

CHAUTAUQUA GAZETTE



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Jamestown Area Community Federal Credit Union

"Love our Lakes" Edition

Volume 1 • Issue 22 Week of July 15, 2024

— Lakes & Waterways — Chautauqua County's Treasure

Lako Etto Chautauqua Lako Cassadaga Laka Batr Lako Findley







Featured Writer

Andrew Nixon **Executive Director** Chautauqua County Visitors Bureau

hautauqua County is unusually blessed with respect • to the availability of lakes and waterfront experiences. Because of this, our area annually attracts tens of thousands of summer vacationers, as well as thousands more pre and post summer getaway travelers who are motivated by being on, or near a lake. Additionally, our lakes have been the primary driver in attracting an abundance of second home and vacation homeowners. It is also obvious that hotspots on or near our lakeshores have fared well in terms of development and ability to attract visitors and second home clientele.

more than 1 day, but excluding second homeowners) provides in excess of \$290 million annually in Chautauqua County. According to recent Visitors Bureau surveys of visitors/tourists, our lakes and waterways feature more than 65% of the trips to the area. That means well over half of the visitors to Chautauqua County are influenced and attracted by our lakes and lake-

CONTINUED ON PAGE 13

Direct visitor spending (visitors of



Contributing Writer Shannon Nixon

Tituated in the picturesque landscapes of Southwestern New York, our beloved Chautauqua County offers visitors and residents alike stunning vistas fishermen, ideal for outdoor enthusiasts, and those whose idea of adventure is sunning themselves on the beach (me). Whether you're on the hunt for prime fishing spots, water activities like jet-skiing and paddleboarding, or simply a quiet lakeside getaway, our county's five prominent lakes—which we will dive

into in detail (and yes, I'll be making these dad jokes throughout)provide a perfect blend of natural Hotel. I would be remiss if I neglected beauty and endless recreational to mention the other surrounding opportunities.

boat) before venturing onward to Celoron for a cocktail at The Harbor communities worth exploring,

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Chautauqua Lake

As the largest inland lake in Western New York, Chautauqua Lake spans an impressive 13,156 acres across multiple townships. To translate into "Summer Bucketlist Vibes", you can dock your boat at The Casino in Bemus Point for quintessential Western NY fare (which you can munch on without ever leaving your

including Mayville, Lakewood and Maple Springs with each offering its own unique charm.

If you're reading this article for the sportfishing data, I'm no expert but my research tells me our lake is home to walleye, muskellunge, largemouth bass, and various panfish species. This sounds like fun fish to catch, whether

CONTINUED ON PAGE 14

Live CHQ. Love CHQ. Read CHQ.

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ChautauquaLakeAssociation.org

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LOVE OUR LAKES & WATERWAYS!

Help safeguard our planet's future starting right here at home. Join us at the Chautauqua Watershed Conservancy as we work to protect our precious local natural resources to provide cleaner and healthier waters, safer fish and wildlife habitat, scenic beauty, and climate resiliency. Together, we can make a lasting impact for generations to come!





www.chautauquawatershed.org





Owner & Publisher Lori Cornell

thought about an enlightening message for this week's editorial, but there's little left to say besides restating the obvious: we love our lakes! We are blessed to live in a beautiful community... with not just one, not just two, but FIVE gorgeous lakes that provide exceptional views, recreational

opportunities, and overall, enhance our quality of life.

I remember the first time I truly realized this. I grew up a few blocks from Lake Erie in the City of Dunkirk. I spent my childhood walking to the Wright Park Beach, and I'm sure, never thought anything of the fact that I lived on a "GREAT" lake. And then one day, it hit me. I had just returned from studying abroad for a college semester in Spain. I had traveled through Europe, and even dipped into Africa, and had seen great sights. But when I got off that plane and headed back down to Dunkirk, the Lake Erie sunset never struck me so beautifully. I don't know if I had developed a newfound appreciation for home or the artistic ability to view the world more maturely, but whatever the case, to me, that sunset is still one of the world's greatest treasures.... and it's here, right in our backyard.

Our other four lakes are equally cherished. now live a quick mile from Chautauqua Lake, our county's epicenter and economic engine... not to mention, the summer playground for multiple communities, camps,

clubs, parks and more. It's beautiful and so are our smaller, but also opportune, Findley, Bear and Cassadaga Lakes. I would encourage readers to get to know and enjoy these three as well. While they are set apart more

than others, they offer unparallel recreation and natural beauty that shouldn't be missed. From beaches and wild scenery to fishing and other aquatic pursuits, any visitor

or resident would be remiss in skipping any of these special lakes.

Nobel Prize Winner Albert Szent Gyorgi once said "Water is life's matter and matrix, mother and medium - there is no life without water," and we

here in Chautauqua County are very aware of this fact. We value our various bodies of waters, our rivers, our creeks and all those in between - Chautauqua County just wouldn't be the same without them.

<u>CHAUTAUQUA</u> GAZETTE

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SUBMISSION DEADLINES

Thursdays at 5:00 pm

DISTRIBUTION

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

Contributing Writer..... Shannon Nixon Signature Sonnet..... Paul Leone Featured WriterAndrew Nixon Faith Matters The Rev. Rachel Erin Stuart Senior Scene Dr. Mary Ann Spanos SOCIAL MEDIA

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SUDOKU

Chautauqua Region Community Foundation Provides Funding for Falconer Region



From left: Julia Niles, Chautauqua Region Community Foundation grants manager, Ben Morey, Falconer United Methodist Church, Steve Rexford, Ellington Volunteer Fire Dept, Steve Swanson, Kennedy Fire Dept., Dawn Swanson, Kennedy Free Library, Robb Jones, grant committee member, Liz Jones, Chautauqua Region Community Foundation community impact officer

Article Contributed by

Chautauqua Region Community Foundation

Thanks to funding from the Region Community Falconer Fund and Donald R. Swanson Memorial Fund, The Chautauqua Region Community Foundation recently awarded grants to seven organizations in the Falconer region.

In 2024, over \$16,000 in total was awarded through the two funds, providing assistance to fire departments, libraries and faithbased institutions. The Ellington Volunteer Fire Department received funding towards the cost of a largediameter hose, while the Kennedy Fire Department received support for interior firefighter gear. The Ellington Farman Library received funding for a series of community programs, Kennedy Free Library was awarded funding for improvements to the children's computer area and Falconer Public Library received support towards the cost of new computers. Additionally, two area churches received funding for capital improvements; Bethlehem Lutheran Church towards the cost of a door and archway replacement and Falconer United Methodist Church for the parking lot sealcoating and striping.

The Donald R. Swanson Memorial Fund was established in 2017. To date both funds have awarded nearly \$80,000 to the community.

"These funds continue to have a tremendous impact on the Falconer, Kennedy and Ellington communities," noted Liz Jones, Community Impact Officer at the Chautauqua Region Community Foundation. "This year the funding opportunity helped to meet unmet needs for local fire departments, libraries and two area churches."

However, this year the funding requests exceeded the amount available to grant, not all projects were able to be supported or supported in full. Jones added, "Over the past couple of years the demand for funding has been more than what is available, we see the continued need to grow both funds to be able to support more grantmaking in the future." Contributions to the Falconer Region Community Fund or the Donald R. Swanson Fund can be made online, by visiting

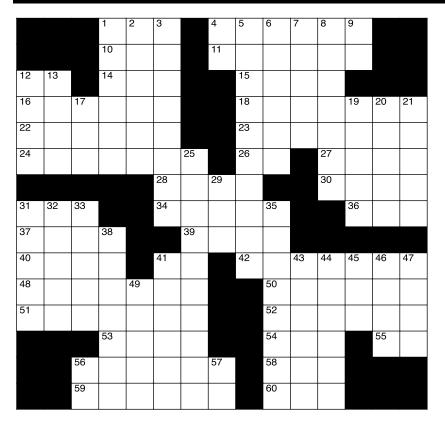
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| | 8 | | 3 | 4 | | | | |
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| | | 6 | | | | | | 7 |
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Here's How It Works:

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



CLUES ACROSS

- 1. Letter of the Greek alphabet
- 4. Cause to become entangled
- 10. Swiss river
- 11. Conversation
- 12. "Magnum" was one
- 14. Small integer
- 15. Christmas
- 16. Of a specific mountain region
- 18. Burrowing bugs
- 22. Of a symbol worthy of veneration
- 23. A type of syndrome
- 24. Cephalopod mollusks
- 26. Metric ton
- 27. Ornamental box
- 28. As quickly as can be done
- 30. "Hoop Dreams" subject Arthur 58. One's sense of self-esteem
- 31. Old TV part
- 34. Extinct flightless birds

CLUES DOWN

- 36. Former CIA
- 37. Successor
- 39. Archaic form of you
- 40. Within
- 41. Danny Hurley's alma mater
- 42. Not sacred or biblical
- 48. Written law
- 50. Popular hairstyle
- 51. Congressman
- 52. Type of font
- 53. A predetermined period in office
- 54. Pouch
 - 55. Hormone that stimulates
 - ovulation (abbr.)
 - 56. One from a particular Asian region

 - 59. Headgear used to control a horse
- 60. The habitat of wild animals

Created in 2012 under the leadership of lifelong Falconer residents, Maurice and Doris Roach and aided by other community members and local stakeholders, the Falconer Region Community Fund was created to support charitable activities within the Falconer Central School District boundaries.

crcfonline.org/give, or by check at: Chautauqua Region Community Foundation, 418 Spring St., Jamestown, NY 14701.

Chautauqua The Region Community Foundation administers over 700 endowments in support of emerging community needs, charitable organizations and local students pursuing higher education. For more information visit www.crcfonline.org or contact Lisa Lynde, Donor Services Officer 716-661-3390 or llynde@ at crcfonline.org.

