

CHAUTAUQUA GAZETTE

FREE WEEKLY

National Diabetes Awareness Month

Volume 3 • Issue 43 | November 9, 2026

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Lori Cornell

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HONORING HEROES WITH TYPE 1.



Two of my four sons, **Zach** (18) and **Ben** (21), were diagnosed with Type 1 diabetes when they were 9 and 10 years old, respectively. Here they are pictured with me on the left in 2018, raising money for JDRF, soon after diagnosis. On the right, present day, we continue to celebrate advancements in Type 1 diabetes management and our enduring hope for a cure.

Publisher
Lori Cornell

Imagine fighting every day to survive.

Working hard to prevent medical emergencies that may happen regardless, because they are beyond your control.

Imagine braving an extra, 24/7 job - plus your real job and regular life. Ever-exhausted, never a break and under a microscope that teeters between criticism and care.

Type 1 diabetes is a debilitating disease that attacks the autoimmune system killing insulin-producing cells, the hormone necessary for blood sugar control. It's a 24/7 condition that requires constant management. My sons - and the 2.1 million Americans living with this currently incurable disease - may never take a break. They must continuously and carefully balance insulin intake with eating, exercise and everything they do. Even with a strict regimen, they can still experience dangerously high or low blood-glucose levels and are at-risk for the long-term and life-threatening complications related to the disease. It's a never ending challenge.

We are proud to honor their battle and to feature several of our community's T1D heroes in this edition. We appreciate their willingness to share their stories, to educate and inspire.

We hope that you will notice a common thread in their profiles. They are high-achievers: athletes, scholars, musicians; standout community leaders; business and health care professionals. They are among the all-round impressive people with Type 1, talented in their own right. Their outward successes are applaudable in and of themselves, but when considering their strength in the face of such adversity, their will to rise makes them true heroes.

Thank you for joining me in presenting this first-ever edition in the Chautauqua Gazette to build awareness and support for exemplary community members like these. With your help, we have hope. And we continue the fight until Type 1 becomes Type None!

SUPPORTING STRENGTH WITH TYPE 2.

November Is American Diabetes Month



Featured Writer
Jackie Carlson
RD, LDN, CDCES
Diabetes Consultant, LLC

November is the month of thanksgiving. It is also American Diabetes Month and I am thankful for the opportunity to be part of a series on raising awareness about diabetes. As a Certified Diabetes Care and Education Specialist (CDCES), it has been my career-long passion to celebrate and support people with diabetes. In addition I want to identify those with diabetes early in the disease state to connect with resources for living a long, healthy life.

According to the Centers for Disease Control and Prevention (CDC), 12% of Americans are living with diabetes. While there are several types of diabetes, I will focus this article on Type 2 diabetes, which is the type that 90-95% of people living with diabetes have.

What is Type 2 diabetes?

Diabetes is a chronic (long-term) disease that occurs when a hormone called insulin is no longer available in the body or is not working properly. Insulin is made in the pancreas. The pancreas is an organ that has several functions. One

CONTINUED ON PAGE 5

HOLDING OUT HOPE FOR TYPE NONE.

FRIENDS OF THE GAZETTE

THANK YOU TO OUR 2026 MEMBERS!
PLEASE JOIN US TODAY.

GOLD: $500 & UP

Timothy Carlson
M.L. Feather
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This Week Around Town

MONDAY, NOVEMBER 16-SUNDAY, NOVEMBER 22

Disney's Frozen at Lucille Ball Little Theatre | Various Times
18 East Second Street | Jamestown
For Info/Tickets: lbltj.com

MONDAY, NOVEMBER 16

Wreaths, Greens & Holiday Things | 12 PM
Marvin House | Jamestown
For Info: marvinhouse@marvinhouse.com

25 Years of Asking Questions: Can We Stop Hate? | 6 PM
Robert H. Jackson Center | Jamestown
For Info: roberthjackson.org

TUESDAY, NOVEMBER 17

Cardio Drumming | 9 AM-9:45 AM
Dunkirk Senior Center | Dunkirk
For Info: (716) 366-7530

WEDNESDAY, NOVEMBER 18

Falconer NY Forward Public Workshop | 5 PM-7 PM
115 Davis St | Falconer
For Info: falconernyforward.com

Movies at the Reg - Sense and Sensibility | 7 PM
Reg Lenna Center for The Arts | Jamestown
For Info: reglenna.com

Wicked Warren's Comedy Open Mic | 7 PM-9 PM
119 W 3rd St, 3rd Floor | Jamestown

THURSDAY, NOVEMBER 19

SUNY Fredonia Young Artists Recital | 4 PM-6 PM
1891 Fredonia Opera House | Fredonia
For Info: fredopera.org

Festival of Trees Open House | 4 PM-7 PM
Marvin House | Jamestown
For Info: marvinhouse@marvinhouse.com

Bird Migration Lecture | 5:30 PM
Roger Tory Peterson Institution | Jamestown
For Info/Registration: rtpi.org

Songwriters in Concert | 7:30 PM
Lake Shore Center for The Arts | Westfield
For Info: lakeshorecenterforthearts.com

FRIDAY, NOVEMBER 20

Bemus Point Golf Club & Tap House: Rachel Curtin | 6 PM-7:30 PM
72 Main Street | Bemus Point

John Kirk & Trish Miller at Fredonia Opera House | 7:30 PM
1891 Fredonia Opera House | Fredonia
For Info/Tickets: fredopera.org

Bemus Point Golf Club & Tap House: Brit See | 7:45 PM-9:15 PM
72 Main Street | Bemus Point

Raven & Rune: DJ Leezle | 8 PM
318 Washington Street | Jamestown
For Info: Raven & Rune Facebook

FRIDAY, NOVEMBER 20 THROUGH SATURDAY, NOVEMVER 22

Christmas in the Village
Westfield
For info: Christmas in the Village Westfield NY

SATURDAY, NOVEMBER 21

Jamestown Farmers Market | 9 AM-1 PM
Third and Pine Streets | Jamestown
For Info: jfmny.org

Craft/Vendor Show | 9 AM-6 PM
Chautauqua Suites Hotel & Expo Center | Mayville
For Info: facebook.com/events/2244555243144756/

Fenton Holiday Market | 10 AM-4 PM
67 Washington St. | Jamestown
For Info: fentonhistorycenter.org

Thanksgiving With The Birds | 11:30 AM-2:30 PM
Audubon Community Nature Center | Jamestown
For Info/Reservations: audubonchc.org

Falconer Santa Parade | 5 PM
Coleson Park | Falconer
For Info: Facebook Falconer Rotary Club

Big Inlet Brewing: Lana and Dustin from Black Widow | 5 PM-8 PM
6169 Elm Flats Road | Mayville
For Info: biginletbrewing.com

Movies at the Reg - A Christmas Story | 6 PM
Reg Lenna Center for The Arts | Jamestown
For Info: reglenna.com

Raven & Rune: Dan Douglas Band | 8 PM-11 PM
318 Washington Street | Jamestown
For Info: Raven & Rune Facebook

SUNDAY, NOVEMBER 22

Craft/Vendor Show | 9 AM-4 PM
Chautauqua Suites Hotel & Expo Center | Mayville
For Info: facebook.com/events/2244555243144756/

Westfield Women's Organization 34th Holly Tour | 12:30 PM-5 PM
Various Locations | Westfield
For Info/Tickets: wwohollytour.my.canva.site/westfield-women-organization

PLEASE RESERVE YOUR HOLIDAY AD SPOTS

Deadline for all December submissions: Thanksgiving

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* COMMUNITY HOLIDAY * * EVENTS 2026 *

Christmas in the Village
November 20-22 | Westfield
Facebook: Christmas in the Village Westfield NY

Falconer Santa Parade
November 21 | 5pm
Coleson Park | Falconer
Facebook: Falconer Rotary Club

Community Old Fashioned Santa Parade
November 28 | 11 am | Frewsburg
Facebook: Frewsburg Community Old Fashioned Santa Parade

Light Up the Point
November 28 | 5 pm | Bemus Point
Facebook: Village of Bemus Point

Christmas in the Village
December 4-5 | Lakewood
Info: lcdcny.org/christmas-in-the-village

Christmas on Central Holiday Spectacular & Parade
December 5 | 11 am-7 pm
Central Ave. 3rd-5th St. | Dunkirk
Facebook: Dunkirk Festivals & Special Events

Randolph's Country Christmas
December 5 | 10 am-8 pm
Main St. | Randolph
Info: enchantedmountains.com/event/2026/randolphs-country-christmas-1641

Dunkirk Holiday Parade
December 5 | 6 pm
Central Ave. 3rd-5th St. | Dunkirk
Facebook: Dunkirk Festivals & Special Events

Jamestown Holiday Parade
December 5 | 6 pm
200 East Third Street | Jamestown
Facebook: Collaborative Children's Solutions

Light Up Cassadaga
December 5 | 5pm
Ames Commen | Cassadaga
Facebook: Citizens for a Better Cassadaga

Christmas Through The Village in Findley Lake
December 5-6 | Findley Lake
Info: visitfindleylake.com

Christmas in Our Community
December 6-12 | Sherman
Info: Facebook - Sherman Chamber of Commerce

Mayville Holiday Market
December 12-13
2 Academy St. | Mayville
Info: connectingyou716@gmail.com

Christmas in Clymer
December 15
Info: Clymer Area Business Association



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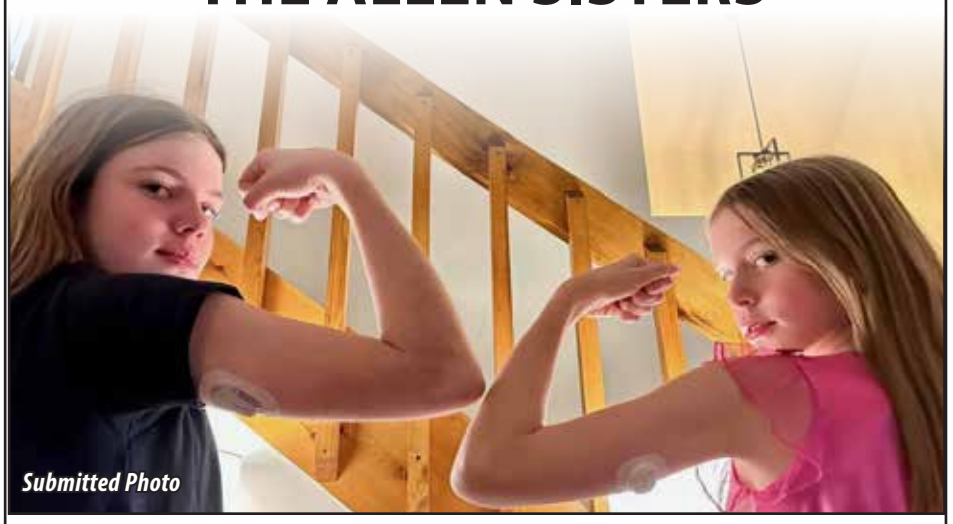
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SUBMISSION DEADLINES
Thursdays at 5:00 pm

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THE ALLEN SISTERS


Submitted Photo

Hayden (age 15) - diagnosed July 2021
Camryn (age 13) - diagnosed February 2024

The Allen Family of Bemus Point was not able to submit their questionnaire this week as planned. Why, you ask? Because of the very reason they were participating: Type 1 diabetes. An urgent blood sugar low sent the Allen's rushing Hayden to the ER and turned their to do list understandably sideways.

