trail Improvements

Funds will Support Upgrades to Fred J. Cusimano Overland Trails in Panama and Brokenstraw State Forests

Article Contributed by

Chautauqua County

Partnership for Economic Growth



the trail far more accessible for a variety of trail user-groups," Bodway said.

The trail improvements and construction will be completed by Trail Construction Associates (TCA), based in Chautauqua County, who Bodway said are familiar with the Overland Trails and are excited apply their green design trail-building techniques to improve trail sustainability.

"We will be rerouting chronic wet areas and improving sections of trail that have poor drainage and erosion issues," Bodway said. "We plan to 'build-up' the trail in low areas, add bench-cut trail for better drainage, and reroute a section of trail to move it from an old gas-lease road and into the woods. These improvements will make the trail far more accessible for trail-users of varied abilities. We can't wait to get started!"

The Ralph C. Wilson, Jr. Legacy Funds were established at the Community Foundation to provide support to four areas that were important to Mr. Wilson: caregivers, community assets, design and access, and youth sports. Endowment funds, like these created to honor Mr. Wilson, are designed to grow over time and provide funding for charitable causes according to a client's wishes.

The Chautauqua County Overland Trails also would not be possible without the support and cooperation of private landowners.

The Chautauqua County Partnership for Economic Growth (CCPEG) is pleased to report that it has secured a \$25,000 grant from the Ralph C. Wilson, Jr. Legacy Funds, administered by the Community Foundation for Greater Buffalo, to help fund Phase IV of the Chautauqua County Overland Trails Revitalization Project. This phase includes trail construction, trail improvements, and trail reroutes along sections of the Fred J. Cusimano Westside Overland Trail in both Brokenstraw and Panama State Forests.

"This section of the trail is popular with a variety of trail-user groups and runs through two absolutely beautiful New York State Forests," said Jacob Bodway, CCPEG Trail Coordinator.

To secure this grant, CCPEG collaborated with the Chautauqua County Parks Department and the New York State Department of Environmental Conservation to plan and organize the best approach for Phase IV of the project.

According to Bodway, Phase IV of this project will update the Westside Overland Trail to meet modern standards of trail sustainability and accessibility.

"Ultimately, these Phase IV improvements will offer substantial drainage improvements and will incorporate sustainability designs to mitigate erosion and to make

PUZZLE SOLUTIONS

9	8	3	6	2	5	4	1	7
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4	1	2	3	7	9	8	5	6
6	5	4	9	1	8	3	7	2
8	3	9	7	6	2	5	4	1
2	7	1	5	3	4	9	6	8
1	4	8	2	9	6	7	3	5
5	2	7	1	4	3	6	8	9
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PUZZLES ON PAGE 5

Chamber Corner

Article Contributed by

Daniel J. Heitzenrater

President and CEO of the Chautauqua County Chamber of Commerce

Summer Recreation Abounds in Chautauqua County

Suddenly it's June and the summer weather has arrived in Chautauqua County. For many of us, this time of year is exactly why we live here: so we can enjoy the sun, balmy temperatures, and outdoor recreation. Fortunately, Chautauqua County has a lot to offer for outdoor enthusiasts. Whether you're into boating, fishing, hiking, golf, bicycling, or other activities, you'll find something to love this summer right here in our own backyard.

Summer is a great time to get onto one of our numerous lakes. Luckily, there are plenty of marinas and boat rental businesses available as well as marine equipment sales and service. Whether you want a kayak, a jet ski, or a pontoon boat for an afternoon, you can find it. For the truly bold, try stand up paddle boarding or kite surfing at SUP Adventures on Lake Erie at Irving. Take sailing lessons at Chautauqua Lake Yacht Club. Take a boating safety course or rent a boat at Chautauqua Marina or check out the other numerous boating options at Lawson Boat & Motor, Ready About Sailing, or Snug Harbor Marina. For service on your boat check out these locations or Westfield Boatworks. If you need recreational ethanol free gas, you can find it at some local stations including some Robo Convenience stores, or Witco Convenience in Cassadaga, and others. To take a leisurely ride on a vintage watercraft try One Fine Day Boat Charter in Bemus Point or book a trip on the Chautauqua Belle.

