



# CHAUTAUQUA GAZETTE



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THE BIG GAME EDITION



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## SUPER BOWL LX

### SEATTLE SEAHAWKS VS. NEW ENGLAND PATRIOTS




Contributing Writer  
**Jordan Nicholson**

## IT'S GROUNDHOG DAY FOR OUR HOMETOWN TEAM


Well it's the offseason...again. The best thing that can be said about it is that the Sabres are good. Like really good. But that doesn't change the fact that Groundhog Day will be spent lamenting a lost season of Josh Allen's prime. Worse yet, it's another Groundhog spent trying to figure out how to hex the New England Patriots.

Let's clear up a couple things about the actual holiday. It's Groundhog Day, not "Groundhogs Day." Punxsutawney is the only town that can lay claim to an actual Groundhog Day prediction and I will die on that hill. Due respect to

CONTINUED ON PAGE 11



## THE SEATTLE SEAHAWKS: From the "Kingdome" to Redemption



Featured Writer  
**Kenny Macdonald**

I have a soft spot for the "Chickenhawks," having lived in the Seattle area on-and-off from 2000-2019; to see them win in 2014 against Denver, then LOSE to the Pats in 2015 still stings a bit. In 2006, I was living in Buffalo, so I became an automatic Bills fan when the Steelers got the better of them. So much the better, as a high school acquaintance, Casey Hampton, got his first of two Super Bowl rings that year.

CONTINUED ON PAGE 10



## THE NEW ENGLAND PATRIOTS: From Brady to the Beyond



Featured Writers  
**Zach & Will Stahlsmith**

We have been fans of the New England Patriots our entire lives, perhaps an odd reality for folks born and raised in western New York; but raised the right way as a Patriots fan. Our dad is originally from Springfield, Massachusetts, so essentially that is why we are Patriots fans. Along with our other brother, sister, and our mom, we have all been raised up to be Patriots fans.

Growing up with the greatest football player of all


CONTINUED ON PAGE 10

## SECOND ANNUAL FRIENDS OF THE GAZETTE CAMPAIGN

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Signup now to be listed weekly among our much-appreciated "2026 Friends" beginning in our NEXT edition!  
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*"It's not whether you  
get knocked down, it's  
whether you get up."*

— Vince Lombardi





# THIS WEEK AROUND TOWN

## TUESDAY, FEBRUARY 3

**Cinema Series: Song Sung Blue** | 7:30 PM  
1891 Fredonia Opera House Performing Arts Center | Fredonia  
For Info: fredopera.org

**The Diary of Anne Frank** | 7 PM  
Lucille Ball Little Theatre | Jamestown  
For Info: lbtj.com

## WEDNESDAY, FEBRUARY 4

**Winter Seed and Sow**  
5:30 PM-6:30 PM  
Chautauqua Watershed Conservatory | Lakewood  
For Info: info@chautauquawatershed.org

## WEDNESDAY, FEBRUARY 4

**Movies at The Reg: Song Sung Blue** | 7 PM  
Reg Lenna Center for The Arts | Jamestown  
For Info: reglenna.com

## THURSDAY, FEBRUARY 5

**Craft & Sip Group** | 7 PM-10 PM  
Labyrinth Press Company | Jamestown  
For Info: Labyrinth Press Company Facebook Page

## FRIDAY, FEBRUARY 6

**First Friday** | 11 AM-12 PM  
Audubon Community Nature Center  
From Info Info: AudubonCNC.org

**Galentine's** | 6 PM-8 PM  
Art Cloth & Craft | Jamestown  
For Info: artclothandcraft.com

**Movies at The Reg: Is This Thing On?** | 7 PM  
Reg Lenna Center for The Arts | Jamestown  
For Info: reglenna.com

**Wine & Chocolate Weekend**  
12-5 PM  
Lake Erie Wine Country  
For Info: https://www.lakeeriewinecountry.org/events

**Frozen 50k** | 8 AM-4 PM  
Cassadaga Community Center | Cassadaga  
For Info: runsignup.com/Race/NY/Cassadaga/Frozen50K

**National Theatre Live: Mrs. Warren's Profession** | 1 PM  
1891 Fredonia Opera House Performing Arts Center | Fredonia  
For Info: fredopera.org

## SATURDAY, FEBRUARY 7

**Wine & Chocolate Weekend** | 10-5 PM  
Lake Erie Wine Country  
For Info: https://www.lakeeriewinecountry.org/events

**The Diary of Anne Frank** | 7 PM  
Lucille Ball Little Theatre | Jamestown  
For Info: lbtj.com

## SUNDAY, FEBRUARY 8

**The Diary of Anne Frank** | 2 PM  
Lucille Ball Little Theatre | Jamestown  
For Info: lbtj.com

**Wine & Chocolate Weekend** | 10-4 PM  
Lake Erie Wine Country  
For Info: https://www.lakeeriewinecountry.org/events

# 2026 Winter Olympics: Everything You Need to Know

## When & Where

**Dates:**  
**Opening Ceremony: February 6, 2026**

**Competition: February 6–22, 2026**  
Some events begin as early as February 4 with non-medal competition.

**Host: Milan and Cortina d'Ampezzo, Italy**  
(This is a historic first where two cities are official co-hosts of the Winter Olympics!)

**Opening Ceremony:** San Siro Stadium, Milan.  
**Closing Ceremony:** Verona Arena (a Roman amphitheater).  
**Participating Athletes:** Over 2,900 athletes from over 90+ countries.  
**Medal Events:** 116 medal events spanning 16 different disciplines across 8 sports categories.

## What's New in 2026

Ski Mountaineering makes its Olympic debut! Plus new events have been added, including women's large hill ski jumping, women's doubles luge, and a mixed-team skeleton event, among others.

## Event Locations & Venues

**Events are spread across multiple regions of northern Italy:**

**Milan:** Ice sports (figure skating, ice hockey, speed skating) in the Milan cluster.  
**Cortina d'Ampezzo / Dolomites:** Alpine skiing and other mountain disciplines.

Other Alpine towns like **Bormio, Livigno, and Tesero** host skiing and snowboarding events.

**This distribution makes Milano-Cortina 2026 one of the most geographically widespread Winter Games in history.**

## Team USA & Other Competitors

The United States is sending its largest Winter Olympic team ever: 232 athletes (115 women, 117 men) across 16 sports.

## Where to Watch

The Games will be broadcast on NBC and streamed on Peacock/NBC platforms with expanded coverage, including a dedicated Olympic "Gold Zone" whip-around show.

## Winter Paralympics

Following the Olympics, the 2026 Winter Paralympics will be held March 6–15, 2026 in Milan and Cortina, featuring about 665 athletes & 79 events in six sports.



*"We're playing for each other, and that's our greatest motivation."*

- Nick Sirriani, Head Coach, Philadelphia Eagles  
1999 Southwestern High School Graduate

## SECOND ANNUAL FRIENDS OF THE GAZETTE CAMPAIGN

### HOW TO JOIN/RENEW

**Online:** Visit CHQgazette.com to join or renew.

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Pay all at once or spread your support throughout the year by signing up for a monthly credit card autopay.

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Editorial with Lori Cornell

# Fun & Games?



Owner & Publisher

**Lori Cornell**

with support from

Katrina Fuller, Editor-in-Chief

Here at the Chautauqua Gazette, we are proud to serve as our community's feature newspaper that tells the story of our area. We work hard to stay true to our mission to showcase Chautauqua County as a great place to live, work and visit. We endeavor to represent our thriving small business community and the many dedicated organizations and exciting events that make us so special. We theme each edition to fit the season and the spirit of our place in time, with every consideration, collaborative tie-in and creative angle we can.

We leave the "hard news" and the on-the-beat reporting to our friends in the daily newspaper business. We don't pull from the AP wire or editorialize on politics in general. But, after the events of the past few weeks, our theme for this edition just didn't sit right with me. I just couldn't bring myself to write about tailgating and football parties after some of the things that have happened in the past several days.

Yes, every first week in February, it's exciting to join together as a community to celebrate the time-honored tradition of the annual National Football League's Super Bowl. Football generally makes for good, clean fun right here in Chautauqua County. But multiple times when I read through the news this week, I was brought to tears. Sure, news coverage is very realistically not always good news, nor is it expected to be so in the "real world." I won't launch into a litany of examples, but human nature and the world at large are not all sunshine and rainbows all of the

time - as any plugged-in participant in our global society knows. I do my best to stick to our mission and don't dabble in worldly affairs. However, this week is different.

Our theme this week celebrates the Super Bowl, but in the midst of raw emotion, I haven't been thinking about fun and games.

I hear stories of battered faces, bruised bodies and weeping in the streets, and I think of the beautiful Mexican migrant mushroom workers with whom I prayed as a post-graduate Americorps volunteer decades ago.

I hear stories of children separated from their parents and I think of my own children, as a mother.

I hear stories of a nurse killed, and I think of my sister-in-law, mother-in-law and all those so dedicated to protecting others in health care.

I hear stories of detained patients left without their life-dependent medicines and I think of my Type I sons who would die without insulin.

I hear stories of the international children at my sons' school, now carefully trained to respond and protect themselves.

I hear about the elderly, the confused, the naturalized and even the born and raised Americans living in terror because of the color of their skin, their associations, their status and other unknowns.

I hear about fellow humans in pain this week, and I am jarred. This is America, the land that I love. The land of the free and the home of the brave. But you might not know it from watching the news this week.

Yes, I will enjoy the "Big Game" this Sunday with my loved ones, and so too should you. But, forgive me this week, it just doesn't feel right to editorialize only about fun and games.

May God bless all those alone and afraid this week, too.