The Allen family's situation is not unique. Living with Type 1 is an unpredictable, constant battle - no matter how hard the heroine works or how strong their support system follows. Hayden's week is a reminder that even with a strict regimen, those with Type 1 can still experience dangerously high or low blood-glucose levels. We are so glad she is doing well and is back home to take on the world once again.

SEE MORE TYPE 1 DIABETES HEROES ON PAGE 8



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Faith Matters

Where Do You Notice Gratitude?



Featured Writer

Rev. Tara Eastman

Pastor,
First Presbyterian Church of Warren

Annually, during the month of November, there are many people who reflect on what they are grateful for. This can be done through the act of simply noticing little gratitudes each day, and giving thanks to God for them. Some people like to memorialize their gratitudes through taking photos of each thing or experience, or writing a reflection on why an experience, person or object helps them to be or feel gratitude.



Submitted Photo

To help me to lean into the practice of gratitude each November, and hopefully beyond this month, I like to play a game of noticing, snapping photos, and writing reflections and sharing them on social media. If you type #NovemberGratitude into an online search, you'll find an abundance of resources and reflections practicing the art of noticing gratitude!

I've discovered that in sharing what I'm grateful for, that I find others who are sharing their gratitudes too. (Colleen Viegnere from WFPC enjoys sharing photos and reflections on her Facebook page all of November, too!)

One recent morning, as I tidied up the breakfast dishes before driving to church, I wondered, "Even at this kitchen sink, where is gratitude showing up?" Slowly, I noticed the warm soapy water that felt comforting on my cold hands. I noticed the beautiful orange rose, given to me the day before, and how its petals had opened to release a sweet fragrance. I noticed the steam on the kitchen window, giving a visual sign of the warmth inside my home. Even in this brief moment of washing breakfast dishes, there were many gratitudes and need to notice. The act of noticing, is a spiritual practice that helps us see the world around us: the needs, the joys, the heartache, the hope and the gratitudes that are right there waiting in the kitchen sink.

I've said for a long time that my kitchen sink is a sacred space of prayer, because it always holds something that needs my attention. I think I put a sign over the kitchen window as a reminder: "There are always dishes. There always is prayer."

There are always dishes.
There always is prayer.
By T.L. Eastman 11/11/26

In the kitchen with always dishes, with things leftover and yet to do. Among the tasks trailing and hopes wanting, something kind waits to greet me too. There is a widow looking out into the world that also looks deep within, that meets my churning mind, whispering,

"Always we begin again".

This rule beacons me to live, in the midst of joy and pain, for things stuck and unforeseen. Indeed, for things going down the drain.

This sink, these suds, and warm water - offer a simple, sacred place.

These dirty dishes, might be angels, proclaiming each morn,

"Come, with your hands and heart. You are part in this kitchen sink of grace."

Prayer: May we notice our gratitudes, to help us find the strength to meet the needs of the day, and inspire us to love. There are always dishes. There always is prayer. **AMEN**

In gratitude and grace,
Rev. Tara L. Eastman

Host of Holy Shenanigans Podcast: https://holyshenanigans.buzzsprout.com/

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November Is American Diabetes Month

Continued from Front Page

is to make insulin in it's beta cells. When these cells stop working or are not producing as much insulin as the body needs, the level of glucose goes up in the blood.

Glucose is the body's energy source, but it needs to be in the right cells, not in the blood. Once the stomach digests the food and the intestines move the glucose into the blood, insulin's job is to move glucose into the cells so the cells can convert it to energy. If there is not enough or no insulin in the blood to help transport the glucose into the cell, the level of glucose goes up in the blood. This is not healthy for the body, as the extra glucose in the blood causes damage in the entire body.

When glucose stays high in the blood for long periods of time, it can cause other diseases and medical problems like heart disease/strokes, blindness, kidney failure, impotence and/or peripheral artery disease. To decrease the likelihood of these diseases happening, managing glucose / diabetes is important. Early detection is key. The sooner we find glucose levels above normal healthy levels and treat them, the better the outcome for health.

Who is at risk?

The American Association of Clinical Endocrinology recommends screening for diabetes using simple blood tests in the following people:

- Adults 35 or older with risk factors such as family history
- High blood pressure
- Overweight with a BMI over 25 or, for Asian Americans, a BMI over 23
- Ethnic groups, i.e., African Americans, Native Americans, Hispanic/Latino and Pacific Islanders
- Pregnant women at 24-28 weeks gestation or those who had gestational diabetes in a previous pregnancy
- Sometimes symptoms of Type 2 diabetes appear first, and if they do, you want to contact your primary care provider(PCP) to be tested.

Common symptoms of Type 2 diabetes are:

- Increased thirst
- Increased urination
- Increased hunger
- For women, increased yeast infections

When glucose levels rise in the blood, the body wants to fix it, so it sends a signal to your brain to tell you that you are thirsty. Also, fluid moves from your cells into your bloodstream to lower the level of glucose. That's why you have increased thirst or a dry mouth. Of course, you are then feeling the need to urinate more.

Another symptom is feeling hungry all the time. This can be because the energy from your food is not getting into your cells, so the body feels like it's starving and/or it could be that the person with Type 2 diabetes is no longer making enough or any of the hormone GLP-1RA. This hormone is important to control our hunger and alert the pancreas to make insulin.

Yeast infections are more common because higher levels of glucose promote yeast growth.

How to diagnose Type 2 diabetes:

The most common blood tests for screening for Type 2 diabetes are:

- A1c: a blood test that shows the average level of glucose in the body over 2-3 months
- Fasting Plasma Glucose: a blood test after you have not eaten or had anything to drink for 8 hours.
- Should you get a diagnosis of prediabetes or Type 2 diabetes, education is key!

Diagnosing diabetes:

Test	No diabetes	prediabetes	diabetes
A1c	Under 5.6%	5.7-6.4%	6.5% or higher
Fasting Plasma Glucose	99 mg/dl or under	100-125 mg/dl	126 mg/dl or higher

What causes prediabetes or Type 2 diabetes?

- Genetic (family history) factors
- Lifestyle choices related to food intake and activity

How is it treated?

- Education:
  - Prediabetes: ask to be referred to a Diabetes Prevention Program, as 58% of folks in this category have been able to either prevent or delay the onset of type 2 diabetes with changes in lifestyle.
  - Type 2 diabetes: ask to be referred to an accredited Diabetes Education Program to work with a CDCES to learn the skills needed to manage diabetes and develop your personalized plan
- Glucose monitoring to help support any lifestyle changes made and adjust your plan quickly if that is not enough
- Medications: Since Type 2 diabetes involves several organs responsible for keeping glucose levels in the healthy range, there are many different types of medications that can target the organ(s) which are not working well anymore.

If you or a loved one are at risk, have one or more of the above symptoms or have diabetes yourself, give yourself the gift of knowledge and good health. Work with your healthcare provider to coordinate all that is available for you to create your health team and stay healthy.

Resources:

For more information about Type 2 diabetes or to find a local educator and program contact:

American Diabetes Association: https://diabetes.org

Certified Board of Diabetes Care and Education: https://www.cbdce.org Locate a CDCES

Jacqueline Carlson, RD, LDN, CDCES

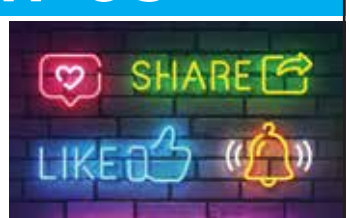
Registered Dietitian, Certified Diabetes Care and Education Specialist and Insulin Pump Product Trainer, Licensed in New York and Pennsylvania. 40+ years of experience in helping people with Type 1 diabetes, Type 2 diabetes, Gestational diabetes and Pre-diabetes. Developed and coordinated several diabetes education programs in the area which were accredited by the American Diabetes Association and Association of Diabetes Care and Education Specialists for meeting quality outcomes in diabetes care. Worked in research, population health management and prevention programs.

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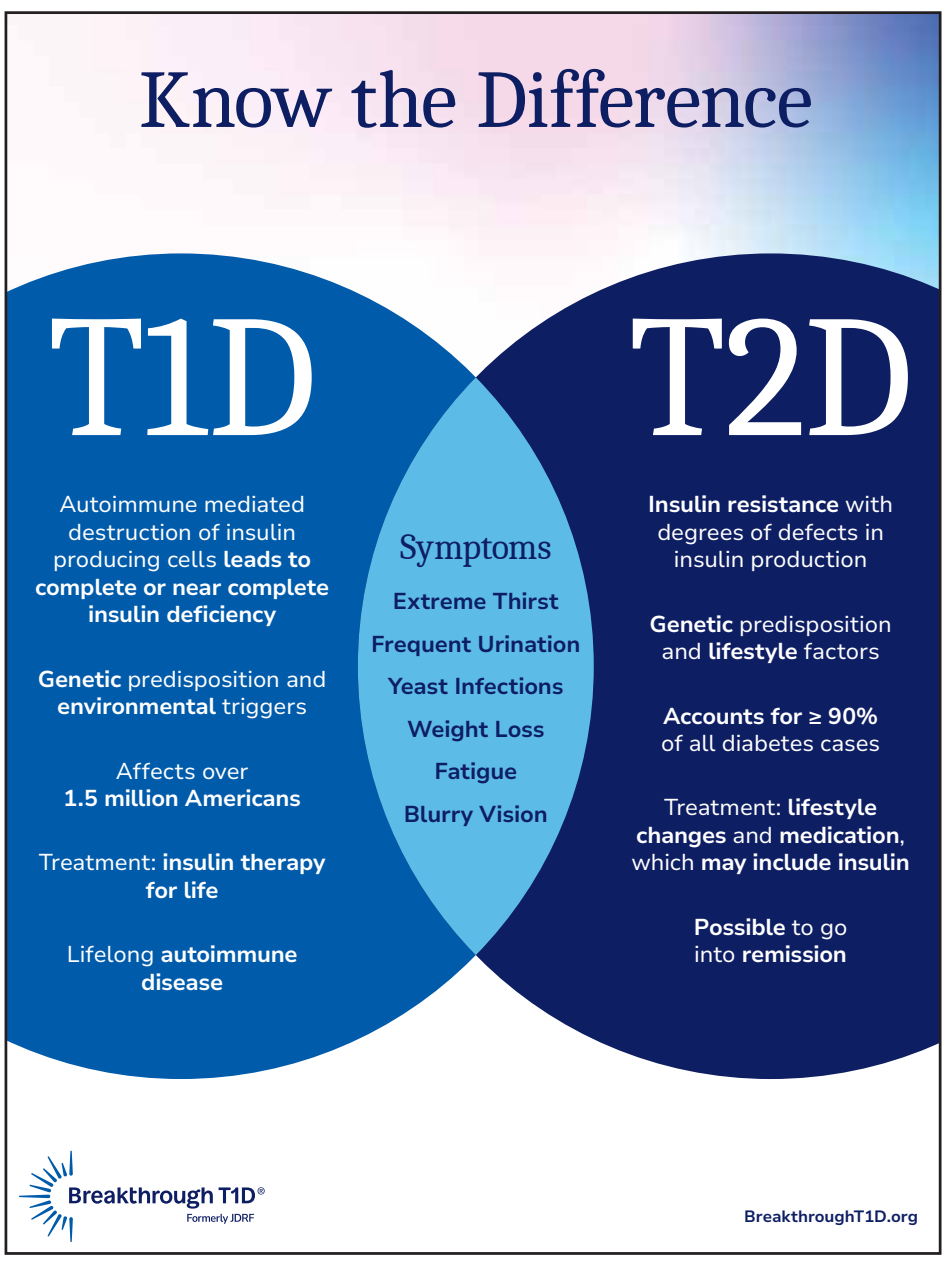
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THE STATE OF T1D

Type 1 Diabetes by the Numbers

THE BURDEN BEHIND THE NUMBERS Type 1 diabetes (T1D) is more than a daily medical challenge. It affects every part of life, from physical health to mental well-being.