Bicyclists can check out new equipment at Jamestown Cycle Shop or Pearl City Cycle or can get their bikes serviced and ride-ready at Fredonia Cycling.

Golfers have a number of options in Chautauqua County. Try the Bemus Point Golf Club & Tap House, Chautauqua Golf Club, Moon Brook Country Club, Peek'n Peak Resort in Clymer, Shorewood Country Club,

Vineyards Golf Club, and all the others.

If you're interested in horseback riding, summer is the perfect time to give it a try. Double DAB Riding Stable in Ripley can help you get started.

Take me out to the ball game with the Jamestown Tarp Skunks. Their season got underway this past week and runs through July.

Take a hike in Chautauqua County! In addition to the numerous State and County parks featuring hiking trails, you can check out the trails at the Audubon Community Nature Center and Roger Tory Peterson Institute. And don't forget the incredible hiking experience at Panama Rocks Scenic Park in Panama where you'll get a closeup look at nature's extraordinary handiwork featuring glacial rock formations.

Summer is also a perfect time to enjoy locally grown produce. Stop at one of the many farmers markets in communities throughout the county, or at farm markets and produce stands including Abers Acres in Kennedy, Betts Farms in Westfield, Carlberg Farm in Kiantone, Double A Vineyards in Fredonia, Enjoy Able Acres in Fredonia, Haff Acres in Mayville, Green Heron Growers in Sherman, and Peterson Farms in Jamestown. You can find an interactive Chautauqua Grown map on the Cornell Cooperative Extension Chautauqua County website.

And we cannot forget about the outstanding entertainment options each summer in Chautauqua County. The Chautauqua Institution summer season opens June 22 with Martina McBride on the Amphitheater stage. The largest Spiritualist encampment in the region opens at Lily Dale Assembly June 21 featuring the return of the Tibetan monks.

All of this is just a starting point. With events galore on tap, we hope you'll routinely check out the summer calendar hosted by the Chautauqua County Visitors Bureau at tourchautauqua.com.



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This Week Around Town

JUNE 3

Jamestown Tarp Skunks Baseball - 6:30 PM
Russell E. Diethrick, Jr. Park
Jamestown
For Info: 716.705.5600 or tarpskunks.com

JUNE 5-8

Celoron Rib-Fest
Celoron Park | Celoron, NY
For Info: 716.487.4175 or celoronribfest.com

JUNE 5

Weekly Bird Walks at RTPI 9 AM-10 AM
Roger Tory Peterson Institute
Jamestown
For Info: 716.665.2473 or rtpi.org

JUNE 6

Make Your Own Bird Feeder
Pearl City Clay House | Jamestown
For Info: pearlcityclayhouse.org

Music on the Pier - 5:25 PM

Dunkirk Pier | Dunkirk, NY
For Info: 716-366-9886 or cityofdunkirk.com

JUNE 7-9

Standing Ground: A Civil War Reenactment - 9 AM-12 PM
Westfield's Moore Park | Westfield
For Info: 716.326.2977 or info@cchsmcclurg.org

JUNE 7

First Friday in Westfield 5 PM-8 PM
Westfield, NY
For Info: chautauquachamber.org

Drive-In Double Feature - Bring Your Own Chairs: Meatballs & Wet Hot American Summer 6 PM
Reg Lenna Civic Center | Jamestown
For Info: 716.484.7070 or reglenna.com

JUNE 8

Dunkirk Flea Market 8 AM-2 PM
Dunkirk, NY
For Info: 716-680-0958 or cityofdunkirk.com

