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2024 Grads Set Sail

Volume 1 • Issue 27 | Week of August 19, 2024

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ADVICE FOR COLLEGE FRESHMEN..

Featured Writer

Sienna DeAngelo Jamestown Native &

Belmont University Junior s I said my final goodbyes and my parents started to leave my new dorm room, my dad looked at me and said to me the words he gave each of my older siblings when they left for college: "Don't add to or subtract from the population." While this is sound advice that I would highly encourage any young person to heed, after almost three years of college, I have a bit of my own wisdom to pass on. Going to college, whether you're going to JCC or UCLA, is a daunting experience filled with endless opportunities. So, to make it easy, I've only assigned you three tasks (the first of many, many college assignments you'll have ... yay!):

- 1. Find community
- 2. Try everything (within reason)
- 3. Find your passion

Finding Community

As a pre-med neuroscience major, I spend the majority of my time with other STEM students. While there is nothing wrong with making friends in your department, I encourage you to branch out and diversify your circle. Although reaching out to different people may be intimidating, it will expose you to a wide range of perspectives, cultures, and ideas, fostering a more inclusive and open-minded

CONT. ON PAGE 17



Siena DeAngelo, Neuroscience Major & Jamestown High School Class of 2022 Salutatorian

Chautauqua Lake **Property Owners** Association, Inc.

"To protect the Interests of **Property and Business** Owners and Lake Users"

Hear the Impact of New Wetlands Regulations

Wetlands Public Meeting #4 Bemus Point Golf Club &

Tap House Saturday, August 24 9:30-10:45 am

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Lori Cornell

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THEIR ANXIOUS PARENTS



Featured Writer

Kevin P. Kearns, Ph.D.

Professor and Chair, Communication Disorders and Sciences Department Director, Fredonia Program Evaluation Center **SUNY Fredonia**

've been fortunate to work in higher education for nearly forty years as a professor, and administrator. In that time, I have welcomed dozens of new classes of students to college and attempted to share a few words of encouragement and "wisdom" as they began their academic journey. It wasn't until my own children - Brian,

Caitlin, and Claire - were entering college that I truly understood what a monumental transition college life is for a seventeen or eighteen-year-old. When my son headed off to college, I developed a new appreciation for the degree of change that he, and our family, was about to go through. I watched him cope with moving away for the first time, select an academic major and courses, adjust to living in a tiny dorm room with a virtual stranger, and find ways to make friends and avoid isolation.

I quickly learned that the changes were equally unsettling for our family. Routines were changed at home, and it was unsettling to not have first-hand knowledge of his daily routines, academic requirements and expectations, new friends, or even know the small, far away college town where he was now living. Frankly, it didn't get any easier when his sisters went off to school. If anything, the issues and concerns loomed larger once my girls were away and coping with the new reality of having to

be responsible, independent, and adapting to their new lives as college students.

My point is that while the college experience is an important developmental milestone along the path to adulthood, it can also be as traumatic and challenging as it is wonderful. I'm not sure that parents, or first-time college students, can adequately predict or prepare for the transition to college life. However, there are some general principles that may be helpful as you and your teenager begin his exciting but challenging journey.

As a parent, it can be difficult to find a balance between allowing your child to grow and become increasingly independent, and knowing when to step in and offer to help. You risk being too intrusive and building an overreliance on your emotional and practical support while striving to be supportive. Of course, there are

CONTINUED ON PAGE 7

SINCE



CHAUTAUQUA LAKE **ASSOCIATION**

THE STEWARD OF THE LAKE

Working to help keep our lake safe, clean and healthy for all to enjoy today and in the future.

Algae: Good, Bad or Both?



ALGAE CAN **BE GOOD**

Algae occurs naturally and helps a healthy lake to stay healthy

- · Provides food for aquatic life
- Generates oxygen for the fishery
- Serves as indicator of water quality
- Absorbs nutrients



TOO MUCH ALGAE IS BAD

- · Lessens water clarity
- Detracts from recreational usage
- · Potentially harmful to pets
- Depletes lake's oxygen levels when dies
- Can form unsightly scums and noxious odors
- Creates conditions for Harmful Algal Blooms (HABS) to exist

THE CLA'S ROLE WITH ALGAE:

Our organization recognizes that algae occurs naturally and cannot be controlled, therefore we help manage algae by:

- Monitoring and reporting water conditions to NYS
- Maintaining sub-surface aquatic plant life which helps absorb nutrients and minimizes blooms
- · Skimming and removing unsightly scum when possible
- · Informing the public of risks associated with algae
- · Promoting actions to reduce over-abundant algae
- · Recognizing that algicides will not do away with algal blooms, are toxic to fish and may increase bloom toxicity

WHAT CAN YOU DO TO HELP?

REDUCE NUTRIENT INPUT INTO THE LAKE BY:

- Reduce stormwater runoff by planting rain gardens
- Planting lakeside buffer zones instead of lawns
- · Reduce / eliminate lawn fertilizing
- · Improve tributary management
- Advocate for Stormwater Management Zoning
- Advocate for Green Infrastructure projects

YOU CAN MAKE AN IMPACT

Make a donation in support of the CLA's ongoing mission to preserve, maintain and protect the lake we all love.



ChautauquaLakeAssociation.org

This Week

MONDAY, AUGUST 19

10,000 Maniacs Live in Concert: 8:15 PM

Chautaugua Insitution | Chautaugua For Info: 716-357-6250 or chq.org

Findley Lake Full Moon Kayak Ride: 8 PM

Findley Lake For Info: 716-769-2473

TUESDAY, AUGUST 20 Quick Clay - Mini Mugs: 1 PM

Pearl City Clay House | Jamestown For Info: 716-488-2529

Farmer-Neighbor Dinner: 5-8 PM

The Grandview of Ellington | Ellington For Info: 716-664-9502

WEDNESDAY, AUGUST 21

Master Gardener Program

Jamestown Community College Community Gardens | Jamestown For Info: 716-664-9502

THURSDAY, AUGUST 22

Fire Lights Music & Art Festival (Thursday 22nd - Saturday 25th)

The Heron Farm & Event Center Sherman

For Info: 716-761-7190

Birds of Sunnyside Marsh: 7 PM

Unitarian Church | Jamestown For Info: 716-664-2166 x1002

SAVE THE DATES:

SUNDAY, SEPTEMBER 1 Jamestown Labor Day Festival

https://mychq.org/event/44th-annualjamestown-labor-day-festival/

Jamestown Young Professionals Pop-Up Pickleball: 5-7 PM

Michael LaGrega Memorial Field | Lakewood

For Info: 716-483-1561

FRIDAY, AUGUST 23

Celtic Festival: 6-9 PM

Mayville Lakeside Park | Mayville For Info: 814-323-7360

Movies at The Reg: Inside Out 2: 7 PM

Reg Lenna | Jamestown For Info: 716-484-7070

SATURDAY, AUGUST 24

Lutheran Social Services Community Day 2024: 1-4 PM

Hultquist Place 715 Falconer St. Jamestown, NY 14701 For Info: 716-720-9610

Fredonia Farm Festival: 9-3 PM (Friday 24th - Saturday 25th)

Barker Commons | Fredonia For Info: 716-444-5434

SUNDAY, AUGUST 25

Jamestown Coin Club Annual Show: 10-3:30 PM

American Legion Post #777 | Celeron For Info: 716-720-1591

SEPTEMBER 6-7

Red, White & Blues Festival

https://festivalsfredoniany.org/red-white-blues/

TRIVIA AUG 19

- 1. What is the oldest university in the United States?
- 2. What term describes a student who has completed their undergraduate degree and is pursuing further education?
- 3. Which Ivy League school is known for its famous fight song, "The Battle Hymn of the Republic"?
- 4. What is the average number of hours a college student studies per week?
- 5. Which university has the largest campus in the United States by area?
- 6. What percentage of college students in the U.S. live on campus?



- 7. What is the name of the standardized test often required for admission to graduate schools?
- 8. At which university can you find a library that is considered the largest academic library in the world?
- 9. What is the highest degree one can earn from a college or university?
- 10. Which university is known for its iconic Bell Tower & amp; the motto "Let there be light"?

1. Harvard University (1636) 2. Graduate student 3. Yale University 4. About 15-20 hours

5. Berry College in Georgia 6. Approximately 30-40%

7. Graduate Record Examination (GRE) 8. Harvard University (Harvard Library) 9. Doctorate (Ph.D. or equivalent)

10. University of California, Los Angeles (UCLA)

Editorial with Lori Cornell

NATE DOGG

Owner & Publisher

Lori Cornell

It's that time of the year...summer is drawing to a close and eager young adults across the community are setting sail.