Incidence and Prevalence of T1D in the U.S.

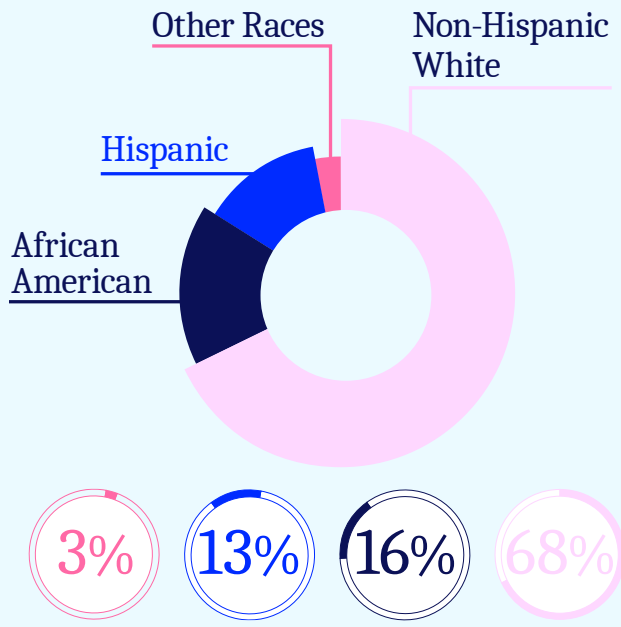
- **1.5 million people** live with T1D in the U.S.
- Of the 1.5 million Americans living with T1D, **199,000 are children under 20.**
- Most people with T1D are between the **ages of 45 and 65**.
- **9.5 million people** live with T1D worldwide.

CGM and Insulin Pump Use

Between 2021-2023 (U.S.)

KIDS with T1D	ADULTS with T1D
82%	57%
CONTINUOUS GLUCOSE MONITOR (CGM)	
50%	29%
PUMPS	

T1D Demographics in the U.S.



The prevalence of **T1D is increasing across all populations**, most significantly among Hispanic youth.

T1D Technology Access

If everyone around the globe had access to technology that automates glucose monitoring and insulin delivery, **741,000 more people could be alive in 2040**.

If everyone in the United States had access to devices, we would restore another **5.8 healthy years to the average person with T1D**.

Insulin pump usage has become more prevalent in the U.S., but research shows **pumps are less common among people of color with T1D and among people with government insurance coverage in the U.S.**

Recent T1D Breakthroughs

2024 

Project ACT (Accelerate Cell Therapies) launched to speed up cell therapy research projects, advocacy work, and clinical adoption.

2025 

Breakthrough T1D launched **the first Barbie with T1D** in partnership with Mattel, raising awareness for the T1D community.

2026 

Backed by Breakthrough T1D, **Tzield®, the first treatment shown to delay the need for insulin therapy for T1D,** received FDA approval for label expansions in 2026, extending its use to younger children with Stage 2 T1D and introducing a new indication for children recently diagnosed with Stage 3 T1D.*

2026 

Vertex and Eledon Pharmaceuticals report promising cell therapy results that could move T1D closer to a functional cure. Vertex's cell therapy was made possible by earlier support from Breakthrough T1D and the T1D Fund, and we're directly supporting Eledon's research today.

*Stage 2 T1D-autoantibodies present, no symptoms. Stage 3 T1D-high blood sugar, may have symptoms

Breakthrough T1D®
Formerly JDRF

The Emotional Toll of Managing T1D

39% **of people** with T1D experience diabetes distress, reflecting the emotional toll of managing the disease.

The Economic Impact of T1D

$16B In the U.S., there are $16 billion in **T1D-associated healthcare expenditures** and lost income annually.

Screening and Early Detection

In 2026, Breakthrough T1D convened an internationally supported paper that outlines the first framework for implementing general population screening for T1D in clinical practice.

T1D screening programs, combined with long-term monitoring, can reduce life-threatening diabetic ketoacidosis (DKA) at diagnosis from 15-80% worldwide to less than 5%.

MORE PEOPLE WILL BE LIVING WITH T1D

Estimates predict **2.7 million extra people** will be living with T1D globally by 2049, **a 29% increase compared with 2025 data**

Over half a million more in the U.S. in 2049 compared to 2025

T1D RESEARCH AND ADVOCACY INFORMATION SOURCES: Global prevalence and correlates of diabetes distress in type 1 diabetes: A systematic review and meta-analysis, Osei, Ekpor, Akyirem, July 2026; The Cost of Diabetes Care—An Elephant in the Room, Riddle, Herman, April 2018; DIAMOND-T1D model, 2026; T1D Index; T1D Prevalence Rising Among US Adults, Study Finds, AJMC article May 3, 2024; JHEOR Smith R, Eisenberg S, Turner-Phifer A, et al. Trends and Disparities in Technology Use and Glycemic Control in Type 1 Diabetes, Fang, Xu, et al, August 2025. We Are on the Verge of Breakthrough Cures for Type 1 Diabetes, but Who Are the 2 Million Americans Who Have It? JHEOR. 2024;11(2):145- 153. doi:10.36469/001c.124604. PMID:39553538; ISPAD Clinical Practice Consensus Guidelines 2024: Screening, Staging, and Strategies to Preserve Beta-Cell Function in Children and Adolescents with Type 1 Diabetes - PMC, Haller, Bell, Besser, et al December 2024; Avalere Health White Paper: Estimated Federal Savings from the Special Diabetes Program; Reducing Requirements for Insulin Pump Referral Improves Pump Initiation for Publicly Insured Children and Youth With Type 1 Diabetes, Brian Miyazaki; Jennifer Baldwin; James Connard; Jose Aceves; Jessica Llovido Alula; Casey Berman; Jessica Ferris; Debra Miller; Ori Odugbesan; Rebecca Ortiz La Banca Barber; Lily C. ChaoClin Diabetes 2025;43(1):156–160

To find out more, **visit BreakthroughT1D.org**

Breakthrough T1D Celebrates the Type 1 Diabetes Community During National Diabetes Awareness Month and Invites the World to "See T1D"

The "See T1D" campaign will increase type 1 diabetes visibility by sharing the real stories of some of the 1.5 million Americans who live with the condition through social media, digital and out of home advertising

Contributed by

Breakthrough T1D

Breakthrough T1D, formerly JDRF, the leading global type 1 diabetes (T1D) research and advocacy organization, and its Greater New York Territory recognize National Diabetes Awareness Month with the "See T1D" campaign to raise awareness, elevate the T1D community, and highlight the advances that are driving Breakthrough T1D's mission forward.

"At Breakthrough T1D, we're intently focused on making everyday life with type 1 diabetes better, while driving toward cures for the disease. Raising awareness and understanding what it means to live with type 1 diabetes will help accelerate life-changing breakthroughs to cure, prevent, and treat type 1 diabetes and its complications," said Aaron J. Kowalski, Ph.D., Breakthrough T1D CEO. "As someone who has lived with type 1 diabetes for decades, I know that it is often an invisible and misunderstood condition. This National Diabetes Awareness Month, Breakthrough T1D is proud to help the world see T1D and the incredible people who face it every day."

Breakthrough T1D is also bringing "See T1D" to the skyline, with landmarks across New York and Connecticut lighting up in support of the T1D community. The celebration begins Nov. 12–13 at the Niagara Mohawk Building and builds to World Diabetes Day on Nov. 14, when a dozen sites will light up: One World Trade Center, Empire State Plaza, the Governor Mario M. Cuomo Bridge, the Mid-Hudson Bridge, One Five One (151 West 42nd Street, Manhattan), Sven (29-59 Northern Boulevard, Long Island City, Queens), Halletts Point (Astoria, Queens), Oyster Bay Town Hall, Bridgeport City Hall, Islip Town Hall, the City of Utica, and Buffalo City Hall Dome. That same day, a "See T1D" billboard campaign will run in Times Square. The Yonkers City Hall Clock Tower will continue the celebration Nov. 20–22.

The community is encouraged to join Breakthrough T1D throughout November to raise T1D awareness and support those affected by the disease. Follow @BT1DWesternCentralNY on Instagram and BT1D Western and Central New York on Facebook, and use #SeeT1D to see and celebrate the T1D community this November. To learn more about Breakthrough T1D, National Diabetes Awareness Month, and how to join the movement, visit SeeT1D.org.

About Breakthrough T1D, Formerly JDRF

As the leading global type 1 diabetes research and advocacy organization, Breakthrough T1D helps make everyday life with type 1 diabetes better while driving toward cures. We do this by investing in the most promising research, advocating for progress by working with government to address issues that impact the T1D community, and helping educate and empower individuals facing this condition.

About Type 1 Diabetes (T1D)

T1D is an autoimmune condition that causes the pancreas to make very little insulin or none at all. This leads to dependence on insulin therapy and the risk of short and long-term complications, which can include highs and lows in blood sugar; damage to the kidneys, eyes, nerves, and heart; and even death. Globally, it impacts nearly 9 million people. Many believe T1D is only diagnosed in childhood and adolescence, but diagnosis in adulthood is common and accounts for nearly 50% of all T1D diagnoses. The onset of T1D has nothing to do with diet or lifestyle. While its causes are not yet entirely understood, scientists believe that both genetic factors and environmental triggers are involved. There is currently no cure for T1D.

November is
Diabetes Awareness Month

TYPE 1 HEROES

Cameron Paternosh



Age: 20
Hometown: Westfield
Education: Junior, University of Notre Dame
Activities: Biology major, Pre-Med, cheerleader

Diagnosis and life changes:
I was diagnosed on November 12, 2011, 15 years ago. Many think diabetes can only be a bad thing, but in my experience, being diagnosed has led me to meet a lot of great people and form some incredible connections. It forced me to grow up quicker, made me more mature, and helped me understand who I am better.