Fredonia Farmer's Market

9 AM-1 PM
Fredonia, NY
For Info: 716.672.4818 or fredoniafarmersmarket.org

Westfield Farmers & Artisans Market

Westfield, NY
For Info: westfieldny.com

Jamestown Pride

Downtown Jamestown
For Info: jamestownpride.org

Yoga with the Birds at RTPI

9 AM-10 PM
Roger Tory Peterson Institute
Jamestown
For Info: 716.665.2473 (ext. 233) or rtpi.org

Little Explorers (ages 3-8 + adult): "Reptiles: Tales of Scales" - 10am-11:30am

Audubon Nature Center
For Info: register by June 6 at AudubonCNC.org

Jamestown Public Market

10 AM-2 PM
3rd St. | Jamestown
For Info: 716.664.2477 or jtowpublicmarket.org

The New York Food For New York Families 'Grow Chautauqua' Food Distribution Starts in June

*Article Contributed by
Cornell Cooperative
Extension of Chautauqua
County*

Cornell Cooperative Extension of Chautauqua County is excited to announce the start of the New York Food for New York Families 'Grow Chautauqua' food distribution events.

A recipient of the NY Food for NY Families funding, via the USDA and New York Department of Agriculture and Markets, CCE will be partnering with several area community organizations and many local farmers for the launch of the program. Main partner Brigiotta's Farmland Produce will work to assist in procurement of NYS and Chautauqua grown, raised, and produced products, as well as package 500 individual boxes of said product for distribution weekly.

CCE will also be partnering with the county Office for the Aging's Local Roots program, assisting in the distribution of produce to more than 400 individual senior residents across Chautauqua County.

Per NYS Ag and Markets, the New York Food for New York Families Program will maintain and improve food and agricultural supply chain resiliency in New York State. This funding is provided by the United States Department of Agriculture (USDA) Local Food Purchase Assistance Cooperative Agreement Program (LFPA). The goals of this program are to:

1. Support local and traditionally disadvantaged farmers/producers by building and expanding economic opportunities and creating new marketing channels.
2. Establish and broaden partnerships between New York farmers/producers and the food distribution community and local food networks to ensure distribution of fresh nutritious foods in rural, remote, and/or underserved areas.
3. Improve food access for underserved communities by tailoring distribution to unique local challenges.

With over 24% of Chautauqua County residents living with food insecurity, particularly communities made vulnerable such as seniors, black, Hispanic communities, and youth, CCE is excited to offer an impactful food access program.

Main distribution events will begin June 12, and run weekly through October 30, at three partner organizations. Local food will be

offered to all community members at no charge, and identification or proof of income is not required. Food boxes will be distributed on a first come, first served basis and are not guaranteed. Boxes will include a variety of locally grown fruits and vegetables, varying week to week based on the WNY growing season, as well as locally produced products such as cheese, jams, bread, maple syrup, honey, and meat products.

Chautauqua County Rural Ministries Inc., located on Washington Ave in Dunkirk will distribute 200 food boxes weekly on Wednesdays, starting at noon. Various other distribution locations, including the Dunkirk Farmers Market, and dates will be announced as the summer progresses.

The Jamestown Mobile Market will be distributing local produce at its various locations, including the Chautauqua Center, C. V. Bush Elementary School, Silvertree Seniors on Crane Street, and CODE Inc, on Second Street. Times vary and can be found at www.jtownpublicmarket.org. In addition, Grow Jamestown will be partnering with various faith-based communities via a new program, Faithful Eating, to distribute additional food boxes throughout the summer.

Ripley Public Library will be distributing a total of 100 food boxes to community members on Saturdays.

OFA's Local Roots program will visit various senior living centers across the county. Senior residents can 'pre-register' by contacting the OFA to receive a food box containing produce from Abers Acres organic farm. After pre-registrants are served, additional community members are welcome to all senior living sites to receive food boxes on a first, come first serve basis. Exact locations and dates/times can be found on CCE's Facebook page.