1. A right conferred through 25. Possessing a constant legal means temperature 2. American island state 29. Hormone that promotes water 3. Inflexibly entrenched retention (abbr.) 4. "Pollock" actor Harris 31. Popular game 5. Foolish person 32. Pension (German) 6. Follows a particular Chairman 33. Giant of industry 7. Choose 35. Inferred 8. Sunrooms 38. One who revolves 9. One hundred grams (abbr.) 41. Kept possession of 12. A symptom of some physical 43. Loss of electricity hurt or disorder 44. Stoppered bottle 45. Everything 13. South American hummingbird 17. "Girl Chopping Onions" 46. First to walk on the moon painter 47. Engrave 19. Wild dog 49. Female organs 20. Units of land 56. Equal to 1,024 bytes (abbr.) 21. Footwear 57. Northeast

PUZZLE SOLUTIONS ON PAGE 27



IN LOVING MEMORY

July 5 Vincent C. Caruso, 64 Jamestown Falconer Funeral Home

July 5 Paul Goranson, 81 Jamestown Falconer Funeral Home

July 6 George H. Littlefield, 91 Frewsburg Peterson Funeral Home

July 6 Paul Cawein, 93 Chautauqua Falconer Funeral Home

July 7 Mary Ann Dahlbeck, 80 Dutch Hollow Rd. Lind Funeral Home July 8 Kathleen Stuart, 89 Lakewood Lind Funeral Home

July 8 Donna Wilson, 92 Jamestown Lind Funeral Home

July 8 Steven M. Anderson, 39 Jamestown Hubert Funeral Home

July 9 Lucille Spallino, 86 Lakewood Lind Funeral Home

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





An Abundant Feast for All People



Contributing Writer **The Rev. Rachel Erin Stuart** Lead Pastor, Hurlbut Memorial Community United Methodist Church, Chautauqua, New York

I f there is anything I have noticed so far as the brand-new pastor for Hurlbut Memorial Community UMC, it is that this congregation loves being together. There is so much laughter and joy when this community gathers to break bread, and each time I am reminded of God's promise of an abundant feast for all people.

One of the ministries we are proudest of here at Hurlbut is our summer meal ministry. We host a variety of events during the Summer Assembly season,

but the kitchen is the center of activity all summer.

Every day, volunteers from all over the grounds and community gather to help

prepare the nearly 5,000 lunches we serve over the course of the summer. The kitchen is run by culinary school graduate and Air Force veteran Alena Ramirez, who says she loves the creative freedom of designing each day's menu. Alena directs volunteers ranging from 5 to 94 years old who prep, cook, and serve affordable food to Institution employees, day-pass visitors, and everyone in between. "It's a hidden gem," Alena told me when I asked what she most values about the ministry. "People who've been coming here for 20 years are still finding it for the first time."

It's all I've heard about as I've introduced myself around the grounds. When I say I'm the new pastor at Hurlbut, the most common response is, "Oh, we love your lunches!"

The meal ministry offers something different: not just an affordable meal, but a community to dine with. Visitors have the chance to catch up with old friends and meet new ones. Debbie Caruso, Hurlbut's Ministries Coordinator, told me that over the years our volunteers have gotten to know many of our visitors well. We've shared stories, watched families grow, and even volunteered alongside some of our most frequent guests! We love being able to offer a smile and an atmosphere of hospitality and joy to everyone who comes through our doors.

Whether you're interested in joining Hurlbut's congregation, or you have no interest in religion of any kind or anything in between—you are always welcome in our dining room! Lunch is served every day of the

> Summer Assembly season from 11:45am to 1:15pm, and dinner is served every Thursday from 5 to 7pm. Lunch and children's dinners are \$10 each, and adults' dinners are \$15 each.

We're proud to say we haven't raised our prices in almost 10 years, and we are committed to keeping our food as affordable and accessible as possible.

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 leaderand wish to contribute, please contact publisher Lori Cornell at Cornell@chautauquagazette.com.

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"On this mountain the

Lord of hosts will make

for all peoples

a feast of rich food, a

feast of well-aged wines."

(Isaiah 25:6)

Senior Scene with Dr. Mary Ann Spanos

A "Fair Hearing"



Contributing Writer Dr. Mary Ann Spanos Director of Office for Aging Services

any people as they get older receive programs and services from different government agencies. Maybe you have Medicaid in addition to Medicare to help with medical bills. Long-term Medicaid that pays for services in your home or nursing home expenses. You may receive SNAP to help pay for groceries or HEAP to help with your heating bills or to replace/repair your furnace. Often we hear complaints from older adults that services were cut at their annual review or do not meet their needs. So this month, I wanted to explain the process to have your services reviewed. It is called a "fair hearing". If you receive any government assistance and you do not agree with the amount of the payment or service, you can request a "fair hearing."

So what is a fair hearing? A fair hearing means that your benefits will be reviewed by a judge. The judge will review all the information and make a determination as to what amount of benefits you are entitled to. These administrative law judges are usually with the NYS Office of Temporary and Disability Assistance at the state or if it is a federal program like Social Security, it would be a federal administrative law judge. One of the reasons I came to Chautauqua County years ago was my aunt, Judge Marge, who was a federal Administrative law judge for Social Security. She held hearings in Jamestown when people were denied SSI or SSD and wanted that reviewed. At the hearing, you can tell the judge why you think the evaluation was wrong or present additional information about your circumstances. Most fair hearings for state programs like SNAP, HEAP, and Medicaid are fairly simple and do not require legal representation but I certainly recommend you bring a family member or an advocate like a social worker.

a fair hearing. It will say something like, "If you do not agree with this, you can file for a fair hearing." It should include a phone number, fax, e-mail, and address so you can call, e-mail or write to request a fair hearing. Make sure you include the case number, your full name and address, and any other information that is requested. If you notice your benefits were changed and you did not receive a letter telling you this, you can also request a fair hearing. Simply contact the NYS Office of Temporary and Disability Assistance through their website at https://otda.ny.gov/ hearings or call 800-342-3334 or fax 518-473-6735 or write to PO Box 1930, Albany N.Y. 12201.

If you have a Managed Medicaid Long-term Care Plan (MLTC for short) like Fidelis, Nascentia, Kalos Health, I-Circle, or Total Senior Care the same process applies. When you enter these programs, a nurse case manager will evaluate you and determine what services you need. These nurse case manager are employed by the MLTC company. They do not work for the local county Medicaid office. Even so, they are subject to review by NYS Office of Temporary and Disability Assistance if you do not agree with the amount of services they are providing or if the services are reduced after a review. It is important to note that there are time limits to request a fair hearing. Many MLTCs only allow 60 days to request a fair hearing so it is best to make the request as soon as possible.

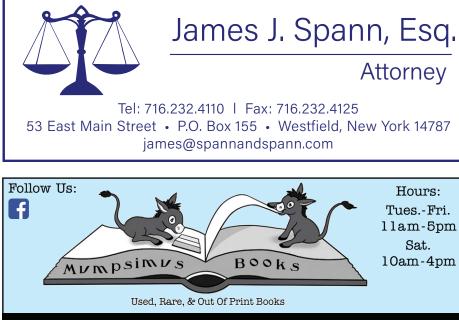
In addition to the fair hearing process, if you are not happy with the services you are getting through an MLTC plan, you can contact the long-term Medicaid ombudsman at ICAN (Independent Consumer Advocacy Network.) Just like ombudsman for people in Nursing Homes, ICAN was set up to help people understand their benefits and advocate for people getting long-term care services or behavioral health services at home or in the community. If you have questions about your Medicaid long-term care services and need help advocating for care, you can call ICAN at 1-844-614-8800 or visit their website https://icannys.org to send a message or electronically chat with an Ombudsman.

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How do you request a fair hearing? After you enroll in a program, like Medicaid, SNAP, or HEAP, you will usually receive an award letter. It will tell you the amount of service and/or award and include information about

For more information on the fair hearing process visit Chautauqua County Health and Human Services website at https://chqgov.com/ humansocial-services/fair-hearingdivision or Legal Assistance of WNY at https://www.lawny.org/ node/40/fair-hearings or contact or NY Connects Helpline at 716-753-4582.

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60th Annual Chautauqua County 4-H Meat Animal Sale

One of the Best Sales Since 1964



A representative of Jamestown Macadam Inc (JMI) who purchased a beef steer from Liam Griffith in 2023. Liam is surrounded by fellow 4-H youth, helping to display his successes throughout the week with his steer.

Article Contributed by Cornell Cooperative Extension

Cornell Cooperative Extension of Chautauqua County's 4-H Youth Development Program is excited to announce the 60th Annual Chautauqua County 4-H Meat Animal Sale held at the Warren K. Brown Show Arena on the Chautauqua County Fairgrounds Friday, July 19th, 2024. The sale begins at 12:00pm. This is the 60th consecutive year for the 4-H Meat Animal Sale!

The sale will be hosted by the Cornell Cooperative Extension 4-H Youth Development program. 4-Her's across the county have been working hard since October to raise topquality animals for the annual sale. This year 20 beef steers, 55 hogs, 13 goats, 21 sheep, 43 pairs of chickens and 15 dairy coolers will be available for purchase.

Market animal projects offer youth a unique experience to learn animal

buyers making it so successful, there will be 15 dairy coolers being auctioned off again this year. These coolers will be filled with dairy products and coupons. The dairy youth work hard all year with their expensive animals and have a chance to sell their animals' by-products at the sale.