We dedicate this issue to the Class of 2024 - whether leaving home for the first time to attend the faraway college of their dreams or study abroad program; taking advantage of our esteemed local Jamestown Community College or SUNY Fredonia; honorably joining the military, a trade school, or professional training program; or entering our community's impressive workforce or already opening their own business. We congratulated them in June...and now it's time to wish them well in their next adventure.

My own son, Nate, included.

Typically, when parents like me describe their son or daughter's school age achievements, it usually includes a laudable laundry list of academic, athletic, student leadership, community service and/or musical achievements. Rightly and understandably so. Certainly, my Nate deserves accolades in all of those areas as well. I have always considered him the most versatile and well-rounded of my four sons. From a very early age, he loved to try, and ably pick up, everything from sports to music to school.

Nate's performance among his peers might best be described by the beloved axiom, "jack of all trades". His academic performance earned him a great scholarship. He played nearly every sport throughout his youth – always in the starting lineup. He was a natural leader among his peers. He excelled in saxophone and sings beautifully.

But the thing that sets Nate apart can't be put on a trophy, certificate or stage. He wasn't always the fastest, the smartest or the best of everything he tried. But he is, and will always be, the one and only, Nate Dogg - with a swagger to match the nickname I gave him at birth. (Yes, after Snoop's brother! Hush!)

Sandwiched between Brother No. 1 and Brother No. 3, both with Type I Diabetes and demands to match, and often inadvertently second fiddle to the youngest attention-



getter, No. 4, Nate has always been the "man in the middle".

What Nate may have lacked in luck and attention, his personality has towered larger than life. He is staunchly independent as the only on-time and ever-prepared Cornell and strongly resilient to any challenge. He is the most outgoing and self-assured teenager you'll ever meet, with a natural way of engaging both his peers and adults alike. He empathizes; he understands; he articulates with confidence for all the world. He can convince with insistence and lead with gregarious strength. As cliche as it sounds, people often describe him as "just such a nice boy..."

This summer, when Nate came home from what was to have been his new, restaurant "hosting" job, he announced that he had been moved to a server on day one, making nearly 50 percent of total sales in tips because he was "so friendly." He's received graduation cards from his Chautauquan customers and became a top request by the patrons.

Nate may continue to dabble at this and that throughout his life, but it's his winning personality that will carry him into this next chapter at Ithaca College and throughout his successful life. Saying goodbye to my No. 2 will be hard - a deja vous to last year's No.1 - but I'm happy through the heartache, knowing the Dogg will always shine.

My wish for my fellow 2024 parents is this same peace of mind. Thank you for indulging this tribute to my son. I know yours are equally as amazing and well-represent our shared hope for our community's bright future!

CHAUTAUQUA 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.

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SATURDAY - SUNDAY

AUGUST 31-SEPT 1

10AM-5PM

Get a Passport at any location and collect stamps. The more stamps you collect, the larger gift certificate you could win, top prize \$100. Redeemable with any artist on the Trail. Drop your card at any Hub to enter to win.

Hometown Golf Champ

Article Contributed by

Mary Ann Bianco Proud Mama &

Chautauqua Gazette Supporter

Alex Bianco's journey in golf began when he picked up his first club at the age of 5 in Jamestown, NY. His natural talent and passion for the game quickly became apparent, leading him to join the Jamestown High School Golf Team, where he honed his skills and began to make a name for himself in the local golf

After high school, Alex continued to pursue his passion at St. Bonaventure University, where he became a key member of the golf team. His dedication paid off as he won numerous tournaments, solidifying his reputation as a formidable golfer.

Now, Alex's hard work and dedication have culminated in his



latest achievement: winning the Brookfield Club Championship in Clarence, NY. This victory is a testament to his lifelong commitment to the sport and his continued excellence on the golf

Alex Bianco

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Hours: Tuesday-Friday 10

Saturday 10-2 **Closed Sun-Mon**

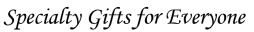
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SUDOKU

					2	-goooo		4
		5			одновых	3	8	
	4	9	8		3	2		
3	8		4				2	
6	9	4		2			7	nooodh
			Agenous	6		5		9
	5					6	4	8
9	3		5		4			

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: Beginner

CROSSWORD

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31				32	33	34
35			36				37				38			
39						40				41				
42					43				44					
45				46				47				48		
			49				50				51			
52	53	54				55				56		57	58	59
60	+				61				62		63			
64	+				65						66			
67					68						69			

CLUES ACROSS

- 1. Mongolian city ___ Bator
- 5. Coconut palms 10. Rounded knob
- 14. Japanese city
- 15. Type of sandwiches
- 16. A type of shape 17. Son of Shem
- 18. French modernist painter
- 19. Grandmother
- 20. Mammary gland of female cattle
- 22. Hill or rocky peak 23. Secret political clique
- 24. Songs to one's beloved 27. "Boardwalk Empire" actress Gretchen
- 31. Chinese philosophical principle
- 32. Restrict the number or amount of 35. Combined into a single entity
- 37. Brother or sister
- 38. Evil spirit
- 39. Materials in the earth's crust

- 40. Partner to cheese
- 41. Of the sun
- 42. Baseball great Ty
- 43. After B
- 44. Place to relax on the beach
- 45. Folk singer DiFranco
- 46. Partly digested food
- 47. Small dog breed
- 48. Japanese honorific
- 49. Salts
- 52. Beard moss genus
- 55. Mountain pass
- 56. Type of sword
- 60. Albanian language 61. Metric weight unit
- 63. Italian Seaport
- 64. Longtime late night host
- 65. Extremely angry
- 66. Wading bird
- 67. Days in mid-month
- 68. Omitted from printed matter
- 69. Upper body part

CLUES DOWN

- l. Iwo-toed sloth 2. Cooking ingredient
- 3. Iranian city 4. Accuses
- 5. Corrie
- 6. Delivered a speech
- 7. Collection of sacred books
- 8. Theatrical
- 9. Very fast airplane
- 10. Arm bones
- 11. Ancient kingdom near Dead Sea
- __ fide: legit
- 13. Gemstone 21. Counsels
- 23. Corporate bigwig
- 25. Cool!
- 26. Touch lightly
- 27. Small Milky Way constellation
- 28. Satirical website
- 29. Border lines 32. Soft drinks
- 33. Capital of Guam

- 34. Six-membered ring (chemistry)
- 36. Bar bill
- 37. Car mechanics group
- 38. Notable Bill Murray character 40. Health care for the aged
- 41. Gurus
- 43. A passage with access only at
- 44. Reduce

50. Type of reef

- 46. Spy organization
- 47. The upper surface of the mouth
- 49. Plants of the lily family
- 51. Oral polio vaccine developer 52. Mottled citrus fruit
- 54. Former Brazilian NBAer
- 53. Lose
- 57. Baseball great Ruth
- 58. Clapton, musician
- 59. Chance
- 61. Spanish soldier
- 62. CNN's founder

Chautauqua Gazette

In Loving Memory

August 7

Richard E. Gariepy, 69 Jamestown Hubert Funeral Home

David A. Brown, 78 Frewsburg Peterson Funeral Home

August 8

David E. Niedbalski, 60 Jamestown Falconer Funeral Home

Janice Paquin, 79 Jamestown Lind Funeral Home

Sandra Carmella Stanz, 77 Jamestown Lind Funeral Home

> Thomas Gooch, 95 Lakewood Lind Funeral Home

August 10

Nicholas Rodriguez Jr., 66 Jamestown Lind Funeral Home

Betty Ann Munella, 82 Jamestown Lind Funeral Home

August 11

Susan Mistretta, 88 Jamestown Lind Funeral Home

August 12

Wayne J. Beebe, 72 Jamestown Lind Funeral Home

Lucinda Swearingen, 71 **Jamestown** Lind Funeral Home

gaith // atters

An Irish Blessing

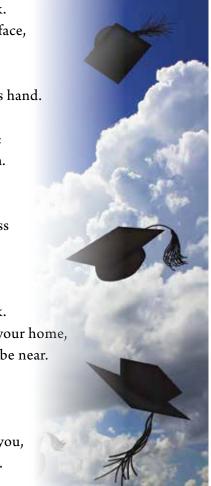
May the road rise to meet you, May the wind be always at your back. May the sun shine warm upon your face, The rains fall soft upon your fields. And until we meet again, May God hold you in the palm of his hand.

May God be with you and bless you: May you see your children's children. May you be poor in misfortune, rich in blessings.

May you know nothing but happiness From this day forward.

May the road rise up to meet you. May the wind be always at your back. May the warm rays of sun fall upon your home, And may the land of a friend always be near.

May green be the grass you walk on, May blue be the skies above you, May pure be the joys that surround you, May true be the hearts that love you.