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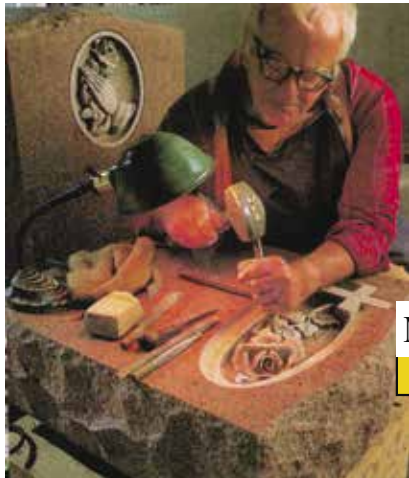




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# Faith Matters

## Groundhog Day and the Glory of the Mundane



Featured Writer

**Matt Wolfe**

Westfield First Baptist Church

By the time this appears in print, we will have heard whether or not Punxsutawney Phil saw his shadow. Based on this dubious forecasting technique, we'll know whether we're in for another six weeks of winter or due for an early spring. Of course, if the last couple of weeks here in Western New York are any indicator, winter's not letting up any time soon. For most of us, that means weeks more of the mundane, the commonplace and the otherwise unspectacular existence that we "endure." In other words, February.

But there's another way of looking at February, one that Groundhog Day can point us toward. Now, I'm not thinking so much about the date itself but the early nineties romcom movie starring Bill Murray and Andie MacDowell. For those unfamiliar with the film, the narrative is based on Phil Connors, a rude, self-absorbed Pittsburgh weatherman played by Bill Murray, getting stuck in a timeloop on February 2 in, of all places, Punxsutawney, Pa. As the story unfolds, he's forced to endlessly repeat the events of February 2. But as the plot progresses, we see Connors go from a cynical, manipulative, self-centered jerk to a caring, thoughtful, selfless member of the community, there in that small town. Before it's all said and done, he learns to love the people by seeing how the mundane isn't so bad after all. In fact, he comes to see it as worthwhile, noble and even glorious.

Of course, those who know the teachings of the New Testament could have spared Connors all the disenchantment, vanity and despair he had to endure in the first half or so of the movie. They could have told him that the Bible has taught all along that there's much glory to pursue and experience in the commonplace and mundane ... that is, if we'll see it. Consider the letters of the Apostle Paul to early Christians. In these letters, he's typically writing to fellow believers whose everyday lives are dominated by the unspectacular, commonplace and monotonous. Many of those men and women, living under the rule of the Roman Empire, were bondservants in households with

little chance of ever being able to purchase their freedom. Large numbers of them were un- or under-educated. Others were widowed. All of them were part of what was then a religious minority that was looked down upon by much of Roman society. In short, the average Christian in Paul's day was looking not just at February but at an entire life filled with the otherwise mundane and unglamorous.

But Paul wrote to these men, women and children to remind them that they were all supremely loved by God, a God who sent his son to be their Savior and Lord, and now, having come to know this God of love through his son, Jesus, everything they did in his name mattered! Everything! Children giving respect to their parents; parents lovingly caring for their children; husbands and wives putting their spouse's needs before their own; and household servants laboring with integrity and excellence. In other words, the mundane things of life were meaningful, valuable and brought glory to God and joy to his people. His letter to the Colossians puts it this way:

"Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ." (Colossians 3:23-24—ESV)

If you're a believer, the next several weeks can be more than "killing time." You can do more than just "endure" February. You can use it to serve the Lord Christ. You can redeem it in a way that will bring glory to God, joy to your own heart and blessing to others. Fellow believer, you can, with God's amazing grace as the animating force in your life, live in a way that taps into the glory of the mundane. What might that look like? It might mean taking a few extra moments to lend a loving, listening ear to that chatty fellow shopper you bump into in the market, letting them know that you'll be praying for them. It could mean something as simple as telling your spouse that you'll do the dishes that evening. It might mean praying over your kids as you give that scarf a final wrap before sending them off to school. Staying behind to help close up, even though it's not technically your day to do so. Or helping that older neighbor shovel out his driveway. The possibilities are endless, and the joy is lasting. So, ask God today to show you how to find the glory in the mundane, and see where he leads you for his glory and your joy.

Matt Wolfe is the Senior Pastor at First Baptist Church, 19 Union Street, Westfield, NY. Visit [fbcwestfield.com](http://fbcwestfield.com) for more information or search "FBC Westfield NY" on YouTube for videos of services.





God, grant me the  
**SERENITY**



to accept the things I cannot change, the

**COURAGE**

to change the things I can, and the

**WISDOM**



to know the difference



*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](mailto:cornell@CHQgazette.com).*



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## Chautauqua County Office for Aging Services to Announce New Program Supporting Seniors Living at Home

*Contributed by*  
**Chautauqua County Office  
for the Aging**

**WHAT:** Chautauqua County Office for Aging Services (OFAS) will announce the launch of the “**Tune Unmet Needs Funding**” initiative, a program designed to help seniors maintain and improve their homes through a partnership with the **Chautauqua Home Rehabilitation and Improvement Corp. (CHRIC)**.

**WHO:**  
**Dana Corwin**, Director, OFAS  
**Bridgette Paoletta**, NY Connects Coordinator  
**Josh Freifeld**, CHRIC Representative

**WHEN:** Tuesday, February 3, 2026 at 12:30 p.m.

**WHERE:** Room 333, Gerace Office Building 3 N. Erie St., Mayville, NY

**WHY:** The Tune -Unmet Needs program provides seniors with access to trusted contractors and funding support to maintain safe and comfortable homes while stabilizing neighborhoods.

**MEDIA OPPORTUNITIES:**

- Speakers’ remarks
- Q&A session
- Photo opportunities with participants

*For questions or to confirm attendance, contact: Justin Gould: [gouldj@chqgov.com](mailto:gouldj@chqgov.com). While in-person attendance is encouraged, a video recording and livestream of the press conference will be available online at [www.youtube.com/@ChautauquaCounty](http://www.youtube.com/@ChautauquaCounty).*



**HOURS:**

**Monday & Tuesday - Closed**  
**Wednesday & Thursday - 5 pm – 12 am**  
**Friday & Saturday - 5 pm – 2 am**  
**Sunday - 6 pm – 11 pm**

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## Applications being accepted for next INVESTU class

*Contributed by*  
**The Resource Center**

People who are weary of living paycheck to paycheck and are interested in improving themselves and their community are invited to apply for the next INVESTU workshop.

INVESTU is a 16-week program designed to support people in building resources to create better lives for themselves and their families. In three-hour weekly group sessions, participants learn from one another and investigate their own experiences of poverty. A free meal is provided at each session, and participants receive gift cards for the work they do each week.

INVESTU is operated by The Resource Center, with support from the United Way of Chautauqua County. The program is based on the book, "Getting Ahead in a Just-Gettin'-by World" by Phil Devol. The first local INVESTU workshop was held in 2021, and since then 31 people have graduated from

the program. They have improved their own lives and are working to help improve their communities, since INVESTU graduates are expected to volunteer at local human service organizations.

"This is a great opportunity for anyone who is tired of living paycheck to paycheck or not having enough at the end of the month, and wants to make sustainable changes," said Beth Jermain, The Resource Center's support option administrator, who serves as one of the INVESTU facilitators. "It's not just about how they got where they are now. It is also about what comes next to build the life they want, learning how to build positive resources and relationships in order to move themselves toward a thriving, more stable life."

Applications will be accepted until Wednesday, Feb. 4. Workshop classes will begin in February and will run until June. People can apply online at [resourcecenter.org/investu-application](http://resourcecenter.org/investu-application). For more information, phone Jermain at 716-490-4635.



## Archie's Airport Diner Set to Take Off at Chautauqua County Airport This March



Matt Newton, Owner of Archie's Airport Diner at Chautauqua County's Jamestown Airport, is set to open for business in March. The new full-service diner will offer breakfast and lunch while honoring the County's rich aviation history.

*Contributed by*  
**Chautauqua County**

**Chautauqua County's Jamestown Airport will soon welcome Archie's Airport Diner, a new full-service breakfast and lunch destination opening in March. Family, Food, Flight. The three things are the inspiration for Archie's Diner, according to owner Matthew Newton.**

The Newton family has a long history of aviation in Chautauqua County, dating back to the 1920s. Archie Sr. was a WACO plane dealer and had a flight school at Falconer Field. Archie Jr. received his pilot license at Jamestown airport in 1940, and from there became a pilot for Pan Am. Joining the war

effort through CNAC, he flew over 100 sorties over the "Hump", flying DC3s while encountering some of the most dangerous conditions to fly on the planet.

Douglas, Matt's father, joined the Airforce and instead of flying the planes, he had a more important job, keeping the planes airworthy and the pilots and crew safe. Douglas instilled the value of hard work, adventure, and the value of taking a risk, says Matt.

Matt has extensive restaurant experience, and a love for food. The menu will be "diner centric", specializing in hearty breakfasts and homestyle lunches including a large selection of "grab and go" breakfast sandwiches and lunch specialties.

"I can't believe I get to watch planes and make food" "a dream come true", says Matt. who also received his pilot license at the same airport as his grandfather. Archie's will be looking to receive a liquor license by summer and has plans for special dinners and fun fly in events. All with the absolute best views in the county!

"This is exactly the type of development we want to see at our County airport," said County Executive Paul M. Wendel Jr. "Archie's Airport Diner not only honors Chautauqua County's aviation heritage, but also brings new energy, jobs, and opportunity to the facility and the surrounding community."

The walls of Archie's will showcase historic memorabilia honoring local aviation pioneers, who helped shape the skies over Chautauqua County.

"We're thrilled to welcome Archie's Airport Diner to Chautauqua County Airport," said John Machemer, Deputy Director of Public Facilities. "Matt's energy, vision, and commitment to honoring aviation history while creating a vibrant dining experience are exactly the kind of business development and growth we want to see at the airport. This is a great step forward for our community and for the airport's future."

Grand Opening details will be announced soon. Follow Archie's Airport Diner on Facebook for updates, opening dates, and event announcements.