Are you a first-time buyer at the 4-H Meat Animal Sale? Don't be shy! Arrive early and walk through the barns to see what animals you may be interested in. If a youth has approached you before the fair, be sure to stop in, say hello, and check on the animal you may be purchasing. Make sure that you get a sale book which lists in order every animal that will be sold during the sale. There are no bidder numbers—simply raise your hand and the auctioneer or a spotter will be happy to take your bid.

Once the gavel falls and you have purchased the animal, head down to the show ring for a photo. After that, you will also be handed a clipboard with your sales receipt. You will need to fill out your contact information as well as processor trucking information for your animal. Once you purchase an animal it stays on display at the fair until Sunday when it is shipped to the processor of your choice. After your photo head into the 4-H Building where you can pay for your animal with cash or check. It's just that easy!

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husbandry, feed and nutrition, animal terminology, cuts of meat, how to train an animal to lead, and current industry standards for their species. All the hard work is not only found in the barn, however. Youth keep accurate medical, nutrition, and financial records for every animal project. They are also encouraged to market that animal to people in the community so that they are sure to get a fair price for their hard work on sale day. This year, some youth even participated in a Marketing 101 meeting to help improve their marketing skills.

Last year youth also sold dairy coolers. Thanks to our generous

A small portion of every sale goes to Chautauqua County 4-H programing. 4-H connects youth to hands-on learning opportunities, valuable skills, build confidence, and can forage bonds and friendships that last a lifetime. For more information about 4-H please visit https:// chautauqua.cce.cornell.edu/

July 15, 2024

ACME The Appliance Store Donates Weber Genesis Gas Grill to TRC Golf Classic



Janel McIntyre, Special Olympics Athlete; Colton Hanson, Special Olympics Athlete; and Dan Hocking, Co-Owner, ACME The Appliance Store

Article Contributed by

The Resource Center

Dan and Beth Hocking, Owners of ACME The Appliance Store, recently donated a Weber Gas Grill that will be used for a drawing to support the 27th Annual TRC Golf Classic.

The TRC Golf Classic is the major annual fund-raising event for Filling the Gap, Inc., a Jamestown-based non-profit organization that works with The Resource Center to support people with disabilities and other socioeconomic challenges in Chautauqua County. In its first 26 years, the tournament has netted over \$1.7 million for the TRC Foundation Fund, which raises money to improve the lives of people with disabling conditions in Chautauqua County. "The Resource Center fills such an important need in our community," said Dan Hocking. "In our 65th year in business, ACME The Appliance Store is pleased to continue our tradition as a community partner and donate this Weber Genesis Gas Grill to help raise money for The Resource Center. Beth and I are firm believers in giving back to the community where together, we can nurture, uplift and empower others to realize their full potential. The Resource Center makes an impactful difference in people's lives on a daily basis, and we are happy to continue to partner with them to support their efforts."

The 2023 TRC Golf Classic is scheduled for July 24 at Moon Brook Country Club in Jamestown. For more information or to sponsor, please visit www.trcgolfclassic.com.



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Culture Care Senior Living Breathes New Life into Upcoming Jamestown Community Space

Article Contributed by

Tanglewood Manor

In an inspiring act of community dedication, the Culture Care Senior Living Communities in Chautauqua County took a day to transform an old building in Jamestown, NY, as part of their ongoing #heretocare campaign. The team's efforts were aimed at supporting The Barnabas Project Inc., a local nonprofit organization promoting donation-based health and wellness in Jamestown. Culture Care's team members dove into the demolition work, stripping down the interior of the building. Despite the physical challenge with the heat of the day, the spirit was high as they focused on making a positive difference in the community. "Our team is driven by a deep commitment to both our residents and the communities in which we live and work," said Zac Hnatyszyn, VP

of Community Outreach for Culture Care Senior Living. "Revitalizing this space for The Barnabas Project Inc. is a testament to our dedication and hard work for an amazing cause."

Gary Rohinsky, CEO and owner of Culture Care Senior Living, also joined the effort, reinforcing the organization's hands-on approach. "While our mission primarily focuses on our seniors, their families, and our team, we also strive to be a positive force within the communities we serve. Supporting our neighboring businesses, organizations and the community as a whole is a huge part of our mission too," Rohinsky shared. The Barnabas Project Inc. has big plans to be a beacon of health and wellness in Jamestown, offering free fitness classes to the community. The nonprofit aims to turn the newly revitalized building into a donationbased fitness center, furthering its mission to promote faith based

healthy living.

The transformation of this building is more than just a physical change; represents a commitment it to community well-being and collaboration. As the day ended, the sense of achievement was palpable, with everyone knowing that their hard work would have a lasting impact on Jamestown. Culture Care Senior Living's initiative is a shining example of how businesses can play a crucial role in community development. Their #heretocare campaign continues to highlight the importance of fostering strong community ties and improving lives. For more information about Culture Care Senior Living you can email them at heretocare@careisourculture. com or if you would like learn more about The Barnabas Project you can email them at barnabasproject123@ gmail.com



Attached picture are the founder of the Barnabas Project Shawna and Paul, her right hand and second in command

10 Chautauqua Gazette



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Ashville Days Festival Returns to Celebrate Community and Heritage

Article Contributed by

Town of Ashville, NY

The town of Ashville, NY has announced that Ashville Days, an annual one-day festival featuring family-friendly activities for all, will take place next month on Saturday, July 20. Featured events include a parade, fireworks, craft fair, vendors, garage sales, bike judging contest, live music performances and more.

"We're incredibly excited to bring Ashville Days back and provide a platform for our community to come together and celebrate," said Derek Hosier, Ashville Days Committee President. "This festival is a testament to the spirit and unity of Ashville, and we look forward to creating an unforgettable experience for everyone."

The goal for Ashville Days organizers is to bring residents, visitors, and local businesses to celebrate the town's rich history and close-knit community and vision for the future with a festival filled with fun, entertainment and community spirit.

The day will kick-off with a parade in Ashville at 10am that showcases kids on bikes, floats, local fire departments, and creative entries from local groups. Following the parade, visitors will be able to explore a craft show and vendor fair in the heart of the town at the Ashville Commons in addition to town-wide garage sales taking



place during the day. Live music and family-friendly activities will be present throughout the day and Ashville Days will culminate with a fireworks display at the Lower Lake Area Men's Association (LLAMA) Club at 9:30pm.

The success of Ashville Days relies on the involvement and support of the entire community and volunteers, sponsors and participants are encouraged to join in creating a day of fun for all. Limited availability remains for vendors and music groups interested in participating, and sponsorship opportunities remain. Individuals or businesses looking to become involved in Ashville Days and stay up to date on all updates are encouraged to visit the event's Facebook page (facebook.com/ashvilledays) or e-mail ashvilledays@gmail.com.

Wellness and Forensic Center Receives Social Justice Award



Your friends, colleagues, advertisers & listeners 'thank you' for 54 years of dedication & loyal service to the community on WJTN, Jamestown!

Share your special memories or send Dennis a congratulatory message at WJTN.com!

Dr. Jennifer Wilcox, co-founder and director of Jamestown's Wellness and Forensic Center, accepted the T. Richard Parker Memorial Award for Social Justice from Dr. Jeffrey Victor at the Unitarian Universalist Congregation of Jamestown. The recent Award included \$500 for the Center's work in western New York and Warren County, Pa., that supports survivors of all forms of abuse and their families. Located at 21 E. 3rd St. in downtown Jamestown, it is on Facebook and can be reached any time at (716) 488-7293.

Cornell@CHQgazette.com

Love our Lakes Edition



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10. Findley Lake 5. Lake Erie 6. Bear Lake 7. Findley Lake 8. Lake Erie 9. Lake Chautauqua 1. Lake Erie 2.Chautauqua Lake 3. Alexander Findley 4.Cassadaga Lakes

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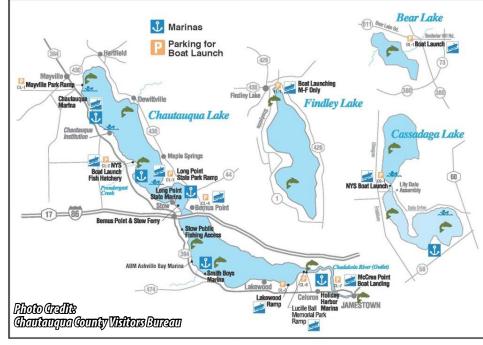
Lakes & Waterways—Chautauqua County's Treasure

CONTINUED FROM FRONT PAGE

related experiences. Other visitor survey responses supporting the importance of our lakes and the timeframe for which lakes are most impactful include:

- 50% indicate that taking a summer vacation was the primary purpose for visiting Chautauqua County.
- 45% indicate that taking a weekend getaway during May/ early June and September/ October was their primary trip driver.
- 56% cited Chautauqua Institution as a factor in their trip experience.
- A large number of respondents indicated that their visit included boating, kayaking/ paddling, a swimming/beach area, and/or fishing. Many more emphasized enjoying lake area dining and lodging amenities.

Our five lakes (Erie, Chautauqua, Findley, Cassadaga, and Bear) as well as the Chadakoin River and the Marden-Cobb Waterway system are central to the process of attracting visitors. As indicated above, lakes and waterways are often the primary reason for a trip, visit, or vacation to



CHAUTAUQUA COUNTY INLAND LAKES

Chautauqua County. At other times, our lakes are complimentary features of the area that add to the scenic experience and overall enjoyment of the area for a festival goer or visitor to an area attraction, cultural center, or resort.