L. Cornell and Company, LLC

The Chautauqua 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@CHQgazette.com .

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2024 Art in Recovery Exhibit August 23-24 at St. Luke's Episcopal Church



The Undercroft of St. Luke's Episcopal Church on the corner of 4th and Main streets in downtown Jamestown is the site for the 2024 Art in Recovery exhibit this Friday 6–8 p.m. and Saturday 10 a.m.–2 p.m.. Presented by the Mental Health Association in Chautauqua County in celebration of International Overdose Awareness Day, works by local artists share how they celebrate their own creativity and recovery. Everyone is invited to this free event made possible in part by support from the United Arts Appeal of Chautauqua County Projects Pool Grants Program. Refreshments will be served.

... And Their Anxious Parents

CONTINUED FROM FRONT PAGE

no "rules" to guide you along this balancing act. There are, however, a few things to keep in mind before and during the transition to college that may be worth considering.

One seemingly obvious consideration is the "Toto" principle. This is a notso-subtle reference to the Wizard of OZ when Dorothy says, "We're not in Kansas anymore, Toto". Talking to your son or daughter about change and expectations can be very helpful to managing the difficult transition to college. Specifically, understanding and managing expectations can go a long way toward a successful adjustment. The "Toto" reference refers to setting expectations and making clear that college is not a continuation of high school. There are likely more academically gifted classmates than there were in high school, the workload and expectations are significantly greater than they have previously experienced, and your student may not always succeed to the extent they are were used to. It's important for new college students to manage expectations, and disappointments, and not to get hung up on grades and GPA at the expense of not focusing on learning and growing. College provides a wonderful opportunity for taking courses and getting involved in activities that are interesting and feed a curiosity. Students who are willing to explore, even at the risk of not performing at the top of the class, will likely have a richer experience that those who play it safe.

It's a bit corny but I've shared a "CODE" for Success with students at the beginning of their college career. It's a simple framework to keep in mind for successfully navigating the transition to college. The acronym being Committed, for Organized, Disciplined, and Engaged. These terms are not mutually exclusive but together they can form a framework for success.

Commitment

Commitment requires a steadfast determination to stay on top of their schoolwork, and a willingness to do what it takes to succeed, and sometimes get through, challenging coursework. An important element of a commitment mind frame is to communicate with professors and not be shy about asking for clarification



or direction. Teachers want to help and are generally willing to provide information and guidance when they're asked for help.

Organized

Students can put themselves in a position to succeed by knowing what is expected in their courses, mapping out requirements each week, and for the semester. Knowing when assignments and tests are due, planning time for studying and completing assignments, and scheduling preparation time so as to avoid cramming goes a long way toward ensuring student success. Of equal importance, making accommodations to stay on course, and changing directions when they fall behind is essential.

Disciplined

It's been said that perfection is the enemy of productivity. It is important for students to learn the art of juggling multiple assignments and deadlines without spending too much time on any one task and too little on others. It's equally important to develop strategies to avoid procrastination and putting off difficult or unpleasant work until the last minute. While intelligent high school students may be able to procrastinate and remain successful, it is much more difficult to do so in college. Learning to do difficult assignments first and then rewarding themselves for doing so is a useful strategy for many students. Procrastination can lead to stress and chaos, and can become a recipe for academic failure.

Engagement

It's clear that the level of student engagement is highly correlated with academic success. Students who become involved in clubs, sports, performance activities, and who volunteer to help others have been consistently shown to be more successful in college. Moreover, the college experience is about more than book knowledge or academic success. College is a time to grow and learn socially, to have fun, and develop new interests and friends. A lack of engagement with others, social isolation, can be harmful psychologically as well as academically.

On a more micro level, engagement in classes and expanding knowledge though direct experiences can have a profound effect on learning. The simple acts of sitting toward the front of a classroom, asking for clarification in class, and studying with other students can help to transform college from a mechanical, performative experience to a truly rewarding and exciting one.

Finally, in addition to adopting the

simple CODE framework outline above, there is one more successful trait that should be developed and nurtured throughout one's college career. That is the habit of Persistence. Failure is inevitable but it will only define those who give up after failing. Thomas Edison famously conducted approximately 1,200 experiments, testing hundreds of materials in the process before hitting upon the winning design for a light bulb. It turned out that baking a piece of coiled cotton thread until it was all carbon was the winning filament. Experimentation and a willingness to risk failure, combined with a dogged persistence to keep going, is an important lesson to be learned in college.

Failure is often the best way to learn, and persistence is a key to success in college and beyond.

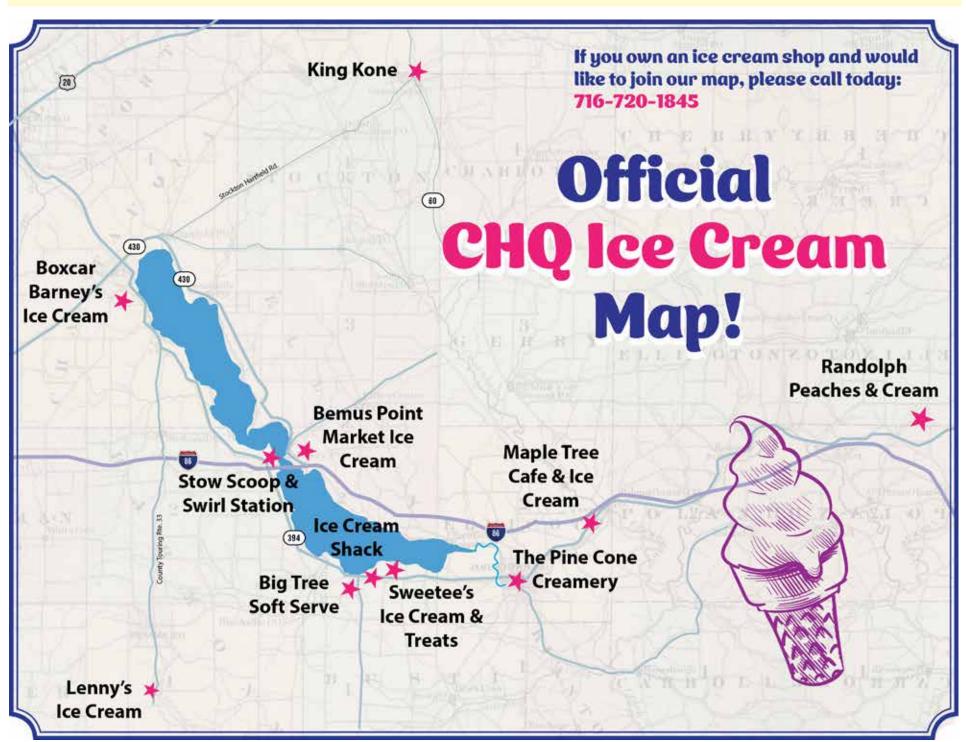
In closing, enjoy your son or daughters' college transition and experience. Your support, understanding and encouragement will help them make a difficult life transition into an exciting and transformative journey. Believe me, it goes by quickly!!





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CHQ Chamber Golf Tournament Results



The winning CHQ Chamber Golf Tournament TeamA Automotive: Kris Brown, Kevin Maytum, Marcus Lutgen, and Bill Loomis.

Article Contributed by

Chautauqua County Chamber of Commerce

Thirty-one teams of golfers enjoyed a sunny and pleasant day on the upper course at Peek'n Peak Resort Thursday for the annual CHQ Chamber Golf Tournament. At the end of the round the winning team was Kevin Maytum, Marcus Lutgen, Kris Brown, and Bill Loomis representing A Automotive with a score of 56. Taking second place were Brian Pender, Cody Gleason, Owen Bloom, and Tony DeMichele for Northlake Development with a score of 61. The third-place team was Mike Bird, Todd Conklin, Jeff Keppel and Randy Olson, representing The Post-Journal, with a score of 61.

Kayla Trussalo playing with the Falconer Power Sports team won both the Women's Closest to the Pin and the Women's Longest Drive. The Men's Closest to the Pin winner was Scott Robbins of Westfield Nursery. The Men's Longest Drive winner was Marcus Lutgen. Only one player shot into the "Ring of Fire" to take that prize: Nolan Hunt playing with the Charlie's Auto Center team.

Basil Chevrolet sponsored the tee gift this year. Par sponsors were A Automotive, Brooks-TLC Hospital Cattaraugus System, County Bank, Charlie's Auto Center, Chautauqua Patrons Insurance Company, Community Bank, DFT Communications, Falconer Power Sports, Jamestown Container Company, Jamestown Mattress, Plastics. Koester Jamestown Associates, Lake Shore Savings Bank, National Grid, Nestle Purina, Northlake Development, Peek'n Peak, R & R Property Services & Landscaping, Shults Auto Group, Southern Chautauqua Federal Credit Union, and Westfield Nursery & Garden Center.

