



CHAUTAUQUA GAZETTE




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Happy Fall Y'all

Volume 1 • Issue 32 | Week of September 23, 2024

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HAPPY HARVEST



"Don't judge each day by the harvest you reap but by the seeds that you plant."

- Robert Louis Stevenson

Embrace the Spirit of Fall. Enjoy the Apples & Fun.

Contributing Writer

Shannon Nixon

It's here. Fall. A time when the aroma of pumpkin spice latte violates your nostrils before you even step through the coffee shop doors, a mosaic of crisp, autumn leaves crunch beneath your feet on your evening walks, and you complete your metamorphosis into a hermit who spends chilly nights burrowed beneath chunky cable-knit throws. Throughout my life, I've regarded fall as my personal "funeral for summer." I wanna whack-a-mole any fall-related Facebook post I see before October. I die a little inside every time I walk into a store and see the fall decor on display...in mid-AUGUST.

This adverse reaction to fall has forced me to do some self-reflection. It turns out I don't hate fall after all. It's just that instead of enjoying the season, I spend it anxiously dreading the season that comes right after it. Winter. And not just any winter; winter in Western New York.

With this epiphany, I am now learning how to fully immerse myself in each season and appreciate them for what



Photos Courtesy of: pumpkintownwny.com

they are in the present moment. And in Chautauqua County, a region known for some of the most breathtaking autumns in the country, it won't be difficult to accomplish, especially with so much to do to celebrate the season.

Pumpkintown

Pumpkintown, which first opened in 2018, offers everything you would

expect from a fall fun event and then some: hay rides, corn mazes, petting zoos, and pumpkin patches, among many other attractions designed for kids and adults alike. Food is also a key element of any successful fall destination and Pumpkintown has mastered autumn culinary delights with

CONTINUED ON PAGE 10



The Harvest is Plenty in Chautauqua County

Contributing Editor

Katrina Fuller

As the days grow shorter and the warm breezes of summer begin to cool, Chautauqua County comes alive with the sights and sounds of the harvest season. September marks a critical time for the region's agricultural community as farmers gather the fruits of their labor

and prepare their fields for the colder months ahead. The county boasts a rich agricultural heritage that plays a vital role in its economy and culture.

Chautauqua County's agricultural roots run deep, with farming traditions dating back to the early settlers. Agriculture has been a large part of the Chautauqua County



CONTINUED ON PAGE 11

Chautauqua County Executive Paul M. Wendel Jr. to Present 2025 Executive Budget

Article Contributed by

Chautauqua County Media Information Officer

Chautauqua County Executive Paul M. Wendel Jr. will unveil his comprehensive vision for the county's financial future in his 2025 Tentative Executive Budget Presentation next week, outlining key investments, fiscal responsibility, and strategic initiatives aimed at strengthening the community and maintaining economic stability.

The presentation will take place on

Wednesday, September 25, 2024, at 6:30 p.m. in the Chautauqua County Legislative Chambers located at 3N.Erie St., Mayville, NY 14757. The address is open to the public, and residents are encouraged to attend in person or watch the live stream on YouTube at: youtube.com/@ChautauquaCounty.

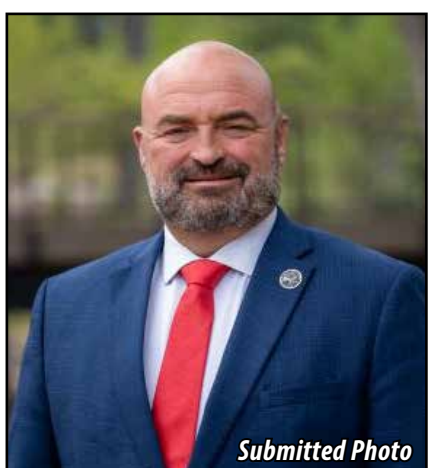
"The 2025 budget is about responsible stewardship of taxpayer dollars," said Wendel. "We're committed to a conservative fiscal approach that balances necessary investments with thoughtful restraint. Despite the challenges of rising unfunded mandates

and inflationary pressures, we have structured this budget to ensure that Chautauqua County remains on solid financial footing without overburdening our residents."

As part of his address, Wendel will outline the County's efforts to manage uncontrollable expenses such as Medicaid, foster care, and mandated services, while continuing to deliver essential programs and services to the community.

"Our administration has worked hard to keep the tax levy below the rate of inflation, ensuring that we can continue to provide the essential services our residents rely on," Wendel added. "This budget is a reflection of our commitment to investing in the future of Chautauqua County while making prudent financial decisions today."

In addition to maintaining fiscal discipline, Wendel's proposed budget



Submitted Photo

Paul M. Wendel Jr
County Executive

will emphasize the continuation of major capital projects.

"This is more than just a budget—it's a blueprint for building a stronger, more resilient Chautauqua County," Wendel stated. "The choices we make today will help ensure a brighter future for our county's residents and businesses."

This Week Around Town

Monday, September 23

September Paint & Plant 5:30 PM - 7:30 PM

The Mayberry Jungle | Mayville
For Info: 716-269-4129

Author Series: Paul Leone 6:30 PM

Hazeltine Public Library | Jamestown
For Info: 716.487.1281

Tuesday, September 24

Hand-Built Halloween Luminary Ceramics Class 3 PM - 5 PM

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

Wednesday, September 25

Sprout Film Festival | 7 PM

The Reg Lenna Center for The Arts
For Info: 716-483-2344

2025 Executive Budget Presentation by PJ Wendel 6:30 PM

Chautauqua County Legislative Chambers | Mayville
For Info: (716) 753-4644

Cousins Maine Lobster Food Truck | 12 PM - 7 PM

Chautauqua Mall | Lakewood
For Info: 716-763-9355

Friday, September 27

Art After 5 | 5:30 PM

Roger Tory Peterson Institute
Jamestown
For Info: 716-665-2473

Fourth Friday Music Series 6 PM - 9 PM

Southern Tier Distilling Company
Lakewood
For Info: 716-763-5479

Saturday, September 28

Worldwide Day of Play 2024 (Free Admission!) 10 AM - 4:30 PM

Audubon Community Nature Center | Jamestown
For Info: AudubonCNC.org

PumkingFest 2024 | 12 PM

Southern Tier Brewing Co | Lakewood
For Info: 716-763-5479

Night Hike | 7:30 PM - 9 PM

Audubon Community Nature Center
Jamestown
For Info: AudubonCNC.org (Thursday registration deadline)

Saturday, September 28 & Sunday, September 29

50th Busti Apple Festival 11 AM - 5 PM

Busti Historical Society | Jamestown
For Info: 716-483-3670

Saturday, September 28 & Sunday, September 29

The Great Grape Walks

Johnson Estate Winery | Westfield
For Info: 716-326-2191

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Editorial with Lori Cornell

Happy Fall Y'all!



Owner & Publisher
Lori Cornell

I have probably made my personal preference to summer abundantly known...however, who can lament the change of seasons when we have so many exciting things happening in beautiful Chautauqua County as the leaves start to turn and the mums pop out! As usual, our contributing writer Shannon Nixon did a fantastic job in our cover story detailing many of the most impressive fall festivals and fun activities around town during the next couple months. Be sure to check out this article and make your fall plans to support and enjoy accordingly!

Let's not forget to give due credit to

all the hardworking members of our local agricultural community this fall, as they bring in the harvest before winter. Our region depends upon the fruits of their labor and steadfast ingenuity as Chautauqua County's second largest industry. What a blessing, this time of year, with some of our region's most quintessential produce - from pumpkins to grapes to apples and more! Thank you to our contributing editor, Katrina Fuller, for detailing our county's proud agricultural heritage, also on our front cover this edition. We are likewise happy to re-run and remind our readers that many of our local farmers markets will continue to serve you for another few weeks. Please note the complete schedule in this edition!

Finally, I would be remiss if I didn't recognize my youngest son, Nick, on his 15th (yikes!) birthday this week. If I say much more than this, I know I'll hear about it...so I'll simply invite readers to join me in wishing him a great day on Wednesday, September 25!

All the best!



CHAUTAUQUA GAZETTE

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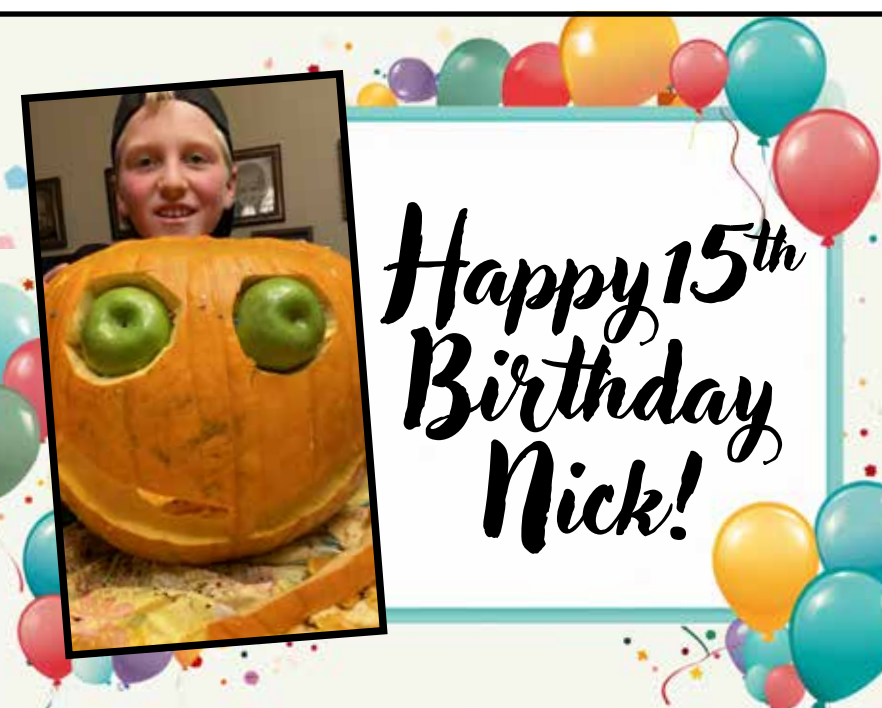
Thursdays at 5:00 pm

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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Surprise your loved one with a birthday wish in the CHQ Gazette!

\$50



CHAUTAUQUA COUNTY HUMANE SOCIETY PETS OF THE WEEK



Eloise is an enchanting feline with silky fur and soulful eyes. Her gentle purrs and delicate affection reveal a heart full of love. Eloise thrives in peaceful environments where she can blossom at her own pace. If you're looking for a special feline friend who embodies grace and gentle affection, Eloise is the perfect match.

Ruby is a two-year-old gem waiting to shine in her forever home! This sweet pup has a heart of gold and a gentle, social nature that's sure to steal your heart. With Ruby by your side, you'll discover a loyal friend who's eager to explore the world and share in life's adventures. Are you ready to open your heart and home to this darling girl? Come meet Ruby and witness the beauty of her loving spirit firsthand!