Perhaps nothing is more illustrative of this symbiotic relationship than the development and success of Chautauqua Institution, which celebrates its 150th anniversary this year. While the Institution is clearly a product of its "program", its success has always also relied on its special sense of "place", a large part of which is its location on Chautauqua Lake. Many other places in Chautauqua County have parleyed their lakefront (or near lake) locations into success and expansion of enjoyment as destinations or gathering spots. These include Bemus Point, Dunkirk, Lakewood, Sunset Bay, Mayville, Findley Lake, Westfield/ Barcelona, and more recently Celoron, Cassadaga, and Jamestown.

Also indicative of the importance

of our area's lakes and waterways the rebound in tourism is business following 2020. In that year, tourism revenue locally plummeted, with a drop in occupancy revenue of at least 45%. However, by the end of 2021, lodging revenue had bounced back and exceeded the amount raised in 2019. This impressive and quick rebound relates to the abundance of outdoor recreation opportunities that Chautauqua County offers-in particular our lakes and waterways. We are unique in this respect, leading Chautauqua County Visitors Bureau to use the label "Chautauqua & Lake Erie Region" in our marketing to attract visitors.

While not a panacea, and definitely seasonal in impact, our lakes and waterways as well as other outdoor recreation amenities, are a treasure for Chautauqua County's future. It will be important in the coming years to consider the right blend of promotion, development, protection, and accessibility. An important part of our overall economy depends on the ability of our visitors and residents to continue to enjoy our lakes and waterways.





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Exploring Chautauqua County's Lakes: Where Adventure Meets Relaxation

CONTINUED FROM FRONT PAGE

you're fishing from the pier or a fishing boat. Eating your catch? Not recommended. Snapping a photo with that tank of a walleye you reeled in and updating your Tinder profile with it? Also not recommended (I'm told by women on dating apps). Framing that photo and displaying it in your home...now I think that's the move. A great conversational piece for dinner guests.

Those who have driven by Chautauqua Lake know it is not only a prime location for fishing, but also a place for boaters to cruise the waters at sunset, seasoned paddleboarders to practice their latest yoga poses, and adrenaline junkies to race their jet skis (I'd like to take this opportunity to mention I'm available if anyone wants to lend out their jet ski).

Lake Erie

One of the Great Lakes of North America, Lake Erie graces Chautauqua County's northern shores with its expansive waters. Known for its gorgeous sunsets and sandy beaches that mimic ocean shorelines, Lake Erie offers a perfect escape for beachgoers. Erie's Presque Isle, though worth visiting, is a bit of a drive away, but Barcelona Beach, located in Westfield, NY is right in our backyard.

I speak from personal experience when I say Barcelona is one of our county's most exquisite hidden gems. Allow me to enhance your life experience with the formula I have perfected over the years: Arrive. Sunbathe until you work up the faintest bit of a sweat. Now you're primed. Fling yourself into refreshingly cool water (the best part is it's not salted). Come back to dry land and get your salt intake from a bag of chips. Repeat throughout the day before capping off your summer fun with a beach bonfire or a casual dining experience at one of Westfield's many local restaurants, some of which are located right by the shore. I maintain the position that Lake Erie is also worth visiting on a rainy day as it's the most optimal time to scope out beach glass to add to your collection.

I feel I must provide a disclaimer for the next three lakes. Regrettably, I don't have much personal experience with them, so I'm writing Located in the Town of Mina, this charming 292-acre lake sits at an elevation of 1,410 feet, making it a tranquil spot for fishing enthusiasts and boaters. With a shoreline stretching over 5.5 miles, anglers (which I've just learned is a term for fishermen) can reel in a variety of fish, from largemouth and smallmouth bass to tiger muskellunge and walleye. Findley Lake's unique fish habitat is supported by abundant aquatic vegetation, ensuring you won't go out on your fishing excursion disappointed.

There are two boat launch sites on the lake, which makes public access convenient for both handlaunched and trailered boats. I cannot forget to mention the opportunity for ice fishing during the winter months---it's a favorite pastime here, especially for panfish enthusiasts.

Bear Lake

Travel north to Stockton, and you'll discover Bear Lake, a 114-acre water body nestled amidst natural wetlands. This kettle lake, formed by ancient glacial processes, provides excellent fishing opportunities with a maximum depth of 35 feet. Anglers can enjoy fishing from the hand launch area, which includes a wheelchairaccessible feature, making it welcoming for all outdoor enthusiasts.

The lake's serene surroundings and diverse fish population ensure a rewarding experience for both novice and seasoned fishermen alike. Whether you're casting for largemouth bass in the brushy areas or trying your luck with muskellunge using large baitfish imitations, Bear Lake is the spot for a memorable fishing adventure.

Cassadaga Lake

Surrounded by lush forests and rolling hills, this 210-acre water body is actually three interconnecting glacial lakes, meaning there is ample room for multiple freshwater species just waiting with bated breath to be caught and released by fishing enthusiasts. It's also a goto spot for local residents to break out their canoes, kayaks, and paddleboards. The town of Cassadaga is also home to prominent spiritual retreat centers, and what better way to enhance your spiritual journey than by communing with nature right on the lake? And after an afternoon of canoeing on one of Cassadaga's lakes or simply strolling the shoreline at sunset, you must visit one of Cassadaga's nearby cafes offering smalltown charm, delicious cold coffee beverages, and fresh summer small plates.

And there you have it. The five gorgeous lakes of Chautauqua County each with its own distinct personality. Don't let the summer season fly by without ticking at least a few of these lakes off your bucket list. Should you find that time escapes you, you can plan a visit during the autumn season when the beauty of these lakes is enhanced by the backdrop of fall foliage. Or you can go during the winter if you have plans to snowmobile across the thick, icy lake or ice fish. That's the great thing about lakes. They're meant to be enjoyed year-round.



from an informational standpoint. This means few, if any, dad jokes and more straightforward content...

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- Sundays free admission
- Make dinner reservations at Heirloom Restaurant at the Athenaeum Hotel. 3 Taps and the A Truck offers delicious cuisine with a stunning lake view. Chautauqua's newest addition, Afterwords Wine Bar, provides a curated food and wine pairing experience.
- **Explore the grounds!** There's always something new to discover at Chautauqua. Head to the Sports Club to rent a kayak or try lawn bowling, see amazing installations at the Chautauqua Visual Arts galleries, participate in a book discussion at the Literary Arts Center at Alumni Hall, or visit one of our many, charming retail locations.

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WEEK 4 SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|--|--|---|
| The Craft Shows at Chautauqua 10:45 Worship and Sermon. The Rev. Leyla King Canon for | 9:15 The Rev. Leyla King 10:45 | 9:15 The Rev. Leyla King 10:45 | 9:15 The Rev. Leyla King 10:45 | 9:15 The Rev. Leyla King 10:45 | 9:15 The Rev. Leyla King 10:45 | 2:30 Theater 3:00 |
| Chautauqua School of Dance: Student Gala I Sasha Jones , director 2:30 Theater 3:30 Chautauqua Writers' Center Faculty Reading Nana Euka Brew-Hammond (Prose) | Jennifer D. Sciubba, author 2:00 Bob Roberts & Imam Mohamed Magid, co-founders, Multi-Faith Neighbors Network 3:15 Pillar Talk 4:15 Chamber Music: Akropolis Reed Quintet 8:15 MSF0 "Opening Night" | Homi Kharas, Author 2:00 Mahan Mirza, Executive Director of the Ansari Institute for Global Engagement with Religion at the University of Notre Dame 3:30 African American Heritage House Lecture Christina Jarvis 6:30 Opera Conservatory 8:15 CSO Alexander Gavrylyuk, piano, Rossen Milanov, conductor | Amphitheater Lecture 2:00 Daniel Ramírez, Associate Professor of American Religions at Claremont Graduate University 3:30 AAHH, Helen Bond, , for assoc. niversity professor, Howard University Shool of Education 4:00 Theater 8:15 Plena Libre | C.D. Glin president of the PepsiCo Foundation 2:00 Audrey Truschke history prof 2:30 Theater 3:30 C.L.S.C. Valeria Luiselli 6:30 Opera Conservatory 7:30 Theater NPW 2 8:15 CSO Timothy Muffitt, conductor Bokyung Byun, guitar | Julián Castro 16th HUD Secretary & Kevin McCarthy 55th Speaker of the House of Reprsentatives 2:00 Conrad Hackett, associate director of research and senior demographer at Pew Research Center 2:30 Theater 7:30 Theater NPW 2 8:15 Frankie Valli and The Four Seasons | CIF Sarah Gamble , architect asst. prof. University of Florida 4:15 Chautauqua Chamber Music: CSO Fellows 8:15 A Symphonic Celebration of Genesis & Phil Collins. Stuart Chaletz , cond Aaron Finley , vocalist Brook Wood , vocalist Brian Kushmau i, drums |

WEEK FOUR THEME: EIGHT BILLION AND COUNTING: The future of humankind in a crowded world

The earth isn't flat, nor is it the center of the universe. Diseases aren't caused by an imbalance of humors. Asbestos, as it turns out, isn't the best building material. And maybe, just maybe, there's a whole lot more we've gotten wrong throughout our history. In this week, we turn with both candor and curiosity to our past, pinpointing the moments and ideas we can now say emphatically and categorically were misguided, incorrect, or flawed. We look at the psychology of personal decision-making, and the reflective introspection and humility that happens when we change our minds. Finally, we take the same lens of hindsight and apply it to our present, considering the thought experiment: What will future generations say we're getting wrong now?