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*"Our goal is never to get comfortable, but to constantly push ourselves to be better."*

- Andy Reid, Head Coach, Kansas City Chiefs





# CLOSING HERITAGE VILLAGE SO HERITAGE MAY CONTINUE TO SERVE IN OUR COMMUNITY

Contributed by

**Lisa Haglund, CEO**  
Heritage Ministries

The decision to close Heritage Village is one of the hardest decisions our organization has ever faced. No one who has not sat in a leadership role—staring at financial realities while thinking about residents, families, and employees—can fully understand the weight of it.

The loudest voices right now are often the angriest. **They are not always the most informed. And they are rarely the ones doing the work.**

The people doing the work are our employees.

For years—quietly, tirelessly, and often without recognition—our teams have shown up every day to care for Chautauqua County's loved ones. They are not the ones flooding social media. They are the ones lifting, feeding, comforting, advocating, and staying late. They do this while facing staffing shortages, public criticism, and a healthcare system that is fundamentally broken.

That truth deserves to be said out loud. EVERY DAY!

## The facts matter.

When current leadership took over, Heritage was carrying more than \$80 million in long-term debt. Today, that debt has been reduced to \$34 million, with a clear, strategic plan to reduce it further to \$22 million by the end of 2026. That is a reduction of more than \$46 million, achieved during inflation, a global pandemic, and the most challenging healthcare environment in decades.

We made difficult decisions to exit out-of-state communities so we could focus our limited resources on Chautauqua County—our home.

*"Closing Heritage Village is heartbreaking. It means relocating residents who see this building as home. It means disrupting employees' lives. It means ending a legacy. But it also means taking a necessary step to ensure that Heritage can continue serving this county, support our hospital partners, and keep care local rather than forcing families to send loved ones out of county."*

Heritage Village currently serves fewer than 30 residents in a 129-bed building, resulting in a cash loss of over \$2 million per year, largely due to Medicaid reimbursement that does not cover the cost of care and a facility that had been long neglected for capital investment. Continuing to operate under those conditions would jeopardize the stability of the entire organization—and every other resident and employee we serve.

Closing Heritage Village is heartbreaking. It means relocating residents who see this building as home. It means disrupting employees' lives. It means ending a legacy. But it also means taking a necessary step to ensure that Heritage can continue serving this county, support our hospital partners, and keep care local rather than forcing families to send loved ones out of county.

## A word about our people.

I will tolerate criticism of my decisions. I will not tolerate attacks on our teams.

Our employees are extraordinary. They work long, thankless hours doing work most people could not—or would not—do. Until you have done that work, your opinion carries little weight with me.

Our executive team is not overpaid. In fact, they are paid less than prior executives, less than peers in comparable roles across the region, and each serves in multiple roles. Several have donated salary and countless hours because they believe in this mission. I do the same. No one is getting rich here—we are

trying to keep the doors open.

Many facilities closed before us. Many more will close after. We stayed open longer than others not because it was easy or logical, but because we are fighting—imperfectly, relentlessly—to transform, stabilize, and survive. We do this because 600 employees cannot all be laid off at once. Because many of us have had parents cared for in these buildings. Because we know that without this fight, families will be forced to leave the county for care.

## To our teams:

We see you. We know your fight is showing up short-staffed, dealing with call-ins, trying to change culture while still providing compassionate care. Our fight is different—but it is for the same reason: to make sure we survive.

We are fighting legacy debt. We are fighting to protect benefits, manage rising insurance costs, navigate legal and regulatory complexity, modernize



Lisa Haglund and Sarah Daly of LeadingAge, advocating in Washington, DC for Heritage

technology, and build new revenue streams so that in the years ahead, we don't just survive—we stabilize and grow.

We cannot do this without you.

So ignore the noise. The loudest voices are rarely the ones making the greatest difference. What you do matters. It always has. And together, we will show this community exactly what we are made of.



Heritage team, fundraising for Heritage at the FriYay event held at Southern Tier Distillery last November.

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## CHAMBERS TO HOLD COLLABORATIVE EVENT AT AUDUBON



In a collaborative effort, Audubon Community Nature Center and the Chambers of Commerce in Chautauqua and Warren Counties will hold a join Business After Hours event March 25. Pictured with Audubon's woodpecker are (L-R): Nichole Eckman, CHQ Chamber Office Administrator; Aaron Sidder, Audubon Community Nature Center Executive Director; Jenny Phillips, Warren County Chamber of Business & Industry Marketing Director; Caroline Johnson, Warren County Chamber of Business & Industry Office & Communications Manager; Antoinetta Lindell, Warren County Chamber of Business & Industry President/CEO; Bob Lingle, CHQ Chamber Director of Membership Development; Sheila Webster, CHQ Chamber Director of Marketing, Communication and Governmental Affairs; Staunzie Grady, CHQ Chamber Director of Events; Savannah Casey, Warren County Chamber of Business & Industry Director of Operations; Dan Heitzenrater, CHQ Chamber President & CEO.

### *Contributed by* **Chautauqua County Chamber of Commerce**

After a tremendously successful first year, Audubon Community Nature Center, located at 1600 Riverside Road, Jamestown, will once again host the CHQ Chamber and the Warren County Chamber of Business and Industry in a collaborative Business After Hours Event, on Wednesday, March 25, from 5:30-7:30pm.

CHQ Chamber President & CEO Daniel Heitzenrater noted, "We are excited to be working once again with our neighbors from the Warren County Chamber of Business and Industry, and with our friends from Audubon Community Nature Center. Business doesn't stop at a line on a map, and we recognize Chautauqua and Warren Counties share many customers and favorite local businesses. Audubon especially serves people across state lines drawing visitors from both Chautauqua and Warren Counties, and to all three of our organizations this feels like a natural collaboration."

Savannah Casey, Director of Operations for the Warren County Chamber of Business and Industry said, "This collaborative event with

the CHQ Chamber demonstrates the power of regional partnerships. By joining forces, we're not only expanding our reach to a larger audience of businesses but also fostering stronger connections within our broader regional economy. This collaboration benefits both our members and the communities we serve."

Audubon Executive Director Aaron Sidder stated, "Since Audubon is located between Jamestown and Warren, we are fortunate to be involved with both Chautauqua and Warren counties. We have the unique perspective of collaborating in both places, and we are delighted to host this event and help bring the two communities together."

All local business individuals are invited to attend this special networking event, which will include complimentary appetizers and beverages, with tip proceeds to benefit Audubon Community Nature Center's mission of connecting people to nature. Bring business cards for networking and door prize drawings.

CHQ Chamber member organizations can send two people free of charge to all Business After

**CONTINUED ON PAGE 20**

## CCIDA Approves Incentives for Renovation, Reuse of Former Lakeshore Hospital in Irving

### \$42.2 million project will result in new medical office building in Northern Chautauqua County

*Contributed by*  
**County of Chautauqua  
Industrial Development Agency**

A major redevelopment project involving the former TLC-Lakeshore Hospital in Irving, NY is ready to move forward. During its meeting on Tuesday, Jan. 27, the County of Chautauqua Industrial Development Agency (CCIDA) Board of Directors approved financial incentives for Main Rd Med Group, LLC to redevelop the former hospital into a health care facility which will provide behavioral health and addiction recovery services, as well as other medical offices and commercial/retail space. The hospital has been vacant since its closure in 2020.

The project includes the redevelopment and adaptive reuse of the 173,000 square-foot facility, which sits on 32.9 acres at 845 Main Rd. (Route 20) at a cost of just over \$42 Million. Main Rd Med Group recently acquired the property from Brooks-TLC and will lease the facility as a medical office building to New York Medical Center. Once the project is completed, it will provide an estimated 180 beds, making it a behavioral health center for Western New York. It is also expected to create an estimated 300 permanent healthcare-related jobs within three years of completion, along with 121 temporary construction jobs.

The project has been met with great anticipation and support by local, county, and state officials including Paul "PJ" Wendel, Chautauqua County Executive; Michael Faulk, Chautauqua County Chief Medical Officer; Carmelo Hernandez, Director of the Chautauqua County Department of Mental Health and Social Services; James Quattrone, Chautauqua County Sheriff; George Borrello, former Chautauqua County Executive and current New York State Senator; and Andrew Molitor, New York State Assemblyman. It has also received support from the Seneca Nation of Indians via the Erie County Department of Mental Health, the Town of Hanover, and the Village of Silver Creek.

In order for the project to proceed, the CCIDA board on Tuesday approved a 15-year, adaptive reuse payment in lieu of taxes (PILOT) incentive, along with a sales tax abatement and mortgage tax exemption. The PILOT will produce payments to the affected taxing jurisdiction, over the life of the project, in an amount of \$2,467,388.

"This is not only a significant economic development project for our county, but also a significant healthcare project for residents from across Chautauqua County

and Western New York," said Mark Geise, Deputy Chautauqua County Executive and CCIDA CEO. "Not only will this project fill a great need in providing behavioral and mental health services, it will also bring a building back to life and provide much-needed

healthcare-related jobs. The CCIDA is obviously happy to assist in making it a reality. Kudos to Kristine Morabito, CCIDA Project Manager, for her diligence and hard work in bringing this project across the finish line."

"We've been well aware that this type of healthcare has been sorely needed in the North County for several years," said Wendel. "Today's action by the CCIDA Board is an important step toward making it a reality. We look forward to having this new facility open and ready to help our residents, while also providing new jobs for our residents."

"For years, I've been pushing to see this site put back into service and to bring more healthcare options back to the North County, so today's announcement is incredibly gratifying," said Senator George Borrello.

"This project means real access to critical behavioral health and recovery services for our residents, hundreds of good-paying healthcare jobs, and the long-overdue revitalization of a facility that has been sitting empty for too long. It's exactly the kind of smart, community-focused redevelopment we've been working toward."

"This project is about restoring access to essential behavioral health and substance use disorder treatment services in a region that has gone without them for far too long," said Ray Manning, CEO of New York Medical Center. "By redeveloping the former Lakeshore Hospital, we are establishing a modern, comprehensive treatment center that addresses mental health, addiction recovery, and related services for residents of Northern Chautauqua County and communities throughout Western New York."