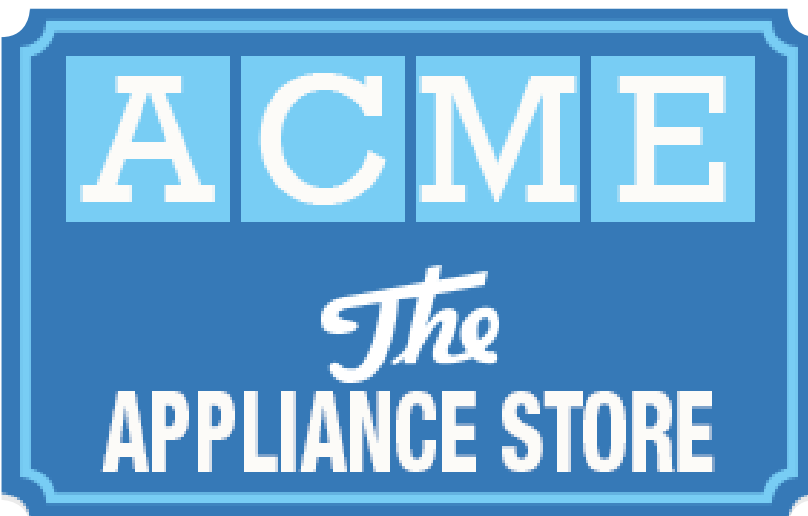
We're Open!
Mon-Sat
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"Autumn is a second spring when every leaf is a flower."

- Albert Camus



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BPU Fall Water Main Flushing Schedule Announced

Article Contributed by Jamestown Board of Public Utilities

The Jamestown Board of Public Utilities (BPU) fall water main flushing schedule has been announced.

Pre-flushing in Falconer will start at 1 p.m. Friday, September 27, on Aldren, Mapleshade, Ralph and Valmeere. The entire Village of Falconer will be flushed from 8 p.m. Saturday, September 28, overnight into Sunday, September 29, until Falconer flushing is completed.

When the Falconer flushing procedure occurs, discolored water can be expected in the Village and on the City's north side.

Flushing of the rest of the BPU Water Division system will take place from 8:00 a.m. - 4:30 p.m. Monday-Friday, September 30, through October 4; and Monday-Wednesday, October 7-9.

The exception will be on Wednesday, October 2, when flushing will begin at 4:30 a.m. to accommodate downtown Jamestown and Fairmount Avenue businesses and restaurants.

Flushing of the mains may discolor water, especially when the process takes place in the customers' immediate areas and near their scheduled flushing days.

The BPU's August customer newsletter contains a two-page color-coded map showing which areas will be flushed on which days.

Flushing location maps are also available in the BPU Customer Service Office, the Jamestown City Clerk's Office, the James Prendergast Library and at Town and Village Offices in communities affected by flushing.

BPU commercial and industrial customers recently learned of their

flushing dates by automatic calls. Residential customers with current phone numbers on their accounts may expect to receive such calls two to five days before their flushing days.

Customers with questions about flushing and their flushing dates may call the Flushing Hotline at (716)661-1613, the BPU Customer Service Office at (716)661-1660 or Communications at (716)661-1680. BPU Communications Coordinator Becky Robbins notes, "If you receive voicemail when you call, please leave your address, the names of the streets at the end of your block and your phone number. BPU employees will return calls with flushing location dates and will answer questions."

The main precaution customers may take during water main flushing is to check for discolored water before doing laundry and to avoid drawing discolored water into their hot water tanks. The BPU also suggests putting aside water for cooking or drinking a day ahead of their flushing days because the discolored water appearance is unappealing.

If discolored water enters the household, it can be expected to clear in 12-24 hours.

Customers whose laundry may have been washed in discolored water should not dry it. Instead, they should pick up a free red-out material offered at the BPU Customer Service Office and at clerks' offices in Towns and Villages served by the BPU Water Division. The laundry should be rewashed with the product before drying.

The BPU flushes water lines twice yearly to remove naturally occurring sediment that may gather in pipes. As flushing occurs, employees also check on the condition of the hydrants and fix any problems they may find. Water main flushing is a normal process used in communities throughout the country.

For questions, refer to the BPU Flushing FAQs at www.jamestownbpu.com or call the Flushing Hotline at (716)661-1613, Communications at (716)661-1680 or the Customer Service Office at (716)661-1660.



CHAMBER CORNER 08-23-2024

Article Contributed by Daniel J. Heitzenrater, Chautauqua County Chamber of Commerce President and CEO

Business Builder Workshop is October 21

The calendar is about to turn from summer to autumn, and that means the weather will be turning cooler and leaves will be starting to change soon.

To help facilitate this transition for businesses, the CHQ Chamber will hold a Business Builder Workshop October 21 at the Roger Tory Peterson Institute. Topics will include Small Business Saturday, and the Chamber's programs aimed at helping support small businesses such as the ShopLocalCHQ Gift Card and our countywide Holiday Window Decorating Contest.

Business Builder Workshops are free for all local businesspeople to attend, and always include opportunities for networking. We appreciate advanced registration for our planning purposes.

Register Now for the CHQ Chamber Congressional Lunch October 3

Each year the CHQ Chamber provides an opportunity for local businesspeople to hear directly from their local elected representatives at the county, state, and federal levels. This year the Chamber's Congressional Luncheon will be held Thursday, October 3 at Shorewood Country Club, 4958 West Lake Road, Dunkirk.

Registration is open now through the Chamber's web calendar at www.chqchamber.org. The price is \$25 for Chamber members or \$29 for non-members. Advance registration is required, and we ask that you register before September 30.

Observer, The Post-Journal, Shorewood Country Club, and UPMC Chautauqua.

First Ever Made in Falconer is October 5

For the first time, the CHQ Chamber presents Made in Falconer, Saturday, October 5! In recognition of National Manufacturing Month, the CHQ Chamber Committee in Falconer has organized this event to highlight the wide variety of local manufacturers.

When you're touring each location, find the scavenger hunt word at each site so you can text an entry into the Made in Falconer prize drawing. Prizes will include items donated by local businesses including 17-19 West Main Mercantile, Ellison Bronze, Falconer Printing, Hanson Sign, and Stuart Tool & Die.

This project was developed through the CHQ Chamber Committee in Falconer. This group of local businesspeople has been looking for a way to showcase the wide variety of businesses in the community.

Help Honor the CHQ Chamber Awards Recipients October 10

The CHQ Chamber will present a variety of business-based awards during its Annual Awards Banquet to be held Thursday, October 10 at the Williams Center at SUNY Fredonia. Based on our new mission statement to build vital connections, provide professional resources, and champion our local businesses in Chautauqua County, the CHQ Chamber re-imagined its awards process this year.

Award recipients for 2024 are:

- Emerging Business of the Year - Whizz-n-Smash, Dewittville

CONTINUED ON PAGE 7

SUDOKU

9x9 Sudoku grid with some numbers filled in.

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.

Level: Advanced

CROSSWORD

10x10 crossword grid with some numbers filled in.

CLUES ACROSS

- 1. Unequaled
5. ___-fi (slang)
8. Synthetic resin
11. Chadic language Bura-___
13. Influential come Election Day
14. Bucket
15. European river
16. Earn a perfect score
17. Horizontal passage
18. Barely sufficient
20. Dekaliter
21. Goo Goo Dolls hit
22. Australian city
25. Female servants
30. Plumbing fixtures
31. Tooth caregiver
32. Book of Esther antagonist
33. Say aloud
38. Thyrotrophic hormone
41. Absolute
43. Untimely
45. Area or neighborhood
47. Juicy fruit
49. Expresses distaste, disapproval
50. S. American rodents
55. Swedish rock group
56. Influential American president
57. Volume
59. Begged
60. Resinlike substance secreted by certain lac insects
61. Spiritual leader of a Jewish congregation
62. Good friend
63. Body part
64. Tableland

CLUES DOWN

- 1. Barrels per day (abbr.)
2. Body parts
3. Invests in little enterprises
4. Rock legend Turner
5. Dug into
6. Laughed
7. Northern European nation
8. San Diego ballplayer
9. Eight
10. Substitutes (abbr.)
12. Moved swiftly on foot
14. Compensated
19. Volcano in the Philippines
23. Speak ill of
24. One who publishes
25. Expression of bafflement
26. Macaws
27. Matchstick game
28. We all have our own
29. Divinatory
34. Explosive
35. Follows sigma
36. Sea eagle
37. Type of bread
39. Bit used with a set of reins
40. Time away from work
41. Parts per thousand (abbr.)
42. Lots on your plate (abbr.)
44. Actor Brosnan
45. It's part of packaging
46. Towards the oral region
47. Public Theater creator Joseph
48. Ancient Syrian city
51. Swiss river
52. Mollusk
53. A French abbot
54. Hoagies
58. Not present (slang)

JAMESTOWN BPU WATER MAIN FLUSHING

8:30am-4:30pm: Sept. 30 - Oct 1, Oct. 3-4, Oct. 7-9 • Exception 4:30am - 5:00pm: Oct. 2 Normal Falconer Flush 8:00pm: Sept. 28 - overnight • Falconer Pre-Flush 2:00pm: Sept. 27

LOCATION MAPS POSTED AT WWW.JAMESTOWNBPU.COM

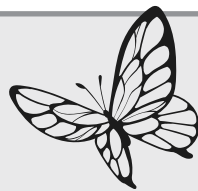
Information on FACEBOOK • X

Questions? Call the Flushing Hotline at 716-661-1613 Or Communications 661-1680





In Loving Memory



September 6

Evelynn Schroeder Juhl, 75
Cassadaga
Falconer Funeral Home

September 10

Joanne M. Mansfield, 81
Jamestown
Falconer Funeral Home

William Culver, 58
Jamestown
Riccardi's Family Funeral Home

Kenneth C. Stein, 60
Jamestown
Riccardi's Family Funeral Home

September 11

Milton J. Hitchcock, 96
Gerry
Falconer Funeral Home

Douglas Mansfield Howie, 68
Jamestown
Riccardi's Family Funeral Home

September 13

Deborah E. Bradley, 68
Jamestown
Peterson Funeral Home

September 15

David L. Carpenter, 84
Bemus Point
Lind Funeral Home

Betty Swanson, 100
Lakewood
Lind Funeral Home

September 17

Rosabelle Grimes, 89
Falconer
Falconer Funeral Home

Faith Matters

"Who are you?"



Contributing Writer
Pastor Ivy Gauvin
St. Timothy Lutheran Church

In the 1980s, I lived with my then husband and young children in Bethlehem, the West Bank. Trips to the Galilee and other more northern parts of Israel were our favorite vacations with our kids. We played in the snow on Mt. Hermon, swam in the Lake of Galilee and enjoyed just how much greener it was there compared to the desert of the Jordan Valley, in which Bethlehem is located. On one of our last trips before returning to the States, we went to a place called Baniyas, in Arabic. In ancient times, the Greek god of nature, Pan, was worshiped here. This area is located at the headwaters of the Jordan River and is lush and beautiful.

Noted as a center of pagan worship, Caesarea Phillip, is where Jesus asked his followers the powerful question of his identity. In the first century A. D., "Caesar was honored in the civil religion as Lord, Savior, and Son of God. The issue of whom one confessed as Lord is already posed by the context in which Mark places this story—in a particularly powerful way [since], Mark and his readers live[d] in this area" (M. Eugene Boring & Fred B. Craddock, *The People's New Testament Commentary*).

Just before the central event of Jesus' life, his crucifixion, occurs, the paramount question is asked of his disciples, and then specifically to Peter. The narrative takes us from, "Who do people say that I am?" to "But who do you say that I am?"

Whenever I hear these questions, I'm reminded of a song by the Who, entitled "Who are You?" It was later used as the theme song of C.S.I. In case you don't remember the song, here is a link to it: https://youtu.be/LYb_nqU_43w?si=M6QxQRxGhSb_nqU_43w?si=M6QxQRxGhSb_nqU_43w.