Tee Sign sponsors were Chautauqua Harbor Hotel, Chautauqua Marina, Chautauqua Sign Company, Dahlstrom Roll Form, Fancher Chair, JMI, LaBella Associates, Phillips Lytle, and Putnam Record Insurance Agency.

Lunch and Snacks at the Turn were sponsored by Lawley Insurance, M&T Bank, and Southern Tier Environments for Living. Additional products were provided by Tops in Dunkirk, Farm Fresh Foods, Pepsi Cola, Arthur R. Gren Co., Jim Pullan, and Crown Snacks.

For the first time this year the Chamber invited Tee Talk sponsors to sponsor a hole and talk with the golfers as they play through. Tee Talk sponsors were AHN Westfield Hospital, Kinetic by Windstream, and the Small Business Development Center at JCC.

Raffle prizes were provided by Add Lumber, Ashville General Store, Cabana Sam's, Campano's Cucina, Charlie's Auto Center, Chautauqua Harbor Hotel, Chautauqua Marina, CHQ Dogs, Country Woods, Dave Warren Auto Group, Dave's Outlet Store, DFT Communications, DoubleTree by Hilton, Falconer Power Sports, Fancher Chair, Fenton History Center, Forbici Hair Design, Full Strength Coffee, Greater Chautauqua Federal Credit Union, Greater Woodlawn Federal Credit Union, Home Depot, Hometown Rent to Own, Inner Lakes Federal Credit Union, Jamestown Mattress Company, Mazza/Five & 20, Panache Salon & Day Spa, Parkview Café, Pea Pod & Juniper, Peek'n Peak, PersNikkity Pies, Planet Fitness, Proforma A Trusted Name, R & R Property & Landscaping, Roger Tory Peterson Institute, ServPro, Southern Chautauqua Federal Credit Union, Southern Tier Brewing Company, The Empty Pint at Southern Tier Brewing, The Green Door Tavern, TW Biggins Wine & Spirits, Villaggio Italiano, and Westfield Nursery & Garden Center.

This annual golf tournament is more than just a fundraiser for the CHQ Chamber. It also meets our mission by providing a full day of business networking opportunities and providing recognition for our sponsors. We couldn't manage it without a dedicated group of volunteers and staff members and are grateful to the Chamber Golf Committee chaired by Jim Pullan of Jamestown Mattress Company. Additional Committee members are Kris Maytum of DFT Communications, Teena Chau of Southern Chautauqua Federal Credit Union, Courtney Curatolo of the Small Business Development Center, and Chamber staff members Becky Voty and Carrie Swanson. If you're a golfer, we hope you'll consider participating next year in this tremendous annual event.

SUNY JCC Welcomes New Students at All Locations



Article Contributed by

SUNY Jamestown Community College

The 2024-25 academic year at SUNY Jamestown Community College begins next week with new student orientations planned for the Cattaraugus and Jamestown campuses, and the North County Center in Dunkirk.

Students will find new certificate programs in high-demand fields like Direct Support Professional and Community Healthcare Worker.

"Our short-term training programs allow students to 'learn and earn' in a year or less," said Crystal Rose-Williams, interim vice president of Student Affairs for SUNY JCC. "They provide industry-recognized skills that can immediately boost a student's career."

Facility enhancements completed over the summer aim to enhance both academic and social experiences. The Learning Commons in the Jamestown Campus features collaborative spaces and updated technology, and the newly-finished gym floor in the Physical Education Complex is competition-ready.

In addition to academic improvements, the college has expanded its athletics offerings, including the launch of a new club hockey team.

"Our athletics program is integral to student life, fostering personal growth, teamwork, and school spirit," said George Sisson, Director of Athletics at JCC. "JCC is committed to providing top-notch opportunities for student-athletes that enhance their overall college experience."

According to Rose-Williams, all students should expect a supportive

campus environment ready to help them succeed.

"We believe that being a community college doesn't mean sacrificing the full college experience," she said. "Our campus is vibrant with opportunities for personal growth, leadership, and connection."

Rose-Williams said there are more than 30 clubs and organizations available to support student interests. Support services such as the Success Center and Career Services are designed to help every student thrive both academically and personally.

"JCC continues to expand its online offerings, allowing students to balance their education with personal and professional commitments," Rose-Williams said. "Our online degrees and certificates, including Business Administration and Cybersecurity, are designed to be flexible and accessible, making it easier than ever to pursue higher education at your own pace."

Rose-Williams also shared that the college works closely with local businesses to educate and train current employees and prepare future employees with specialized training programs that align with industry needs. "These partnerships enhance the educational experience for our students and play a vital role in supporting the economic growth and vitality of Western New York," she said.

Registration for the fall semester closes Aug. 26. Those interested in applying to JCC can visit sunyjcc. edu/apply, message admissions@mail.sunyjcc.eduorcall716.338.1001 for more information.

"Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitude determines how well you do it."

— Lou Holtz

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Make Your Voice Heard!

Town of Chautauqua and Village of Mayville Encourage Residents of All Ages to Help Plan Their Future



Article Contributed by

Town of Chautauqua and Village of Mayville

The Town of Chautauqua and Village of Mayville are working together on a long-range plan that will lay the groundwork for community improvements in the decade ahead – and they are seeking input from residents and property owners of all ages on where those improvements should be focused.

Participants in the Mayville Summer Recreation Program recently shared their thoughts on the current strengths and future vision for the Town and Village by creating billboards and posters featuring their ideas. For the rest of the community, a brief survey is available at www. MakeYourVoiceHeard.today. Paper copies are available upon request from the Town and Village offices.

Community leaders encourage everyone to respond to the survey, which will help guide a new Comprehensive Plan for the Town and Village.

A Comprehensive Plan is an officially adopted policy document to guide how the community will evolve, articulating a path forward for future development, transportation and other infrastructure, community resources, land use, and public services.

While the Town of Chautauqua and Village of Mayville have adopted and revised zoning laws over the years, this marks the first local Comprehensive Plan for either community since 1970. The project is supported in part with a Smart Growth Comprehensive Planning grant from the New York Department of State.

This plan will establish a framework for future growth within Mayville's

downtown, lakeshore commercial corridors and the hamlet of Chautauqua, and it will solidify a community identity and vision for the Town and Village rooted in the community's key market advantages, resources, and natural and recreational assets. In turn, this work will support future investment and programming to reinforce the area's sense of place, belonging and community pride.

Residents can look for members of the project's joint Steering Committee at community events this summer and fall, where they will continue to promote the survey and offer information about the project. The current survey builds upon a 2022 survey that residents may recall having completed, providing current perspectives and ideas to enrich an already valuable collection of insights about how people would like to see the community become an even better place to live, visit and invest.

Survey responses will inform the plan's next steps, in which the Steering Committee will work with planning consultant Pashek+MTR to identify key issues and develop detailed, deep-dive strategies to advance the communities' shared visions for the future. The plan will ultimately take the form of a practical workbook filled with implementable to-do lists for the Town and Village.

As public engagement is at its heart, there will be many ways to become involved, including additional opportunities to submit ideas and respond to developing concepts, as well as meetings and events. The survey is available at www. MakeYourVoiceHeard.today. More background about the project is available at www.townofchautauqua. com/comprehensive-plan.html.

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Jamestown Board of Public Utilities Continues Work Towards Improving and Expanding District Heating

Article Contributed by

Jamestown Board of Public Utilities

The Jamestown Board of Public Utilities (BPU) is seeking Federal and State funding to progress its proposed "Retool District Heating/ Charting for the Future" project to upgrade and expand the District Heating Division.

The utility is pursuing government funding to design and upgrade the system to minimize the impact on customer costs. The future of the "Retool District Heating" project depends on the success of the funding efforts.

In the meantime, BPU crews who have been out in the streets this summer making infrastructure repairs, are expected to continue maintaining and improving the system over the next few years.

"The District Heat System received numerous awards and accolades when it was first implemented forty years ago," stated BPU General Manager David L. Leathers. "Now, the team at the BPU is looking to upgrade and enhance that system to improve its operating condition for current customers while assessing a possible expansion into surrounding communities."

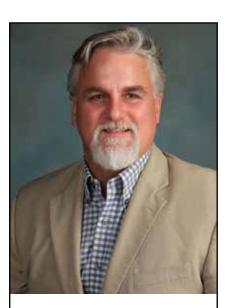
Established in 1984, the system distributes hot water through insulated underground lines that flow throughout downtown Jamestown and north on Main Street to heat seventy buildings. The process first depended on the coal-fueled BPU power plant to heat the water before converting the thermal supply fuel source to natural gas.