CCE is aiming to procure as much produce and food products local to the county as possible. All farms and producers are compensated via the grant for products at full market value. Farmers currently contributing to the program include: Yericco Farms; Hidden Valley Produce; Abers Acres; Roberto Fred Farms; Ellicottville Greens; Degolier Maple; Sunshine Honey; Lizzie Byler; JM Joy Farms; Rosie Joy; Roo Haven Farms; Stand Fast Farm; Bit-O-Breeze; Eden Valley Creamery; Green Heron Growers; Snowbelt Gardens; and the Clymer Produce Auction.

Farmers or food producers interested in contributing to the program can contact Linnea Haskin at CCE Chautauqua lmc373@cornell.edu or by phone at 716/664-9502 x 210.



Cornell University Cooperative Extension

Civil War Reenactment June 7-9 in Westfield



Photo Credit: cchsmcclurg.org

Reenactors of the 9th NY Cavalry will offer living history experiences in Westfield's Moore Park June 7-9. The long-standing event provides historical context for the 9th NY Cavalry and Westfield during the Civil War. All activities are free and open to the public. The reenactors will set up tents on Friday evening. On Saturday, a flag raising ceremony will be held at 9 a.m. at the soldiers monument in Moore Park. The recruitment and mustering in of soldiers, beginning at 10 a.m., will be among the demonstrations featured throughout the day. A sampling of Civil War letters will be read at St. Peter's Episcopal Church, also located in the park, at 2 p.m. Demonstrations of camp and military life begin at 3. The reenactment weekend concludes at noon on Sunday following additional activities experienced by Civil War soldiers. For more information, contact the Chautauqua County Historical Society at 716.326.2977 or info@cchsmcclurg.org.

Countywide Trails Map to be Unveiled at June 12 FCCG Public Meeting

Greenways Group to also Provide Updates on Various Trail Projects in Chautauqua County



Submitted Photos

The Friends of Chautauqua County Greenways Group will host a public meeting on June 12. In addition to unveiling the brand new county trails map project, members will also provide updates on various trail projects within the county – including the two overland trails maintained by Chautauqua County.

Article Contributed by
Chautauqua County Partnership for Economic Growth



In cooperation with the Chautauqua County Partnership for Economic Growth (CCPEG), the Friends of Chautauqua County Greenways (FCCG) will hold its third public informational meeting at 5 p.m. on Wednesday, June 12 at the SUNY Fredonia College Lodge, located at 8067 Route 380 in Brocton.

This meeting will provide the public with a preview of the new Chautauqua County Recreation Trails Map. This map will be the new “one-stop-shop” for anyone who wants to learn about the location, tread surface, difficulty, and permitted use pertaining to the miles of trails within the county.

“This map is the culmination of a yearlong process of collecting data, images, and information that will educate all trail users about the incredible trails that we have throughout Chautauqua County,” said Jacob Bodway, Trail Coordinator for CCPEG. “In addition to unveiling the new countywide map, each trail group will provide updates on recent grant awards, new projects, and upcoming events. By working as a single unit, we have made

tremendous strides in giving pride of place to the amazing recreation opportunities in the county. There has never been a better time to be a recreation enthusiast in Chautauqua County than right now!”

The College Lodge also offers beautiful hiking trails. There will be a short guided hike held at 4 p.m. for anyone who would like to arrive early and explore the forest. Refreshments will be provided at the meeting, which is open to the public. No reservations are required.

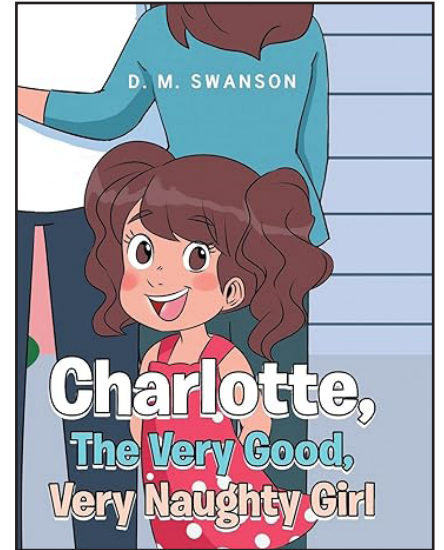
Local Author Dawn M. Swanson Announces Book and Upcoming Events