In all the local news, we see and hear of the problem of homelessness in Jamestown.

We cannot just zap that away, but we can follow Jesus into such issues, working with those who are already trying to do something about this, such as the Salvation Army, UCAN (United Christian Advocacy Network) and other agencies.

Some may worry that these members of our community have brought this situation upon themselves and others may question their employment pursuits. But when we think of Jesus' example, we remember how he made a point to seek out, and to love, those most disenfranchised of his time. He calls us to do the same. We have all been declared guilty, each in our own way. He loving died for us all.

Our following of Jesus may take us into places we don't want to be. We enjoyed vacationing in the Galilee and other parts of the Holy Land. We have some wonderful memories of our time there. However, there were times and places that were decidedly dangerous. Eventually, following Jesus brought us back to the States.

We are called to feed the hungry, clothe the naked. We, who are given so much, are to give to others. As Jesus told his disciples in Matthew's gospel, "As you go, proclaim the good news, 'The kingdom of heaven has come near.' Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment" (Matthew 10:7-8).

Jesus asks, "Who do you say that I am" while we ask, like the Who, "Who are you?" How we answer that question will make all the difference in the world—to us, our neighbors and our world.

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 leader and wish to contribute, please contact publisher Lori Cornell at cornell@CHQgazette.com.

This Weekend at the Audubon Community Nature Center



Submitted Photos

In celebration of the Worldwide Day of Play, building admission is free at Audubon Community Nature Center this Saturday, 10 a.m.–4:30 p.m. The Green Play Area – with its mud kitchen, water wall and more – will be open from 10 a.m. to 3 p.m. for 2–6-year-olds and their adults. To learn more, click through Programs and Events at AudubonCNC.org.



You could spot creatures like this sleepy Barred Owl when you explore the dark side of nature on Audubon Community Nature Center's Night Hike this Saturday, 7:30–9 p.m. To make reservations by the Thursday deadline, click through Programs and Events at AudubonCNC.org.



Birds like this Hairy Woodpecker will appreciate your purchase of bird seed and related treats from Audubon Community Nature Center's Fall Birdseed Sale. Get sale prices with your order by this Sunday, September 29, and Blue Heron Gift Shop discounts when you make your pickup on October 12. To place your order, go to AudubonCNC.org/shop.

"Autumn mornings: sunshine and crisp air, birds and calmness, year's end and day's beginnings."

- Terri Guillemets



Meet Layla

Good with dogs. Not good with cats. Good with adults and kids. May need help with housetraining. Obedience class is highly recommended. High Energy – Will need exercised. Heartworm Negative.

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

Chamber Corner: September 23, 2024

CONTINUED FROM PAGE 5

- Hospitality Business of the Year – Central Station, Dunkirk
- Service Business of the Year – Kravitz Tree Service, Fredonia
- Producer of the Year – Ghostfish Brewing Company, Westfield
- Not-for-Profit of the Year – Prevention Works, Jamestown
- Business Champion Award – Chautauqua County Visitors Bureau, Chautauqua
- Business of the Year – Persnikitty Pies, Falconer

Seventeen businesses from throughout the county will receive Legacy Awards for longevity, major milestones, and multi-generational commitments to family businesses.

Anyone is welcome to attend this event. Registration is open now through the CHQ Chamber web calendar, and we hope you will join us to honor these exceptional

businesses and organizations. The CHQ Chamber Annual Awards Banquet is also an excellent opportunity for networking, as it is one of the largest business gatherings in Chautauqua County each year.

We hope you will join us to honor these exceptional businesses and organizations. Major sponsors for this event are Brooks-TLC Hospital System/Kaleida Health, County of Chautauqua Industrial Development Agency, DFT Communications, Jamestown Community College, LaBella Associates, Lake Shore Savings Bank, Media One Group Radio, Observer, and The Post-Journal. Registration is open now through the Chamber's web calendar.

www.CHQgazette.com

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Stipends Dedicated for Unpaid Internships Poised to Jump in 2024-2025 at SUNY Fredonia



Submitted Photo

Students check with businesses, non-profits and other organizations that provide internships at the annual Job & Internship Expo held every spring in the Williams Center Multipurpose Room.

Article Contributed by
SUNY Fredonia

The number of students receiving cash stipends for credit-bearing, unpaid internships is expected to double – climbing to over 250 – this year at the State University of New York at Fredonia.

Just over \$172,000 was originally allocated in the 2023-2024 academic year to support 112 students who experienced financial need/hardship and/or significant barriers to completing an unpaid internship that was registered in the Career Development Office (CDO) in the Spring 2024 semester and summer.

But for the new academic year, the CDO has combined last year's \$172,000 allocation with a supplemental \$100,000 to increase direct financial support for up to 257 students. The additional funding came from SUNY's Incremental Student Services Funds, specifically for the Support for Internship Opportunities.

By adjusting the value of the student living stipends — to \$1,000 from \$1,500 in 2023-2024 — and adding the supplemental funding — the CDO has set a goal to substantially increase the number of stipends awarded to students more than double from a year ago.

"The individual stipend amount will be decreased slightly (from \$1,500 to \$1,000) to increase the total number of students who are eligible to receive the one-time living stipend for their unpaid internship," explained CDO Internship Coordinator Jennifer Wilkins.

"Also, by using part of the \$272,100 to pay for a graduate assistant focused on internship preparedness, we will be able to impact an additional 200 students with career readiness support provided by the graduate student assistant through one-on-one appointments, personalized outreach emails, presentations in classes and informational tabling," Ms. Wilkins said.

"This would nearly double our indirect impact from 211 students in Spring 2024 to 400 students in the full academic year."

Students apply stipends toward housing/living costs, food/meals, transportation, childcare and other incidental expenses incurred during both on-campus and off-campus internships.

In past years, the CDO awarded money solely for summer and J-Term internships in the form of scholarships through the Fredonia College Foundation. The first foundation scholarship, \$600, was awarded for a 2016 credit-bearing unpaid internship. Donors steadily increased support for unpaid internships in both quantity and award value in subsequent years.

The number of students undertaking internships has grown steadily in recent years. There were 324 internships in 2022-2023 and 338 in 2023-2024. A 10 percent increase, to 371, is the goal for 2024-2025.

Approximately 30 percent of all internships registered in the CDO are typically funded by the employer.

Sprout Film Festival, Step Up for Autism Celebration set for September 25



This is a still image from Sunshine, one of the movies that is part of this year's Sprout Film Festival.



This is a still image from Shakespeare in Tokyo, one of the movies that is part of this year's Sprout Film Festival.

Article Contributed by
The Resource Center

The Resource Center and Filling the Gap, Inc., will pair two of their popular events when the Sprout Film Festival and Step Up for Autism take place Wednesday, September 25, at The Reg Lenna Center for the Arts on Third Street in Jamestown.

The Sprout Film Festival features 11 short films that celebrate the diverse lives and creativity of people with intellectual and developmental disabilities. The films seek to challenge assumptions and break down stereotypes about people with disabling conditions.

Sprout is a traveling film festival, and each host community selects the films that will be screened locally. People can view the festival's trailer at www.resourcecenter.org/sprout to get a feel for some of this year's films. The movies will begin at 7:00 p.m. The films have a combined running time of about 75 minutes. There will not be an intermission.

This is the eighth time The Resource

Center has brought the Sprout Film Festival to Chautauqua County. Admission to the film festival is free thanks to a grant from Filling the Gap, which works with The Resource Center to improve the lives of people with disabilities in Chautauqua County.

The theater doors will open at 6:00, giving festival-goers time to try to win items in a prize drawing and a sweets auction that are being put on by Step Up for Autism. The prize drawing features donated gift baskets, while the sweets auction features cakes, pies and other treats donated by local



Submitted Photos

This is a still image from Hopeful Romantic, one of the movies that is part of this year's Sprout Film Festival.

businesses. Officials from The Resource Center and Filling the Gap are looking forward to presenting the Sprout Film Festival and Step Up for Autism on the same evening again this year.

"I am excited to have these two great events become one," said The Resource Center's Kevin Anderson, one of the film festival's lead organizers. "Sprout has always been a wonderful evening where the greater Jamestown community comes together to enjoy entertaining and enlightening films. With the addition of Step Up for

Autism events, we are providing the opportunity for people to mingle before the films and help raise funds for important programs that support individuals on the spectrum."

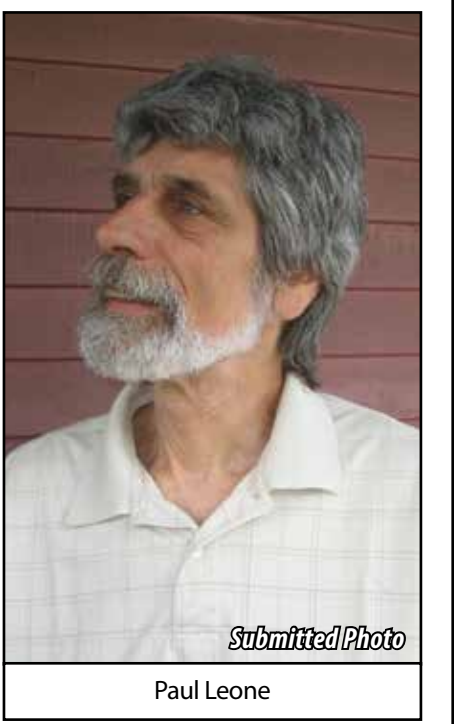
"Bringing together the Sprout Film Festival and Step Up for Autism gives us one action-packed event," said Victoria Bardo, development and event manager for Filling the Gap. "Enjoy the movies, and don't forget to participate in our raffles and sweets auction. You will come out of this event with the best feeling and a new perspective on the cherished lives of persons with different abilities."

The major sponsor of this year's Step Up for Autism activities is Southern Chautauqua Federal Credit Union. Money raised through Step Up for Autism will stay in Chautauqua County to support people on the autism spectrum and others with developmental disabilities.

For more information about the Sprout Film Festival, phone Anderson at 716-483-2344. For questions about Step Up for Autism, phone Bardo at 716-661-1477.

Hazeltine Public Library Announces Paul Leone for Popular Author Series

The Hazeltine Public Library is pleased to announce Paul Leone, local author, storyteller and ghost aficionado will be at HPL on Monday, Sept. 23 as part of the popular Author Series. Leone has been telling Chautauqua County stories for more than 25 years and he is the author of more than seven books set in WNY. His satirical novel, The Gospel Truth is set in the town of Busti and is available at many local libraries. For many years Leone wrote, taught and spun tall tales through the former Arts In Education Program. He is currently completing a volume of his own poetry set in the style of Shakespeare. The program begins at 6:30 pm in the Community Building and is FREE and open to everyone. All are welcome. The Hazeltine Public Library is



Submitted Photo

Paul Leone

located at 891 Busti Sugargrove Rd., Jamestown, NY and can be reached at 716.487.1281.

SUNY Fredonia Alumnus Wins Emmys

Article Contributed by
SUNY Fredonia

State University of New York at Fredonia School of Music alumnus Steve "Major" Giammaria, '06, received multiple 2024 Emmy awards for his work on the popular show, "The Bear."