With New York State's current stance against using fossil fuels to create electricity and heat, the BPU will ultimately need to transition away from natural gas as a fuel for District Heating while working to update and enlarge the system.

A multi-year study funded by the New York State Energy and Research Development Authority (NYSERDA) by Ramboll Engineering assessed the BPU system and created a list of the most cost-effective renewable options for heating buildings on the District Heat system. Based on the results of this study, the utility hopes to ensure an environmentally sound, efficient and cost-effective heating source for current and potential customers of the BPU's district heat system.

In addition to seeking funds for the project, current work underway includes:

1. Explaining the District Heat maintenance industries.



Submitted Photo

Derek Johnson

service to potential customers and inviting them to consider joining the heating system. The more customers who join the system, the more affordable and stable the costs will be for everyone.

- 2. Improving the infrastructure of the current District Heat System by replacing valves and lines to ensure the continued reliability and efficiency of the service.
- 3. Studying and designing new ways to heat the water in the system that are cost-effective and sustainable; creating a District Heat system where multiple energy sources can be "plugged in" to heat the water and adapt the system to take advantage of the best available technologies.

The BPU has added an electrical engineer with facility energy use and maintenance expertise to its staff to concentrate on the new project. Derek Johnson will assist in visiting facilities heated by the BPU system and speaking with potential new customers interested in joining District Heating.

Information about and assistance with NYSERDA Flex-Tech studies that can help manufacturers assess clean heating options, including District Heat, are available by speaking with Johnson and other BPU staff members.

Johnson, who earned his electrical engineering degree at Swarthmore College, started his career as a commissioned officer in the United States Air Force, where he held roles constructing, operating and maintaining facilities and utility infrastructure on Air Force bases. In the twenty-five years that followed, he has developed his engineering and business acumen working for large and delivering companies operations and driving innovation in the building automation and

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- **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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In Person:

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By Phone: 716-357-6250

(option 5)

Daily 8 am - 8 pm

Clear Bag Policy: Bags or mobility scooter baskets must be seethrough if larger than 4.5 x 6 inches. Patrons welcome to bring larger bags, backpacks or diaper bags into venues — such as the Amphitheater, Norton Hall, and the Hall of Philosophy — as long as they are clear, and all the contents are clearly visible.

Parking: The Main Lot is located across the street from the Main Gate Welcome Center entrance. You may purchase your parking pass in advance of your arrival or at the parking gate. Free shuttle buses are available.

MONDAY

7:45 am: Episcopal Holy Eucharist 7:45 am: CHQ Mystic Heart Meditation

8:00 am: Daily Word Meditation

8:15 am: Movement and Meditation with Monte Thompson

8:45 am: Catholic Mass

8:55 am: Chautauqua Prays for Peace though Compassion

9:15 am: The Rev. Dr. Otis Moss, III 10:15 am: Service of Blessing and Healing

10:45 am: Wynton Marsalis

11:00 am: Food Tents and Trucks at Bestor

12:15 pm: CLSC Book Discussion - Dances:

12:45 pm - 1:45 pm: Guided Kayak Eco Tour

2:00 pm: Miroslav Volf

3:30 pm: "Courageous Conversations on Death and Dying" Shahid Aziz

4:00 pm: Play CHQ: Dare to Dream

4:45 pm: CHQ Mystic Heart: Suzanne

5:00 pm: The Chautauqua Prize Ceremony -The Reformatory: A Novel with Tananarive

5:30 pm: Vegan Dinner with Chefs Ben Shropshire & Dan Wongprapan

6:30 pm: StoryCorps Recording

(Reservations Required)

7:00 pm: Palestine Park Tour 7:00 pm: Taize' and Tea Meditation Worship

8:15 pm: 10,000 Maniacs

TUESDAY

7:45 am: Episcopal Holy Eucharist 7:45 am: CHQ Mystic Heart Meditation 8:00 am: Daily Word Meditation

8:30 am - 9:45 am: Beginner SUP Class

8:45 am: Catholic Mass 8:55 am: Chautaugua Prays for Peace

though Compassion

9:15 am: The Rev. Dr. Otis Moss, III 10:15 am: Service of Blessing and Healing

10:45 am: Sayu Bhojwani

12:15 pm: BTG Brownbag with Twan

Leenders, Chautaugua Watershed Conservancy 12:15 pm: LGBTQ+ and Friends Discussion

Group. Bring your lunch.

12:15 pm: Friends of the Chautauqua Writers' Center: Authors' Hour

12:30 pm: CHQ Dialogues

12:30 pm: CHO Mystic Heart Meditation

1:00 pm: Miller Cottage Tours

2:00 pm: Sherman A. Jackson

2:30 pm: Chautauqua Theater Company

presents The Light and The Dark

3:15 pm: Social Hour at Denominational 3:30 pm - 5:00 pm: Heritage Lecture Series

– Gary Moore 5:30 pm: Prohibition Dinner with Chef Carrie

6:30 pm: Labyrinth History and Meditation

6:30 pm: StoryCorps Recording (Reservations Required)

7:30 pm: Chautauqua Theater Company presents The Light and The Dark

8:15 pm: Chautaugua Chamber Music: Alexa Tarantino Quartet

WEDNESDAY

6:15 am - 7:15 am: Sunrise Paddle 7:45 am: CHQ Mystic Heart Meditation

7:45 am -8:55 am: Worship & Prayer Services

9:15 am: The Rev. Dr. Otis Moss, III

10:15 am: Service of Blessing and Healing 10:45 am: Jeffrey Rosen

12:15 pm: Women in Ministry

12:15 pm: Twelve Step Meeting

12:15 pm: CLSC Young Reader Book Discussion: Other Words for Home by

Jasmine Warga 12:30 pm: CHQ Dialogues

12:30 pm: Miller-Edison Cottage Shipman Garden Tour and Q&A

12:30 pm: CHQ Dialogues

12:45 pm Guided Kayak Historic Tour

2:00 pm : Rabbi Mira Rivera

3:30 pm: CHQ Dialogues

3:30 pm: AAHH Lecture: Nolan Williams

4:00 pm: Play CHQ: Stem by the Water

4:45 pm: CHQ Mystic Heart: Kim Hehr

6:30 pm: Positive Path for Spiritual Living 6:30 pm: StoryCorps Recording

(Reservations Required)

6:30 pm: CHQ Dialogues

7:15 pm: A pre-concert conversation with Christopher John Farley, Senior Director, Arts Programming & Development, PBS

7:30 pm: CTC: The Light and The Dark

8:15 pm: Wynton Marsalis' All Rise Jazz at Lincoln Center Orchestra with the Music School Festival Orchestra and Buffalo Philharmonic Chorus, Timothy Muffitt, conductor

THURSDAY

7:45 am: CHQ Mystic Heart Meditation 7:45 am: Episcopal Holy Eucharist

8:00 am: Daily Word Meditation

8:45 am: Catholic Mass

8:55 am: Chautauqua Prays for Peace

though Compassion

9:15 am: The Rev. Dr. Otis Moss, III

10:15 am: Service of Blessing and Healing 12:00 pm: Play CHQ: Play Back in Time 12:15 pm: Alumni Association of the CLSC:

12:15 pm: CTC Brown Bag: Sneak Peak to

12:30 pm: CHQ Mystic Heart Meditation

1:00 pm: Duplicate Bridge 1:00 pm: Miller Cottage Tours

2:00 pm: CVA Open Studios

2:00 pm: Ken Chitwood

2:30 pm: CTC The Light and The Dark

3:00 pm: CVA Resident group exhibition

3:30 pm: Nicole Cuffy

3:30 pm: CHQ Dialogues

3:30 pm: CHQ Dialogues

4:00 pm : CHQ Dialogues

4:00 pm: Play CHQ: Make your own Wind

4:30 pm: Nicole Cuffy — CLSC Book Signing

6:30 pm: CHQ Dialogues

7:30 pm: CTC The Light and The Dark 8:15 pm: Wynton Marsalis' All Rise Jazz at Lincoln Center Orchestra with the Music School Festival Orchestra and Buffalo Philharmonic Chorus, Timothy Muffitt, conductor