Contributed by

Dawn M. Swanson
 Director, Kennedy Free Library

Book Synopsis



Charlotte, the Very Good, Very Naughty Girl is a delightful story of little Charlotte who has learned how fun it is to use the word no a little more often than her mother, father, grandparents, and teacher would like. As the story unfolds, Charlotte refuses to pick up her toys, go to bed on time, and even participate when her teacher asks! Father has a wonderful idea to turn the tables on little Charlotte. With clear communication, the adults in Charlotte's life work together to help her begin to rethink how fun the word no is. The unsuspecting Charlotte is quite surprised and perplexed when everyone begins telling her no! This fictional tale of sweet little Charlotte is quick to point out that everyone does naughty things sometimes. It does not mean that you are naughty!

Dawn's first book, *Charlotte, The Very Good, Very Naughty Girl* was released July of 2023. The second book in this series, *Charlotte and the Mischievous Cat*, will be released by the end of this year. Dawn is hoping to have a series of children's books and to eventually release a book of poetry. *Charlotte, The Very Good, Very Naughty Girl* is available online at Amazon, Barnes & Noble, Books A Million, and other national retailers. Locally, this book is available at Dots Gift Boutique (Jamestown), The Good Neighbor Bookstore (Lakewood), and RAW Juice and More (Randolph).

2024 Author Calendar of Events

- May 25, Cattaraugus Free Library 11am
- May 30, Anderson-Lee Library (Silvercreek) 10:30am
- July 23, King Memorial Library (Machias) 11:45am
- August 6, Lakewood Memorial Library 11am SRP
- August 9, Allegany Public Library 3:30pm SRP
- September 16, Hazeltine Public Library Time TBA
- Mayville Library - TBA
- Pine Valley Elementary School - TBA

Author Bio

First time author, mother, library director, Dawn Swanson lives in Kennedy, NY. She is passionate about community service, education, child development, and reading. Dawn is devoted to providing a place for the community to feel welcome and have access to technology and educational advancement.

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CHAUTAUQUA COUNTY HUMANE SOCIETY PETS OF THE WEEK



Chicken Little

One glance into the soulful, wise eyes of Chicken Little will tell you that this darling girl has seen a great deal. Although Chicken Little is still incredibly shy, she blossoms more and more each day. She is so affectionate, and once she trusts you, she is a lapdog and your BFF for life! She does beautifully walking on a leash, and your heart will melt when you see her entertain herself by tossing her favorite toys in the air and doing zoomies after she catches them! This darling girl is a true gem. Meet her soon at CCHS. Shelter No. RR179.

PJ is young, but has an old soul. His days are spent in gentle pursuits, a quiet game of chase-the-string, a leisurely nap in a sunny spot. He is sweet, mellow, and oh-so-cuddly. He has a heart full of love, and is waiting for the right person to share it with. Adopt PJ and you'll gain a loyal, loving friend who will always be there for you. Meet PJ soon at the Chautauqua County Humane Society. Shelter No. RR179

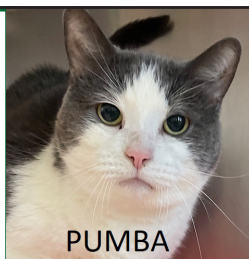


PJ

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



PET OF THE WEEK



PUMBA

Timon and Pumba came in together as strays. They are both neutered, current on distemper and rabies vaccines, and absolute lovebugs! Timon's right eye is either scarred from a previous injury, or his eyelashes scratch his eyeball. He has been treated with eye drops to prevent further damage. Pumba has an issue with his weight and needs to lose a few pounds to ward off potential weight related diseases. BOTH CATS ARE FIV POSITIVE AND WILL NEED TO BE INSIDE ONLY PETS. THEY WILL NEED TO BE A ONE AND ONLY CAT, OR LIVE WITH OTHER CATS WHO ARE ALSO FIV POSITIVE. FIV is not transferable to dogs, only cats. These boys would do fine a home with dogs. In an effort to get these sweet guys into a home, we are waiving all adoptions fees for them. Although they came in together, they do not have to go to the same home.