Mr. Giammaria, a Sound Recording Technology major at SUNY Fredonia, won Emmy awards with his team for Outstanding Sound Editing for a Comedy or Drama Series (half-hour) and Animation; and Outstanding Sound Mixing for a Comedy or Drama Series (half-hour). He won in the same categories last year for "The Bear," Season 1.

Giammaria has worked at Sound Lounge in New York City for 18 years.



Photo by Stephanie Phingsten

Steve "Major" Giammaria with his Emmys from last year's event.



Embrace the Spirit of Fall. Enjoy the Apples & Fun.

CONTINUED FROM FRONT PAGE



everything from homemade pumpkin donuts to apple cider slushies.

"Pumpkintown is a family-owned and operated business whose goal is to provide a safe and fun environment for our community to enjoy!" states co-owner Sara Minor.

It's very much a fall affair for the whole family, reminiscent of a similar pumpkin-themed fall location I visited in my childhood. I remember the euphoria I felt when I first experienced pumpkin-flavored ice cream and ate maple-flavored cotton candy until I made myself sick. As an adult, I get to watch the children in my life experience something very similar at Pumpkintown. So go for your kids or go for yourself, but go and bask in the endless variety of fall fun at one of our county's most prominent fall destinations.

Busti Apple Festival

The Busti Apple Festival, just one of the many fabulous fall festivals taking place this September and October, hits the calendar this weekend and has been a cherished community tradition since its inception in 1975. Open from 11 a.m. to 5 p.m., the festival features over 100 craft booths offering handmade items alongside produce vendors showcasing locally grown fruits and vegetables. Of course, this includes a seemingly endless supply of apples and apple-related goods. Attendees will enjoy a range

of homemade items and food truck delicacies, including pies, homemade apple butter, and traditional favorites like beef on kummelweck. Notable demonstrations of pioneer skills, live Civil War reenactments, quilt-making, and wood-carving add to the festival's charm. There is a lot to see and a lot to do at the Busti Apple Festival, but the main takeaway is that it's a foodie's paradise immersed in rich cultural experiences and local history.

Evenings at The Reg

The Reg Lenna Center for The Arts, a stately, historical venue we are lucky to have in our downtown, is gearing up for an exciting fall season filled with live performances and classic film screenings.

According to Len Barry, the Director of Marketing and Communications, "We're looking forward to the public trying out our new seats as we head into a busy fall season of live events and movies."

Mark your calendars for Haunted Objects Live on October 11, where eerie artifacts will be on display alongside spine-tingling stories presented by Greg and Dana Newkirk, the only two full-time paranormal investigators in the world. On November 8th, if you weren't scarred by the It clown as a small child, you'll enjoy Puddles Pity Party a performance by the 7-foot sad clown, Puddles, who croons like Freddie Mercury and has been



Photo Courtesy of: pumpkintownwny.com

critically acclaimed by such comedy legends as Jack Black and Drew Carey.

If you're a film buff, you can anticipate screenings of cult classics like the Rocky Horror Picture Show on October 25 and the delightfully non-spooky entertainment option Cat Video Fest 2024, a hilarious compilation of cats being cats, happening on November 16.

Panama Rocks Fall Foliage Festival

For those who relish the beauty of the great outdoors (and the outdoors truly are great in the fall), the Panama Rocks Fall Foliage Festival is not to be missed. Taking place the first weekend of October, this festival takes advantage of the stunning fall foliage that blankets our beautiful corner of New York. Visitors can explore the natural beauty of Panama Rocks while enjoying live music, browsing over 70 art and craft vendors, and sampling delicious fall staples like kettle corn and locally made fudge.

Entertainment options abound with traditional and original music from local artists, while demonstrations including chainsaw carving, blacksmithing, and glass blowing offer a glimpse into skilled craftsmanship. Plan to spend several hours at Panama Rocks, because following a buffet of fall treats, music, and demonstrations, you'll want to make your way over to the axe-throwing attraction or pile

your kids into a horse-drawn wagon ride through the forest.

CHQ: Farmers' Markets Galore

As the largest agricultural county in the state of New York, it should come as a surprise to no one that Chautauqua boasts an impressive selection of farmers' markets and charming roadside farm stands. Whether you pay a visit to the Jamestown Public Market to pick up a yellow watermelon from the Amish or stop by Peterson Farm to grab yourself a bushel of apples and a tote full of decorative mini pumpkins, you will easily find something to do every weekend this fall. So get to one of the many farmers' markets before the fall ends and support hardworking local farmers and artisans who not only add color to the fall season but to our lives, thanks to their gorgeous assortment of locally-grown fresh produce.

And there you have it. If you're like me and have reservations about welcoming the cold seasons, you might be able to warm up to them by taking attending fall-themed community events. Who knows, we might even learn to like winter next.

Pumpkintown is now open every Saturday and Sunday until October 27, 2024, from 10 a.m. - 6 p.m. Please visit pumpkintownwny.com for pricing and details.

The Harvest is Plenty in Chautauqua County

CONTINUED FROM FRONT PAGE



Photos Courtesy of: pumpkintownwny.com



area for decades and includes a significant portion of the land in the county. According to the Cornell Cooperative Extension-Chautauqua County, there are 235,858 acres in farms - making up approximately 35 percent of the county's total acreage. However, the impact isn't in land alone: Cornell also reports crop sales account for over \$57 million in total agricultural sales in the county. For every dollar of income created by the agricultural industry, \$2.29 is generated in the community.

Agriculture in Chautauqua County is synonymous with the grape harvest. The region, part of the larger Lake Erie Grape Belt, is the largest grape-growing region in the eastern United States. Concord grapes, in particular, are a major crop, used primarily for juice, jams, and jellies, though there is also a growing market for wine production. As harvest season peaks, vineyards across the county are bustling with activity. Local wineries take advantage of the high-quality fruit to produce a range of wines, including award-winning ice wines and more. The annual harvest also brings visitors from near and far to local wineries and vineyards eager to participate in winery tours, and tastings.

Pumpkins, squash, and other fall vegetables are also abundant during September. Local farmers markets, such as the Jamestown Public Market and roadside farm stands and farm stores are stocked with these colorful crops, ready to be transformed into pies, soups, and autumn decorations. The focus on farm-to-table practices has grown in recent years, with many consumers eager to buy directly from local growers, ensuring fresh, high-quality produce.

While crops may steal the spotlight during the September harvest, Chautauqua County's dairy farming is an equally important part of the agricultural landscape. The county is home to numerous dairy farms that help supply both local and regional markets.

Looking ahead, Chautauqua County's agriculture continues to evolve, with innovation driving new opportunities in agritourism, niche markets, and value-added products. From festivals to farm-to-table dining experiences, the connection between agriculture and the local community remains strong. For more information on agriculture in the area or to find farms to visit during the harvest season, visit <https://chautauqua.cce.cornell.edu/chautauqua-grown>,

It's Time – End of the Year Tax Planning

Cornell Cooperative Extension Reminds Farmers to use the Fall for Tax Planning

Article Contributed by
Katelyn Walley
Farm Business Management Specialist with the SWNY Dairy, Livestock and Field Crops Program

The sun is still shining, crops are still growing, and farmers' minds are probably the farthest they possibly can be from tax planning. But – Fall is a great time to focus on tax planning and managing tax liabilities. By creating a tax strategy BEFORE January 1st, it's easier to avoid those (always fun) December 31st equipment purchases and (less fun) stress and headaches.

Cornell Cooperative Extension Farm Business Management Specialist, Katelyn Walley, shares resources and information for farm business owners looking to manage their financial success. "Farmers have to wear a lot of hats, and the hats that have to do with paperwork often land on the bottom of the pile – particularly when the weather is nice," says Walley. "However, tax planning in the Fall can prevent issues or added stress when it comes time to file in the Spring."

All operating farms file annual business taxes where they report the farm's income, expenses, and various other requirements. Cornell Cooperative Extension assists farmers in preparing for tax season by creating awareness, providing resources, and sharing helpful reminders. Recently, Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops Team, shared key recommendations with farmers in their region which include:

Work with the Right Accountant: Engaging an accountant who specializes in farm taxes can be invaluable. They offer guidance on complex tax rules, help

maximize tax breaks and assist with long-term planning. Regular check-ins with an accountant, especially in the fall and during filing season, are crucial.

Invest in Your Farm: Reinvesting profits into the farm through new equipment or improvements before year-end can be beneficial. These capital investments may qualify for depreciation, reducing taxable income. Additionally, prepaying for next year's supplies can lower taxable income for the current year.

Defer Income: Shifting income to the following tax year by delaying payments or sales can help manage tax liabilities. Income averaging is another strategy to spread higher earnings across multiple years, potentially avoiding higher tax brackets.

Keep Good Records: Accurate record-keeping is essential for effective tax planning. Maintaining detailed records of income, expenses, and farm operations helps in maximizing deductions and avoiding penalties. A well-organized bookkeeping system allows for regular reporting and a clearer picture of financial status throughout the year.

Tax planning is not only about reducing what's owed, but also about evaluating the farm's overall financial health. By employing these strategies, farmers can reduce their tax liability and set their business up for success in the coming year.

For more information, or to learn more about farm tax planning, contact Katelyn Walley by calling 716-640-0522 or emailing kaw249@cornell.edu.

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CHAUTAUQUA FARMERS MARKETS



<p>Dunkirk Farmers Market Wednesdays 9am-2pm ends October 9 45 Cliffstar Court, Dunkirk Local farmers offer a wide variety of fresh fruits and vegetables. Learn fun new ways to eat healthier, including how to fit more fruits and vegetables into your diet with Cornell University Cooperative Extension's Eat Smart New York. 716-338-2460 dunkirkfarmersmarket@gmail.com</p>	<p>Falconer Farmers Market Fridays 11am-6pm ends October 29 Davis Park (Main & Homestead Streets), Falconer Locally grown fruit, vegetables, Amish goods, and more.</p>	<p>Fredonia Farmers Market Saturdays 9am-1pm ends October 27 9 Church Street Fredonia, NY Locally grown produce - vegetables, fruits, maple syrup, honey, brown eggs. Quilts, flowers, baskets, artisans, jewelry, soy candles, and more! fredoniafarmersmarket.org/</p>	<p>Cassadaga Farmers Market Sundays 12:30pm-3:30pm ends Sept 29 Route 60 Maple Avenue Cassadaga, NY Fresh produce, meats, baked goods, crafts, and more! 716-595-3007 cassadaganewyork.org</p>
<p>Forestville Farmers Market Thursdays 2am-6pm Sept or through October, weather permitting Main Street, Forestville Blackberries, cauliflower, kale, raspberries, strawberries, Swiss chard, yellow squash, zucchini, tomatoes and more.</p>	<p>Westfield Farmers & Artisans Market Saturdays 9am-2pm ends September 28 Moore Park, 23 Elm Street Westfield Voted #1 in NYS! Locally grown produce, fresh eggs, pork, beef, chicken, honey and maple syrup, jam, jelly, and baked goods. 716-597-4453 westfieldmkt@gmail.com</p>	<p>Jamestown Public Market Saturdays 10am-2pm ends October 26 3rd Street (between N. Main & Cherry Street), Jamestown Locally grown produce, organic fruits and vegetables, meats and cheeses, baked goods, gourmet coffee, lunch, and special activities. info@jtownpublicmarket.org facebook.com/JamestownPublicMarket</p>	



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 - John Greenleaf Whittier

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Adapted from *American Democracy: A Great Leap of Faith* currently on display at the Smithsonian Institution, *Voices and Votes* and the Center's companion exhibit, *The Story of our Participation*, combines historic election photos, memorabilia, and multimedia interactive displays. Material collected from the Chautauqua region for a local perspective on our important role in national democratic systems.