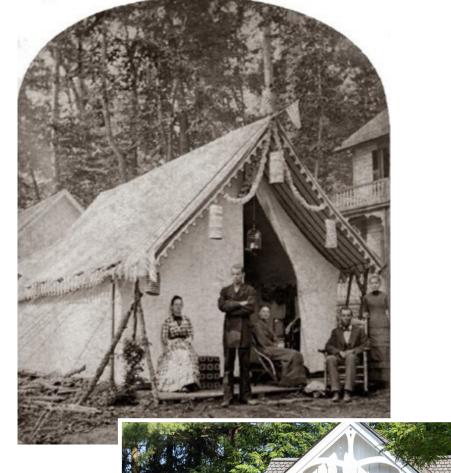
WEEK FOUR: FEATURED LECTURES

Jennifer D. Sciubba is one of the world's leading experts on demographic trends and their implications; she opens the week on Monday, July 15, 2024, discussing the central themes of her book 8 Billion and Counting: How Sex, Death, and Migration Shape Our World.

On Tuesday, July 16, 2024, **Homi Kharas** discusses his latest book, The Rise of the Global Middle Class: How the Search for the Good Life Can Change the World. Kharas is a senior fellow in the Center for Sustainable Development, housed in the Global Economy and Development Program at Brookings Institution.

C.D. Glin, president of the PepsiCo Foundation and global head of philanthropy for PepsiCo, will speak Thursday, July 18, 2024, discussing the foundation's work of creating equitable access to nutritious food, safe water, and economic opportunity, and its extensive efforts to anticipate and mitigate the negative downstream economic effects of climate-positive actions.

Finally, on Friday, July 19, 2024, former Democratic candidate for president **Julián Castro** and former Speaker of the House **Kevin McCarthy** appear together in conversation in a special conclusion to the week, bringing their unique experience and expertise to explore the topic through the lens of impact specifically on the United States — immigration and border security, housing and crowded cities, urban-rural and regional divides, demographic trends, technology and AI, among others — in what will serve ultimately as a survey of America's role and standing in our increasingly crowded world.



10 GREAT THINGS TO DO IN WEEK FOUR:

- 1. Explore The Master Series Townhall with Chasten Buttigieg on Wednesday, July 17 at 5 p.m.
- 2. Discover the CHQ Trail, open to the public from sunrise to sunset all spring, summer and fall, for recreational and educational purposes, including hiking, birdwatching and play. The trail starts at Chautauqua Golf Club Learning Center. See the full map on chq.org.
- **3.** Browse through the Chautauqua Bookstore sip in style when you choose from an array of Chautauqua Institution-branded coffee mugs, tumblers and reusable water bottles.
- **4. Play and paddle** with a one-hour guided historic kayak tour along the shore of Chautauqua Institution
- **5. Be inspired** by a fantastic performance by Frankie Valli and the Four Seasons on July 19 at the Chautauqua Amphitheater.
- 6. Attend a Class like: A Summer of Wonder: Seeing Nature and Writing It in Chautauqua on July 17 at Alumni Hall with John Brantingham was Sequoia and Kings Canyon National Parks' first Poet Laureate



- 7. **Relax** in Adirondack chairs at 3 Taps. The Institution's casual outdoor and lakeside dining venue. Enjoy A Truck's Mexican-inspired menu, child-friendly favorites, and soft drinks
- 8. Catch a captivating performance of Love and Longing by the Lake on the Athenaeum Lawn (Rain location: Lenna Hall) at 5 p.m. on Sunday, July 21
- **9.** Enjoy a group fitness class at Turner Fitness Center. Increase your flexibility, reduce your stress or just sweat it out with a group of like-minded individuals.
- 10. Learn from a Special Studies class like A Summer of Wonder: Seeing Nature and Writing It in Chautauqua on July 17 at Alumni Hall with John Brantingham was Sequoia and Kings Canyon National Parks' first Poet Laureate.

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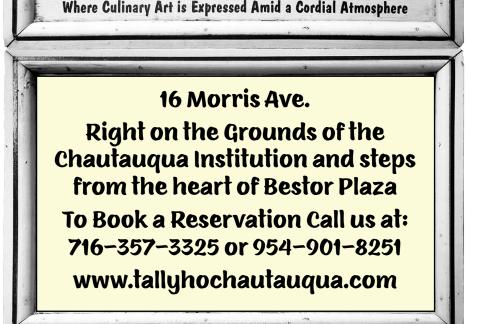
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The 28th Laurel Memorial Run/ Walk Takes Place July 19-20

Article Contributed by

The Resource Center

An annual celebration of people with special needs returns for its 28th year when the Laurel Memorial Run/ Walk takes place July 19 and 20.

The event was created in 1997 by Silver Creek residents Wayne and Elaine Hotelling in honor of their daughter Laurel, who had Down syndrome. Thanks to the support she received from her family, her community and The Resource Center, Laurel had a full and productive life. She passed away in 2017 at the age of 54.

For the first Laurel Run, Wayne jogged and bicycled more than 400 miles across New York State, with support from Elaine. These days, the Laurel Memorial Run/Walk is a two-day celebration of the potential that exists within people who have disabilities.

Activities begin Friday, July 19. A kickoff ceremony will be held at 8:00 a.m. in The Resource Center's facility at 75 Jones & Gifford Avenue in Jamestown. At about 8:30, the first volunteer runners will set off on the initial leg of the relay run to Dunkirk. Representatives from The Resource Center and area school districts, as well as the Lakeview Shock Incarceration Correctional Facility in Brocton, will run the various legs of the relay while carrying Laurel Run flags. Patrol units from area law enforcement agencies accompany the runners to ensure their safety on the busy roads.

The relay run ends in the parking lot of The Resource Center's facility at 186 Lake Shore Drive West in Dunkirk. As it has done for many years, the city of Dunkirk will host a celebration to mark the relay's conclusion. The community is invited to attend the victory celebration and to cheer on the last set of relay runners, who are expected to arrive between 1:00 and 1:15.

For the 12th straight year, several people are planning to jog and/or bike the entire 31-mile relay route. That event is called the Laurel-thon.

Anyone wishing to run a portion of the flag relay, or to take on the Laurel-



thon, is invited to do so. Phone 716-661-4735 for information.

The main Laurel Run/Walk activities take place the following day in Silver Creek. Check-in and registration begin at 7:00 a.m. in the village square. At 8:30, a 5-kilometer run/ walk and a 1-kilometer fun walk will begin, followed at 9:00 by an 8-kilometer running race.

For the 5k run/walk and the 8k run, medals will be given to the top three male and female finishers in each age group. Besides the individual competition, there will be a team challenge. Awards will be given to the three fastest teams in both the 5k and 8k events, with each team's time determined by the combined times of its first four finishers.

Saturday's events also will include fun runs for children age 7 and younger starting at 10:00, followed by Laurel's Legacy Lap, which is for anyone with a disability.

Money raised through the Laurel Run/Walk goes to Filling the Gap, Inc., which works with The Resource Center to improve the lives of people with disabilities and their families in Chautauqua County. Event proceeds are directed to The Resource Center Laurel Run Fund at the Chautauqua Region Community Foundation and are used to promote disability awareness initiatives and to enhance employment and work training opportunities for people with disabilities.

Chamber Corner

Article Contributed by

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

It's Prime Time to Shop Locally

Let's face it, major international retailers sometimes come up with great marketing gimmicks. This coming week's designated shopping holiday being widely advertised by one online corporation is a prime example of that. Call your sale something interesting, offer some discounted prices, promote it broadly across all types of media featuring big stars in your video ads, and watch the buyers flock to your site to spend money. You can do all that when you are a multi-billiondollar company. But what about the small retailers? They don't have those resources. Maybe they can generate a little buzz around some products or services with some social media video or with some well-placed local advertising. But they often operate on a slim margin to begin with and can't discount merchandise the way larger organizations can. It's tough to compete.

We encourage one and all to look locally first when you need or want to make a purchase. We have an array of specialty shops, boutiques, and small stores here in Chautauqua County that are owned and operated by local people. These people are our friends, family, and neighbors. Their kids go to school with our kids. They frequent the same restaurants we do. They go to local churches and support local charities. Importantly, our local businesses also contribute to the local tax base.

Small local businesses are not just

vital to our economy, they truly make up a sense of place in our communities. Local shops and eateries are the places that stand out and make our towns, villages, and cities special. They create a unique environment for this place we call home, just as much as our amazing natural resources and the extraordinary variety of attractions here in our county. Think about this for a moment: do you brag about the great meal you enjoyed at a chain restaurant? Or are those bragging rights reserved for the locally owned place where you had a stellar dinner with friends? We bet it's the latter. We love our favorite local places to eat! For many the same is true about local shopping experiences.

Whether you're looking for your next great summer book to read, the perfect outfit for an upcoming event, home furnishings to refresh your space, a great gadget to improve your cooking or grilling experience, or a gift for anyone for any occasion, you can find it locally. And when you step into our great small local stores, you'll not only find amazing items, but you'll also find great service. When you're buying from the owner or someone who's part of a small staff, you'll be treated like a friend and your business will be appreciated.

This coming week, and all year round for that matter, we urge you to ignore the hype and seek the harmony you'll find when shopping locally. Support our small businesses, and then help spread the word about our exciting local stores. It really is a prime time to leverage your buying power into true community support.

To register to participate in one of the events or to make a donation, visit www.laurel-run.com.















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Chautauqua Rails to Trails Partners with Vacation Host



Ron Mavity and Wendy Lewellen

Chautauqua Rails to Trails is thrilled to announce a generous initiative by Ron Mavity, the host of a vacation rental house in Bemus Point. Mr. Mavity is offering a complimentary copy of Wendy Lewellen's fundraising book, *Good Soles: Chautauqua Rails* to Rails Namesakes and Trailblazers, to every party visiting his property, entirely at his own expense.

Pictured with the author at his rental house on South Nesmith Avenue, Mr. Mavity welcomes reservations through ERA Team VP, a local vacation rental property management company.