TIMON

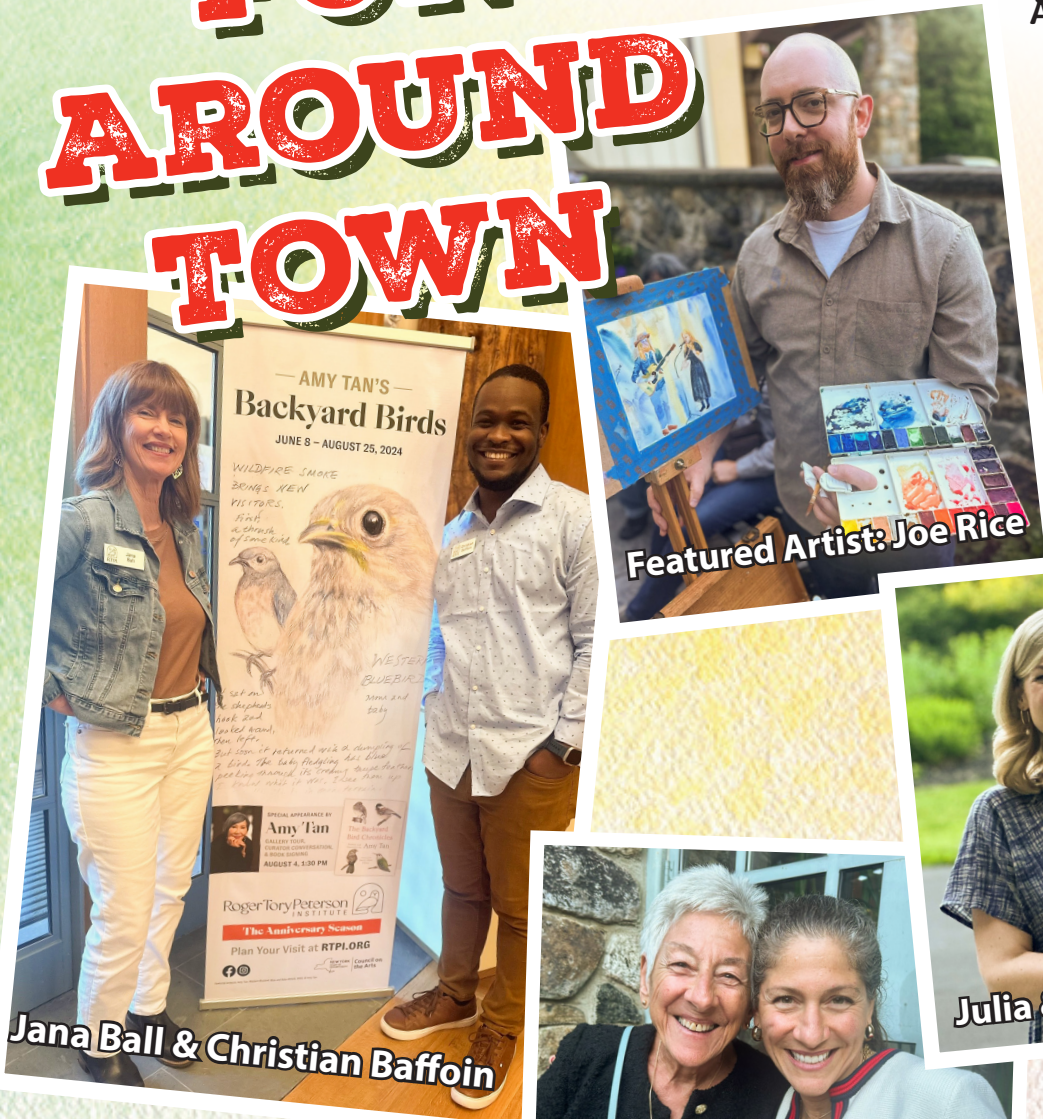
212 Elm St., Warren, PA • 814-726-1961 • www.pawsalongtheriver.org



FUN AROUND TOWN

Enjoy great art and great music every month at Roger Tory Peterson Institute. RTPI's "Art After 5" events take place each fourth Friday of the month from 5:30-7:30pm.