For location, hours, and exhibit information, call (716) 483-6646, or visit **RobertHJackson.org**

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Voices and Votes is a Museum on Main Street (MoMS) exhibition developed by the Smithsonian Institution Traveling Exhibition Service. It's based on an exhibition by the National Museum of American History. It has been made possible in New York State by the Museum Association of New York. Support for MoMS in New York State has been provided by the United States Congress and the William G. Pomeroy Foundation.

*A New Agora for New York: Museums as Spaces for Democracy™ humanities discussion programs are made possible in part by a major grant from the National Endowment for the Humanities. <https://www.roberthjackson.org/events/>

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City Republicans Move Quickly to Replace District 11 Legislative Vacancy



Dave Wilfong



Tamara M. Dickey

Article Contributed by Dave Wilfong and Tamara M. Dickey

A top supporter and collaborator of former District 11 Legislator, Dave Wilfong has been recommended to succeed him and serve out his term. City Republicans appointed Tamara M. Dickey, BS, MBA, CRCR to fill the vacancy. Tamara had previously served the city public as the, former "Good 2 Great Jamestown City Council member for Ward 3". In 2023, she also was presented with the YWCA, Women of Achievement Shattered-Ceiling Award.

Dickey worked closely with Wilfong on several Jamestown projects since 2012 and is happy to continue as an advocate for the District 11 taxpayers. She has earned a BS in Economics from St. Augustine University and completed her MBA from the University of Scranton, a Jesuit School. Tamara is currently employed as a Sr. Director in the Finance Department at Geisinger Health System where she oversees \$4.3 Billion in Net Annual Revenues. The Geisinger operations is approximately 90% remote throughout the USA and she manages this from her Jamestown Office. Tamara is married to local resident and Cummins Engine retiree, Clyde W. Dickey. The couple are property owners in District 11 and have two adult children with eight grandchildren.

This legislative vacancy will be up for a full vote at the Chautauqua County Legislature meeting later this month.

It's Time to Put Our Personal Rights in Bedrock

Article Contributed by Mike Bobseine

In New York, we take our right to reproductive freedom for granted. After all, New York was the first state in the country to protect women's right to abortion in 1970. However, reproductive rights aren't protected in our state constitution—they are only protected by current state law. And in the past decade alone, 53 anti-abortion bills have been introduced by New York State politicians.

Laws are only as good as the next Legislature or Governor.

Constitutional protections are far more durable and difficult to change.

A law can be changed by a majority vote in the state Assembly and Senate. A constitutional amendment, by contrast, must be passed by a majority vote in two separate sessions of the state assembly and senate and then be ratified by a vote of the people.

Our New York State Constitution currently guarantees equal protection under the law for people based on their race, color, religion, and creed. But there is *no constitutional protection* for equal treatment based on sex, age, or disability—people who would be protected from discrimination with the passage of Prop 1, the New York Equal Rights Amendment. The amendment defines sex as inclusive of pregnancy, pregnancy outcomes, reproductive healthcare and autonomy, sexual orientation, gender identity, and gender expression.

Prop 1 will ban politicians from trying to restrict reproductive care, including abortion. Tying reproductive freedom to sex discrimination under the state constitution protects women's right to determine the course of their own lives regardless of who is in the legislature or governor's office. This is crucial at a time when women's reproductive rights are under assault around the country.

Passing Prop 1 will definitively shut the door on any future attempts by politicians to roll back our reproductive rights, including abortion. Anti-abortion politicians and activists know this. That's why they're spreading false claims about Prop 1—they want to scare voters away from permanently protecting our rights.

Opponents of Prop 1 promote the idea that the amendment will replace parental rights with government authority. This is simply untrue. The people pushing this narrative are cynically trying

to use a handful of kids as political pawns to divide and distract voters from what Prop 1 is actually about: protecting abortion and preventing government discrimination. In fact, the amendment will prohibit the state from *taking away* parents' rights to make medical decisions for their children. As parents, we might not all make the same choices for our children, but the amendment will allow us to choose what we believe is best for them.

Contrary to the falsehoods opponents of Prop 1 are peddling, protecting the rights of women and LGBTQ+ people does not take away rights from men—or anybody else. Protecting rights is an ever-widening circle, not dwindling slices of pie. The amendment ensures the freedom that comes when the government must treat all of us fairly, respectfully, and with dignity.

Again, people and organizations are already protected from discrimination based on religion or creed in the state Constitution. Prop 1 will do nothing to change that. In fact, the amendment specifically ensures that all classes are equally protected—including those based on religious freedom and expression. Opponents' claims otherwise are simply baseless fear mongering. Additionally, the Supreme Court of the United States has already ruled that a business may deny providing services based upon the owner's religious beliefs.

These attacks from Prop 1's anti-abortion opponents are nothing more than scare tactics designed to mislead voters about the truth of what Prop 1 does. And the truth is simple. Prop 1 is not about changing existing laws or handing out special rights: it's about preventing discrimination and protecting abortion rights, plain and simple.

Prop 1 ensures and guarantees that all of us—individually, our families, our neighbors, the whole that is our community—are equally protected under the law and have the same freedoms.

Prop 1 ensures the freedom that comes when we treat one another fairly, respectfully, and with dignity. Remember, laws are only as good as the next Legislature or Governor. The best way to preserve our rights in New York is to vote YES on Prop 1 this November. Prop 1 will protect our freedom to control our own bodies, determine how and when to be pregnant, marry who we love, and start a family—*permanently*—so no future politician can take those freedoms away.

MIKE BOBSEINE
 for
NYS Assembly District 150

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Peter Johnson
 For
 Family Court Judge

Who am I?

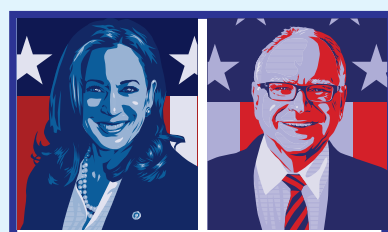
I am the only candidate that has worked for the family court, serving as Court Attorney for the Honorable Jeffrey A. Piazza for the last decade. If you know an attorney that you trust, I encourage you to ask them about me.

I believe that the family court is the most important court, and that I'm the most qualified candidate to be our next Chautauqua County Family Court Judge. I'm asking you for the honor of serving in your courtroom.

PAID FOR BY PETER JOHNSON FOR FAMILY COURT JUDGE

Tues, Nov. 5 VOTE 2024

Chautauqua Countywide Races 2024



Kamala Harris & Tim Walz



Donald Trump & JD Vance

U.S. Senate

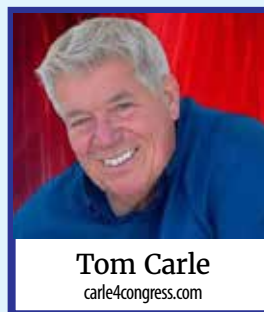
U.S. House of Representatives



Kirsten Gillibrand
kirstengillibrand.com



Mike Sapraine
mikesapraine4senate.com



Tom Carle
carle4congress.com



Nick Langworthy
nicklangworthy.com

NYS Supreme Court (vote for up to four)



Michael Norris



Catherin Nugent Panepinto



Henry Nowak



Deborah Chimes

NYS Senate

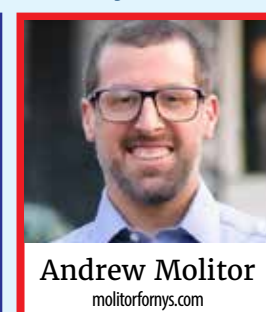
NYS Assembly



George Borrello
unopposed



Mike Bobseine
mike4nyassembly.com



Andrew Molitor
molitorformys.com

District Attorney

Family Court Judge



Jason Schmidt
unopposed



Sally Jarosyznski
Electjudgesally.com



Peter Johnson
facebook.com/peterjohnsonforfamilycourtdge



Voter Questions?

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<https://chqgov.com/board-of-elections/Board-of-Elections>



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Fax: 716-753-4111
Email: vote@chqgov.com

Commissioner of Elections Democratic

Luz E. Torres
TorresL@chqgov.com
Ph: 716-753-4250

Commissioner of Elections Republican

Brian C. Abram
AbramB@chqgov.com
Ph: 716-753-4226

Hours

Monday - Friday
8:30 am - 4:30 pm
Closed Holidays



Candidates for the U.S. House of Representatives



Every week, we will feature profiles of each candidate in this Election's Top Races. Closer to November, we also look forward to featuring our local candidates. This week, we focus on our two candidates for U.S. House of Representatives

Meet Tom Carle

Contributed by
The Campaign to Elect Tom Carle



Tom Carle never set out to be a politician. A farm kid from Upstate New York raised in a working class family, Tom worked his way through community college to open a bar/restaurant. Along the way he played banjo and guitar in a folk/rock band for huge crowds.

After years of running a small business, he decided to enter the corporate world and that's when his skills as a businessman propelled him to the top of his field. Managing human resources, workplace safety, and continuous improvement, the plant that Tom retired from managed Quaker's manufacturing of Gatorade, along with Coca-Cola producing Powerade and volumes from Heinz, Campbell's, Lipton, and Dole.

Tom's business savvy and knack for finding ways to problem solve were paramount. Tom Carle was the guy you sent in to fix the unfixable problems; and he always found a way.

After retirement, settled with his wife, Sarah and their family in Fredonia, NY, Tom decided that he couldn't sit by any more and watch our District continue to be neglected. He knew he had the skill set and so he threw his hat into the race and got to work.

In the past year, Tom Carle has made his plans for this district very

clear. His first priority is to get on a committee that will find and cut wasteful spending to direct funds DIRECTLY to the counties in this District. Tom sees the need for funds to help in the housing crisis in the urban areas of District 23.

Tom has met with people from every county, seeing the need that our farmers and agricultural workers have. He sees our county resources for mental health and addiction treatment are stretched to their limit and need help. Our rural hospitals need funding and there is a major need for funds for more vocational education.

Beyond those important issues, Tom Carle stands in defiance of the MAGA-fueled hatred and fear mongering that has divided our neighborhoods and communities. He condemns the racist and dangerous rhetoric constantly pumped out by this once respected party.

CONTINUED ON PAGE 19

Meet Nick Langworthy

Contributed by
The Campaign to Re-Elect Nick Langworthy



A Chautauqua County native, Congressman Nick Langworthy was elected to represent Western New York and the Southern Tier in Congress in 2022. In the upcoming election, New York's current 23rd Congressional District will include Chautauqua, Allegany, Cattaraugus, Chemung, Schuyler, Steuben, Tioga Counties, and parts of Erie and Niagara Counties. He currently serves as a member of the House Rules, Agriculture, and Oversight Committees, fighting to ensure that his constituents and our rural communities have a seat at the table on major legislation.