For those interested in purchasing the book, it is available online at chaurtt. org on the Donate page, or by calling 716-485-6677. Donations can also be made at several local businesses, including Ashville General Store, Bemus Point Library, Bemus Point Pottery, Cadwell Cheese House, Chautauqua Sports Hall of Fame, CHQ Marketplace, Fenton History Center, Full Strength Coffee in Westfield, the Lawson Center, Loud Performance, Portage Hill gallery, and Webb's Candies and Gifts. Proceeds from the book's sales go entirely to supporting the trail organization. Chautauqua Rails to Trails deeply appreciates this collaboration with Mr. Mavity. For information on renting his Bemus Point property contact ERA Team VP Vacation Rentals at 716-413-0201 or visit them at www.myteamvp.com.



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Standard!

Reporting Storm Damage on Farms – It Matters

Cornell Cooperative Extension Encourages Farms Affected by Recent Storms to Report Damage and Losses

Article Contributed by **Cornell Cooperative** Extension

Cornell Cooperative Extension reminds farms affected by recent storm damage to document and share any impacts the weather may have had on their home or business. Reporting storm damage matters and Cornell Cooperative Extension is one of the many agencies available to help provide support and resources to farms.

Farms are encouraged to DOCUMENT AND SHARE any impacts the weather may have had on their home or business. This could include structure damage, crop loss, inventory loss due to power outages, damage to equipment or fencing, and more

If a farm experienced any sort of damage or loss, they are asked to reach out to any of the people/ agencies listed below (or all of them). The more impact information that is collected, the greater the likelihood of a disaster declaration which can bring vital emergency support and awareness.

Process of Reporting Weather Related Impacts (For your home or farm business):

First, ensure that all the people and animals on the farm are safe, and that there aren't any unsafe working conditions created because of the weather (check farm buildings and structures!). If there's an emergency, call 911 – don't try to manage it alone.

Second, document all negative weather impacts for the farm and their estimated financial cost. Take photos, make estimates, and put it all in a safe place.

Reach out to insurance providers farm, vehicle, crop, etc. to initiate the claim process as needed.v

Then, share farm damage with any (or all) of the ag support agencies listed below. They all work together to collect storm damage information and funnel it up to NYSDAM (New York State Department of Agriculture and Markets) and EDEN (Extension Disaster Education Network).

Your local Cornell Cooperative Extension Association Office: Allegany County: 585-268-7644, Cattaraugus County: 716-699-2377, Chautauqua County 716-664-9502, Erie County: 716-652-5400, Steuben County: 607-664-2301.

Any of the Southwest New York Dairy, Livestock, and Field Crops Team members (calls/emails/texts/ site visit requests all ok). Katelyn Walley: 716-640-0522, Amy Barkley: 716-640-0844, Katelyn Miller: 716-640-2047, Kelly Bourne: 585-268-7644 ext. 10.

Your county USDA/FSA service center. Allegany: 585-268-5133, 716-699-2375, Cattaraugus: Chautauqua: 716-664-2351, Erie: 716-652-1400, Steuben: 607-776-7398. Your county farm bureau manager, Region 1: Tim Bigham: 716-474-6585.

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

Joe Grice and Joe Rice Host July Gallery at Pearl City Clay House: 'Imposter Syndrome'



Joe Grice

Article Contributed by Infinity Visual and **Performing Arts**

Infinity Visual and Performing Arts is proud to announce the opening of "Imposter Syndrome" by Joe Grice and Joe Rice, at their Pearl City Clay House satellite location.

Running from July 19th through the end of August, this eagerly anticipated event promises to captivate art enthusiasts of all ages.

The showcase kicks off with an opening reception on July 19th from 6:00 pm to 8:00 pm, inviting the community to immerse themselves in a world of creativity. This free event welcomes all members of the public to experience an evening filled with artistic inspiration. Attendees will have the opportunity to engage with the artists while enjoying light refreshments.

Joe Grice shares, "Imposter Syndrome' come from conversations Joe Rice and I have had with each other about the insecurities and struggles that we all go through as artists, and realizing that it's a common occurrence among artists of all levels."

'Imposter Syndrome' came together from some confusion that Joe G and Joe R have faced over the past



Joe Rice

few years within the community. Working in the art world of Chautauqua County, with very similar names, Joe and Joe have been mistaken for each other in some capacity by strangers, acquaintances, friends, and even family members. They decided to clear the confusion by hosting an exhibition together to share with the community the one thing that brought them together in the first place....art.

Joe Rice adds, "For as long as people have been mistaking me for Joe, they've also been asking when we are going to have a show together - it's time to give the people what they want! Over the past year, Joe and I have been meeting to go painting out in Chautauqua County in addition to preparing studio work for this exhibit. We both have struggled with not wanting to pigeonhole our art, whether being restricted to a particular medium or painting a specific subject. This is our opportunity to pull out all the stops, it's exhilarating to finally be bringing this collection to the public!"

Don't miss your chance to experience 'Imposter Syndrome'. Mark your calendars for July 19th and join us at Pearl City Clay House (220 East 2nd St, Jamestown, NY) for an unforgettable evening celebrating the power of art.

Learn more online at www. pearlcityclayhouse.org



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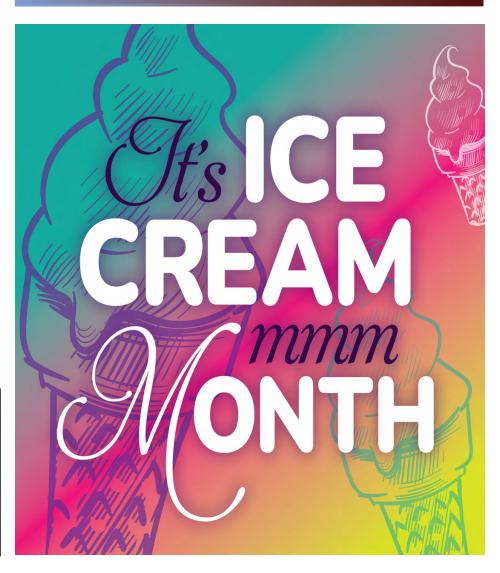
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We All Scream for Ice Cream!



Articles by **Metro Creative Connection**

Few treats are more popular on a warm day than ice cream. With its rich flavor and cooling nature, ice cream is perfect in a cone, cup, cake, or even as a sidekick to a brownie or piece of pie. Summer may be the season when ice cream is enjoyed the most — and many people have fond memories of chasing down the neighborhood ice cream truck on summer afternoons — but ice cream is a favorite all year long.

The number of ice cream flavors is only limited by the imaginations of ice cream shop owners. New smallbatch offerings come out each week at privately owned shops. However, despite the infinite number of flavor combinations, certain ice cream flavors are more popular than others. According to the International Dairy Foods Association 2022 Ice Cream & Frozen Novelty Trends Survey, these flavors are tops in the eyes of Americans.

- 1. Chocolate
- 2. Cookies N' Cream
- 3. Vanilla
- 4. Strawberry
- 5. Chocolate Chip
- 6. Cookie Dough
- 7. Butter Pecan
- 8. Chocolate Chip Cookie Dough
- 9. Caramel
- 10. Salted Caramel

According to a 2022 survey of 1,239 Canadians conducted by Narrative

also stand out in countries around the world. In Japan, Green Tea is a popular flavor, Venezuelans prefer Banana, and in Thailand Coconut reigns supreme.

Ice cream preferences vary across the globe. However, ice cream in all flavors and forms is a beloved dessert few can resist.

Did You Know?

The adage, "Success has many fathers, but failure is an orphan" is an applicable turn of phrase in many instances, and it seems to ring true when trying to pin down the origins of ice cream. A 2019 study from Datassential that surveyed more than 2,500 consumers about their dessert habits and preferences found that ice cream is the No. 1 dessert. If that's a fairly straightforward pursuit, identifying the origins of this beloved treat is not so easy. Many attribute the origins of ice cream to China's Tang dynasty, which was in power from 618 to 907. History.com notes that sources from that period reference a sweet drink made from iced, camphor-laced water buffalo milk, which certainly sounds similar to modern day ice cream. But others point much further back, noting that iced drinks and desserts were sold along the Euphrates River as far back as at least 4000 B.C. History.com also notes that the first European ice creams can be traced to Italy in the 1600s. The difficulty with distinguishing the exact origins of ice cream, and the various claims that trace those beginnings to one place or another, support the notion that success, in this case the confectionary triumph that is ice cream, indeed has many fathers.

Shades of Pink Hosts Golf Tournament August 2



Pictured standing left, Kristin Melville, executive director, WCA Foundation; standing right, Anne Sischo, co-founder Shades of Pink Endowment, Co-chair Shades of Pink Golf Tournament; seated, Steve Sischo, co-founder, Shades of Pink Endowment, co-chair Shades of Pink Golf Tournament.

Article Contributed by WCA Foundation

The Shades of Pink Golf Tournament committee announced its annual golf tournament, set for Friday, August 2, at South Hills Country Club. The golfing event has raised more than \$50,000 over the past nine years, funding patient care through direct services including mammograms, nurse navigators, vital medical technology, and prevention and education programs that has helped save lives for those receiving care for breast cancer at UPMC Chautauqua. This year's event proceeds will be used toward the expansion of the new Mammography Suite located at the



hospital. If you would like to sponsor the event or make a donation to the Shades of Pink, whether a taxdeductible sponsorship, personal donation or a prize to be raffled off the day of the event, please contact the WCA Foundation C/O Shades of Pink, Jones Health, 51 Glasgow Avenue, PO Box 840, 14702-0840, Jamestown, NY., 716.664.8665 or contact Anne and Steve Sischo at 716.664.9871 or 716.665.7873. All proceeds stay local to help area patients diagnosed with breast cancer.