"The former Lakeshore Hospital was a major employer in the Town of Hanover, in addition to providing community health services for nearly 100 years. I am very happy that the CCIDA is supporting the redevelopment of the former hospital. This support will bring back the jobs and medical services that we lost when this institution closed," said Lou Pelletier, Hanover Town Supervisor.

With the approval by the CCIDA Board, and pending the NYS Certificate of Need, the Main Rd Med project is estimated for completion by July 2028.







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## How to Maximize the Tax Benefits of Donating to Charity

*Courtesy of*  
**Metro Creative**

People generally make charitable donations out of a selfless desire to help those in need. Indeed, Investopedia notes that charitable organizations survive primarily on donations. Without the financial contributions of donors, many charitable organizations and nonprofits would be incapable of meeting their missions.

Donors may make charitable contributions to help others, but there's no shame in taking advantage of the tax benefits associated with donating. Laws governing the tax benefits associated with charitable donations can vary from year to year, so it's best that donors stay on top of the rules, particularly if they plan to prepare their own returns in April. Charitable individuals can keep these strategies on maximizing the tax benefits of donations in mind as they prepare to support their favorite charities.

- **Work with a financial planner.** As noted, the tax laws governing charitable donations can change from year to year, and some of those changes may be subtle. That's why it can benefit donors to hire a seasoned financial planner, ideally before making donations. Financial professionals can advise prospective donors about donation strategies that will earn them the most significant tax deductions. Some donations help donors avoid capital gains taxes, while others may not even qualify for deductions. Making sense of the rules is easier when donors work with licensed, experienced financial professionals.
- **Do the math before donating.** No donation is too small to help a worthy cause, but donors who want the best

of both worlds should do a little math prior to deciding how much to donate. Charitable donations beneath a certain dollar threshold may not make a difference in terms of deductions when it comes time to file a return. Donors who know the deduction thresholds may be able to reduce their tax liability by donating a little more than they initially intended, a scenario that benefits both charitable organizations and taxpayers alike.

- **Confirm donations qualify for deductions prior to donating.** Fidelity Charitable® advises donors seeking to maximize the tax benefits of charitable donations to make sure a nonprofit organization is an IRS-qualified 501(c)(3) public charity or private foundation prior to making a donation. Donations to organizations that do not fit that criteria may not be eligible for deductions, so it's imperative that donors confirm details about an organization prior to donating.
  - **Keep digital records and receipts.** Even if a donation qualifies for a deduction, taxpayers can only claim it if they keep records of their contributions. Organizations on the receiving end of donors' generosity may provide proof to donors who lost their original receipts, but that process can take time, particularly if taxpayers wait until April to prepare their returns. When donating to charity, request digital receipts of all contributions, as these are harder to lose and easily accessible come tax prep season.
- Donors may not give to charity with tax deductions in mind. But there's no shame in maximizing the tax benefits associated with supporting a worthy cause.

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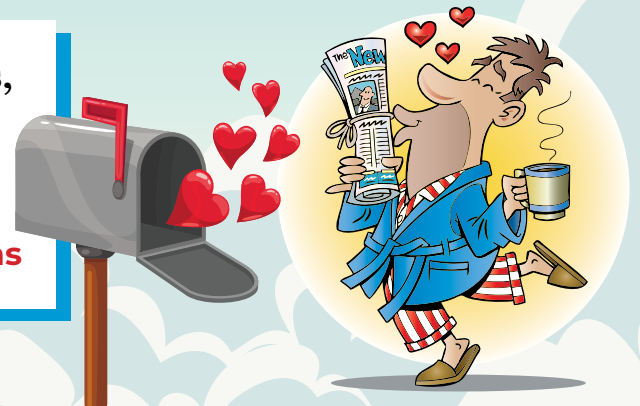


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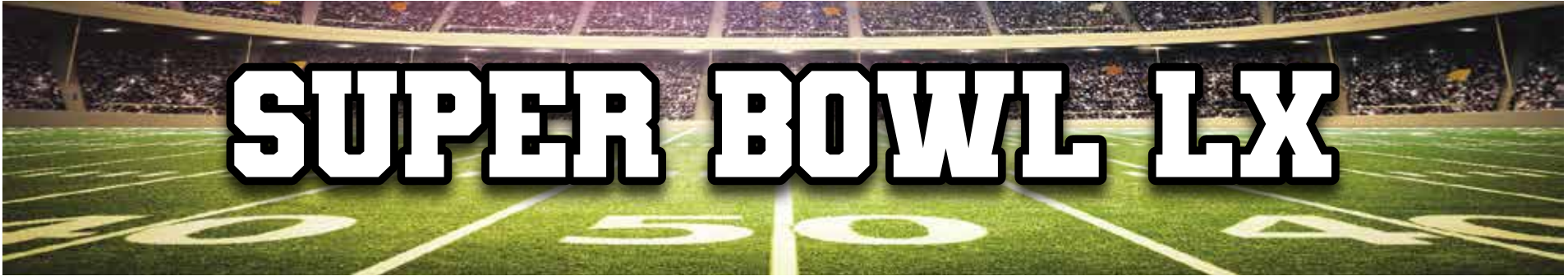
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The Seattle Seahawks:  
From the "Kingdome" to Redemption

Continued from Front Page

Mike Macdonald gives me reason to root for Seattle again. Not only does the Seahawks' head coach seem to be well-liked by his team and fans, but we also share the same particular spelling of our name, although we are not knowingly related. "M-A-C-small d" will be my epitaph.

The Seattle Seahawks entered the NFL in 1976 as an expansion team, taking their name from a public contest honoring the Pacific Northwest's maritime heritage. From their first game at the newly-opened "Kingdome," so deafeningly loud that opposing quarterbacks struggled to call plays in the huddle, and in 1989, the NFL actually penalized the Seahawks for excessive crowd noise—a rule that was softened after fan displeasure across the league.

On Dec. 15, 1984, the Seahawks retired jersey number 12 in honor of their fans, cementing the "12th Man" tradition. However, this phrase actually originated at Texas A&M University in 1922, and the school trademarked it in 1990. In 2016, a new five-year agreement required Seattle to pay \$140,000 total to Texas A&M for the use and protection of the trademark. The deal prohibits the Seahawks from using "12th Man" on merchandise or social media, leading them to rebrand their fanbase as "the 12s."

The Seahawks played at the Kingdome from 1976 to 1999, compiling a 101-83 record before the stadium was demolished on March 26, 2000. When they moved to what is now Lumen Field in 2002, the 12s continued the tradition of being part of the team's audible defenses.

Everything transformed under Pete Carroll's leadership starting in 2010. With the fearsome Legion of Boom defense and the 12th Man creating seismic noise, Seattle demolished Denver 43-8 in Super Bowl XLVIII.

Heartbreak came with 26 seconds left the next year. The Seahawks were trailing 28-24 with the ball on New England's one-yard line. Offensive coordinator Darrell Bevell called for a pass instead of handing to Marshawn Lynch for "Beast Mode" certainty. The Pat's Malcolm Butler interception stunned the football world and haunts Seattle to this day. The decision remains inexplicable. Lynch had scored in similar situations countless times. That single play transformed a potential dynasty into a cautionary tale about overthinking the obvious.

Now, 11 years later, the Seahawks face the Patriots again in Super Bowl LX. The rosters have completely turned over, with Sam Darnold and Drake Maye leading their respective teams, but the significance resonates. For Seahawks fans, this isn't just a rematch—it's a chance to exorcise the ghost of that goal-line interception. The 12s will be watching, hoping this time the ending writes itself differently, perhaps with a power run that erases the memory of a pass that should never have been thrown.

Interestingly, this matchup represents the second-longest hometown Super Bowl rivalry by driving distance. At approximately 3,043 miles between Seattle and Foxborough, Mass., it trails only the 3,100-mile gap between San Francisco and Miami in 1985's Super Bowl XIX.

The New England Patriots: From Brady to the Beyond

Continued from Front Page

time, Tom Brady, made life just a little bit more enjoyable. From 2001-2019 the Patriots reign was pure dominance, 17 division titles, 13 American Football Conference (AFC), winning 9 of those and 9 Super Bowl appearances, winning 6 of those and posting a record of 232-72.

The Patriots have held a legacy that will be remembered forever and now this year that legacy continues. Watching players like Ty Law, Ted Bruschi, Jerod Mayo Vince Wilfork on the defensive side of the ball and players like Randy Moss, Wes Welker, Rob Gronkowski, Julian Edelman, and so many more players across Patriots history, the legacy started with guys like these. Growing up a Patriot I felt proud. Getting to watch these players every week just brought a feeling of pride and joy. Every Sunday my family and I would watch Tom Brady run on the the field and give a "Let's F-ing Go" these were the times we cherished and will always remem-



Will Stahsmith and his dad, Brian

ber.

From regular season games to the Super Bowl, being able to watch these games with our family and friends has always been a special feeling. Even attending fun match-ups of the Bills/Patriots at The Ralph/New Era Field/Highmark Stadium! Throughout the years, the Patriots have brought many great memories, laughs, and a few tears but we are forever proud to call ourselves fans of the New England Patriots

SUPER BOWL  
Trivia

1. Which NFL team appeared in four consecutive Super Bowls?
2. Which team has lost the most Super Bowls?
3. Which team won the very first Super Bowl?
4. What year did the Bills first reach the Super Bowl?
5. What NFL conference has won more Super Bowls?
6. Which stadium hosted Super Bowl I?
7. What two networks aired the first Super Bowl?
8. What two cities have hosted the most Super Bowls?
9. Which Bills player appeared in five Super Bowls?
10. What was the original name of the Super Bowl?