With a background rooted in public service, Langworthy began his career working in the district office of former Congressman Tom Reynolds, where he developed and led a strong constituent services team. He recently served as the Chairman of the New York Republican State Committee, championing Upstate New York and ensuring their voices are heard in state politics. As a member of Congress, Langworthy prioritizes constituent service, casework, and cutting red tape for his constituents while bringing home important resources for the communities in his district. His office motto is "No problem is too big, and no problem is too small." Congressman Langworthy's top priorities in the 118th Congress have

been to get our nation back on the right track by reducing government spending by nearly \$2 trillion to help drive down inflation, securing our border and getting deadly fentanyl off our streets, lowering energy costs and making America more energy independent, and ensuring that Americans' freedoms are protected. He is the Chairman of the Aviation Safety Caucus and was a leader during the consideration of the FAA Reauthorization Act of 2024, to uphold airline safety measures established after the Colgan Air Flight 3407 tragedy in Clarence, NY. He is also co-chair of the Maple Caucus and an active member of the Northern Border Security Caucus, the Rural Health Caucus, and other groups.

Congressman Langworthy has spearheaded several key pieces of legislation, including successfully getting six bills included in the base text of the 5-year renewal of the

CONTINUED ON PAGE 19

VOTER TIMELINE

Tuesday, November 5 - Election Day
Polls are open 6am-9pm

Monday, Nov 4 - Last day to Apply for General Election Ballot & Simultaneously Vote In-Person at the BOE.

Saturday, October 26 - Last Day for the BOE to receive the following documents by Postal Mail (by 5pm) or Online (by midnight):

- VOTER REGISTRATION form
- VOTE "EARLY BY MAIL" application
- ABSENTEE BALLOT application

Saturday, October 26 - Sunday, Nov 3 - Early Voting Polls Open
The Gazette will publish these local sites and complete schedule in October.

Monday, October 21 - Last day for Voter Address or Name Change. Voters who provide a change of address after this date may still vote via "Provisional Affidavit Ballot" at their new poll site.

Three ways to register:

- 1 - Online: nyovr.elections.ny.gov
- 2 - Print this form and mail into the BOE (address on pg 12): chqgov.com/board-of-elections/Voter-Registration-Form
- 3 - Visit the BOE in person (address on pg 12).

Get Involved, Share a Donation - Contact Your Local Party Leaders

CHAUTAUQUA COUNTY DEMOCRATIC COMMITTEE
Marcia Westling Johnson, Chair
PO Box 1218 Dunkirk, NY 14048
chqdem@gmail.com

CHAUTAUQUA COUNTY REPUBLICAN COMMITTEE
Nacole L. Ellis, Chair
PO Box 256 Ripley, NY 14775
ellisnacole@yahoo.com

CHAUTAUQUA COUNTY CONSERVATIVE COMMITTEE
Anna Wilcox, Chair
3105 Cable Rd Fredonia, NY 14063
annamwilcox@att.net

CHAUTAUQUA COUNTY WORKING FAMILIES COMMITTEE
Robert Dando, Chair
8631 Fredonia Stockton Rd Fredonia, NY 14063
robedii27@gmail.com

Chautauqua County Republican Party
chautauquagop.com
Chautauqua County Democratic Party
chqdem.com



"Our lives begin to end the day we become silent about things that matter."

- Martin Luther King, Jr

"The ballot is stronger than the bullet."

- Abraham Lincoln

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Andrew Molitor NEW YORK STATE ASSEMBLY Andrew Molitor will be our strong voice in Albany. He is focused on what is important to us. That's why he's committed to: Public Safety, Business Growth, Lower Cost of Living, Supporting Our Schools, Lower Utility Costs, Illegal Immigration.

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MIKE BOBSEINE for State Assembly Vote New Leadership in Albany Vote Nov. 5th! mike4nysassembly.com

Molitor Focused on Keeping Property Taxes Lower

Article Contributed by Andrew Molitor Andrew Molitor, a candidate for the State Assembly, focused on his desire to keep property taxes as low as possible during his talk at the Farm Bureau's annual meeting. Molitor also noted the importance of allowing schools the option to offer whole milk to students, rather than just skim milk. Fighting against unnecessary and burdensome laws and regulations and supporting sensible environmental policy is another priority for Molitor.

"Every citizen of this country should be guaranteed that their vote matters, that their vote is counted, and that in the voting booth, their vote has as much weight as that of any CEO, any member of Congress or any President." - Barbara Boxer

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Meet Tom Carle

CONTINUED FROM PAGE 17 Running as a Democrat in a district that has been reliably Republican for almost three decades is not an easy feat; especially with a Trump-endorsed opponent. Tom Carle sees that the Republicans that have been sent to Washington to represent our district have not done their job, and instead focused on their own political careers, leaving our District 23 to continue to deteriorate. This election is as important as any we have ever had, with the dangerous Project 2025, women's reproductive rights, and protection for Medicare, Medicaid, and Social Security all on the ballot.

Meet Nick Langworthy

CONTINUED FROM PAGE 17 Farm Bill that will help our region's agriculture community, particularly the grape, dairy, and maple syrup industries, as well as legislation to improve workforce development. He has made the protection and enhancement of Lake Erie a top priority by introducing the Lakes Before Turbines Act, which would prevent harmful windmills from being placed in Lake Erie and has secured millions for Barcelona and Dunkirk Harbors to complete critical dredging projects and the construction of a living shoreline.



FOOTBALL SCHEDULE



NFL Football Schedule

Monday, September 23

7:30 PM (EST): Jaguars vs. Bills

8:15 PM (EST): Commanders vs. Bengals

Thursday, September 26

8:15 PM (EST): Cowboys vs. Giants

Sunday, September 29

1 PM (EST): Bengals vs. Panthers

1 PM (EST): Saints vs. Falcons

1 PM (EST): Jaguars vs. Texan

1 PM (EST): Broncos vs. Jets

1 PM (EST): Vikings vs. Packers

1 PM (EST): Steelers vs. Colts

1 PM (EST): Rams vs. Bears

1 PM (EST): Eagles vs. Buccaneers

4:05 PM (EST): Patriots vs. 49ers

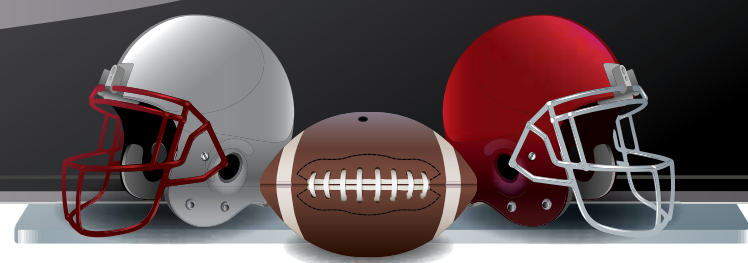
4:05 PM (EST): Commanders vs. Cardinals

4:25 PM (EST): Chiefs vs. Chargers

4:25 PM (EST): Browns vs. Raiders

8:20 PM (EST): Buffalo Bills vs. Baltimore

WHERE TO WATCH



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50TH ANNUAL BUSTI APPLE FESTIVAL

Saturday, September 28 & Sunday, September 29 • 11am - 5pm

The 50th Busti Apple Harvest Festival – Shopping, Food and Fun

Article Contributed by
Joni Blackman
Busti Historical Society
Board of Directors

What brings crowds to an event? Tourism experts will tell you it's the uniqueness of the event, easy access to shopping and activities and great food. The 50th Busti Apple Festival has it all!

The mill will be running throughout the festival. "The Busti area history museum has several hands-on exhibits for children. With a grant award from the Lenna Foundation the Society hired an exhibit and collections consultant to update the exhibits and make them more understandable," said Joni Blackman, Director. In the shade of a small grove of trees, a Civil War encampment will be held throughout the weekend. Visitors are encouraged to stop by and learn about life as a soldier.

The festival is held on the 20-acre campus of the Busti Historical Society, just south of Jamestown. Visitors will see old-time craft demonstrators teaching how to press cider, make flax to weave linen, create leather items, hew a log for a building, weave a basket, huck weaving and quilting. The 50th Busti Apple Harvest Festival is a two-day event, Saturday and Sunday, September 28 and 29 from 11 AM to 5 PM each day. The restored 1836 grist mill, which is one of only a few working mills left in the northeast, will hold tours throughout the festival. Along with the mill is the miller's house which is being lovingly restored to its 1846 elegance. Flour, corn meal, and buckwheat flour, all ground at the mill, will be available for purchase.

On average over 5,000 visitors come to the Busti Apple Festival to enjoy old time craft demonstrators, the music and great food. This year the expanded Festival has increased the vendor spaces to include commercial vendors, non-profit booths and additional food trucks. "We have filled every vendor space this year – 130 vendors will be here over the weekend. We are expecting 18 food vendors too," said Judy Schultz, Vendor Committee member. Everything from Italian ice to kettle corn to hearty sandwiches will be available. The Historical Society will be selling homemade

CONTINUED ON PAGE 22



Submitted Photo

Last year's Busti Apple Festival.

Robert H. Jackson Center Welcomed Karen Korematsu as 2024 Constitution Day Speaker



Dr. Karen Korematsu addressed an audience of more than 200, mostly area students, at the Robert H. Jackson Center Tuesday morning as the keynote speaker for its annual Constitution Day observance. Dr. Korematsu, daughter of civil rights icon Fred Korematsu and Founder of the Fred T. Korematsu Institute, emphasized the importance of civic engagement and cross-cultural understanding.

Article Contributed by
Robert H. Jackson Center

The Robert H. Jackson Center welcomed Dr. Karen Korematsu Tuesday morning as the keynote speaker for its annual Constitution Day observance. Dr. Korematsu, daughter of civil rights icon Fred Korematsu and Founder of the Fred T. Korematsu Institute, addressed an audience of more than 200, mostly area students, emphasizing the importance of civic engagement and cross-cultural understanding.

In her powerful address, Dr. Korematsu discussed the landmark Korematsu v. United States Supreme Court decision, which will mark its 80th anniversary this December. She described it as "one of the worst Supreme Court decisions in history," highlighting the continued relevance of her father's fight against injustice.

Dr. Korematsu shared the story of how her father's arrest for defying military orders excluding Japanese-Americans from military zones on the U.S. West Coast established under Executive Order 9066. He briefly became a fugitive and was eventually arrested.

Kristan McMahon, President of the Robert H. Jackson Center, stated, "Dr. Korematsu's message resonates deeply with our mission to advance justice and civic education. Her father's story and her ongoing work serve as powerful reminders of the importance of standing up for our constitutional rights. We are thrilled so many teachers and students joined us to hear directly from Karen."

Dr. Korematsu also visited the Smithsonian Institution's traveling exhibit, Voices and Votes, Democracy in America, visiting the Center through October 18. Voices and Votes includes historical and contemporary photographs, educational and archival video, engaging multimedia interactives, and historical objects like campaign souvenirs, voter memorabilia, and protest material. The RHJC's companion exhibit, The Story of Our Participation, highlights artifacts of local significance from partner organizations including antique voting equipment, vintage suffragist pins, and Jackson's Supreme Court chair.

The Robert H. Jackson Center is a 501(c)(3) nonprofit organization that brings together students, educators, and practitioners to advance Robert H. Jackson's legacy for justice, fairness, and democracy through education and exhibits.



Submitted Photos

The Robert H. Jackson Center's Cappa Theatre was filled to capacity with community members, mostly area students, for the Center's annual Constitution Day lecture featuring Dr. Karen Korematsu, daughter of civil rights icon Fred Korematsu. This year is the 80th anniversary of the Korematsu v. United States decision, upholding his incarceration for defying military orders excluding Japanese-Americans from the United States West Coast. Justice Robert H. Jackson famously dissented and 40 years later the conviction was overturned.