FRIDAY

6:15 am - 7:15 am: Sunrise Paddle

7:45 am: Episcopal Holy Eucharist

7:45 am: CHQ Mystic Heart Meditation 8:00 am: Daily Word Meditation

8:15 am: Movement and Meditation

8:45 am: Catholic Mass

8:55 am: Chautauqua Prays for Peace though Compassion

9:15 am: The Rev. Dr. Otis Moss, III

10:15 am: Service of Blessing and Healing

10:45 am: Panel Conversation: Wynton Marsalis, Kate Hamill, Otis Moss III

11:00 am: Food Tents and Trucks at Bestor

12:15 pm: Twelve Step Meeting

12:15 pm: Writers' Center Community Reading

12:30 pm: CHQ Dialogues 12:30 pm: Introduction to Jumu'ah Muslim

12:30 pm: CHQ Dialogues

1:15 pm: Friends of the Chautaugua Writers' Center Informal Critique

2:00 pm: Kerry Alys Robinson

2:30 pm: CTC The Light and The Dark

3:30 pm: CHQ Dialogues

3:30 pm: CHQ Dialogues

5:00 pm: Hebrew Congregation Evening

Kabbalat Shabbat Service 5:30 pm: Gastropub Night with Chef Brian

Barcus 7:30 pm: A Service of Compline

8:15 pm: Jazz at Lincoln Center Orchestra with Wynton Marsalis: Duke Ellington at

SATURDAY

7:15 am: CHQ Mystic Heart: Carol McKiernan 9:30 am: Chabad **Jewish House**

Community Shabbat Service, Rabbi Zalman Vilenkin

9:45 am: Torah Study 10:00 am: Bob McClure CHQ Play Readers: Year-end Revue

10:15 am: Sabbath Morning Worship, Hebrew Congregation

5:00 pm: Catholic Mass 8:15 pm: The Concert: A Tribute to ABBA

August 19, 2024 13

WEEK NINE THEME: RISING TOGETHER:

OUR CENTURY OF CREATIVITY AND COLLABORATION WITH WYNTON MARSALIS AND THE JAZZ AT LINCOLN CENTER ORCHESTRA

"The 20th was the century of communication. The 21st will be the century of integration. Our rapidly developing global community is the most exciting modern reality." So opens Wynton Marsalis' notes to "All Rise," considered the composer's Symphony No. 1 — a work not just of music, but of life, history, and the joyous power people hold to create art and progress when they work collectively and collaboratively. Where do these moments of translating and transcending difference exist in our society, and what can we learn from them? Where can our journeys, both individual and communal, take us? This week features a keynote address by Wynton Marsalis for the Chautauqua Lecture Series, classes and recitals from the Jazz at Lincoln Center Orchestra, and an extraordinary performance on a massive scale of "All Rise" that will see Chautauqua's very own Music School Festival Orchestra join forces with a full chorus and the legendary JLCO on the Amphitheater stage.

WEEK NINE: FEATURED LECTURES

- Wynton Marsalis returns to Chautauqua to open the week on Monday, Aug. 19, 2024, with a keynote address titled "Speaking a Common Language Against the Cacophony of Sectarian Opportunism" on the making and ever-resonating themes of his epic jazz symphony "All Rise," a massive composition for big band, gospel choir and symphony orchestra.
- On Tuesday, Aug. 20, 2024, leader in residence at the City University of New York's Moynihan Center **Sayu Bhojawni** will lift up the voices and perspectives she has championed her entire career, demonstrating how the contributions of historical-

ly marginalized groups help us "rise together" as an American community.

- President and CEO of the National Constitution Center **Jeffrey Rosen** also returns to the Chautauqua Lecture Series on Wednesday, Aug. 21, 2024, to discuss his latest book, The Pursuit of Happiness: How Classical Writers on Virtue Inspired the Lives of the Founders and Defined America, as part of the week's interdisciplinary programming focused on the arts and the American experiment.
- As Chautauqua considers the theme of "Rising Together: Our Century of Creativity and Collab-
- oration," on Thursday, Aug. 22 **Paul Siefken** will reflect on how we can create the appropriate social, cultural and political infrastructure and conditions to encourage the next generations of global citizens to rise and thrive together.
- On Friday, Aug. 23 Wynton Marsalis returns to the Chautauqua Lecture Series to close our Summer Assembly and the week on "Rising Together: Our Century of Creativity and Collaboration" in conversation with the celebrated playwright Kate Hamill and Week Nine chaplain the Rev. Otis Moss III.



11 GREAT THINGS TO DO IN WEEK NINE:

- 1. Attend a Class like: Backcountry Hiking and Backpacking for Beginners: This course is for adults of all ages and young adults interested in learning how to tackle a backcountry hike or a multi-day backpacking trip.
- **2. Play a game of Pickleball** on the newly installed pickle courts.
- 3. Relax on the porch of the Historic Athenaeum Hotel and enjoy delicious shareable plates and a glass of wine.
- **4. Browse through the Chautauqua Bookstore** and find unique treasures for yourself and loved ones.
- **5. Explore art** with a docent tour through one of our two on grounds art galleries.
- **6. Enjoy a walk** through the gardens located right outside the Main Gate on Rumble. Listen to the song of the giant wind chimes and beautifully planted native species of plants and flowers.
- 7. **Tour the grounds** from the seat of a bicycle rented from Jamestown Cycle Shop Bike Rent.
- **8.** Catch a captivating performance of The Light and The Dark (Aug. 18-23).
- **9. Be inspired** by a fantastic performance by Jazz at Lincoln Center Orchestra with Wynton Marsalis: Duke Ellington at 125 on Aug. 22 at the Chautauqua Amphitheater.
- **10. Learn** how we can create the appropriate social, cultural and political infrastructure and conditions to encourage the next generations of global citizens to rise and thrive together through Paul Siefken's 10:45 a.m. lecture on Aug.
- **11.** Genetics, Biotech, and AI Revolutions will Transform Our Lives, Work, and World through Jamie Metzl's 10:45 a.m. lecture on Aug. 22.



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Jamestown Coin Club Show is Sunday, **August 25 at Celoron Legion**



A 10th-oz. \$5 Gold American Eagle coin, similar to the one pictured, is among the prizes at the Jamestown Coin Club Show Sunday, August 25, 10 a.m.–3:30 p.m. The free event is at the Herman Kent Post 777 (Celoron) American Legion.

Article Contributed by

Jamestown Coin Club

If you have coins you want to sell or trade or just learn their value, you won't want to miss the Jamestown Coin Club Coin Show Sunday, August 25, 10 a.m.-3:30 p.m. at the Celoron American Legion Post 777 on Jackson Ave., W.E., just off Fairmount, in Jamestown.

More than two dozen dealers will be buying, selling, and offering free appraisals of U.S., ancient, and foreign coins. Coin supplies will also be available for purchase.

Raffle prizes include a tenth-ounce (716) 720-1591.

American Eagle, 3 BU Morgan dollars, a 1946 Walking Liberty half dollar, a 1896 uncirculated Indian Head cent and 4 Silver Eagle coins. Door prizes will be given away hourly.

Except for December, Jamestown Coin Club meets regularly on the fourth Tuesday of the month, also at the Legion. Doors open at 6 p.m. and meetings begin at 7 p.m., with door prizes, raffles and a coin auction. Annual membership is \$10. Guests are welcome to participate at no charge. For more information, call





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James J. Spann, Esq.

Attorney

Tel: 716.232.4110 | Fax: 716.232.4125 53 East Main Street • P.O. Box 155 • Westfield, New York 14787 james@spannandspann.com

Reporting Flood Damage on Farms — It Matters

Cornell Cooperative Extension Encourages Farms Affected by Recent Storms to Report Damage and Losses Caused by Flooding, Wind, or other Natural Disasters

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 encouraged 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.
- 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, Chautauqua, Cattaraugus, 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 (716-640-0844). Management CCE is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

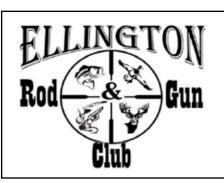
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Jamestown Young Professionals to Hold "Pop-Up Pickleball" Networking Event



Planning Committee members of the Jamestown Young Professionals are pictured here during a recent meeting at Labyrinth Press Company in the City of Jamestown. The JYP Planning Committee has put together a Pop-Up Pickleball event to be held at 5pm on Thursday, Aug. 22 at LaGrega Field in Lakewood.

Article Contributed by

Jamestown Young Professionals

the Jamestown "Pop-Up Professionals for a Pickleball" event from 5-7pm on Thursday, Aug. 22 at Michael La Grega Memorial Field in Lakewood.

JYP welcomes players of all skill levels for this fun and active networking opportunity. Bring along a friend, significant other or family member for this casual get-together. This event is free and open to the public.

For those who have never attended a IYP event before, this evening pickleball mixer will be the perfect opportunity to meet JYP members and learn more about the organization.

There will be a total of six courts available for pickleball players. JYP members will provide instructions and short demonstrations for those new to the game.