Research, these are the favored flavors among Canadian ice cream aficionados.

1. Chocolate 2. Vanilla 3. Mint chocolate (with no chip) 4. Maple walnut 5. Butterscotch 6. Cookie Dough 7. Cookies N' Cream 8. Strawberry 9. Moose Tracks 10. Neapolitan

Vanilla stands as the global ice cream favorite, but some key flavors







Celebrate ABBA at Scandinavian Folk Festival



Article Contributed by Scandinavian Folk Festival

The 21st annual Scandinavian Folk Festival is at the Northwest Arena, Jamestown, NY Saturday July 20 from 10 AM to 7 PM and on Sunday July 21 from 10 AM to 4 PM. This is the opportunity to experience the sights, sounds and tastes of Jamestown area's cultural heritage.

This year's theme is "Let's Celebrate the 50th Anniversary of ABBA". ABBAMANIA, the best ABBA tribute band in the world, will perform on Saturday July 20 at 8 PM in the Northwest Arena. ABBAMANIA is from Canada and performs over 200 shows a year. When the stage show Mamma Mia was in Toronto this band provided the music. Tickets for ABBAMANIA, only \$25 and free parking, are available at Ecklof Bakery, Peterson Farm and online through the scandinavianjamestown.org web site. Doors for ABBAMANIA ticket holders can enter the Festival beginning at 6 PM for no additional charge Besides the concert, the Festival will feature ABBA karaoke on July 20 at 3 PM and children's groups performing ABBA on July 21 at 2:15.

At the Festival, Nordic foods will be featured. Choices include Swedish meatball dinners and other options served by 3Cs Catering, Swedish waffles and varmkorv (Swedish hot dog with choice of mashed potatoes) by Hot Spot Café and Norm's world famous korv burgers sponsored by the American Scandinavian Heritage Foundation and served by the Allen Park Women's Club. Do not forget the lingonberry drink and Danish Carlsberg beer. Oh, and all the pickled herring you can eat. Food will be served until 8 PM the night of the concert.

Besides ABBAMANIA, the sounds of Sweden will be presented by Smorgasbandet from Long Island on accordions and drums, Svenska Spelman from Chautauqua County on fiddles, nyckelharpa, guitar, banjo and accordion, Dem Bones trombone band and Vasa



Dance Teams will be performing.

On Saturday morning, July 20 at 10 AM, outside and free, begin your midsummer celebration by making your own colorful head wreath and by putting memorial flowers from your garden onto the 21-foottall midsummer pole. Participate in the procession of the pole with the Festival's musicians and dancers and watch it being erected on the corner of Lafayette and W. 3rd St. Then, it is time to join in with traditional ring dances in the street.

Several vendors will be exhibiting their products in the Northwest Arena. Be sure to check out the Festival's gift shop for unique local inspired t-shirts and many imported, new and flea market items.

A series of educational and fun lectures will occur both days. There is a particular focus on Swedish settlers in Pennsylvania including Erie, Renovo, and the Delaware Valley. There are also presentations on the Fenton Guard and Advanced Genealogy Research. Bring your musical instrument crafters, including Swedish huck weaving (beginner kits available), Norwegian painting, Scandinavian knitting, chip carving and begin to learn new skills. Want to learn how to play the Viking chess style game called Hnefatafl using our hand carved game pieces?

The Family Activity Center offers crafts for people of all ages with a focus on children. Stamp you own design on a t-shirt, make a head wreath, make a flax doll, work on a midsummer activity kit or much more. Listen to a Swedish book read during story time.

The gate fee for just the Festival is \$8 each day for those over the age of 16. A combination Festival ticket for Saturday, July 20 as well as the ABBAMANIA performance is \$30.

from Chautauqua County on fiddles, nyckelharpa, guitar, banjo and accordion, Dem Bones trombone band and Vasa Voices from Cleveland, Ohio. Both the children's and adult Thule Swedish Folk

for no additional charge.



JAMESTOWN, NY **July 20th & 21st**



Check out the full schedule of Midsummer Celebrations, featured food, and annual traditions here!



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SHOW FOR ALL AGES

Performing at Northwest Arena, Jamestown, NY

ON Saturday July 20, 2024 at 8pm The World's Number One Production of ABBA with Amazing Vocals, Look, and Authentic Costumes Feature Band at the 21st Scandinavian Folk Festival July 20 - 21, 2024 with this year's theme "Let's Celebrate ABBA's 50th Anniversary".

For more information and tickets www.scandinavianjamestown.org or Facebook Scandinavian Folk Festival or 716-665-0883

Celebrate 50 years of ABBA with ABBA Mania!



Join Us to Celebrate the Scandinavian Heritage with Lectures, Workshops, ABBA Karaoke, Youth performances, Vendors, Food Vendors and so much more!

ABBAMania In Concert!



Purchase tickets locally at Ecklof Bakery & Peterson Farm

Saturday, July 20 8 PM

The cast that performed Mamma Mia! is the World's number one production of ABBA with amazing vocals, look and authentic costumes!



scandinavianjamestown Tickets sold online at scandinavianjamestown.org



26 Chautauqua Gazette

WILD AMERICA NATURE FESTIVAL

at Panama Rocks - July 27 & 28, 2024

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Signature Sonnet with Paul Leone

This Time I paused before I Spoke

A Chesire moon over water, Blithe, equivocal; or smiling, Or mocking this earth theater, As if to my breath replying. Silence, save for hollow windblow Out from a further night-edge, A rippling lapping here below, The wonder of confused urge. This time I paused before I spoke; I parodied the flippant moon; I listened that the wind evoke An ecstasy that once I'd known. That time I was a callow boy Unable to constrain my joy.



Contributing Poet
Paul Leone

Gazette contributor and poet Paul Leone has agreed to provide an occasional poem to the Gazette. Paul is completing a volume of sonnets in the Shakespearean style. He has committed to writing 154 sonnets, equal to Shakespeare's number. The Shakespearean sonnet is composed of fourteen lines--three quatrains followed by a rhyming couplet. Paul hopes to have the volume in print by the end of the year.





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Senior Nutrition Program | Chautauqua County Office for the Aging

Water is Life! Hydration and the Older Adult

Featured Writer

Carey Skelton MS MPH RDN CDN/Nutrition & Wellness Coordinator

n a car trip with my family, I was ready for a rest area. My daughter said "I am starving, Mom!" Of course, I said "Me too, honey. We are finding a place to stop soon." My son, age 4, joins the conversation with "Mom, did you forget to eat for 3 weeks?" Apparently my son DOES listen when we talk to him.

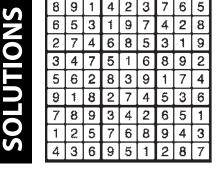
He was referring to the facts about how we can go without food for about 3 weeks and go without water for only 3 days. That is because water makes up about 70% of the human body. From our bloodstream to inside each and every cell, it is required in every life-sustaining body process. Water is very important to our health, yet is often overlooked in our diets. In addition to providing cushion and temperature control, water also functions as transportation of nutrients and waste, maintains proper volume of blood, keeps the urinary tract flushed, and promotes improved digestion and intestinal function. Dehydration is one of the leading causes of hospitalization in the older adult and approximately half of those hospitalized for dehydration die within a year.

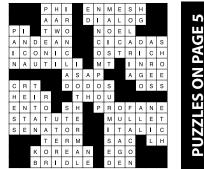
With the heat of the summer, you can monitor your hydration status with a few simple checks. Thirst is often an early indicator of a 1-2% loss of body fluid, so respond when you feel thirsty. However, most older adults have a diminished sense of thirst. So looking at your urine or your skin are better indicators. Your urine should be clear or light yellow. Darker urine may mean you are not meeting your fluid needs. Dry skin or skin that doesn't bounce back when pinched lightly and released is another indicator of poor hydration. Also watch for headaches, dizziness, muscle spasms, weakness, and delirium.

Of course, drinking 48-64 ounces of water and other fluids such as milk and decaffeinated beverages each day will help you stay hydrated. You can switch up your water by adding some fruit or cucumber slices for flavoring. A word of caution on juices as these can be sugar-loaded beverages. Little sips throughout the day can help meet your fluid needs and not fill you up. But foods can also be a great source of fluid in your diet. By including soups, fresh fruits, canned fruit in juice, fresh and frozen vegetables, no salt added canned vegetables.

By making simple and healthy choices on a daily basis, you will be well on your way towards achieving optimal wellness. We know the healthy choice is not always the easiest choice, but small changes can make a big difference. Chautauqua County Office for Aging Services offers Nutrition & Wellness programs to help you in your journey toward total wellness. Please remember to contribute toward your OFAS Nutrition & Wellness programs if you can. These programs are not sustainable without the support of participant and community contributions. Be aware that SNAP benefits can be used toward your contribution. Call NY Connects at 716-753-4582 for more details and information about any of these Nutrition and Wellness programs provided by Chautauqua County Office for Aging Services.

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Randolph Organizations Receive \$12,000 from John Edward McLaughlin Family Fund



Julia Niles, CRCF grants manager, Fred Nagle, grant committee member, Mary Johnson, Randolph Free Library, David Senn, Randolph Regional EMS Corp, Liz Jones CRCF community impact officer.

Article Contributed by Chautauqua Region Community Foundation

The Chautauqua Region Community Foundation recently awarded over \$12,000 in grants to organizations in Randolph, NY thanks to the John Edward McLaughlin Family Fund. The endowment fund was established in 2007 to support charitable activities in Randolph, NY.