1. Bills 2. Patriots & Broncos (tied) 3. Packers 4. 1991 5. NFC 6. Los Angeles Memorial Coliseum 7. CBS & NBC 8. Eddie Fagan 9. Gale Gilbert 10. AFL-NFL World Championship Game



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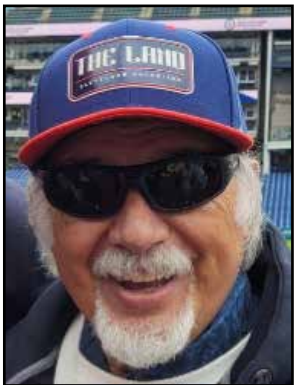
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# The Cleveland Browns: Still Waiting, But Not Just Sitting Around



Featured Writer  
**J. Paul Lombardo**

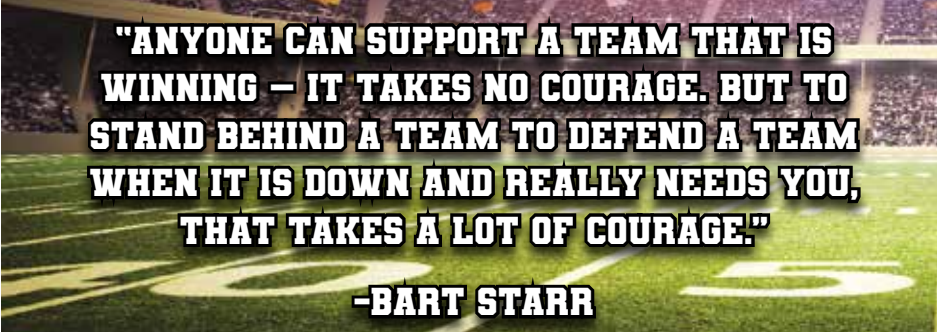
Well, another Super Bowl is nearing. It's another year that my favorite team, and the favorite team of many people, will be spectating once again, as we still wait for the off chance that our team will make it to the Big Game someday.

As you might know, or have guessed, I'm a Cleveland Brown Fan. Many ask me why I don't pull for the Bills, but I've been a Browns Fan since the time Buffalo wasn't in the NFL. (Yes, I am that old.) I've always been a loyal fan and have never been a bandwagon jumper. I cheer when my teams do well, and I appreciate the opportunity that I have to cheer for my team (except when we had no team for 3 years in the 90s.) I'm not necessarily happy when they lose, which has frequently been the case with the Browns. However, I've found something that brings meaning to being a member and the president of the Browns Backers of Jamestown, a charter member of the Browns Backers Worldwide. The Backers Worldwide is an organization made up of over 300 chapters across the country, and also includes charter groups in 14 foreign countries as well.

We began gathering as just a group of Browns fans back in 1999, following a crushing three-year hiatus. In 1999, we applied for membership in Backers Worldwide and were approved. We were a bunch of about 20 people who gathered

in a few places around town who aired Browns games. We've expanded to over 50 dues-paid members from our area, the Cleveland area, people who have lake properties here or have relocated here and people from Pennsylvania. Circa 2010, we found our present viewing establishment, Waddington's Tavern. We've been treated like royalty by Jeff Waddington (R.I.P. Boss), and now by Chad and Robbie Waddington. As difficult as it is to take some (many?) weeks, we have created a true football fan family dedicated to our team. Over the years, our fundraising efforts have resulted in yearly donations totaling more than \$35,000 since we started this project. The funds are designated to give to groups and causes in our area, as well as the Cleveland area. Our yearly goal is to donate \$2,500 total, per season, to five or six groups a season, which we've been successful in doing since the project began. Other fundraisers include weekly 50-50s, special raffles on items donated by members, a Rummage Rack stocked with items also donated by members and we accept whatever free-will donations are given, as well. We also hold a huge ticket raffle with the top prize being a smart TV, anywhere from 50" to 65" inches, which we purchase. For this raffle, we sell 275 tickets and raffle it off, along with over 30 other prizes donated by local businesses and our members as well. Since 2020, we've held three Backers of Jamestown dinners with guests being former Browns Players who are or were residents of the county or those who worked in the county. Our purpose can be found online – <http://Browns-Backers-of-Jamestown-NY.Webstarts.com>. You can also find us on Facebook for more information.

Each week at halftime, we toast to all past members who've passed away: John Miraglia, our first president; John Sorenson; Charlie Vullo; Jack Knowlton; Jeff Waddington; and Les Moore, in front of our Member Memorial, which is posted on the wall before holding an informational meeting. The memorial wall also has a listing of our chapter's John Miraglia Members of the Year voted by members, which we started after the 2019 season. Past winners include: Kim Touhey ('19), Jeff Waddington ('20), Paul Lombardo ('21), Jack and Judy Knowlton ('22), Dewey Thomas ('23), Les Moore ('24) and Dick and Sandy Weimer ('25)]. We will continue to wait until that special "next year" finally comes and we can get excited to be in a Super Bowl. In the meantime, we will keep showing up, because that's who and what we are, and that's what true and loyal fans do. You can too. Stop by and check us out sometime!



Article by

### Metro Creative Connection

The popularity of professional and college sports is undeniable. Various metrics, from ticket sales to data on how much is spent on team apparel, underscore that popularity. But there may be no greater measuring stick than television viewership, which tends to rise as the games grow more meaningful. In fact, the National Football League reported that international viewership of the Super Bowl totaled 62.5 million people in 2024. When added to the estimated 123.4 million domestic viewers who tuned in to watch the league's championship game, it's evident that watching the big game is a big deal.

Game watches have become a go-to way for fans to get together and take in the big game. The best game watches feature an assortment of variables that combine to make the viewing experience comfortable and engaging.

- **Seating:** Guests will need a comfortable place to sit during the game. Make sure the primary viewing space has enough seating to accommodate everyone on the guest list. If necessary, rearrange furniture so the most comfortable seats, including couches and upholstered armchairs, are positioned so guests can see the television without having to crane their necks or sit awkwardly. Some padded folding chairs can then be brought in to provide additional seating.
- **Multiple viewing areas:** If lots of young children will be coming, consider creating a separate viewing space for youngsters, such as a playroom, basement or another living space that can accommodate the younger fans. In addition, consider setting up an outdoor viewing space if the weather allows. A firepit and some comfortable outdoor furniture situated around an outdoor television or projector screen can accommodate guests who want to watch the game

under an open sky.

- **Snacks:** It's not uncommon to order in for a game watch, and pizza and chicken wings are popular items to serve during the big game. But it's equally important to provide fellow fans with plenty of snacking options. Chips and dip, homemade nachos with salsa, pretzels, and snacks for children should be part of the game day offerings. But don't discount nutritious snacks, either. A vegetable tray with hummus can be offered to guests who want to enjoy the big game without overindulging in less nutritious fare.
- **Drinks:** Viewers who watch football regularly can be forgiven if they assume beer is an integral component of the game day viewing experience. While it's common to provide some adult beverages for guests at the game watch, hosts must recognize that local laws may consider it their responsibility to ensure guests are not overserved. So while it's alright to provide alcoholic beverages to guests, it's important that nonalcoholic alternatives, including water, soda and juice, be made available as well.
- **Tech:** Of course, the viewing experience will be that much more enjoyable for hosts and guests with the latest technology. A new television with fast response times and a wide viewing angle can ensure the competitors on the field are viewed as clearly as possible and visible from all angles in the rooms where the game will be shown. Hosts who plan to set up outdoor viewing areas should take every step to reduce glare, particularly if the television outside is not designed for outdoor viewing. In addition to the television, new sound systems can make the game watch that much more impressive.

Before inviting guests over for the big game, hosts can consider these variables to ensure the viewing experience is one fans won't soon forget.



# SUPER BOWL LX



## NEW ENGLAND PATRIOTS

**2025 Record**  
14-3, 2nd in AFC

**Head Coach**  
Mike Vrabel, 1st Season

**Playoff Path**  
Beat Chargers, Texans, Broncos

**Conference Championships**  
12-4 All Time

**Super Bowl Record**  
6-5 All Time



## SEATTLE SEAHAWKS

**2025 Record**  
14-3, 1st in NFC

**Head Coach**  
Mike MacDonald, 2nd Season

**Playoff Path**  
Beat 49ers and Rams

**Conference Championships**  
4-0 All Time

**Super Bowl Record**  
1-2 All Time

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# GAME TIME SCHEDULE

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## It's Groundhog Day for our Hometown Team

*Continued from Front Page*

Dunkirk Dave and his fellow prognosticating posers, but they are simply Groundhog Day mall Santa's. Stand-ins. Mere replicas.

Only Phil himself is the seer or seers, the prognosticator of prognosticators. Each year he speaks in his native Groundhogese and lets the good people of Punxsutawney know how much longer their lives are going to be cold and miserable.

Groundhog Day is also a film that stars Bill Murray as Phil Connors, a TV meteorologist sent to cover the holiday. Every morning when he wakes up, it's Groundhog Day again, and the day starts over exactly as before in an endless time loop.

To Bills fans, Groundhog Day feels like a documentary these days. After a few weeks of living the same day over again, Phil bleakly stares into the camera and says "It's gonna be cold, and it's gonna be gray, and it's going to last for the rest of your life."

As the snow stacks up and the temperatures continue to plummet, it's worth pondering what possesses us to sign up for this annual torture.

The 2025 Buffalo Bills season felt familiar from the start. The team stormed into September with the same seasonal swagger: a retooled roster, trainingcamp buzz, and highlightreel throws that convinced everyone—this was the year the loop would break.

But as the wins stacked up, so did the déjà vu.

They clinched a playoff spot. They looked poised, confident, dangerous.

And then—like clockwork, like Punxsutawney Phil spotting his own shadow—they greeted the postseason with the same familiar script.

But when the clock wound down, the outcome felt eerily, painfully, predictably cyclical. Another playoff loss. Another long walk to the parking lot. Another year of asking the cosmic football gods: Is this purgatory?

The parallels were uncanny:

- Each offseason: "We've learned from last year."
- Each regular season: "We're built differently."
- Each playoff exit: "Next year is the year."