"More than just a chance to enjoy some friendly competition, our popup pickleball event will be a great opportunity to connect with peers who share a commitment to personal and professional growth," said Katie Castro, Director of Advancement for the United Ways of Chautauqua County. "The Jamestown Young Professionals group believes that strong networks and meaningful relationships are the foundation of

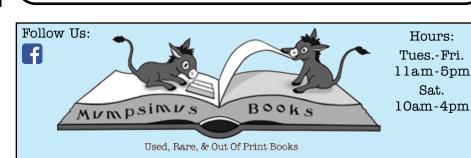
a thriving career and community. This event is the perfect way to build those connections while having a great time. Whether you're new to the area or looking to expand your professional circle, this is an event you won't want to miss!"

Registration for this event is not necessary. In the event of a large turnout, JYP will facilitate some lower-point games to help spur quick turnover. There will also be a "JYP Rehydration Station" where folks attending can congregate, learn about pickleball and try out the paddles. Many thanks to JYP Planning Committee member

JYP will have a limited supply of extra paddles and balls! But if you have your own, we encourage players to bring those as well. Don't let not having equipment deter you from attending this fun pickleball party!

Come out and celebrate the end of summer while networking with other like-minded individuals.

Pickleball will be played on a firstcome, first play basis!



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Advice for College Freshmen...

CONTINUED FROM FRONT PAGE

worldview. Yes, I study with my neuroscience buddies, but I also spend time with my friends in other majors like Public Relations, Music Business, Finance, Psychology, and Environmental Science. You may be wondering, "Siena, you silly goose, how am I supposed to make friends outside of my major and from different backgrounds if I have to spend most of my time in class and studying with people on the same path as me?" I'm so glad you asked. First of all, there is a 99% chance your college will have some sort of new-student event complete with free t-shirts and overly enthusiastic upperclassmen volunteers. As an introvert, I dreaded this mixer; however, I owe to it three of my closest friends. The first semester of college, most everyone is in the same boat: desperate to make friends but terrified to awkwardly make the first introduction. I know it's scary and unnatural, but please continue with the "name, major, hometown" conversations because all the best friendships have to

best friendships have to start somewhere!

Try EVERYTHING

Another way to find community: plugged in to activities CONGRATULATIONS GRADUATE and clubs that interest you. My school has a club fair every fall during which representatives from every single club on campus set up a table on the main lawn. I put my email down on every contact list that vaguely interested me. Yes, there will be some misses (Kite Club is not for the weak), but I guarantee you'll eventually find your niche. Personally, I jumped into Belmont University Volunteers for Literacy, a club devoted to increasing the number of literate children in Nashville. Even though I'm not an English or Education major, I love to read and enjoy working with kids, and now my tutoring session with a local third grader is one of the highlights of my week. Another reason to join a club is so you can be part of something bigger than yourself. Halfway through my freshman year, I impulsively decided to join Belmont Global Medical Brigades, a group that travels to Honduras every spring break to set up free clinics in rural

areas. Even though I didn't know a single person in the club and all my friends had invited me to join them for relaxing beach vacations, I knew that this would be an opportunity to discover whether medicine was truly the path I wanted to be on. Fast forward and I now hold leadership positions in both clubs and have made friends for life through them. Main idea: sometimes it's the unlikely experience that will lead to the greatest outcome, so TRY EVERYTHING!

Find Your Passion

By stepping out of your comfort zone and embracing new experiences, you discover what truly excites and motivates you. College provides a supportive environment with resources like mentors, internships, and research opportunities to help you uncover and pursue your passions. Some of the best

advice I have received from my academic advisor is that it is just as important to find out what you don't like as it is to find what you are passionate about.

from this is to be grateful for every opportunity and new experience, even if it doesn't spark joy. For instance, I spent my entire sophomore year conducting research, and at the end of my project, I could firmly say that research is not my passion. On the other hand, the aforementioned trip

research is not my passion. On the other hand, the aforementioned trip to Honduras revealed my passion for pediatric healthcare and women's health. Your passion may fall in line with your major, but it may also be completely different, and that's okay! Changing your path may be overwhelming, but following what you're passionate about is worth it.

I still don't have everything figured out, but sticking to the above three goals has made my college experience fruitful. I'll leave you with this: study hard, make genuine connections, and have fun! And of course, don't add to or subtract from the population!



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A dining experience to make your taste buds sing

Chautauqua Gazette 2024 Grads Set Sail

Senior Scene with Dr. Mary Ann Spanos

Thinking, Planning, and Memory



Contributing Writer

Dr. Mary Ann Spanos
Office for Aging Services Director

ccording to the Milken Institute, adults in the US fear Alzheimer's disease more than cancer, stroke, and heart disease combined. Today, more than 6 million Americans have Alzheimer's and related dementias, and that number is projected to double in coming years. Unfortunately, the stigma associated with Alzheimer's disease often prevents people from seeking a cognitive assessment when symptoms arise or having a conversation with their doctor. Although the most common form of dementia is Alzheimer's disease, it is not the only disease that affects your ability to think, plan, and remember.

Dementia is a general term used to describe a set of symptoms that affect cognitive abilities. It is not a specific disease but rather an umbrella term for a group of symptoms. While Alzheimer's disease is the most common cause or type of dementia, there are many other things that can cause dementia symptoms. While we are just starting to develop potential treatments for Alzheimer's Disease, other types of dementia can be reduced or halted by treating the underlying cause.

So, when my own mother started having trouble paying her bills, did not remember events and conversations the same way we did, was constantly complaining of fatigue, and her ability to do everyday tasks started to decline, we went to see her doctor. The doctor first looked at all her major systems. Was mom depressed? Depression can sometimes mimic dementia. Did mom have an infection? Urinary tract and other infections can cause delirium which can mimic dementia. Cardiac and circulatory issues can affect thinking if blood flow to the brain is impaired or if you are having mini strokės. Likewisė, uncontrolled diabetes can affect thinking since it interferes with the body processing sugar (food for the brain). Lack of certain nutrients (B Vitamins), endocrine problems (thyroid), and immune disorders can also cause dementia- like symptoms. All of these are treatable diseases, and that is why it is so important to see your doctor if you are having problems thinking, making decisions, or with your memory.

When all of Mom's systems came back as normal, it was time to see

the neurologist. Mom had cognitive testing to pin point what parts of her thinking ability were affected. Was it short-term memory, spatial relationships, language, executive judgement, basic mathematical ability? The next step was to have an MRI of the brain. While you cannot see the plaques and tangles associated with Alzheimer's or the Lewy Bodies associated with this dementia, there are often changes in the brain associated with dementia. The MRI can also rule out other treatable diseases like a brain bleed, brain tumor, or normal pressure hydrocephalus.

It turns out that my mom has Normal Pressure Hydrocephalus (NPH), a brain condition that happens when fluid builds up inside or around your brain disrupting your thoughts and brain function. Cerebrospinal Fluid (CSF) bathes the brain providing nutrients and taking away waste. Your body is constantly making and reabsorbing this CSF fluid but in NPH something goes wrong and the fluid builds up slowly over time compressing your brain matter. Since the onset is gradual the pressure in your skull stays within normal range hence the name Normal Pressure Hydrocephalus. Besides dementia symptoms, people with NPH often have urinary incontinence, and increasing problems with walking and balance.

The treatment for NPH is a permanent shunt, that drains fluid from your brain into your abdomen. The drain that is inserted under the skin has a magnetic one-way valve that can be adjusted after surgery. This allows the surgeon to change adjust how much fluid is removed so the right amount is drained. According to the Cleveland Clinic, NPH, is relatively uncommon. They estimate only .2% between ages of 70 and 80 are affected but this increases significantly to 5.9% in people over 80 years old. Since my mom (who is 87) was diagnosed we have met two other people who have been treated for NPH making me wonder if it is not more common than thought. It could be that people are not just not getting a diagnosis.

My message to you is don't wait and do nothing, if you or a loved one is having difficulty with thinking, planning, and memory. Get checked out and find out what treatments and supports are available so you and your loved ones can live your best life. For more information on Alzheimer's and other dementia's visit Alzheimer's Association website at www.alz.org. For more information about NPH visit www.my.clevelandclinic.org. And a special Thank You to all the doctors and nurses at the Cleveland Clinic who treated my mom.

Lutheran Social Services Community Day 2024

YOU BELONG at Community Day

What: Community Day 2024

Where:

Hultquist Place 715 Falconer St Jamestown, NY 14701

When:

Saturday, August 24, 2024 from 1-4PM ET

Details:

Admission and entertainment is free. Food and other items will be available for purchase.