Challenges and achievements:
The most challenging part of living with this disease is having to monitor everything so consistently: when I go to practice, when I'm sleeping, sometimes even in the middle of the night, before meals and after meals. It's the constant checking of my phone and insulin pump to see if I corrected for those carbs or took enough insulin. It becomes extremely overwhelming and annoying, to the point that you don't want to do it anymore, but that is not a choice. Despite this, I am extremely proud to have pushed myself in high school in sports and academics, graduating as valedictorian and then walking on to a Division I sport in college—a sport I never normally would have participated in.

Common misconceptions:
I want people to know that you don't just get diabetes from eating sugar; I can eat whatever I want as long as I monitor my blood sugar and do my best to keep it in range. But not every diabetic is the same; some people can eat things that do not affect them as much as they affect me. Along with that, there is a very big difference between Type I and Type II diabetes.

Hope and community support:
My family, support from my friends, and new technologies to improve diabetes management give me hope. New technologies and the potential for a future cure are high on my list. But the best thing the community can do to offer support is ask questions. If someone doesn't understand something about diabetes, ask. Be open to learning about what each person with the disease is going through or how it may affect their day. Maybe even try to understand what life is like as a diabetic, such as waking up with low blood sugar at 3 a.m. and feeling that panic of, "I need juice and fruit snacks right now," having blood sugar so high that you feel sick to your stomach and sometimes like you've been hit by a bus, or being told you can't do something because of your diabetes. Overall, support for diabetics comes in the form of being open to listening and seeing what that person has been through.

Bryce M. Steffen



Age: 47
Hometown: Bemus Point
Work: Self-employed owner-operator, Bemus Point Golf Course & Tap House

Diagnosis and life changes:
I was diagnosed with Type I diabetes in 2014 at the age of 34. It was a life-changing diagnosis that introduced challenges I never expected to face as an adult. One of the biggest adjustments has been realizing that everything you do, from eating and exercising to working and enjoying everyday activities, requires you to constantly think about and manage your blood sugar. It's something that never takes a day off, and it has taught me patience, discipline, and how important it is to take care of yourself.

Challenges and achievements:
The most challenging part is that diabetes is a 24-hour-a-day responsibility. You can't simply put it aside when you're busy, working, traveling, or enjoying the things you love. I'm proud that I've continued to run a business, stay active, and pursue my passions. Whether it's snowmobiling, guiding hunts, hunting, fishing, motocross, mountain biking, road cycling, or spending time outdoors, I've never wanted diabetes to limit the life I live or the things I'm capable of accomplishing.

Common misconceptions:
The biggest misconception I'd like people to understand is that Type I diabetes is not caused by eating too much sugar or having a poor diet. It's an autoimmune disease, and it can happen to anyone regardless of their age, lifestyle, or how healthy they are. It's not simply about what you eat; it's about your body no longer producing the insulin it needs to function. People with Type I diabetes don't get a break from managing it, and there's a lot more involved than most people realize.

Hope and community support:
What gives me hope is how far diabetes technology, treatment, and research have come, and the possibility of even better treatments and eventually a cure in the future. I think the best thing our community can do is continue to educate itself, show compassion, and understand that everyone's experience with diabetes is different. A little understanding, encouragement, and support can go a long way. Most importantly, treat people with Type I diabetes like everyone else and never make them feel that their diagnosis defines what they can accomplish.

Anything Else?
If there's one thing I'd like people to take away from my story, it's that a Type I diabetes diagnosis doesn't mean you have to give up the things you love or change the person you are. It certainly adds challenges, and there are good days and bad days, but you learn to adapt, become stronger, and keep moving forward. I hope my story encourages someone newly diagnosed, or someone who has been living with diabetes for years, to continue chasing their goals and enjoying life. Don't let diabetes define you or determine what you can accomplish.

November is
Diabetes Awareness Month

TYPE 1 HEROES

Connor Baker



Age: 9
Hometown: Lakewood, NY
Education: Grade 4 Southwestern Elementary
Activities: Football, wrestling, basketball, golf, baseball

Diagnosis and life changes:
Stephanie, Connor's mom: Connor was diagnosed at age 3 on November 13, 2020. It changed everyone's lives in our family. We had to learn the ins and outs of the disease while Connor tried to lead as normal a three-year-old life as possible. His older brother Patrick did not understand why his little brother needed to eat candy or drink juice so often or why Connor needed so much attention.

Challenges and achievements:
Connor: The most challenging part of living with Type I is having to wake up in the middle of the night and drink juice or chocolate milk. Having to change my pod (Omnipod) is painful. Also, having to go to the nurse is kind of embarrassing. I am proud of scoring 26 touchdowns in my football season this year.

Stephanie: Having to deal with the unexpected is difficult. When all he wants to do is go to bed, a Dexcom or pump issue may occur, and Connor has to stay up until the issue is resolved. I am so proud of Connor's resiliency. He doesn't let Type I stop him. He plays all sports, rides bikes with his friends, stays over at friends' houses and does fantastic in school. He does not let his frustration with his battles show.

Common misconceptions:
Connor: The public says that eating too much sugar gives you Type I, but if you eat too much sugar, you can get Type II.

Stephanie: There are so many factors that affect glucose readings, not just food intake: activity, stress, growth spurts, illness, foods that kick in late. Just because he has been dosed for a meal does not mean his glucose readings will be normal. This is what makes Type I so difficult to manage.

Hope and community support:
Connor: What gives me hope is that they are on their way to finding a cure. Then no one would have to deal with this anymore.

Stephanie: Continued improvement in technology gives me hope: more accurate constant glucose monitors (CGMs) and pumps that improve the accuracy of insulin dosing. Huge strides have been made over the years, but we would love a cure.

Katie Ireland



Age: 39
Hometown: Bemus Point
Work: Nurse practitioner, Lane Women's Health Group
Family: Mom of two girls

Diagnosis and life changes:
At just 11 years old, my life changed when I was diagnosed with Type I diabetes. My diagnosis came shortly after a viral illness, and suddenly I was faced with a lifelong condition that required a level of responsibility and awareness far beyond what most children my age had to think about.

While other kids were simply being kids, I was learning how to monitor my blood sugars, manage insulin, recognize how my body was feeling, and make decisions that directly affected my health. I had to grow up a little faster and become responsible for something that would be part of every single day of my life.

Challenges and achievements:
One of the biggest challenges of living with Type I diabetes is that there are no real breaks. It requires constant attention, sometimes hour by hour. There is no clocking out, no day off, and no opportunity to simply forget about it. Even when life gets busy, diabetes is always there in the background.

Although Type I diabetes has certainly presented challenges, it has also given me a purpose. I have always loved helping others who are living with this.

My own experience helped inspire me to become a nurse and eventually a nurse practitioner. I wanted to use my education and experience to make a difference in the lives of others.

Through it all, my mom has been one of my greatest supporters. She always did her best to make sure I never felt that diabetes had to define me or limit the life I could live. Looking back, I realize just how much that support meant and how much it helped shape the person I am today. I now have two beautiful girls because of her drive to keep me healthy.

Common misconceptions:
The biggest thing I wish people understood is that Type I diabetes is not caused by eating too much sugar, poor eating habits, or an unhealthy lifestyle. It is an autoimmune disease, and it can happen to anyone.

Hope and community support:
A future cure gives me hope. The community can help by donating to Breakthrough T1D to help make this possible!

Anything Else?
I may not have chosen Type I diabetes, but I have chosen to use my experience with it to make a difference in the lives of others.

TYPE 1 HEROES

November is Diabetes Awareness Month

Joel Biscaro



Age: 51
Hometown: Dunkirk
Work: Owner-operator, North County Landscaping
Community involvement: Partners in Kind of Chautauqua County; Dunkirk Schools Boosters Program

Diagnosis and life changes:

I was diagnosed in October 1981 at the age of six, and it has been a life-changing event every day since then. Keeping up with advances in technology and what we ingest is part of day-to-day life.

Challenges and achievements:

The most challenging thing we have to deal with in day-to-day activities and events is balancing everything, including carb intake and adjustments, mental status, and the activities we are involved in. I have learned to take care of the life I was dealt and have made a lot of accomplishments. With Type I, you have to be disciplined with your health. This is not an easy task, especially during family events, holidays and, let's face it, on a day-to-day basis. With Type I, you can do the same thing day in and day out and get different results with blood sugars and metabolism. Knowing about the disease, we have to be vigilant about how we live. Also, with one autoimmune disease, there are chances of other diseases. The pancreas is one of the weakest organs in the body, and this is what often happens with a simple sickness: it can affect the pancreas, and then you get a diagnosis of diabetes, Type I or Type II. I now have three autoimmune diseases. All are managed, but Type I comes with other baggage.

Common misconceptions:

It's not a death sentence; it is a different way of life that can be controlled. Yes, there are ups and downs, like with anything, but it can be managed if you take control of it.

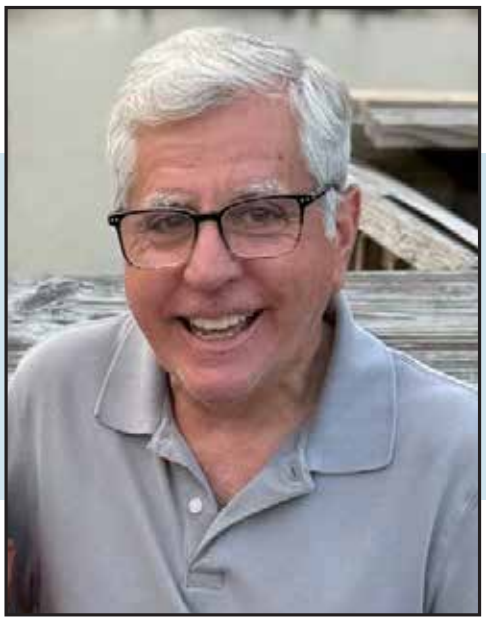
Hope and community support:

Technology is always changing, and it is for the good. There have been so many advances since the early 1980s that give us hope and help ease the burden. Are all the advances foolproof? No, but they are much better than the old way of controlling the disease.

Anything Else?

Don't let Type I run your life. Take control and be a diabadass.

Sam Teresi



Age: 66
Hometown: Jamestown
Work: Retired mayor of Jamestown & active community volunteer
Family: Married with two sons & two grandchildren

Diagnosis and life changes:

I was diagnosed in the summer of 1969 at age 8, two months before my ninth birthday. I left third grade as a burly, 100-pound hellion and entered fourth grade as a scrawny, 68-pound, scared little kid. Managing Type I has meant balancing school, career and relationships with diet, injected medication, blood glucose monitoring and physical fitness. It's like another full-time job, even when you don't feel up to the task.

Challenges and achievements:

The biggest challenge is making time for Type I management alongside work, family and other responsibilities. What am I most proud of, other than my two sons and grandkids? Still being here to enjoy them, with my limbs, organs, eyesight and senses intact. I've enjoyed an active, rewarding life, a challenging career and plenty of travel. I played full-court basketball into my late 50s; now, activities that don't require good knees and functional rotator cuffs have replaced hoops!