Included with each \$16 ticket is full access to the museum, complimentary cocktails, light bites from Elegant Edibles, and two hours of live music on the RTPI patio.



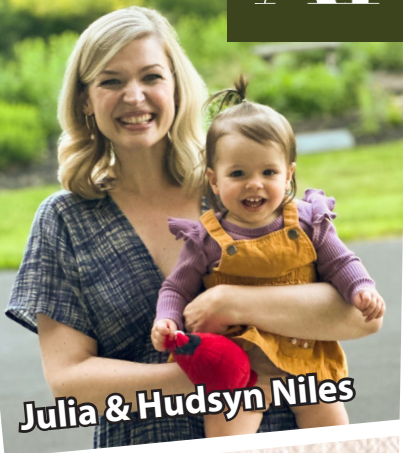
Featured Artist: Joe Rice

— AMY TAN'S —
Backyard Birds
JUNE 8 - AUGUST 25, 2024
WILDFIRE SMOKE BRINGS NEW VICTIMS.
First a smudge of soot on the wing.
WESTERN BLUEBIRD
Some and baby
When it returned with a clumping in its beak, the baby fledging had blue feathers around its neck and chest.
SPECIAL APPEARANCE BY
Amy Tan
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AUGUST 4, 1:30 PM

Jana Ball & Christian Baffoin



Kathy Theofilactidis & Alexis Singleton



Julia & Hudson Niles



Arthur & Susan Pearson



Pam Meurer, Kathleen McGough Johnson
Lee Davis & Rick Kirkman



Marissa Troxell & Yvonne McNallie



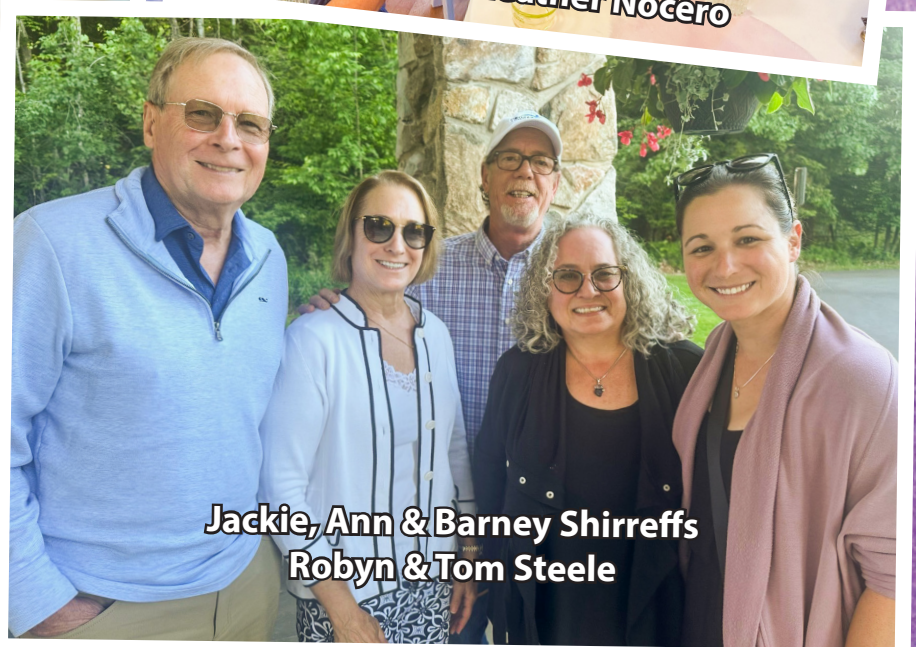
Celeste Tidrick, Gina Cusimano & Heather Nocero