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# Health Goals for 2026: What Now When Motivation Fades?

Contributed by  
**Nancy Rich Johnson**  
Wellness for Life

If you set health goals at the start of the year, you're not alone. Every January, many of us feel hopeful and energized—ready to eat better, move more, and finally prioritize our well-being.

However, by February, something often shifts. Schedules fill up. Motivation dips. Progress feels slower than expected.

If that sounds familiar, here's some good news: falling off track doesn't mean you've failed. It means you're human.

One of the biggest myths around health goals is that success depends on constant motivation. In reality, lasting health is built on consistency, flexibility, and grace—especially when life gets busy or stressful.

**Why So Many Goals Fade**

Health goals often fail not because people don't care, but because they start with unrealistic expectations. Drastic changes, rigid rules, or "all-or-nothing" thinking can quickly lead to burnout. When we miss a workout or indulge more than planned, it's easy to think, *I've blown it—why bother now?*

But health doesn't work that way. Your body doesn't forget the care you've already given it. One off day—or even a month—doesn't erase progress.

**The Power of the Reset (Not the Restart)**

Instead of "starting over," think about *resuming*, a reset.

Ask, "What feels doable right now?" rather than "What *should* I be doing?"

A reset might mean:

- Drinking more water today
- Adding protein to one meal
- Taking a 10-minute walk
- Going to bed 30 minutes earlier

Small actions may not feel impressive,

but they are powerful. They rebuild momentum—and momentum builds confidence.

**Focus on Habits, Not Outcomes**

Weight, blood sugar, cholesterol, and energy levels all matter—but they're outcomes, not behaviors. When we focus only on results, it's easy to feel discouraged. When we focus on habits, progress becomes more visible and sustainable.

Ask yourself:

- What is one habit I can practice most days?
- What would make this habit easier?
- How can I support myself instead of criticizing myself?

**Health is not about perfection, but progress.**

**Grace + Consistency Always Wins**

Consistency doesn't mean doing everything perfectly—it means returning again and again. Grace means allowing room for rest, flexibility, and real life.

If your goals for 2026 feel heavy right now, that's a sign they may need adjusting, not abandoning.

The healthiest approach is one that fits your season of life.

Remember, the goal isn't just to feel motivated in January—it's to feel well in July, October, and beyond.

**One Question to Carry Forward**

Instead of asking, "*Why can't I stick with this?*" try asking: "**What support do I need right now?**"

Sometimes that support is education. Sometimes it's encouragement. Sometimes it's simply permission to take a smaller step.

Health is a lifelong journey, not a 30-day challenge.

No matter where you are today, it's never too late—or too early—to take the next small step forward.



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UPMC Chautauqua was recognized by *U.S. News & World Report* as a Maternity Care Access Hospital.







# HEALTHYCHQ



## Zonta Club of Jamestown Focusses on Rural Mental Health



Pictured L to R are Ellie Nickeson of the Zonta Club and Jeff Winton of Rural Minds

*Contributed by*  
**Zonta Club of Jamestown**

The Zonta Club of Jamestown recently partnered with Jeff Winton of Rural Minds to help demonstrate the unique mental health challenges facing rural communities and the work being done to address them. Winton, a national advocate for rural mental health awareness and Chautauqua County resident, shared insight into the barriers individuals in rural areas often face, including limited access to services, stigma surrounding mental health, and isolation. Rural

Minds' mission is to raise awareness, provide education, and connect people with resources designed specifically for rural populations. Winton's work aligns closely with Zonta International's mission to build a better world for women and girls, particularly through advocacy, education, and service. Mental health access and awareness remain critical issues for women and families in rural areas. For more information about Rural Minds, go to [ruralminds.org](http://ruralminds.org) and to find out more about the Zonta Club of Jamestown go to [zontajamestown.org](http://zontajamestown.org).

*Senior Scene with Carey Skelton*

## More Than Just Roses: Why Nutrition is the Ultimate Valentine for Your Heart

*Contributed by*  
**Ellen Colasuonno, MS RDN**  
Nutrition & Wellness Educator  
Chautauqua County  
Office for Aging Services

Many view February as the month of love with hearts decorating stores and homes alike. My 6-year-old son will create the well-known heart shaped symbol with his fingers to show is affection. Our heart is central to love and life, yet heart disease is a leading cause of death. Fortunately, you can make daily heart-healthy choices that reduce your risk and strengthen your cardiovascular system for years to come. To celebrate American Heart Month this February, show your heart some love with these 5 tips.

First, **know your numbers.** Heart disease is influenced significantly by multiple factors including your weight, your blood pressure, your cholesterol, and your blood glucose levels. Work with your health care team to ensure your blood glucose, blood pressure, and cholesterol are maintained within the standard guidelines and that you are working toward or maintaining an ideal weight that is right for you.

Second, **quit smoking.** Tobacco smoke damages blood vessels. Quitting is hard. There are free tools and supports available based in science. Call the NY Quitline at 1-866-NY-Quits.

Third, **manage stress and sleep.** Too much stress and not enough sleep increases cortisol levels promoting inflammation, increases risk for anxiety and depression, and can lead to unhealthy habits. Be mindful of your stressors and your sleep schedule. Practice stress reducing activities such as deep breathing exercises and prioritize 7-9 hours of quality sleep.

Fourth, **stay active daily.** The Institute of Medicine recommends 30 minutes of activity most days of the week. This should include cardiovascular exercises such as walking and dancing to strengthen the heart muscle and lung

capacity. Equally important are exercises for the skeleton-muscular system to maintain muscle mass and bone density; exercises of balance to reduce the risk of falls; and exercises of flexibility to maintain full range of motion.

And finally, **eat a heart-healthy diet.** Make half your plate fruits and vegetables for fiber, vitamins, and minerals. Choose whole grains and lean proteins to manage saturated fat intake. Know the difference between saturated fats and unsaturated fats and how they influence your cholesterol numbers. Follow a healthy eating pattern such as the Dietary Approach to Stop Hypertension (DASH) Diet to control blood pressure. By making simple and healthy choices on a daily basis, you will be well on your way towards achieving total wellness.



We know the healthy choice is not always the easiest choice, but small changes can make a big difference. Chautauqua County Office for Aging Services offers Nutrition & Wellness programs to support you in your journey toward total wellness.

You can learn more about a healthy diet by attending a 10-Tips for Nutrition workshop. This is a 4-week nutrition series taught by our Dietitian. The information provided is evidence-based to provide you with practical tips, taste-testing, and recipes to help you make long-term changes to your diet. We plan to bring this series to a location in the north, central, and south part of the county twice a year.

Check out our website at <https://chqgov.com/office-aging> to see all the programs and services offered as well as upcoming events. Additionally, signing up for our communication system will provide you with information at your fingertips. We send messages about the current programs like the nutrition workshop mentioned here. For more information about any of the Nutrition and Wellness programs provided by Chautauqua County Office for Aging Services, call our NY Connects line at 716-753-4582.



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# HEALTHYCHQ



## Prendergast Library to host "Yoga for All Bodies"

*Contributed by  
Prendergast Library*

Every Tuesday, Prendergast Library's Curiosity Club invites teen and adult patrons to experience new interests, enjoy light refreshments, and learn about activities Jamestown has to offer. For the last two weeks in January and the whole month of February, we are proud to host Curiosity Club: Yoga for All Bodies.

Taught by Karen Hansen from Sukanya Burman dance and Heather Williamson of the Chautauqua County Department of Mental

Hygiene, everyone of all body types and all experience levels are invited to participate. Teens and adults (ages 14 and up) are welcome to attend.

Curiosity Club: Yoga for All Bodies will run on **Tuesdays February 3, 10, 17, & 24** from **5:30-6:30pm**. There is no cost to attend this program

Questions? To learn more, call the Information Desk at (716) 484-7135 ext. 226 or visit [prendergastlibrary.org](http://prendergastlibrary.org) to view our programming calendar.

The library is open from 9:00 a.m. – 7:00 p.m. on weekdays and 10:00 a.m. – 4:00 p.m. Saturday.



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Chautauqua County Clerk Announces Temporary DMV Office Closures for Statewide System Upgrade



Contributed by Chautauqua County

The Chautauqua County Clerk's Office is advising residents that local Department of Motor Vehicles (DMV) offices in Jamestown, Dunkirk, and Mayville will be temporarily closed as New York State implements a new, modernized DMV software system known as DRIVES.

To support this statewide technology upgrade, all Chautauqua County DMV offices will be closed to the public beginning Friday, February 13, 2026. Following the system upgrade, staff

training, system testing, and the President's Day holiday, the DMV offices in Jamestown, Dunkirk, and Mayville will reopen to the public on Wednesday, February 18, 2026, from 8:30 a.m. to 4:30 p.m.

"This temporary closure is an important step toward improving the overall DMV experience for our residents," said Chautauqua County Clerk Greg Carlson. "By preparing in advance and allowing time for a smooth transition, we can help ensure our customers receive more efficient and reliable service when our offices reopen."

The DRIVES system replaces decades-old technology used by the New York State DMV and is designed to improve customer service by streamlining transactions, enhancing security, and allowing DMV staff to process services more efficiently within a

single, modern platform. "Our staff has been training extensively for this upgrade, and we appreciate the public's patience during this brief disruption," said Kerri Smith, Chautauqua County DMV Administrator. "The new system will allow us to better serve customers, reduce processing time, and support a more modern and secure DMV operation." Once fully implemented, the new system is expected to support additional online services and faster in-person transactions.

Residents who need to renew a driver license or non-driver ID, register a vehicle, or complete another DMV transaction are strongly encouraged to plan ahead. Where possible, customers should take advantage of the many online services available through the New York State DMV website prior to February 13.

The Chautauqua County Clerk's Office appreciates the public's patience and cooperation during this transition and looks forward to offering improved DMV services as a result of this important technology investment.