Common misconceptions:

When I was diagnosed in what I call the "Dark Ages of Diabetes," we were told there was no cure and none on the immediate horizon. But we were also told that doing what needed to be done, even with the limited medicines and technology available, might help me outrun this thing long enough to see better tools and treatments—and perhaps a cure on the horizon.

Hope and community support:

Advances in treatment and research give me hope that a cure is more than a fantasy. I don't know whether it will come soon enough for my benefit, but more than ever, I believe in my heart of hearts that it will come for the young people with Type I reading my words.

Anything Else?

I've watched contemporaries struggle with and even succumb to Type I. My own journey has been more manageable thanks to an outstanding support system: my parents, sisters, friends, teachers, coworkers, health care providers, my wife Becky and sons Joe and John. Good health insurance through my father's employers and later my own helped me access medicines, technology and treatment. I've also been fortunate in what I call the gene lottery. Sometimes it's more important to be lucky than good, and I've certainly been lucky.

TYPE 1 HEROES

November is Diabetes Awareness Month

Rheagan Thompson



Age: 12
Hometown: Fluvanna, NY
Education: Grade 7, Maple Grove Junior/Senior High School
Activities: Basketball, volleyball, softball, youth group

Responses from her mother, Traci Thompson
Diagnosis and life changes:
Rheagan was diagnosed with Type I diabetes in September 2015, at just 20 months old. She has never known life without Type I diabetes. It has been part of her story for as long as she can remember.

Challenges and achievements:
One of the most challenging parts of living with Type I diabetes is the constant exhaustion that comes with it. There is always something to think about: monitoring blood sugar levels, calculating carbohydrates, managing insulin, and constantly making sure Rheagan is safe and okay. It is an around-the-clock responsibility, and there is very little opportunity to switch off or take a break.

When Rheagan was first diagnosed, it was especially difficult for her brothers. So much of our attention and energy had to go toward keeping her safe and, quite literally, keeping her alive. As parents, our focus naturally shifted toward managing her diabetes and learning how to navigate this new reality. Although it was necessary, it was also a huge adjustment for the entire family, and I know her brothers felt the impact of having so much of our attention focused on Rheagan.

One of our biggest accomplishments has been growing together as a family and learning to understand and manage Type I diabetes. What initially felt overwhelming has become something we navigate together. We have also become huge supporters and advocates of the Type I community, recognizing the importance of awareness, education, and supporting other families who are walking a similar journey.

We feel incredibly blessed that, despite the daily challenges of diabetes, Rheagan is able to live a relatively typical life. She can participate in activities, enjoy time with friends and family, and pursue the things she loves. While diabetes is always there in the background, we have learned that it does not have to define her or limit what she can accomplish.

Common misconceptions:
The biggest thing I wish people understood about Type I diabetes is that it has nothing to do with eating too much sugar or eating unhealthy foods.

My daughter can eat candy, cupcakes, and other sweets just like any other child. She is allowed to enjoy the foods she loves as long as her blood sugars are monitored and managed with the appropriate amount of insulin.

Hope and community support:
What gives me hope is seeing how far technology has advanced over the past 11 years since Rheagan's diagnosis. The improvements in technology have made it so much easier to monitor and manage blood sugar levels, giving us greater peace of mind and allowing Rheagan to gain more independence. Watching her become more confident and take on more responsibility in managing her Type I has been incredibly rewarding.

Judson Drumm McCann



Age: 17
Hometown: Brooklyn, NY
Education: Senior, Gould Academy
Activities: Freeski captain, lacrosse captain, prefect
Family: Grandson of Holly and Peter Sullivan of Lakewood

Diagnosis and life changes:
I was diagnosed in the summer of 2025, going into my junior year of high school. I was diagnosed just one week before going back to boarding school which forced me to change my entire lifestyle very quickly. This abrupt change forced me to learn how to manage my diabetes all on my own very quickly. Luckily, the nursing staff at my school helped ease the change very much, especially Daniella Pinto, who encouraged me to return to my normal routine, just now with a few extra factors.

Challenges and achievements:
Living with Type I is generally manageable. Apart from the occasional sleepless nights and crappy days, it all feels normal now. Prior to my diagnosis, I was extremely skinny, weighing around 125 pounds at 6 feet 2 inches. Right after I was first diagnosed, I was afraid to eat; I didn't know whether or not it was going to shoot my blood sugar up and everything was just so foreign to me. Getting back to the gym was scary after this. I had always wanted to gain weight, but now I was afraid to eat. Having Type I made it difficult for me to change my weightlifting routines and habits but eventually I did, and it became easier. With my blood sugars now manageable, I was finally able to gain weight and make real progress in the gym. Type I made me rethink how I went to the gym, and it was hard, but it never stopped me.

Common misconceptions:
Living with Type I is constant; this means no days off, and it is truly 24/7. My biggest challenges with Type I come up when other people try to determine what I can do and what I can't. People look at Type I as a roadblock, when really it's just a speed bump. I completed junior 4 point as a Type I, a nine-day winter camping trip in the Maine wilderness with no technology. When I was first diagnosed, most of my friends assumed that I couldn't go, but all I needed was a few extra planning steps, and it was all possible. Type I doesn't prevent anyone from doing anything; it just requires some extra planning.

Hope and community support:
This summer, I was able to spend two weeks volunteering at the Camp Nejeda Foundation: a nonprofit organization that gives children with Type I a place to be themselves. This experience was the first time that I really found the Type I community, and it was so rewarding. Working with younger campers gave me hope because I was shown that this disease doesn't have to take away from your life, only rethink some of it.

Anything Else?
Type I is not a full stop. There is nothing a diabetic can't do. The media has misrepresented diabetes as a negative, controllable thing when, in reality, it is a random and uncontrollable part of life. Diabetes does not define who you are; it only makes you stronger.

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SANTA ARRIVES IN FALCONER FIRST!

Contributed by

Falconer Rotary

The village will welcome Santa at 5 p.m. Saturday, Nov. 21, during its annual Santa Parade. Sponsored by the Falconer Rotary Club, the parade is a time-honored tradition that brings families, friends and neighbors together to kick off the holiday season.

The day's festivities begin with the Falconer Fire Department Auxiliary's annual Holiday Expo from 9 a.m. to 3 p.m. at the Falconer Fire Hall. The Falcon's Nest will host its Holiday Store Front from 10 a.m. to 3 p.m. Visitors are encouraged to come early, do some holiday shopping and stop in at Falconer-area businesses before finding a spot along the parade route.

Rotarians Alan Gustafson and Tom Stuart are co-chairing this year's parade, which will feature more than 35 units. Parade participants will line up at 4 p.m. at Falconer High School on East Avenue. The parade will begin on East Avenue, head west on East Main Street and end at Phetteplace Street.

Falconer resident Steve Trapani will return as master of ceremonies, introducing parade participants as they pass West Main Mercantile, 17–19 W. Main St., in the center of the village. Decorated floats and holiday music will set the stage for the evening's honored guest, Santa Claus, who will arrive aboard the Falconer Fire Department's antique Big Mack fire truck.

"People who came to this parade as kids now bring their own children and grandchildren," Gustafson said. "We're happy to be part of a tradition that gives families a reason to return to the Friendly Village of Falconer year after year."

Following the parade, the village will light its Community Christmas Tree at Coleson Park on Coleson Drive. Mrs. Claus will join Santa at the Santa House to greet children and their families. While they wait to see the guest of honor, children can enjoy the Sun-Dance Farm Petting Zoo, and families can purchase post-parade fare from the 3 Cs Catering food truck.

Each child who visits Santa and Mrs. Claus will receive an age-appropriate book from the Falconer Rotary Club as part of its ongoing efforts to promote literacy.

The Falconer Rotary Club has served the community for more than 86 years and thanks its sponsors for helping keep the parade tradition alive. The club appreciates the volunteers and parade participants who make the celebration possible and invite everyone to stay after the parade to enjoy the festivities at Coleson Park.

The Falconer Rotary Club meets at 7 a.m. on the first and third Thursdays of each month at the Falconer Firemen's Exempt Hall, 1 Coleson













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Opera House to Present FREE SUNY Fredonia Young Artists Concert



Contributed by

1891 Fredonia Opera House

The 1891 Fredonia Opera House Performing Arts Center will present a special free-admission concert featuring some of the most talented young students from the State University of New York at Fredonia's School of Music on Thur., Nov. 19, at 5:30 p.m.

Presented in partnership with School of Music Faculty Members Dr. Eliran Avni, and Dr. Natasha Farny, the performance is part of a concert initiative created to provide students the opportunity to perform in a variety of settings and to a broader audience. The event also serves to strengthen the collaborative relationship between the Opera House and the School of Music. The concerts feature both solo and ensemble performances.

Concerts are 60 minutes long and provide an opportunity to hear some of our area's incredible emerging artists. Past concerts have included works by Bach, Mozart, Prokofiev, Rachmaninoff, and Telemann, as well as many contemporary composers. Admission is free, although donations are gratefully accepted and applied toward piano tuning costs.

Opera House programming is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature, and by the United Arts Appeal of Chautauqua County.

The 1891 Fredonia Opera House Performing Arts Center is a member-supported not-for-profit performing arts center with a mission to "present the performing arts for the benefit of our community and region … providing access to artistic diversity … and high-quality programming at an affordable price." It is located in Village Hall in downtown Fredonia. For a complete schedule of events, visit www.fredopera.org.

Westfield Women's Organization 34th

Holly Tour 2026

November 22th 12:30pm – 5pm

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Blue June Blooms
63 E. Main Street



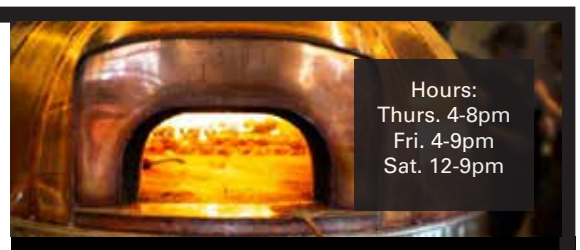
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- Blue June Blooms, Westfield, NY
- Eason Hall, Westfield, NY (Nov 21 & 22)
- Handcrafted From The Heart, Mayville, NY
- Tuscany Market & Deli, Fredonia, NY
- The Flower Cart, North East, PA
- Bag & String, Lakewood, NY



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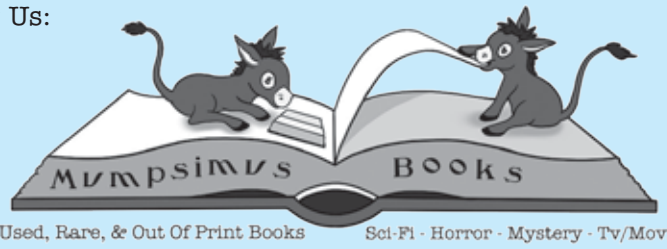
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Westfield Kicks Off the Holidays with its Annual "CHRISTMAS IN THE VILLAGE"

Contributed by
Village of Westfield

"Let There Be Light" parade of lights, lighting of the giant Christmas tree, Santa comes to town, horse drawn carriage rides, hot toddy crawl, holiday tea, lots of children's programming, holiday markets, spectacular downtown holiday window displays, make and take crafts, Christmas movies, fine dining, and roaming carolers.