Here at Lutheran Social Services, we believe community is the foundation to success. Our Community Day 2024 Event has been designed to celebrate just that – the wonderful community we are so proud to be a part of, our dedicated staff who provide a top-notch experience for residents, and the beautiful Lutheran campus that so many call home. Please join us for a day of food, fun, and entertainment featuring a cook-out provided by the Falconer Fire Department, bounce houses, carnival games, face painting,

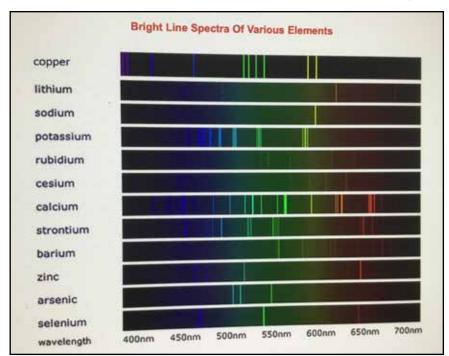
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antique cars, local craft vendors, and more! Enjoy the day with friends and family, tour our campus, and learn about career and residential living opportunities too!

We look forward to seeing you!

At Hultquist Place, you enjoy so much more than a typical "assisted living facility". Our focus is to inspire a robust social and experience-rich environment where you can truly flourish.

Seasonal Change in the Avian Community of a Western New York Shrub Swamp



Article Contributed by

Chautauqua Watershed Conservancy

Chautauqua Watershed Conservancy (CWC) is sponsoring a special public program on Thursday August 22, 2024, at 7:00 PM at the Unitarian Universalist Congregation, Prendergast Avenue, Jamestown, NY 14701. Join emeritus research scientist at the Smithsonian Institution's Conservation Biology Institute, John H. Rappole, and retired President of the Roger Tory Peterson Institute of Natural History, Jim Berry, for a report on the bird life of the Sunnyside Marsh Preserve in Greenhurst, New York.

Sunnyside Marsh is a 4 ½ acre nature preserve managed by the Chautauqua Watershed Conservancy. This area, a vital link in the network of wetland preserves protecting Chautauqua

Lake from runoff and sedimentation, provides critical plant and wildlife protection.

For 9-years federally and state licensed master bird banders Rappole and Berry have captured, banded and studied thousands of birds of 90 different species in this preserve. They recently published their findings in the paper "Seasonal Change in the Avian Community of a Western New York Shrub Swamp."

This program will present these findings, as well as provide background information on various plant and animal species found in the marsh. The program is free and open to the public. To assist us in planning for the evening, registration is greatly appreciated. Please register at info@chautauquawatershed.org or 716-664-2166 ext.1002.

For questions, please contact Jim Berry at jberry2@stny.rr.com

Community Day

Brought to you by Hultquist Place

Saturday, August 24, 2024 1pm-4pm

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>>>> Vendors

>>>> Bounce houses

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»» Music

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August 23 & 24, 2024 9:00 am - 9:30 pm Performers
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Sep. 17 - Nov. 21, 2024

Tuesday & Thursday evenings

5:30PM-7:00PM

Tuesdays: In Person at JCC (CARN 123)

Thursdays: Virtual via ZOOM

Cost:

The cost of this program will be free for residents or business owners within the City of Jamestown and cost \$125 for all others. All participants are expected to attend all sessions.

Register: SBDCJCC.ORG/FASTTRAC



New York SBDC is a Partnership Program with the SBA, administered by the State University of New York. Funded in part through a Cooperative Agreement with the U.S. Small Business Administration. All opinions, conclusions or recommendations expressed are those of the author(s) and do not necessarily reflect the views of the SBA. All SBA funded programs are extended to the public on a nondiscriminatory basis.

THE ENTREPRENEURIAL LIFESTYLE	FROM IDEA TO BUSINESS CONCEPT	MARKET RESEARCH	MARKET RESEARCH II
BUSINESS MODEL DESIGN	PRICING STRATEGY	LEGAL STRATEGY	BUSINESS EXITS
REACHING THE MARKET	DISTRIBUTION AND SALES	FINANCIAL MANAGEMENT CYCLE	INTELLECTUAL PROPERTY
BUILDING THE ORGANIZATION AND TEAM	YOUR CASH NEEDS AND WHEN YOU MIGHT EARN A PROFIT	REFINING FINANCIAL ASSUMPTIONS AND SEEKING FUNDING	PUTTING TOGETHER A BUSINESS PLAN
LAUNCH	MEASURING AND ANALYZING FINANCIAL RESULTS	PRESENT PLAN	PRESENT PLAN II

National Grid Presents \$50,000 Check to DIDIWNY

Article Contributed by

Dream It Do It Western New York

"National Grid and Dream It Do It realize the importance of investing in the education of Buffalo's future workforce," said National Grid Regional Director Ken Kujawa. "National Grid and the foundation frequently invest in education and various STEM initiatives, because we know that doing so can result in building the workforce of the future."

"National Grid has long been an important strategic partner of Dream It Do It Western New York," stated Todd Tranum, President of Dream It Do It Western New York. "This funding will help us not only continue applied learning programming with middle and high school students in Chautauqua County but will also help support expansion of Dream It Do It into Erie and Niagara Counties."

The Manufacturing Mayhem Technology Camp is a weeklong project-based experience that teaches steps within the manufacturing process. Held Aug. 12 to 16 at Jamestown Community College's Manufacturing

Technology Institute, students learn the importance of problem communication solving, teamwork. They also with representatives from area manufacturers, discuss who various career opportunities in manufacturing. Toward the end of camp is a competition where students present projects that they created during the week.

Students who participate in the Manufacturing Mayhem camp are enrolled in the Dream It Do It Advanced Manufacturing Program (DIDIAMP). DIDIAMP is designed to build strong connections to manufacturing career pathways, rewards students their school-based work and engagement in hands-on programming through Dream It Do It and build relationships manufacturer. with DIDIAMP is designed to connect, engage, enrich, challenge and reward students on their way to manufacturers recognized belt achievement and certification and careers in manufacturing.

To learn more about Dream It Do It Western New York and to enroll in the Dream It Do It Advanced Manufacturing Program, visit didiwny.com.



National Grid & Dream It Do It Western New York at Manufacturing Mayhem Camp 2024





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The Resource Center Accepting Nominations for Ability Awareness Awards

Article Contributed by

The Resource Center

Nominations are being accepted for The Resource Center's 2024 Ability Awareness and Recognition Awards.

Every year, people with disabilities in Chautauqua County make tremendous strides in their quest to lead productive, meaningful lives. And every day, they are supported in their efforts by a wide segment of the community that appreciates and values the contributions those with disabilities can make.

To recognize the efforts of people with disabilities and those who support them, The Resource Center holds a celebration to pay tribute to this deserving group by presenting the Ability Awareness and Recognition Awards. The public is encouraged to nominate people with disabilities whom they know, or people and organizations from the community that have had a positive impact on the lives of those with disabling conditions.

Nominations are being accepted in the following categories:

- Advocate of the Year, recognizing extraordinary efforts in advocating for one's own rights or the rights of other people with disabilities.
- Bruce Walford Community
 Service Award, honoring a person
 who demonstrates the following
 characteristics: a commitment to
 the community; selflessness; the
 initiative and the ingenuity to forge
 forward and make things happen;
 and enthusiasm and exuberance
 that inspire others. This award was
 established in memory of the late
 Bruce "Wally" Walford, who was
 the manager of TRC's Dunkirk
 manufacturing facility.
- Community Partnership Award, given to a person, service group or business that has provided unique opportunities and experiences to people with disabilities.
- Edwin Roth Mental Health
 Award, recognizing a person with
 a behavioral health challenge, an
 advocate, an agency, a professional,
 or a community member, that has
 supported efforts to improve the
 lives of people with mental illness



or substance abuse challenges.
This award is named in memory of the late Ed Roth, a New York State Office of Mental Health official who was a strong advocate for people with mental illness.

- Elmer Muench Volunteer of the Year, honoring a person who has donated time, talents and/ or expertise toward improving the quality of life for people with disabilities. Volunteer service could include interacting directly with people with disabilities, assisting with special events or serving on a board or committee. This award is named in memory of the late Elmer Muench of Fredonia, a longtime volunteer and advocate for people with disabilities.
- Health Provider of the Year, honoring an entity or professional that has enhanced the lives of people with disabilities by providing outstanding health services.
- Outstanding Achievement, saluting a person with a disability who has made significant advancements in developing personal skills.
- Success of the Year, praising a person with a disability who has achieved his or her goals in the areas of community integration and/or employment.

Nominees do not have to be affiliated with The Resource Center. A selection committee composed of community volunteers will decide which nominees are most deserving of the awards.

Nominations will be accepted until September 1. Nominations can be submitted online by visiting https://resourcecenter.org. If you want a nomination form sent to you, phone Victoria Bardo at 716-661-1477.

Award recipients will be honored this fall at The Resource Center's 35th Ability Awareness Awards Celebration.



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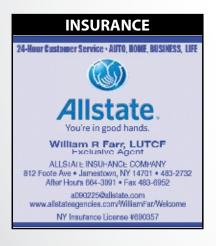




























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