For additional information, including DMV locations and hours of operation, residents are encouraged to visit the Chautauqua County Clerk's Office website or contact their local DMV office in Jamestown, Dunkirk, or Mayville. More information is available at: chautauquacountyny.gov/county-clerk/Department-of-Motor-Vehicles.



BPU Announces Leadership Promotions

Contributed by Jamestown BPU

During his first official Board meeting as Board of Public Utilities (BPU) General Manager, Kristofor G. Sellstrom announced two important leadership promotions within the organization.

Cory Allen has been appointed to the position of BPU Deputy General Manager - Electric, filling the job vacated by Sellstrom's promotion to General Manager. In addition, Aaron Mason has been named Power Plant Manager, assuming the duties Allen held before his promotion.

Allen will serve as the BPU Deputy General Manager - Electric, bringing fifteen years of experience in utility operations, power generation and electrical engineering to the position. Allen joined the utility in 2011 as a Junior Electrical Engineer and advanced through increasing levels of responsibility, including Electrical Engineer IV and Power Plant Manager.

In his most recent post as Power Plant Manager, he oversaw all operations and maintenance of the electric generating station, including capital and operating budgets, capital projects, environmental compliance and employee management.

Before entering the public utility sector, Allen served in the United States Navy as a Cryptologic Systems Operator and later as an instructor at the Naval Security Group Activity in San Diego. His military service included curriculum development, secure network administration and support for intelligence operations, earning multiple commendations for performance and leadership.

Allen holds a Bachelor of Science in Electrical Engineering with a minor in Computer Engineering from Pennsylvania State University - The Behrend College. His technical background includes power plant operations, DCS and PLC programming, historian systems and cybersecurity fundamentals.

Active in the community, Allen has volunteered since 2019 as Scoutmaster for Boy Scout Troop 162 in Jamestown. He has also dedicated many years to coaching youth soccer. He and his wife Misti live in Lakewood and are the



Cory Allen



Aaron Mason

parents of a daughter and son. Aaron Mason has been tapped as the Power Plant Manager of the Samuel A. Carlson Generating Station. Hired as a BPU Mechanical Engineer in 1999, Mason was closely involved in the installation and commissioning of the GE LM6000 gas turbine, Deltak Heat Recovery Steam Generator and associated equipment. Mason assisted in guidance for equipment maintenance, repair and troubleshooting. He was also responsible for Continuous Emissions Monitoring Equipment, pollution control equipment and all associated Federal and State reporting.

Leaving the BPU for private sector experience in 2009, Mason returned to the utility in 2023 as a Mechanical Engineer, directing a crew of four skilled mechanics, three skilled electricians and a utility worker, in maintenance and upgrades to the power plant.

The new Power Plant Manager received a Bachelor of Science in Physics from the State University of New York College at Fredonia and a Bachelor of Science in Mechanical Engineering from the State University of New York at Buffalo. He holds a Civil Service Mechanical Engineering certificate and is the father of two daughters.





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## Learn All About Hellbenders This Friday at Audubon



At Audubon Community Nature Center's February 6 First Friday, 11 a.m. to noon, NYS Department of Conservation Wildlife Biologist Kelly Crandall will enlighten participants on the Eastern Hellbender. Also called Allegheny alligators, snot otters, and lasagna lizards, a pair of these unusual salamanders is among Audubon's resident Animal Ambassadors. Bring a packed lunch and visit with Crandall after the program at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown and Warren. To learn more, call (716) 569-2345 or visit [AudubonCNC.org/February-First-Friday](http://AudubonCNC.org/February-First-Friday).



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## "Souper Bowl Saturday" Fundraiser - Feb. 7

*Contributed by*  
**Lakeshore Humane Society**

The Lakeshore Humane Society will hold a special "Souper Bowl Saturday" event at its Adoption Center on Saturday, February 7 from 11 am to 3 pm. The Center is located at 431 E. Chestnut Street in Dunkirk. A variety of homemade soups will be available for purchase. (Vegetarian options will be available on a first-come, first-served basis.) There will also be bread, beverage, and dessert. For \$20, have your soup and take home a beautiful bowl hand-crafted by members of Mudslingers, the local pottery group based in Fredonia. Lunch without the artisanal bowl is available for \$15. Come and warm up with some soup, while supporting LHS's efforts to help dogs and cats in need of caring homes.



While at the LHS Adoption Center, check out the "Cat's Meow" Boutique, where you can find pet-related items and further support LHS. Also, please note that LHS is collecting refundable bottles and cans in a collection bin in the lobby of the Adoption Center.

The usual weekly Saturday Open Adoption Hours will not be held this day, but will resume on Feb. 14. Open Adoption Hours are also held each Wednesday evening from 6 to 8 pm.

Call 672-1991, see the Lakeshore Humane Society on Facebook, or visit [www.lakeshorehumanesociety.org](http://www.lakeshorehumanesociety.org) for more information.

## TAKING CARE OF OURSELVES AND SUSTAINING OUR SPIRITS

Former Lutheran pastor Ruby Wiles, the founder/director of Warren's Free Books for Kids Town, speaks at the Unitarian Universalist Congregation of Jamestown's 10:30 a.m. hybrid service this Sunday, February 8. Her message is "Taking Care Of Ourselves and Sustaining Our Spirits." Wiles says, "By examining the six evidence-based measures proposed by the American College of Lifestyle Medicine, we will think about how we care for ourselves and sustain our spirits through optimal nutrition, physical activity, restorative sleep, stress management, connectedness and risky substance avoidance." All are welcome to the service at 1255 Prendergast Avenue and the coffee hour that follows. To participate virtually, use the link at [UUJamestown.org/calendar](http://UUJamestown.org/calendar).







The Chautauqua Gazette is committed to supporting nonprofit organizations across Chautauqua County that strengthen our communities and enrich local life. From community services and arts initiatives to education, health, and advocacy, the many organizations of Chautauqua are the backbone of our county and their impact deserves to be seen, celebrated, and supported.

Think of the Gazette as your partner in amplifying your mission by raising awareness, promoting upcoming events, and sharing your latest news with a broad local audience. Our mission is to shine a spotlight on the organizations that give so much to our community. To learn more about customizable collaboration opportunities, contact [cornell@chqgazette.com](mailto:cornell@chqgazette.com) or call 716-720-1845.

# Love Remembered Bake Sale for Villenova Cemetery

*Contributed by*  
**Villenova Burial Association**

“Love Remembered” Bake Sale is an annual fundraiser held around Valentine’s Day by the members of the non-for-profit Villenova Burial Association to help cover the costs of operating and maintaining

Villenova Cemetery. It is the last active rural cemetery out of five located in Villenova Township, Chautauqua County. This year’s sale will be held on Saturday, February 7 from 9am-? in the entrance of the South Dayton Supermarket.

People might not naturally associate a cemetery with love. But, from the first burial in 1811 of a fifteen-year-old boy, everyone buried in Villenova Cemetery was once loved by someone. The father’s love for his young son and then allowing his neighbors to be buried on his land were the beginnings of Villenova Cemetery. The erecting of monuments, planting flowers, family

& descendants who tend grave sites are a loving tribute to a life once lived. The generations of volunteers who have graciously donated their time to keep Villenova Cemetery operational and those who donate monetarily often do so in remembrance of a loved one. The affection one holds forever in their heart for a deceased loved one. Our theme, “Love Remembered” reflects this.

Our cemetery association like most in rural areas are in dire need of member and community involvement and continued funding for increasing maintenance costs. Anyone who owns a lot or is a family member/ descendant of a lot owner in Villenova Cemetery is considered a member of the Villenova Burial Association (VBA). The next VBA meeting is Tuesday, April 21 at 6:30 pm at the Villenova Town Hall. The cemetery’s spring clean-up day is Saturday, April 25th at 10 am. Rain date is May 2nd. Donations may be sent to Jenny Dye/ VBA Treasurer 8568 Silver Creek Road South Dayton, N.Y. 14138



## SUDOKU

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

### Here's How It Works:

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

Level: Beginner

## CROSSWORD

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

1. Native American group of N. California
5. Geological times (Brit. sp.)
10. Tool to remove
12. Rods
14. One who renews
16. They precede C
18. Chatter incessantly
19. \_\_\_ King Cole, musician
20. Insect parts
22. One from Utah
23. The world of the dead
25. Singer Redding
26. NBA legend Nelson
27. Indicates wrongly
28. Unhappy
30. Anger
31. Dark brown
33. Some are in kitchens
35. Made a mistake
37. Damp

38. Type of fuel
40. Actor Damon
41. What thespians do
42. One’s mother
44. Disallow
45. Swiss river
48. A banana has one
50. Philippines lake and volcano are two
52. Relative biological effectiveness (abbr.)
53. Agave
55. Journalist Tarbell
56. One-time tech giant
57. Indicates upon
58. Intestinal bacteria
63. Loose sheaths around the spinal cord
65. It goes with nook
66. A fashion
67. Very eager to hear or see

## CLUES DOWN

1. Witch
2. Utilize
3. Writing utensil
4. Where rockers go to work
5. Subsides
6. Consume
7. Greek mythological figures
8. California mountain town
9. Tin
10. Muse of lyric and love poetry
11. Animates anew
13. Humorous criticisms
15. Cool!
17. Worst
18. Wet dirt
21. Designed to be useful
23. Hebrew unit of liquid capacity
24. High schoolers’ test
27. Computer device
32. A place to sleep
34. AI tool
35. Pass or go by
36. Indicates a purchase
39. A digital tape recording of sound
40. More (Spanish)
43. Disfigured
44. White (Spanish)
46. Church building
47. Georgia rockers
49. Type of surgery
51. Much \_\_\_ about nothing
54. Make by braiding
59. Local area network
60. Unit of work or energy
61. Member of indigenous people of Thailand
62. Liquefied natural gas

PUZZLE SOLUTIONS ON PAGE 21

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## Chambers to Hold Collaborative Event at Audubon

### Continued from Front Page

Hours events. Non-members or anyone above the two-person limit will be \$10. Registration for CHQ Chamber members is open online now through the Chamber's web calendar at [www.chqchamber.org](http://www.chqchamber.org).