A decades long tradition, begins the weekend before Thanksgiving, Friday November 20th, Saturday, November 21st through the Sunday, November 22nd, Christmas in the Village will bring Westfield's historic downtown alive with dozens of family friendly activities and events.

"We are so pleased to hold this popular event once again," said Marilyn Hemmer, chairperson of the planning committee. "We've been overwhelmed by the support and commitment of our local businesses and organizations. As always, the goal of our event is to provide a weekend of fun family friendly activities. Christmas in the Village always serves to uniquely usher in this magical and joyous holiday season in Westfield."

Activities begin on Friday. New this year, the Westfield Makerspace will have children's activities all day Friday and Sunday. Friday is also children's night at the Patterson Library, showing the movie "ELF", with popcorn and cocoa.

Saturday's activities begin with the Hall of Christmas holiday artisan markets at Eason Hall and the Makers Space (10-4), free horse drawn carriage rides (11-4) and a "Holiday Tea" at the YWCA, with sittings at 11 and 1 o'clock. Crafts and cookie decorating at the library (11-2). The McClurg Museum will be open for tours (11-3).

Enjoy the Hot Toddy Crawl throughout the village and beyond from 11-4. Participating shops, businesses and wineries serve complimentary drinks and treats. Look for the Hot Toddy Crawl sign in the window! Village maps and Tour of Westfield Cards will be available at Eason Hall, Peaceful Designs, Full Strength Coffee Co. or Blue June Blooms. After the crawl turn in completed cards at the same places listed above, to be placed in a drawing for gift cards from local businesses.

Meet Santa & Mrs. Claus and carolers while enjoying special holiday fare at our fabulous restaurants, visiting our art galleries, shops, wineries, library, theater and The Grape Discovery Center. The Christmas tree fantasy land returns to Blue June Blooms.

The "Let There Be Light" Christmas themed parade, a "moving festival of lights" hosted this year by Lake Shore Center for the Arts, has grown in size and popularity since it began in 2018. Beginning from the Westfield Family Physicians Parking Lot on Main on Saturday at 5:30 and ending at Moore Park; floats, tractors, cars, fire trucks, dancers, musicians and even walkers will dazzle spectators with lights, action and cheer. Would you like to participate and win prizes? Apply to be judged by filling out a simple application. Details are available on Facebook, or contact Sue Poster (248) 830-6058.

Immediately after the parade of Lights Santa will light Westfields giant Christmas tree in Moore Park. The celebration continues in the Gazebo with Santa, and munch on delicious Christmas Cookies, courtesy of the YWCA.

With sincere appreciation to our event sponsors Weed Ross Insurance, Tracy Bennett, CPA, Westfield Ag & Turf, Betts Insurance Agency, Westfield Optical Studio, North East Welch Credit Union, Al Holbrook, B & C Tax & Bookkeeping, LLC, Bob Ducato Insurance, The Westfield Exempt Volunteer Firemen's Assn, INC. and Inner Lakes Federal Credit Union for sponsoring the parade. We are especially grateful to our esteemed parade commentators, Doc Hamels of Chautauqua Sunrise and Rick Mascaro of Lake Shore Center for the Arts, our parade judges, and our Grand Marshals, Don & Judy McCord.





We are pleased to announce the return of the Westfield Women's Organization's Holy Tour
On Sunday the 22nd featuring beautiful homes decorated for Christmas. Purchase tickets at Eason Hall on Sat. & Sun.

On Sunday November 22nd is the Hall of Christmas Markets (10-4) and Carriage Rides (12-4). Enjoy "Gingerbread Cookie Decorating" with Mrs. Claus (2-4) at Eason Hall. Children's make and take activities at the Westfield Makers Space. The McClurg Museum is open for tours (11-3).

Westfield has ample free parking in conveniently located lots around downtown. All of Westfield's many restaurants and shops will be decorated for Christmas and have specials making this weekend a great time to start your holiday shopping.

Call Marilyn Hemmer for more information or questions at (716) 753- 6043 or email @ jm_hemmer@hotmail.com.

THE BURDEN OF DIABETES IN NEW YORK

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 40 million Americans are living with diabetes and face its devastating consequences. What's true nationwide is also true in New York.

- **Over 155 million Americans have diabetes or prediabetes**
- **1.5 million Americans are diagnosed with diabetes every year**
- **11 million Americans have diabetes and are undiagnosed**
- **Diabetes contributes to the death of nearly 400,000 Americans annually**

New York's diabetes epidemic:

- Approximately 1,906,000 adults in New York, or 10.8% of the adult population, have diagnosed diabetes.
- Every year, an estimated 124,000 adults in New York are diagnosed with diabetes.

The serious complications of diabetes include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.

Sources can be found at diabetes.org/SFSSources.
Find more statistics at diabetes.org/Statistics.

American Diabetes Month Celebrates What's Possible

Contributed by
American Diabetes Association

Every 21 seconds, someone in the U.S. is newly diagnosed with diabetes. As American Diabetes Month® approaches this November, the American Diabetes Association® (ADA) is working to raise awareness that a diagnosis is not the end of the story.

Throughout the month of November, the ADA is running a national educational and awareness campaign celebrating the progress made in diabetes care, the contributions that made progress possible, and the push for continued breakthroughs. The organization will be connecting with communities across the country at cinemas, at points of care, in rideshares, through sports, in online forums, on TV, and in other social spaces. No matter where people are on their diabetes journey, the ADA has programs and resources available to support them in living well— starting with knowing their risk.

Knowing your risk and being aware of the symptoms of diabetes is important. Thanks to advancements in care, early detection and treatment can prevent or delay diabetes and diabetesrelated complications, including heart, kidney, and eye disease; nerve damage; and more. People can discover their risk of type 2 diabetes and encourage others to do the same using the ADA's free 60-Second Type 2 Diabetes Risk Test at diabetes.org/RiskTest. People with a family history of type 1 diabetes should talk with their doctor about getting screened to find out if they have it or the autoantibodies that put them at risk for developing it.

The ADA also offers many additional resources to support people managing diabetes including:

- Nearby ADA-recognized diabetes self-management education and support programs
- Recipes, meal planning tools, and healthy living tips in Diabetes Food Hub®
- Information on diabetes-related conditions
- Consumer Guide to find the right products or supplies

"Whether you are newly diagnosed, already thriving with diabetes, or supporting others on their diabetes journey, there is an ever-growing world of possibility right now thanks to innovations in diabetes care, emerging research, and increasing awareness," said Charles "Chuck" Henderson, the ADA's chief executive officer. "The combined efforts of the diabetes community are changing lives.

Thank you."

Looking ahead, the ADA is accelerating investments in groundbreaking research to prevent, treat, and cure diabetes; in educational outreach; in advocacy for affordable, accessible care; and in communities to help people with diabetes thrive.

Visit diabetes.org to learn more about diabetes, access programming, and find ways to get involved.

American Diabetes Association®

Diabetes Is Expensive

Americans with diabetes have medical expenses approximately 2.6 times higher than those without. The total estimated cost of diagnosed diabetes in the U.S. was $412.9 billion in 2022, including $306.6 billion in direct medical costs and $106.3 billion in reduced productivity attributable to diabetes.

In New York, diagnosed diabetes costs an estimated $19.6 billion each year. In 2022:

- Total direct medical expenses for diagnosed diabetes were estimated to be $19.2 billion
- There were $310.0 million in estimated indirect costs from lost productivity due to diabetes

From Seven Students to Thousands of Possibilities: Infinity Celebrates 28 Years of Creativity, Community, and Opportunity.



Submitted Photo

Contributed by

Infinity Visual and Performing Arts

For 28 years, Infinity Visual and Performing Arts has helped shape the lives of young people in Chautauqua County. What begins as a music lesson, an art class, or a first performance often becomes something much greater: confidence, friendships, leadership skills, and a sense of belonging that students carry with them long after their time at Infinity ends.

On Thursday, November 19, Infinity will celebrate its 28th birthday, honoring nearly three decades of arts education and the people who have helped make its mission possible.

Infinity's story began in November 1998, when founder **Ron Graham**, with the support of parents and community leaders, launched the Infinity Performing Arts Project with just seven students taking music lessons in a parent's living room. The program soon grew under the umbrella of the Arts Council for Chautauqua County, moving from private homes into space at the Arts Council's downtown Jamestown facility. In 2005, Infinity became an independent nonprofit organization, and the following year, moved into its own space at 115 East Third Street.

Under the leadership of current Executive Director, **Shane Hawkins**, who joined Infinity in 2003 and assumed her current role in 2009, the organization expanded beyond music to include visual art, dance, and theater. As participation grew, so did the need for space. In 2014, with the support of local and regional foundations, private donors, and a grassroots fundraising campaign, Infinity moved into its current 14,100-square-foot facility at 301 East Second Street. That move represented more than a new home for a growing arts organization. It reflected a shared commitment to creating a place where young people could learn, create, perform, and develop their potential in the heart of downtown Jamestown.

Executive Director, Shane Hawkins says, "Infinity changes lives. Our students, certainly, but also our team and our community. Beautiful things happen when people feel supported, welcomed, and empowered to test their personal limits and fully express themselves in healthy ways. It takes a supportive community to make programs like this accessible for our young people. Join us as we celebrate the many people who have contributed to our mission, our growth, and our students' success."

Today, Infinity serves more than 1,700 young people annually through private lessons, group classes, performances, and community-based arts education. For some, Infinity is their first opportunity to pick up an instrument, explore an artistic interest, or discover a talent they never knew they had. For others, it's a place to find encouragement, build friendships, and feel part of something meaningful.

Infinity's dedicated staff and teaching artists build relationships with students that often span years, helping them develop artistic abilities alongside the confidence, perseverance, teamwork, and communication skills that will serve them throughout their lives. Those skills carry into higher education, careers, volunteer positions, and leadership roles, strengthening the very community that helped provide those opportunities in the first place.

Through affordable membership options, scholarship assistance, and community partnerships, Infinity works to ensure that financial circumstances do not stand in the

CONTINUED IN NEXT COLUMN

From Seven Students to Thousands of Possibilities: Infinity Celebrates 28 Years of Creativity, Community, and Opportunity.

Continued from Previous column

way of young people experiencing the benefits of arts education.

For nearly three decades, Infinity's growth has been made possible by families, instructors, staff, volunteers, local businesses, foundations, and individual supporters who believe in the importance in investing in our regions' young people. Together, they have helped build more than an arts education center. They have helped sustain a community resource whose impact continues through the students it serves.

Infinity invites the entire community to join its 28th Birthday Party on Thursday, November 19 at 7:00pm at the Infinity Center, 301 East Second Street, in downtown Jamestown. The evening will feature student performances celebrating the creativity and talent of today's young artists while honoring the generations of students, families, and supporters who have helped shape Infinity's story. Community members are encouraged to come out, enjoy the performances, and show their support for an organization that has been part of Jamestown's arts and youth development community for nearly three decades.