Through an annual grant application, financial assistance from the Fund is made available to nonprofits, churches, municipalities and the Randolph school district. The 2024 grants were awarded to Grace Episcopal Church (office and children's activities at the annual arts and crafts festival), the East Randolph Cemetery (tree removal), the Town of Randolph (AED units at Town Park), the Randolph Central School (support for their after-prom event), the Randolph Cemetery Association (landscaping the new waterline trenches), Randolph Free Library (updates for the new Junior/ Young Adult Library area), the Randolph Regional EMS Corp. for (pediatric restraints), and the annual Ecumenical Vacation Bible School across four area partnering churches.

"The impact in the community is supporting programs and activities for area youth, the purchase of equipment to assist first responders and ongoing maintenance needs for both cemeteries."

The John Edward McLaughlin Family Fund was established in 2007 at the Chautauqua Region Community Foundation, and \$150,000 has been awarded to the community since. Jones added, "This year funding requests once again exceeded the amount available to grant - actually coming in at double the amount available, so not all projects were able to be supported or supported in full. That signals the continued need in the community, and presents some urgency in growing the Fund to support more grantmaking in the future."



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"The McLaughlin Family Fund continues to support a range of activities and needs across the Randolph community," noted Liz Jones, Community Impact Officer at the Chautauqua Region Community Foundation. Contributions to the McLaughlin Fund can be made online, by visiting crcfonline.org/give, or by check at: Chautauqua Region Community Foundation, 418 Spring St., Jamestown, NY 14701.

The Chautauqua Region Community Foundation administers over 700 endowments in support of emerging community needs, charitable organizations and local students pursuing higher education. For more information visit www. crcfonline.org or contact Lisa Lynde, Donor Services Officer at 716-661-3390 or llynde@crcfonline.org



Chautauqua Institution Farmers Market - 7 AM-11 AM Chautauqua Institution | Chautauqua, NY For Info: 716.357.6250 or chq.org

JULY 16

Live Music at Cabana Sam's Sunset Bay Grill - 7 PM Cabana's Sams | Irving, NY For Info: 716.934.9953 or sunsetbayusa.org

JULY 17

Dunkirk Farmer's Market 9 AM-2 PM Dunkirk Senior Center | Dunkirk, NY For Info: facebook.com/thirdthursday

Trivia Night at Brazil - 7 PM Brazil Bar & Lounge | Jamestown, NY For Info: facebook.com/braziljamestown

JULY 19

Laurel Memorial Run/Walk Flag Relay - 8 AM

The Resource Center | Jamestown, NY For Info: 716.483.2344 x90135 or laurel-run.com

Franki Vallie And The Four Seasons 8:15 PM

Chautauqua Institution | Chautauqua, NY For Info: 716.357.6250

JULY 16-21 CHAUTAUQUA COUNTY FAIR https://www.chautauquacofair.org/

JULY 20-21 - SCANDINAVIAN FOLK FESTIVAL www.scandinavianjamestown.org

JULY 27-28 - THE WILD AMERICA NATURE FESTIVAL **AT PANAMA ROCKS** https://www.panamarocks.com/wanf.html

JULY 31-AUGUST 3 - GERRY RODEO https://www.gerryrodeo.com

AUGUST 1-4 LUCILLE BALL COMEDY FESTIVAL https://comedycenter.org/

AUGUST 1-4 **ELLINGTON'S BICENTENNIAL CELEBRATION**

For Info: 716.338.2460

JULY 20

July Concert Series in Celeron - 6:30

PM-8:30 PM

Celeron Park Band Shell | Celeron, NY For Info: facebook.com/celeronny14720

JULY 18

Free All Ages Nature Program -10:30 AM

Hazeltine Public Library | Busti, NY For Info: 716.487.1281

Ashville Days - 10am-9:30pm For info: Facebook - Ashville Days

Jamestown Public Market

10 AM-2 PM

3rd St. Downtown Jamestown For Info: 716.664.2477 or jtownpublicmarket.org

Westfield Antique Show 10 AM-4 PM Chautaugua Suites For Info: 716.326.2977

https://www.facebook.com/ellingtontownpicnic/

AUGUST 9 **DOWNTOWN JAMESTOWN CRUISE-IN**

https://chautauquanycoc.weblinkconnect.com/events/ Jamestown-CruiseIn-2998/details

AUGUST 9-11 FINDLEY LAKE'S BICENTENNIAL CELEBRATION

https://www.tourchautauqua.com/events/ findley-lakes-bicentennial-celebration

AUGUST 16-18 CHAUTAUQUA COUNTY ANTIQUE EQUIPMENT SHOW https://ccaea.net/annual-show.html

SEPTEMBER 6-7 RED, WHITE & BLUES FESTIVAL https://festivalsfredoniany.org/red-white-blues/

New Master Gardener Graduates are Kind of a Big "Dill"

CCE Welcomes New Master Gardener Apprentices



Master Gardener graduation photo in the new CCE Cattaraugus teaching garden.

Article Contributed by **Cornell Cooperative Extension of Chautauqua** County

Cornell Cooperative Extension of Chautauqua County's Master Gardener Program is growing with the new class of 2024! The program was offered hybrid for 13 weeks as a collaborative training between CCE Chautauqua and CCE Cattaraugus counties. This group is passionate about sustainable garden practices, composting, pollinators, community gardens and cannot wait to share resources and knowledge with our communities.

Congratulations Master Gardener Apprentice Class of 2024:

Matthew Bucholz, Anna Crouss, Sarah De-Vries Joran, Emily Edmunds, Brad Emory, Jean File, Jennifer Francois, Susannah Frigon, Kayla Giunta, Kiersten Hansen, Mimi Joint, Richard Kunkle, Kelly Loverdi, Fileve Palmer, Eleni Phufas-Jousma, Stephanie Pikulski, JoJo Pingitore, Kimberly Rowe, Lynda Sen, Laurie Skinner, Lynn Smith, Kathryn Thrush, Robin Valeri, Kathryn "Kari" Wilcox.

The Master Gardener Program is a national program of trained volunteers who work in partnership with their county Cooperative Extension office to expand educational outreach throughout the community by providing home information.

gardeners, youth in schools and after school programs, community gardeners, and consumers of horticulture products. Neighbors teach neighbors about landscape, fruit, vegetables, herbs, beneficial and harmful insects, plant diseases, integrated pest management, wildlife, soils, composting and much more.

If you are interested in learning more about the Master Gardener program, please visit our website https://chautauqua.cce.cornell. edu/gardening/master-gardenervolunteer-program

The Master Gardener Program is one of many programs offered by Cornell Cooperative Extension

of Chautauqua County (CCE-Chautauqua). CCE-Chautauqua is a subordinate governmental agency with an educational mission that operates under a form of organization and administration approved by Cornell University as agent for the State of New York. It is tax-exempt under section 501(c)(3) of the Internal Revenue Code. The association is part of the national cooperative extension system, an educational partnership between County, State, and Federal governments. As New York's land grant university Cornell administers the system in this state. Each Cornell Cooperative Extension association is an independent employer that is governed by an elected Board of Directors with general oversight from Cornell. All associations work to meet the needs of the counties in which they are located as well as gardeners with research-based state and national goals. For more information, call 716-664-9502 or visit our website at www.cce.cornell. edu/chautauqua. Cornell University Cooperative Extension provides equal program and employment opportunities.



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Basil is a sweet and cuddly former mama cat ready for her forever home. Shy at first, she quickly warms up and loves snuggles and cozy spots. Her gentle purs and affectionate nature make her the perfect companion for a tranquil household. If you're looking for a loving, gentle cat, Basil is the one for you. Come meet her today and let her charm win you over. Meet her soon at CCHS. Shelter No. RR179. Zeus is an adorable 5-month-old puppy with a heart full of love and a mind full of curiosity. Zeus is exceptionally smart, quickly picking up on new tricks and commands, making him a joy to train. His strength is matched by his playful spirit, ensuring that he brings boundless energy and fun to every day. Despite his youthful exuberance, Zeus has a gentle and affectionate nature, always ready for a cuddle or a belly rub. He's looking for a forever home where he can grow, learn, and share his boundless love. If you're searching for a loyal and loving companion, Zeus is ready to fill your life with joy and adventure. Shelter No. RR179.



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



Pet OF Week

Meet Caroline, the feisty and fabulous female pup who's ready to capture your heart! This strong-willed cutie has a mind of her own, but don't worry, she's also got a soft spot for her furry and human friends. She gets along with dogs, making her a great addition to families with multiple pups. Plus, she's gentle and patient with older kids, making her an excellent companion for families with older children. Caroline is a curious and playful girl who loves to explore and investigate her surroundings. She'll keep you on your toes with her antics, but with positive reinforcement and consistent training, she'll learn to listen and respond to commands. This sweet girl will thrive in a household that can provide plenty of exercise and mental stimulation. We recommend enrolling her in puppy socialization classes to help her develop good manners and basic obedience skills. With the right training and care, this little girl will become your loyal companion and best friend! So if you're looking for a confident, playful, and loving pup who will bring joy and excitement to your life, look no further than Caroline!



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

Fun Around The Lakes





CHAD RETTERER (& A FISH)

MATTHEW KIENDL (& Another Fish)





SUE JONES

PETER AUER, RILEY AUER & JACK EIMILLER

MALONEY



RYLEY, NATE,



MARCUS LANEY & ADDISON PIERCE

HAYDEN & CAMRYN ALLEN

ERIC & TONJA RINALDO

ZACH STAHLSMITH

VERA SIMPSON



MONDAY - SATURDAY





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...get out and enjoy our valuable waters and their ecosystems.

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Contact Us www.cccwaters.org