Members of the Warren County Chamber of Business and Industry should email Savannah Casey at [szimmerman@wccbi.org](mailto:szimmerman@wccbi.org) to register free of charge.

The CHQ Chamber provides a "Who's Who in the Room" list for networking convenience during its Business After Hours events. Advanced registration is not required but is appreciated for planning purposes. Please register by March 18 to be included on the

Who's Who list.

Attendees will get a 'first look' at the seasonal favorite, Audubon Lights, with a special private viewing after the networking event. This year's display features a half-mile trail of wonder, where visitors can walk among thousands of lights—from twinkling trailside luminaries to towering trees bathed in color. It's a unique opportunity to connect with colleagues indoors before stepping outside into a glowing, moonlit landscape.

Business After Hours at Audubon Community Nature Center is sponsored by the Media One Radio Group, and State University of New York at Fredonia.



## CHAMBER CORNER

## Business Builder Workshop: AI for Your Business

Article Contributed by

**Daniel J. Heitzenrater**

Chautauqua County Chamber of Commerce  
President and CEO

By now you almost certainly have heard a lot about Artificial Intelligence. But do you know what it can do for you and for your business?

We invite you to our first Business Builder Workshop of the season: AI for Your Business. This informative event will show you how you can effectively utilize AI in practical and meaningful ways.

The CHQ Chamber has enlisted presenters who are using AI right now for a variety of business practices, and they can show you the ins and outs of how artificial intelligence can support your business operations, productivity, efficiency, and workflow.

Rachael Wiley-Steffen is an AI Certified Consultant, marketing strategist, licensed real estate professional, and she and her husband own and operate the Bemus Point Golf Club and Tap House. Rachael works with small business owners, real estate professionals, and community leaders to adopt AI in practical, people-first ways that build confidence and real-world capability. With more than 20 years of experience in operations, marketing, and customer experience, Rachael focuses on helping teams use AI as a supportive tool, not a replacement, so they can work smarter and better serve their customers and communities.

B.J. Monacelli works at Robo Enterprises Inc., based in Jamestown, NY, where for the past nine years he has helped manage and run day-to-day operations in their group of companies. Outside of his role at Robo, B.J. collaborates with small and mid-sized businesses on practical AI and automation projects. He helps businesses identify their biggest workflow bottlenecks and implement tools or technology that reduce manual work, improve consistency, and find or fulfill more

customers. B.J. is also a member of Playmakers AI, an AI & Automation community led by entrepreneur and podcast host Chris Koerner, where he stays current on automation tactics and implementation best practices specifically for businesses. He has interviewed leaders in the AI space, including Stanford's Jeremy Utley, and has spoken with professionals from organizations like the Portland Trail Blazers and MLSE about how teams are applying AI in day-to-day operations.

This workshop will be held Wednesday, February 25 from 9 to 10:30am at the Southern Chautauqua Federal Credit Union Community Training Center, 100 Mall Blvd., Lakewood. It is free to attend but advanced registration is appreciated, and space is already filling up. This workshop is sponsored by the Southern Chautauqua Federal Credit Union, State University of New York at Fredonia, and Media One Radio Group. Business Builder Workshops are just one of the resources the CHQ Chamber provides for local businesspeople. Save the date or register now through our web calendar at [www.chqchamber.org](http://www.chqchamber.org) and watch for our additional workshops coming up later this year.

### CHQ Chamber Seeks Stories of Your Membership

Have you been a member of the CHQ Chamber for a short time, or for a long time? What benefits have you found from your membership? What do you want to tell other businesspeople about your Chamber membership? The CHQ Chamber is gathering stories from its members and you can participate. Just visit our form online and fill in some simple question boxes. You can even upload a photo or a logo if you like, and we will be happy to share your story (with your approval) in our social media and our other materials.

Find the form online at [www.chqchamber.org/member-story-form](http://www.chqchamber.org/member-story-form). Thank you for participating. We look forward to hearing from you!





Lake Shore Bank Award Small Business Recovery Grant to WMH Foundation



Contributed by Westfield Memorial Hospital Foundation

Lake Shore Bank has awarded a \$5,000 grant to the Westfield Memorial Hospital Foundation through the Federal Home Loan Bank of New York Small Business Recovery Grant Program...

The grant will help fund vital equipment, services and resources that benefit patients, families and healthcare providers throughout the Chautauqua Region.

"Lake Shore Bank is committed to strengthening the regions we serve," said Adam J. Dimitri, Vice President of Retail Banking of Lake Shore Bank.

"This grant helps ensure we can continue delivering high-quality care close to home," said Hospital Administrator, Dr. Rodney J. Buchanan.

"We are grateful for Lake Shore Bank's continued support," said Patricia Gaughan DiPalma, Executive Director of the WMH Foundation.

The Westfield Memorial Hospital Foundation serves as the philanthropic arm of AHN Westfield Hospital a.k.a. Westfield Memorial Hospital, working closely with the hospital to provide financial support for the delivery of high-quality healthcare to our residents and beyond.

In addition to emergency care, the hospital provides an array of services, including ambulatory and short stay surgery, physical therapy, cardiac stress testing, imaging, MRI, women's diagnostic services, 3 D digital mammography, laboratory, nuclear medicine testing, wound and infusion clinics, and a specialty services suite that includes general surgery, digestive diseases, orthopedics, and cardiology clinic.

Telemedicine services for telecardiology, and telestroke are also available at the hospital. AHN Westfield Hospital also provides primary care services at the Chautauqua Institution during its nine-week summer season.

For those who would like to learn more about the hospital Foundation or how to give to the 2026 Annual Campaign, contact Ms. DiPalma at patricia.dipalma@ahn.org; call: 716-793-2338 or visit the foundation's website at: www.westfieldhospitalfoundation.org.

Community Foundation Announces 2025 Ralph C. Wilson, Jr. Arts & Culture Initiative Grants Supporting Small to Medium-Sized Arts Organizations

Contributed by Community Foundation for Greater Buffalo

The Community Foundation for Greater Buffalo announced the 2025 Ralph C. Wilson, Jr. Arts & Culture Initiative awards totaling over \$421,000 to support various small to mid-sized arts organizations serving the eight counties of Western New York, plus Monroe County, through its competitive grants process.

Since the establishment of the Arts & Culture Initiative in 2021 by the Ralph C. Wilson, Jr. Foundation, the Community Foundation has prioritized community feedback in the creation of this annual funding opportunity. In 2024, an Advisory Committee was convened to further evolve this funding.

The 2025 funding granted through the Community Foundation for Greater Buffalo was awarded in two categories:

Category 1: Combined Capacity-Building and General Operating

Funds for organizations with at least one full-time (or one FTE) staff member to help organizations build the solid foundation necessary to pursue an ambitious mission and vision.

Grantees within Chautauqua County include:

- Fenton Historical Society, Jamestown - \$13,500
Sukanya Burman Dance Inc., Jamestown - \$13,500

Category 2: General Operating Micro Grants up to \$2,500 for organizations with less than one full-time staff member to execute immediate programming.

Grantees within Chautauqua County include:

- Chautauqua Youth Symphony, Jamestown - \$2,500

The Ralph C. Wilson, Jr. Arts & Culture Initiative was established at the Community Foundation to support arts and culture in the eight counties of Western New York, plus Monroe County, in recognition of the key role arts and culture organizations play in a thriving economy.

To learn more, visit http://www.cfgb.org/nonprofits/grants/ralph-c-wilson-jr-foundation-arts-culture-initiative/



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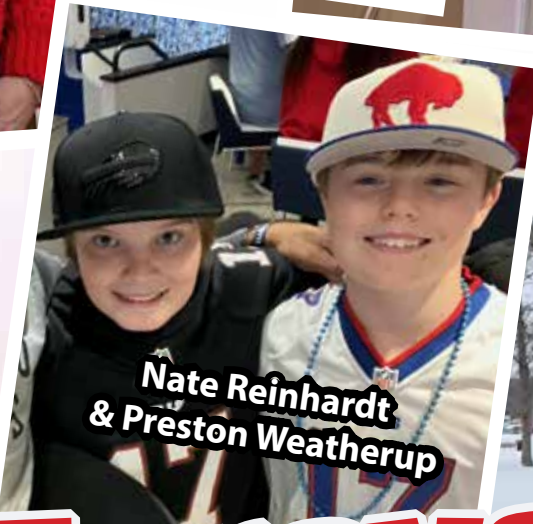
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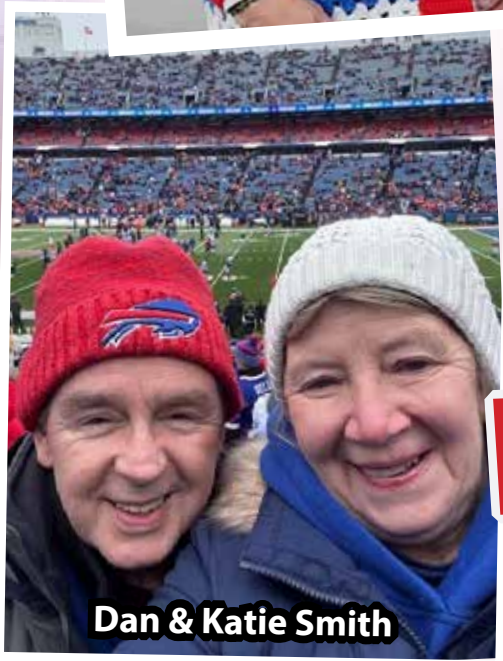
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### **Book a Dinner Reservation**

Go to the Pearl City Hops website and make a reservation for the Taste of Love Dinner  
 View the Menu on Pearl City Hops

For More Information Contact  
 Kayla DiRusso  
 Sales and Events Manager  
 7164906417

kdirusso@hamisterhospitality.com