From seven students in a living room to thousands of young people discovering their potential, Infinity's story reflects what a community can accomplish when it comes together around a shared belief in its youth. Twenty-eight years later, that belief continues to shape Infinity's work and the opportunities it creates for future generations.

For more information about Infinity Visual and Performing Arts, visit www.infinityperformingarts.org.

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A BRIEF HISTORY OF CHRISTMAS TREES

Courtesy of
Metro Creative

Towering evergreen trees adorned in lights and other trinkets are a focal point of the holiday season. Christmas trees are placed in prominent locations in homes, typically in front of a large picture window or in the corners of large entryways. These awe-inspiring trees beckon people to inspect all of the ornaments and often are the first thing people envision when thinking of holiday decor. The tradition of the Christmas tree is believed to have begun in Germany in the sixteenth century. However, the National Christmas Tree Association says there may be earlier references to Christmas trees in other parts of the world as well. The first written record of a decorated Christmas tree comes from Riga, Latvia, in 1510. Men of a local merchant's guild decorated the tree with roses and then set fire to it. The rose was considered a symbol of the Virgin Mary. In the sixteenth century in Alsace, France, trees were sold in the marketplace and brought home and set up undecorated. Laws limited the size to "eight shoe lengths" or slightly more than four feet. Early German Christmas trees were adorned with apples, a holdover from earlier traditions when evergreen boughs hung with apples were used as props in miracle plays. These plays took place in churches on December 24, which was Adam & Eve's Day in the early Christian calendar. Evergreens have long been symbolic of life during the cold months of winter, calling to mind the promise of spring to come. Various cultures, including early Christians, featured trees during winter solstice celebrations. Some historians believe Martin Luther, a Protestant reformer who might have been inspired by stars in the night, was responsible for adding lighted candles to the Christmas tree. The Christmas tree was introduced to the United States by German settlers in the 1800s. Soon after those settlers' arrival, trees began to be sold commercially. President Franklin Pierce is credited with having the first Christmas tree at the White House. Today, Christmas trees are wildly popular, with the American Christmas Tree Association reporting that 94 percent of U.S. consumers plan to display one.



PLEASE RESERVE YOUR HOLIDAY AD SPOTS

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MAYVILLE WELCOMES PERFORMANCE AT PARADISO, NEW FITNESS FACILITY

Editor-in-Chief

Katrina Fuller

Mayville will soon be getting an upgrade in fitness and wellness, thanks to the anticipated opening of Performance at Paradiso, located at 11 S. Erie Street in Mayville. Owners Amy Martis, her husband, Marc, and their business partners, Hana and Jake Muller, are putting the finishing touches on the boutique gym and expect to welcome members soon.

"Performance at Paradiso is the first phase of our larger Paradiso development. Phase two will include Paradiso Spa & Suites, a Nordic-inspired spa and boutique accommodations," Martis said. "We believe both year-round residents and seasonal lake homeowners are looking for a convenient, boutique fitness facility where they can work toward their fitness goals closer to home."

The boutique gym boasts a great selection of equipment, including treadmills, ellipticals, bikes, stair climbers, a HOIST Smith machine, HOIST strength-training machines, free weights and a turf area with a sled.

"Our goal is to offer a little bit of everything in a comfortable, welcoming environment," Martis said.

Martis also owns Lake Life Cafe in Bemus Point and Lake Life Kitchen in Lakewood. She said she views the Paradiso developments as a natural evolution.

"Our goal was always to create places where people could come together and feel part of the community. We've been fortunate to build two businesses that have become gathering places for both locals and visitors," she said. "Paradiso feels like a natural next step. We've always had an interest in health and wellness, and we saw an opportunity to bring something new to Mayville. We wanted to create a space where people could focus on taking care of themselves, whether that's getting in a workout, grabbing a healthy smoothie or eventually enjoying the spa."

Martis said she and her business partners are excited to continue supporting and investing in these local communities.

"Mayville has so much potential, and we're excited to be part of its continued growth," she said.

As November marks Diabetes Awareness Month, Martis said the facility's approach includes encouraging realistic habits that support overall wellness and efforts to reduce the risk of Type 2 diabetes.

"I think the biggest thing is making healthy habits realistic and sustainable," she said. "Small changes, like walking more, incorporating strength training and making healthier food choices, can make a big difference over time. Regular exercise can also help reduce the risk of Type 2 diabetes. At Performance at Paradiso, we want to make fitness accessible and comfortable for everyone, regardless of their age or fitness level."

At Performance at Paradiso, Martis said there are opportunities for both fitness and healthier foods and beverages. Fuel at Paradiso, located inside the gym, offers protein smoothies, açaí bowls, specialty coffees and healthy grab-and-go options.

"Fuel is open to everyone, not just gym members," she added. "We wanted to create a convenient spot where people can grab something nutritious after a workout or simply stop in for a smoothie or coffee."

Membership options include a $10 daily rate, $20 weekly rate, $29 monthly rate or $325 annual membership. Once open, gym hours will be daily from 5 a.m. to 11 p.m. Staffed hours and Fuel hours will be Monday through Friday from 7 a.m. to 7 p.m. and Saturday and Sunday from 8 a.m. to 2 p.m. For updates, find Performance at Paradiso on Facebook or follow @performance_at_paradiso on Instagram. The business's website, www.paradisochq.com, is being finalized.

Submitted Photos













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CHQ Chamber Announces Michael Edwards as Keynote Speaker for Annual Meeting

Article Contributed by

Daniel J. Heitzenrater

Chautauqua County Chamber of Commerce
President and CEO

The CHQ Chamber is pleased to announce Michael Edwards, Director of the Jamestown Renaissance Corporation, as the keynote speaker for its 2026 Annual Meeting on Friday, December 11, at the Chautauqua Harbor Hotel.

Edwards will share his experience and insights on downtown revitalization and economic development, drawing from his work in communities including Chicago, Pittsburgh, Spokane, and Jamestown. His presentation will explore the importance of creating vibrant downtown districts, supporting local businesses, attracting investment, and building places where people want to live, work, shop, and connect.

As Director of the Jamestown Renaissance Corporation, Edwards leads downtown revitalization efforts focused on organization, design and rehabilitation, economic and business development, and marketing.

Previously, Edwards served as President and CEO of Chicago Loop Alliance for 13 years, where he led initiatives to strengthen the downtown experience through strategic planning, business development, placemaking, public space activation, events, and advocacy. He also held leadership roles with the Pittsburgh Downtown Partnership and Downtown Spokane Partnership and served as a principal with The Saratoga Associates, a New York-based urban planning consulting firm.

A recognized expert in downtown management, Edwards is a founding member of the Global Business District Innovation Club, a Senior Fellow of the Institute of Place Management, and a past member of the International Downtown Association Board of Directors. He frequently speaks internationally about the opportunities and challenges facing downtown districts. As the holiday season encourages shoppers to explore and support local businesses, Edwards' perspective offers a timely look at the connections between vibrant downtowns and thriving business communities.

"Strong downtowns and thriving local businesses go hand in hand," said Daniel Heitzenrater, CHQ Chamber President & CEO. "Michael brings a wealth of experience and a valuable perspective on how communities can create welcoming, engaging downtown experiences that encourage people to shop local, support businesses, and build connections. We look forward to hearing his insights and how they can help inform the continued growth of our communities throughout Chautauqua County."

The Annual Meeting will feature breakfast, networking, updates from the CHQ Chamber, the election of board members, and presentation of the Pam Lydic Coalition Builder Award, in addition to Edwards' keynote presentation. The event will take place at 8 am on Friday, December 11, at the Chautauqua Harbor Hotel. Tickets are $40 for CHQ Chamber members and $45 for non-members. Registration is available on the Chamber's online calendar at: chqchamber.org. The event is sponsored by: The Chautauqua Harbor Hotel, The Chautauqua Region Community Foundation, The County of Chautauqua Industrial Development Agency and Glenora Radio Network.

The Chautauqua County Genealogical Society Holiday meeting

will be held on Wed. Nov.18, 2026 at 6:30PM at the Cassadaga American Legion on Maple Avenue.

We will have a brief business meeting. Please bring a dish to pass to share. There will be pizza and soft drinks. Members, guests, family and the public are invited also to celebrate the 90th birthday of long time member Ruth Nichols, Town of Arkwright Historian. Yes, there will be cake.

We will have an "open mic" for brief presentations by members and guests, so bring something of interest, ie: item of interest, family stories, something about your own research to share with the guests, that brick wall of information you finally knocked down. Also, be thinking about doing a presentation of genealogical information about your family, local family, etc. The next meeting will not be until March, 17, 2027.

For additional information contact Gail Pugh Dash VP at 716 785 842

The Reg Lenna Center for The Arts heads into the holidays with 3 film screenings this week.


Submitted Photo

Contributed by

Reg Lenna Center for The Arts

Sense and Sensibility (Nov. 18 at 7 p.m. Rated PG. 132 minutes.) is an irresistible new take on Jane Austen's iconic novel: a charming, witty, and deeply relatable story of love and sisterhood starring Daisy Edgar-Jones and Esmé Creed-Miles.

Shiver Creek (Nov. 20 at 7 p.m. Unrated. 30 minutes) showcases a mix of technical street riding and backcountry snowboarding, representing two years of global filming across locations including Japan, Quebec, Kazakhstan, Lithuania, Finland, and the American rust belt. The screening will be followed by a Q and A with Warren, PA area filmmaker Bryden Bowley. Jamestown Skate Products will have an afterparty at 207 Pine St. featuring skating and music. The film screening is sponsored by Boardroom of Ellicottville and Salomon Snowboards.

A Christmas Story (Nov. 21 at 6 p.m. Rated PG. 120 minutes) is the 1983 holiday classic about 9-year-old Ralphie's quest to get a Red Ryder Carbine Action Air Rifle from Santa Claus. Scott Schwartz, who memorably stuck his tongue to a frozen flagpole as "Flick", will introduce the film, take audience questions, and sell signed memorabilia in the lobby after the showing.

Tickets for this event are on sale now. The Reg Lenna Center for The Arts box office is open Monday, Wednesday and Friday, 12-5 p.m. and one hour before movies and events. Tickets may also be purchased by calling 716.484.7070 or at reglenna.com. Reg Lenna Center for The Arts is located at 116 E. 3rd St. in Jamestown, NY.