Christopher Brady, Janet Chew & Ellie Becker



Claire Johnson



Jackie, Ann & Barney Shirreffs
Robyn & Tom Steele



MONDAY - SATURDAY



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Braw Caddie Clan Awards Carsen Bane the 2024 Stanley A. Weeks BCC Award for Excellence

Article Contributed by

JHS and in Jamestown.

Braw Caddie Clan

The Braw Caddie Clan (BCC) scholarship selection committee, in collaboration with the Chautauqua Sports Hall of Fame, is delighted to announce that Carsen Bane, son of David and Heidi Bane, has been awarded the esteemed Stanley A. Weeks BCC Award for Excellence 2024. BCC welcomes brothers, honorary brothers, and community members to the award ceremony at Moonbrook Country Club on Thursday, June 13, 2024. Brothers and guests will assemble at 5 pm and the presentation begins at 5:30 pm.

Carsen embodies the award's spirit, uniquely blending academic brilliance and athletic prowess. His commitment to hard work and service to the community is commendable and inspirational. His positive energy and accomplishments will serve him well as he moves on with his education and career. He plans to study civil engineering at Alfred State University.

Carsen's academic accomplishments are reflected by being JHS Valedictorian, a member of the JHS Honor Society, receiving the Rhetoric Award in English, and being on JCC Dean's list. As an athlete, he participated in wrestling, tennis, and soccer. He excelled in football! The Buffalo News recognized him as the Section 6 Class AA First-Team All-Star running back, and the JHS Football coaches recognized him as the Most Valuable Player. Bane, a Section 6 All-Western New York and a New York State Public High School Scholar-Athlete, was also active on defense, making 71 tackles with 12 for loses.

He volunteered for various programs, including the Soap Box Derby, Babe Ruth Little League World Series, Read Across America, and the Gus Macker. As a member of the Key Club, he volunteered for two JHS graduation ceremonies and baccalaureate services and lent a helping hand at the Red and Green Football Camp for kids. His dedication to service is a testament to his desire to make a positive impact at

Recommendations acknowledge his character and tenacity. "Carsen's work ethic, grit, and humility are demonstrated by his academic and athletic performance," wrote Tom Langworthy, JHS Varsity Football Coach and Assistant Principal. When interviewed after games, Carsen consistently deflected praise to his teammates and coaches." Stephen Propheter, JHS physics teacher and Assistant Varsity Football Coach, said, "Carson was always prepared for class and his participation in classwork and discussions helped foster an ideal learning environment."

Braw Caddie Clan is pleased to add to Jamestown's positive energy by illuminating the ideals of Mr. Weeks. Awardees become honorary members, and several serve on the scholarship selection committee. Each year, the BCC brothers shed light on student brilliance and how JHS teachers, coaches, and administrators provide guidance and opportunity for achievement deserving of recognition in New York State.

As the 100th Anniversary of the Braw Caddie Clan approaches in 2030, the brothers envision a legacy goal to create one of the most distinguished Scholar-Athlete Awards in Western New York. In collaboration with community members committed to excellence, BCC brothers and past recipients and their parents have generously contributed to the Stanley A. Weeks Braw Caddie Clan Scholarship Fund, Chautauqua Region Community Foundation (CRCF), 418 Spring Street, Jamestown, New York, or visit https://crcfonline.fcsuite.com/erp/donate/create/fund?funit_id=1134 to provide easy online donations. The collection of various CRCF scholarships allows our best young men to attend some of the finest colleges and universities in the nation.

Excitement grows as the Weeks BCC Scholarship is gaining recognition as one of the most prestigious within the Chautauqua Region Community Foundation and in Western New York.