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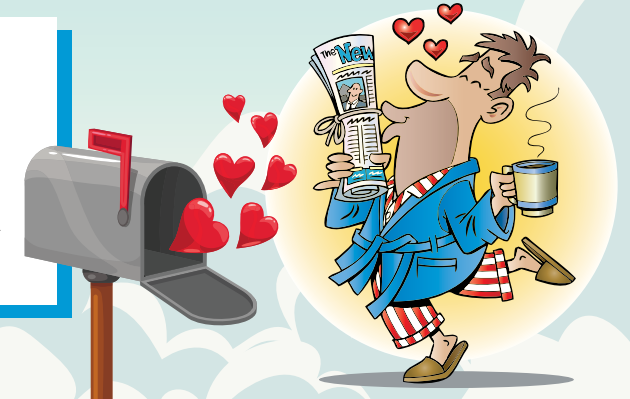


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Alzheimer's Association Invites Chautauqua County residents to Join the 2024 Walk to End Alzheimer's on October 5

Walk to End Alzheimer's is World's Largest Event Dedicated to Alzheimer's Care, Support and Research

Article Contributed by Alzheimer's Association



The Alzheimer's Association is inviting Chautauqua County residents to join the fight to end Alzheimer's by participating in the Alzheimer's Association Walk to End Alzheimer's® on Saturday, October 5, at Point Gratiot Park in Dunkirk. Registration opens at 10 a.m., with the Walk commencing at 11 a.m.

of themselves to Alzheimer's is a heart-wrenching experience, but it has only strengthened my resolve to help others walking the same path," Hnatyszyn says. On Walk day, participants honor those affected by Alzheimer's with the poignant Promise Garden ceremony – a mission-focused experience that signifies our solidarity in the fight against the disease. During the ceremony, walkers will carry flowers of various colors, each color representing their personal connection to the disease.

"This is a pivotal moment in the fight against Alzheimer's. There are now treatments that change the course of the disease," says Kaitlyn Less, director of development for the Western New York Chapter. "We hope that everyone in the community can join us to help the Alzheimer's Association raise awareness and funds for families facing the disease today, take more steps toward treatments and finally end this disease."

Nearly 7 million Americans are living with Alzheimer's disease – a leading cause of death in the United States. Additionally, more than 11 million family members and friends provide care to people living with Alzheimer's and other dementias. In New York State, there are more than 426,5000 people living with the disease and 543,000 caregivers.

The Walk is both a professional and personal calling for Zac Hnatyszyn. "As the vice president of community outreach for Culture Care Senior Living, my role extends far beyond overseeing operations. My passion lies in making a meaningful impact on the lives of those we care for—especially those battling Alzheimer's and dementia," he says.

The funds raised through the Walk to End Alzheimer's ensure the programs and services provided by the Alzheimer's Association are free to all who need them, in addition to funding the research and advocacy efforts which have resulted in new treatments for people living in the early stage.

"This fight isn't just a professional responsibility for me; it's a personal mission. Alzheimer's has touched my family directly. My wife's grandmother, a woman full of life and stories, now resides in our Memory Garden facility, where we lovingly care for her as she faces the challenges of this disease. Watching someone you love slowly lose pieces

To register to receive the latest updates on this year's Walk to End Alzheimer's for Chautauqua County, visit act.alz.org/Chautauqua.

Cemetery 101, Basic Cemetery Operations

Article Contributed by New York State Division of Cemeteries

The New York State Division of Cemeteries will present "Cemetery 101, Basic Cemetery Operations", at Christ First United Methodist Church, 663 Lakeview Avenue, Jamestown on Thursday, October 3, 2024. This two-part presentation will concentrate on Cemetery Law and Cemetery Accounting. It would benefit anyone involved in the operation of any cemetery, whether it

be a rural cemetery, a larger cemetery or a cemetery run by a township or other municipality. Volunteers, paid staff, board members, and town clerks would all benefit from this presentation.

For additional information please contact the host cemetery, Lake View Cemetery Association, at 716-665-3206, email lakeviewcemetery@wny.twcbc.com or stop at the cemetery office at 907 Lakeview Avenue, Jamestown. Deadline for registration is Friday, September 27, 2024. A \$15.00 registration fee is required.

Join Me in the Kitchen with Vicki McGraw

Homemade Salsa

(AKA Mom's Chili Sauce!!)



Featured Writer Vicki McGraw Elegant Edibles Catering

As I sit here at my desk thinking of what food to discuss this week, I am enjoying the wonderful late summer smells wafting in my front door. One neighbor is mowing the lawn, another neighbor is grilling something fabulous smelling for supper; I've got a basket of luscious looking produce- corn, tomatoes, peppers and squash- on the counter ready to enjoy. In the blink of an eye, (and the flip of a calendar page) it seems we are making the transition from summer to fall. The summer heat and humidity that seemed oppressive just a few days ago have finally subsided. The kids are settled back in their school routines, the days are getting shorter, and fall vegetables are starting to appear in the produce aisles of the local markets. Late harvest corn, plump red tomatoes, giant, dark green bell peppers, beautiful fall squash, crisp, red apples...I'm ready to get the crock pot out and think comfort and food!

much, but remember, most of the supplies, such as the canning jars and rings can be reused time and again (just remember, new lids need to be used each time!). A great resource for the supplies can be grandmothers and aunts, too! A quick perusal of their pantries, cupboards and attics may yield all of the supplies you need~ many of the canning supplies I still use once belonged to my Nana!

A bushel of fresh, ripe tomatoes, a basket of green peppers, a couple of onions and a jalapeno now sit on my counter... it is picture perfect! In a day or two, and after just a few hours, that sight will be replaced by a dozen or so quart jars of perpetual summer. In January, when the snow is coming down and the wind is whipping, I will open a jar or two, pour the contents into my crock pot and make a meal worthy of the mouth-watering oohs that will ensue, and remember fondly the warmth and happiness of today!

Homemade Salsa (AKA Mom's Chili Sauce!!)

- 4 quarts tomatoes, peeled and chopped
- 2 c onions, diced
- 1 c red bell pepper, diced
- 1 c green bell pepper, diced
- 1 Jalapeno pepper**, diced fine
- 3 T salt
- ½ c sugar
- 1 T mustard seed
- 1 t cinnamon
- 1 t allspice
- 2 ½ C white vinegar

Combine the vegetables, salt and sugar in a large pot or electric roaster and cook over low heat until the mixture begins to thicken, about 1 hour. (I prefer to cook this in an electric roaster, to avoid the chance of scorching over an open flame. If you do cook on the stove top, be sure to stir frequently, cooking over a low heat)

Add vinegar and spices and cook until mixture becomes a thick sauce (this will take 4-5 hours).

Pour into clean, hot canning jars. Seal tightly and allow to come to room temperature in a non-drafty area. You will hear a "pop" sound as jars seal tightly!

Store in a dark cool cupboard.

**The amount of heat you add is up to you...add an extra jalapeno or two if you like things more spicy! Remember, though, to wear gloves when cutting fresh jalapenos. The oils released when cutting can cause painful skin and eye irritations!

Of the many treats I can create with fall produce, one of my very favorites is my Mom's homemade chili sauce (or salsa, as it is sometimes referred to as today). It is not simply a condiment! It makes a great starting base for hearty chili, spaghetti sauce and more, and a crockpot full of its' goodness will not only feed us on Sunday, but will then leave us with leftovers that will make great lunches for the next week. As you know by now, this is the time I get into high gear with my crock pot and "cook once, eat twice" way of planning meals. A change in season doesn't mean a let-down in our crazy schedules, so planning ahead really makes life easier.

Zonta Supports the University of Buffalo School of Nursing's Trip to Peru



Submitted Photo

The Zonta Club of Jamestown provided 120 birthing kits for the University of Buffalo School of Nursing international medical trip to Peru. Mollie Oldenburg DNP, RN Clinical Associate Professor and the Global Initiatives Coordinator for the School of Nursing led a team of 5 registered nursing students and 5 nurse practitioner students to provide support at a women's health clinic. Mollie is a member of the Buffalo Zonta Club and a personal friend of Mary Rappole, a member of the Zonta Club of Jamestown. The contents of the birthing kits are very simple - a bar of soap, a new razor blade, new umbilical cord string, plastic protection, and gauze. The use of the birthing kits prevents infection and complications for the mother and infant. For more information about the Zonta Club of Jamestown go to zontajamestown.org.



Photo Credit: pumpkintownwny.com

"A sweater is like life, you get nothing out of it that you don't put into it!" - Marilyn Monroe

The 50th Busti Apple Harvest Festival – Shopping, Food and Fun

CONTINUED FROM PAGE 25

pies until they are gone. You can buy a slice or a whole pie.

Children's activities will include pony and wagon rides, face painting, gem mining, shopping in a general store and learning about old-time crafts. Tours of the grist mill, miller's house and museum will be ongoing throughout the festival.

"We are very grateful to our sponsors. Morgan Stanley – Todd R. Allen, Financial Advisor, Geraci & Co., Wilcox Brothers in Sugar Grove, The Bear Lake Inn, The Busti Cider Mill, The Frewsburger Restaurant, Inc., The Bucket and Brad Buck Trucking, Inc. They are great supporters of our mission," says Carl Schultz, President of the Busti Historical Society Board of Trustees, "the mission of the Apple Festival is to teach the frontier handicrafts and the history of rural 1850s southwestern New York. It is important to demonstrate these skills to pass on the traditions. The Apple Festival is our main fundraiser for the Busti Historical Society which operates year-round."

Commercial companies and non-profit organizations were invited to have a table this year. The craft vendors items are handmade. Many of the vendors have been coming for years, and there are many new vendors. "We are very happy to be able to provide wi-fi connectivity for our vendors this year," said Mr. Schultz, "along with the new free parking area just south of the Busti 5-point intersection and keeping admission to only \$5 for adults (children under 12 are free), our 50th festival should be great! It will be held rain or shine, and we ask that you bring all your friends, but leave your pets at home."



The Busti Historical Society volunteers have worked on the twenty-acre campus over the past five years, with support from the Chautauqua Region Community Foundation and Lenna Foundation, to provide a safer place for vendors and guests to enjoy the event. Additional information can be found on the Busti Historical Society's Facebook page, facebook.com/bustihistoricalsociety and the website, www.busti-historical-society.weebly.com.

FALL Trivia

1. What is the scientific term for the process of trees losing their leaves in the fall?
2. Which famous fall festival takes place in Munich, Germany (and now around the world), and features beer and traditional German food?
3. Which famous American author is known for their short story "The Legend of Sleepy Hollow," set during the fall?
4. What is the name of the fall festival in Mexico that honors deceased loved ones?
5. In which part of the country did the classic fall dessert apple crisp originate?
6. What is the first day of fall known as in the Northern Hemisphere?
7. What type of tree is known for its bright red and orange leaves in the fall?
8. What is the term for the phenomenon that occurs when leaves change color in the fall due to the breakdown of chlorophyll?
9. What spice, commonly used in fall baking, is made from the bark of a tree?
10. Which flower is often associated with fall and is known for its vibrant colors, specifically yellow and orange?