The Reg Lenna Center for The Arts' programs are made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

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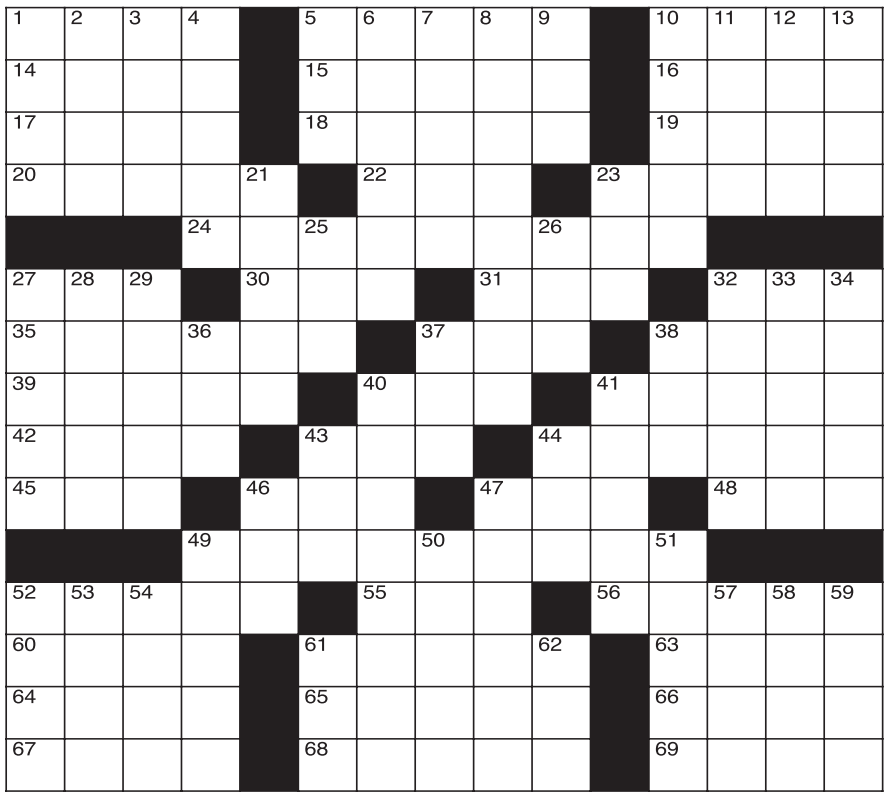
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							3	
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6	8	7		9				
4					5		9	
	5		2	1	8	6		
		9		5	2			1
			8	3		2	4	
		4			7			

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Level: Beginner

CROSSWORD



CLUES ACROSS

1. Perceive a sound
5. Pretends to be
10. Type of guitar
14. Actor Idris
15. A citizen of Iran
16. Creative
17. Keep under control
18. Weight unit for precious stones
19. You better call him
20. Fanatical
22. Male cat
23. Jewish spiritual leader
24. One who takes risks
27. A way to nail
30. Cool!
31. Progressive policy supporter
32. "Losing My Religion" rockers
35. Step-shaped recess
37. Round globular seed
38. Somewhat
39. Butterhead lettuces
40. Color at the end of the spectrum
41. Lines where fabrics are sewn together
42. Dodgers great Hershiser
43. Floor covering
44. Traveled aimlessly
45. Rocker Stewart
46. Body art
47. Congressman (abbr.)
48. No seats available
49. Categorizes
52. Iraq-Syria border town
55. Ballplayer's tool
56. Type of sword
60. Baseball team
61. Upper bracts of grass
63. Italian seaport
64. Ancient city in Syria
65. Shoelace tube
66. U. of Miami mascot is one
67. South American nation
68. "Nebraska" director Alexander
69. Upper body part

CLUES DOWN

1. German courtesy title
2. Ancient Greek City
3. Skin care manufacturer
4. A long-legged frog
5. Photo
6. Delivered a speech
7. Lute in northern Indian music
8. Decorated
9. Take a seat
10. Bottom layer
11. Type of horse
12. Ticket part
13. Defunct currency of Guinea
21. Challenges
23. Popular BBQ food
25. Subway rodent
26. By way of
27. Shady garden alcove
28. City in Egypt
29. __ and flowed
32. Large quantities of paper
33. Eurasian wheat
34. Act incorrectly
36. Layer of water right above sediment (abbr.)
37. Al Bundy's wife
38. Ocean
40. Large, round root
41. Sound units
43. Knock
44. Soak in water
46. Hot drink
47. A cotton fabric with a satiny finis
49. Rumanian city
50. Come back from being down
51. Vaccine developer
52. Canadian law enforcers
53. Wings
54. "Perry Mason" actor Raymond
57. Small fry
58. __ Clapton, musician
59. Gamble
61. Semi-liquid food
62. Consumed food

PUZZLE SOLUTIONS ON PAGE 25





Senior Scene *with Dana Corwin*

Diabetes: Take Action to Prevent It or Manage It Well

Contributed by

Kerry Mihalko, RD, CDCES
UPMC Chautauqua Diabetes Education Program Coordinator

Diabetes is one of the most common chronic health conditions in the United States. According to the Centers for Disease Control and Prevention, an estimated 40.1 million Americans, or 12% of the population, had diagnosed or undiagnosed diabetes in 2023. Approximately 11 million adults with diabetes did not know they had it. An additional 115.2 million adults had prediabetes, meaning their blood sugar was above normal but not yet high enough to be diagnosed as diabetes.

Prediabetes and type 2 diabetes often develop gradually and may not cause noticeable symptoms at first. Risk factors include having overweight or obesity, being physically inactive, having a family history of type 2 diabetes, having had gestational diabetes, and being age 35 or older. Because people may feel well even when their blood sugar is elevated, regular screening is important. A healthcare provider may use an A1C test, fasting blood glucose test, or oral glucose tolerance test to identify prediabetes or diabetes.

The good news is that type 2 diabetes can often be prevented or delayed. For people with prediabetes, losing approximately 5% to 7% of starting body weight and completing at least 150 minutes of moderate physical activity each week can significantly reduce the risk of developing type 2 diabetes. Participation in a CDC-recognized National Diabetes Prevention Program can reduce the risk by 58%, and by 71% for adults over age 60.

Healthy eating is another important step. Meals should emphasize vegetables, whole grains, beans, lean protein, fruit, and appropriate portions of low-fat dairy products. Sugary drinks, sweets, highly processed foods, and oversized portions should be limited. A simple approach is to fill half the plate with non-starchy vegetables, one-quarter with lean protein, and one-quarter with a carbohydrate food such as brown rice, beans, corn, or a small baked potato. Drinking water instead of sugar-sweetened beverages can also reduce added sugar and excess calories.

After a diabetes diagnosis, these same habits remain important, but treatment should be individualized. People with diabetes should take medications as prescribed, monitor blood sugar as directed, and keep regular appointments with their healthcare team. Their care plan may also include routine A1C testing and monitoring of blood pressure, cholesterol, kidney health, vision, and foot health. Exact blood sugar and A1C goals should be established with a healthcare provider based on age, medications, other health conditions, and the risk of low blood sugar.

Diabetes Self-Management Education and Support, commonly called DSMES, can help individuals learn how food, activity, stress, illness, and medication affect blood sugar. These services support practical skills such as meal planning, glucose monitoring, medication use, problem-solving, and reducing the risk of complications. DSMES participation has been shown to lower A1C and help prevent or lessen diabetes-related complications. Whether the goal is preventing type 2 diabetes or controlling blood sugar after diagnosis, small and consistent changes can make a meaningful difference. Knowing personal risk, completing recommended screening, staying active, choosing balanced meals, and seeking support early can protect long-term health and reduce the risk of heart, kidney, eye, nerve, and circulation problems.

UPMC Chautauqua offers the National Diabetes Prevention Program and Diabetes Self-Management Education and Support. For more information, please call the Diabetes Education Center at 716-485-7474.



Open House at the Historic Marvin House

Festival of Trees | November 19 | 4–7 p.m.



Photo caption, Heidi and Randy Anderson admire a tree decorated with glass ornaments made in Czechoslovakia

Contributed by

Marvin House

The historic Marvin House invites the public to its Festival of Trees Open House on November 19 from 4 to 7 p.m. at 2 W. Fifth Street in Jamestown. Admission is free, and everyone is welcome to experience the magic of the holiday season in this remarkable historic home.

Visitors can explore 12 beautifully decorated Christmas trees adorned with rare and distinctive ornaments donated by a lifelong collector. Seven trees will be displayed on the first floor and five on the second floor. Also look for eight festive wreaths, and seven mantels decorated with Santas and Christmas nutcrackers throughout the house.

Guests can enjoy the charm and character of the historic home, surrounded by seasonal decorations, holiday music, Christmas cookies, and beverages. Handicap access and assistance will be available to help visitors enjoy this special holiday experience.

Whether drawn to cherished Christmas traditions, vintage collectibles, or festive holiday décor, visitors will discover something special at the Marvin House's Festival of Trees.

This year, the Marvin House celebrates its Diamond Jubilee — 75 years of empowering and celebrating women in Chautauqua County. In December 1951, 400 women became charter members of the Elizabeth Warner Marvin Community House, fulfilling Elizabeth's wish that her home serve as a gathering place for women's organizations dedicated to education, civic engagement, and the moral, mental, and creative improvement of women.

Seventy-five years later, Elizabeth's legacy lives on in a welcoming place where women gather, ideas flourish, history is preserved, and community connections grow.

The Festival of Trees is one of the special events planned to commemorate this milestone anniversary and honor Elizabeth Warner Marvin's enduring legacy.

The Marvin House is a stunning example of E.G.W. Dietrich's Shingle Style architecture, where distinctive architectural elements blend to create a home of remarkable character and charm. Concerned about the future of her beloved home, Elizabeth Marvin took steps to preserve her legacy through a bequest in her will. Following her death in 1950, the women of Jamestown established the Marvin Community House, ensuring that her vision would continue for generations to come.

For more information, please contact the Marvin House:

The Marvin House
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7	9	6	5	8	1	4	3	2
2	3	8	9	4	6	5	1	7
6	8	7	3	9	4	1	2	5
4	1	2	6	7	5	3	9	8
9	5	3	2	1	8	6	7	4
3	6	9	4	5	2	7	8	1
1	7	5	8	3	9	2	4	6
8	2	4	1	6	7	9	5	3

H	E	A	R		P	O	S	E	S		B	A	S	S
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PUZZLES ON PAGE 23

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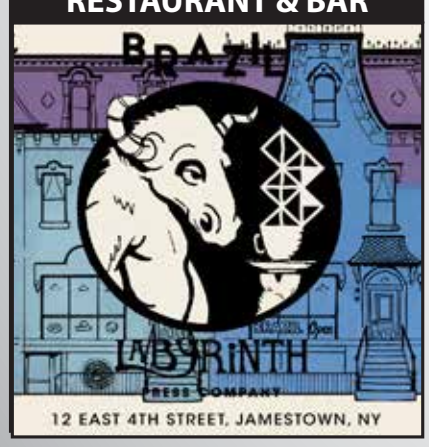
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Mon, Dec. 7 - The Second Annual December Edition: Our biggest, merriest, jolliest Gazette of the Year!


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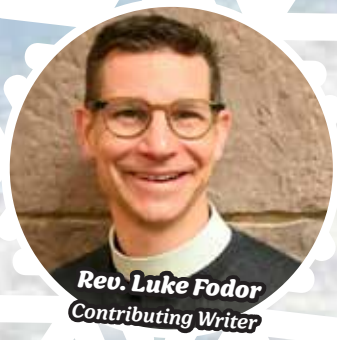

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From May to October: A Lake Under Pressure

Chautauqua Lake South Basin | 2026

MAY 27, 2026



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OCTOBER 27, 2026



Imagery: Copernicus Sentinel-2, true color

An unusually long algal bloom season

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