1. Abscission 2. Oktoberfest 3. Washington Irving 4. Dia de los Muertos (Day of the Dead) 5. New England 6. Autumnal Equinox 7. Maple Tree 8. Leaf senescence 9. Cinnamon 10. Chrysanthemum



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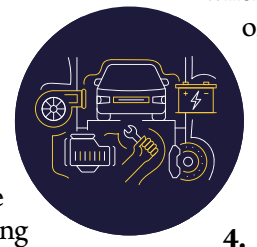
Article by *Metro Creative Connection*

Inflation has been a hot topic for several years, as the cost of everything from groceries to gas to housing has increased considerably since 2019. Cars are no exception to that phenomenon, and anyone who has purchased a new car over the last half decade likely experienced some sticker shock when they started their search for a new vehicle. Data from Kelley Blue Book indicates the average cost of a new car was \$37,590 in 2019. By 2023, the average cost had risen to \$47,899. That marks an increase of more than 27 percent in a four-year period.

Cars are indeed a significant investment, which underscores the importance of vehicle maintenance. Maintenance is more than just tending to what's under the hood. Tires also require drivers' attention, as aging, damaged tires pose a safety risk that also compromise vehicle performance. Tires are easily overlooked, but the following are four signs tires need to be replaced.

- 1. Worn tread:** The automotive experts at AutoZone note that tread depth is the most prevalent indicator that a tire needs to be replaced. AutoZone notes that tread depth should always be at least 2/32 of an inch throughout the tire. Depth should be measured across the tread and around the circumference. If the tread is at or below 2/32 of an inch, the tire should be replaced.
- 2. Bulges, gouges or cracks:** Geico notes that a deflated tire bulges at the sides, and that can compromise the safety of everyone in the vehicle. AutoZone says bulges occur when air gets between the inner liner and outer rubber layers, which can happen after hitting a curb or driving over a sizable pothole. A gouge or cut that is deeper than the outer layer of the tire also necessitates replacement.
- 3. Poor grip:** Drivers may be able to feel certain tire problems, including poor grip, while driving. In such instances, tires may feel as though they are slipping. The tire experts at Firestone note that low tread can reduce tire traction and cause wheels to slip, which may be more noticeable when accelerating from a stop or driving on wet roads. Drivers who feel their tires are slipping can test the tread and replace tires that are low.
- 4. Vibration:** Vibration is another issue drivers may feel rather than see. And identifying the cause requires noting where the vibrations are felt. Geico notes that a feeling of vibration or thumping that feels like it's coming from under the seats may indicate the tires are not balanced. A suspension issue could be to blame if the steering wheel feels like it's vibrating. Either feeling should be brought to the attention of a mechanic immediately.

Tire issues affect vehicle performance and compromise the safety of drivers, their passengers and fellow motorists. When vehicles are not performing at peak capacity, drivers should not overlook various tire issues as a potential cause of such troubles.



Health Department Announces Upcoming Animal Rabies Immunization Clinics

Article Contributed by *Chautauqua County Health Department*

The Chautauqua County Health Department (CCHD) is announcing a free rabies vaccination clinic sponsored by the Town of Gerry and the CCHD.

Animals must be pre-registered to receive vaccinations. Vaccinations will be provided free of charge to all dogs, cats, and domesticated ferrets three months of age and older.

New York State Public Health Law requires each dog, cat, and domesticated ferret over the age of four months be vaccinated against rabies. County residents are encouraged to be responsible pet owners by having their pets vaccinated.

Rabies is a very serious disease of warm-blooded animals caused by a virus. Raccoons, bats, skunks, and foxes are common disease carriers. The virus is transmitted to humans and animals through saliva and can enter the body through a bite, scratch, or open cut. The rabies virus infects the central nervous system and can cause brain swelling and ultimately death within days of the onset of symptoms.

For more information about the clinic contact the Town of Gerry at 716-985-4715. For general rabies information, visit HealthyCHQ.com/Rabies or contact Chautauqua County Health Department at (716) 753-4481.

There are a limited number of spots available, so pet owners should pre-register online as soon as possible. If you register but decide not to attend the event, please cancel your appointment so the spot is available for another pet. You can cancel appointments via the confirmation email you receive when you register. Walk-ins may be accepted toward the end of the clinic, but are not guaranteed.

At the clinic, vehicles will enter and follow the established traffic pattern on-site. Pet owners will stay in their vehicles with their pets, unless otherwise instructed. Pet owners must bring previous rabies vaccination records for each animal receiving a shot to ensure proper and effective vaccination; clinic staff will confirm previous rabies vaccination records. All dogs must be on a leash. All cats must be in individual carriers. Animal handlers will transport animals from the vehicle to the veterinarian for vaccination.

When: Saturday, October 5th
1:30pm-4:30pm

Where: Town of Gerry Highway Department
4675 Route 60
Gerry, NY 14740

Pre-registration is required and should be submitted online by visiting HealthyCHQ.com/Rabies and view the calendar for upcoming clinics or scan the code below.

At the clinic, vehicles will enter and follow the established traffic pattern on-site. Pet owners will stay in their vehicles with their pets, unless otherwise instructed. Pet owners must bring previous



"Take care of your car in the garage, and the car will take care of you on the road."

- Unknown

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Senior Scene with Sylvia Fiorello

Menu for Change



Featured Writer
Sylvia Fiorello
Resident of Jamestown and Nutrition Author-Afficionada

As we age, we usually become less active. I used to walk 18 holes of golf and thought nothing of it. Don't get me wrong; I still walk whenever possible, but I enjoy just nine holes a whole lot more. If you ever visit Florida, good luck if you want to walk on a golf course. Most of them don't allow it as it slows down play. (We seniors just shuffle too slowly I guess.) To get around the rule and get a little walking in, I usually let my partner drive the cart and walk as much as I can to my ball. "Hey, just go to your ball and I'll be fine," I say as I pick up the clubs I need and hop off the cart.

Seniors need to think differently about eating now than when we were young. We need to think more about quality, rather than quantity, as the aging adult needs less food to maintain themselves due to decreased activity, a slowing metabolism, and a decreased ability to absorb nutrients efficiently.

Did you know that our ability to taste food also declines as we age? Some seniors have difficulty chewing as they encounter problems with their own teeth or dentures. One of the most disappointing senses to decline is that of smell, usually after the age of 70. And let's not leave out medications and their effect on our appetite and digestion. The majority of us may be taking one or two medications, even if we're generally healthy. Then if you have several medical conditions, the number of pills one may take can boggle your mind.

These are all the problems we face when we order that delicious steak that actually becomes a chore to chew. We find we are satisfied with half or even one-quarter of the cut we ordered. Are you ready to throw in the towel now that I've painted such a rosy picture for you? Or are you ready to fight these dastardly effects of aging? That's what my suggested "Menu for Change" is about. You learn the facts and you decide to do something about it.

Three of the most important nutrients we need as we age are Calcium, Vitamin D and Vitamin B12. And if you don't believe me, listen to your doctor. Every time I go for a routine medical visit, I get quizzed on whether or not I have

been a good patient and take my recommended vitamins either in pill form or through my diet.

I prefer to get my essential vitamins and minerals through my food whenever possible. Calcium is a mineral needed for strong teeth and bones. I like to drink a glass or two of almond milk daily as it contains 30 to 45% of calcium needed. Then, if you add a serving of a green leafy vegetable like cooked spinach, kale or even broccoli with a serving of cheese or beans, you are on your way! Try adding some blackstrap molasses to your diet and even some almond butter. Many older people resort to supplements but there is some opposing argument about supplements. Some studies show adverse effects on the heart related to calcium intake. Most of us need 1000 to 1200 milligrams of calcium, but others argue that one may get enough in a well-balanced diet. Heck, you're retired, so why not take the time and get out in that kitchen!

Vitamin D is another story. Many studies show that the average senior does not absorb Vitamin D from the sun as well as a young person does. Even our kidneys don't absorb Vitamin D as well as they used to. So, do focus on eating tuna, salmon, cheese, and yes, egg yolks!

The last one to cover is Vitamin B12, or folic acid or iron as we commonly refer to it. I will simply list the major foods that we should be eating to get enough B12. To name a few, most shellfish, sardines, beef, chicken, eggs, and swiss cheese. Without these foods we can become anemic, and sometimes experience dizziness and fatigue. So, it all boils down to eating a healthy Mediterranean diet. Which is again, (you never can hear it too much) lean meats and fish, fresh fruits and vegetables, legumes and nuts, whole grains, and pasta, potatoes and rice eaten in moderation. See if you can figure out the nutrients in this recipe. Good luck and happy aging.

Spinach Frosia

Sauté 2 cloves of minced garlic in two tablespoons of olive oil. Add one package of frozen defrosted chopped spinach or fresh, and cook for 5 minutes. Beat three eggs with 1/3 cup grated cheese, salt and pepper and add to cooked spinach in frying pan. Cover and when set, with spatula turn and brown top side. Serve as vegetable or with salad for light meal. *Mangia, mangia!*

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

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Despicable Me 4 to Show at The Reg



Article Contributed by
The Reg Lenna Center for the Arts

In Despicable Me 4, (Fri., Sept. 20 at 7 p.m., Sensory Friendly showing Sat., Sept. 21 at 2 p.m.) Gru and Lucy and their girls —Margo, Edith and Agnes — welcome a new member to the Gru family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his femme fatale girlfriend Valentina, and the family is forced to go on the run. Despicable Me 4 is rated PG and is 94 minutes long. Sensory Friendly showings are presented with the volume set lower and lights in the theater set higher for patrons with sensitivity issues. Movement around the theater is encouraged as needed. Ideal first movie experience for toddlers.

Upcoming Movies at The Reg include a free showing of Sprout Film Festival (Sept. 25 at 7 p.m.) presented by The Resource Center, Scarlett Johansson and Channing Tatum in the NASA-set comedy-drama Fly Me to the Moon (Oct.

2 at 7 p.m.), a 20th Anniversary screening of the cult horror comedy Shaun of the Dead (Oct. 4 at 7 p.m.), the coming of age comedy drama Didi (October 9 at 7 p.m.), the 1922 silent film classic Nosferatu (Oct. 16 at 7 p.m.) underscored by Radiohead's albums KID A and Amnesia, Hunter Schafer in the horror film Cuckoo (Oct. 23 at 7 p.m.), a special engagement of The Rocky Horror Picture Show (Fri., Oct. 25 at 10 p.m.) and a one-time-only special engagement of Cat Video Fest 2024 (Nov. 16 at 2 p.m.) with a portion of ticket proceeds benefiting Chautauqua County Humane Society.

Tickets for most Movies at The Reg are \$8 in-person at the box office and \$10 online (reglenna.com) & by phone - 716.484.7070. Family showings are \$7 in-person at the box office and \$9 online & by phone. Special engagements are priced differently. The theater and box office at The Reg are located at 116 E. 3rd St. in Jamestown, NY. The box office is open Mondays, Wednesdays and Fridays 12 - 5 p.m. and one hour before movies and events.

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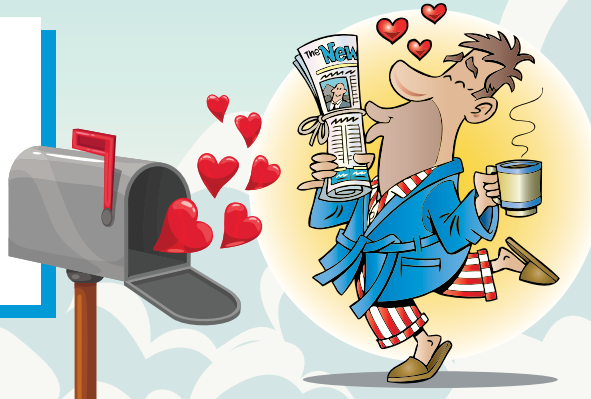


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