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*“Push past
your limits
and you’ll be
surprised at
what you can
achieve.”*

~ Unknown

Fresh Starts and Self-Care: *Embracing Wellness in February*

Contributing Editor
Katrina Fuller

While January often brings lofty goals for focussing on one’s health, February is the time when the rubber hits the road. New Year’s resolutions tend to fade away, but there is no time like the present to devote our attention toward lasting wellness efforts. When the winter winds and blowing snow get you down, increasing your endorphins and getting active is never a bad thing. Here in the Fuller household, my youngest kiddo has been coaching me in this area - every night before bed, her little voice comes squeaking out, “We need to do yoga before bed!” We push aside the coffee table, get out our yoga mats and put on our favorite yoga video on YouTube. While I might be grumbling at the beginning, by the time we hit shavasana, I am relaxed, rejuvenated and ready for bed. I can’t tell you how thankful I am for her cute reminders.

CONTINUED ON PAGE 17



Submitted Photo

Brad Barmore, Jamestown resident, Motivational Trainer
& Author of *Prep, Rep, Repeat: from Average to Iron.*

HONORING OUR EXEMPLARY ATHLETES

Featured Writer
Randy Anderson
President, Chautauqua Sports Hall of Fame

On February 17, nine individuals were enshrined into the Chautauqua Sports Hall of Fame at the organization’s 43rd annual Induction Banquet held at the Lakewood Rod & Gun Club. The Class of 2025 inductees were Jessica Anderson, Tom Anderson, Anthony Barone, Stephen Carlson, Mark Edstrom, Ron Frederes, Nick Kahanic, Aaron Leeper and Nick Sirianni. The latest group brings the total number of inductees to 249 since the formation of the CSHOF in 1981.

The mission of the CSHOF is to honor and preserve the sports history of Chautauqua County. We honor the sports history by inducting deserving individuals who have lived in Chautauqua County for a significant

CONTINUED ON PAGE 8



This Week Around Town

Monday, February 24

Concussion Outreach
Prevention & Education
Seminar | 6:30pm

Katharine Jackson Carnahan Center
Jamestown
For info: susan@buzzmediasolutions.com

Tuesday, February 25

Free Fly Tying/Fly Fishing
Class | 7pm

Rockefeller Art Center - Costello
Room | SUNY Fredonia
For info: events.fredonia.edu/event/
free-fly-fying-and-fly-fishing-classes

Thursday, February 27

Jamestown Jackals
Basketball | 11am

JCC | Jamestown
For info: facebook.com/
JamestownJackals/

Friday, February 28

Art After 5 at RTPI | 5:30pm
Roger Tory Peterson Institute | 5:30pm
For info: rtpi.org



Friday, February 28 to
Sunday March 2

Free Snowmobiling
Weekends

For info: governor.ny.gov/news/
governor-hochul-announces-two-
free-snowmobiling-weekends

Friday, February 28 to
Wednesday, March 5

Online Pi Day Auction
Fundraiser

For info: 32auctions.com/ACNC25

Saturday, March 1

Live at the Met: Aida | 1pm
Fredonia Opera House | Fredonia
For info: fredopera.org

Public Skate | 3:30pm
Northwest Arena | Jamestown
For info: NorthwestArena.com/
Calendar

Movies at The Reg
The Brutalist | 4pm

Reg Lenna Center for the Arts |
Jamestown
For info: reglenna.com/events/
movies-the-reg-the-brutalist

Sunday, March 2

First Sunday Story Time
12:30pm
Audubon Nature Center | Jamestown
For info: auduboncnc.org

Public Skate or Ice Bumper
Cars | 1:30pm
Northwest Arena | Jamestown
For info: NorthwestArena.com/
Calendar

Pat's Pen with Pat Locke



SilverSneakers



Contributing Writer
Pat Locke

For millions of older adults, the path to improved well-being starts with SilverSneakers. SilverSneakers was founded in 1992 as a chair-based fitness program by Mary Swanson. She has been helping members take charge of their health for more than 25 years of partnering with health plans to provide convenient access to a comprehensive fitness program. SilverSneakers provides access to fitness and wellness facilities, group exercise classes lead by certified instructors, online resources and a support network of other participants across the nation. Inspired by her father who survived a heart attack at age 51, she pledged to improve his quality of life with regular physical activity. The first SilverSneakers classes were launched with 15 locations in Arizona.

Swanson set out to fill a void in the health care system that would provide cost-effective, preventative benefits and make health care more feasible. Working closely with insurance companies, Swanson carved a niche in the industry and realized her vision of providing the health and well-being of everyone the program touches. Her father's commitment, coupled with her determination to see him succeed, laid the foundation for the business model to evolve into becoming the nation's leading fitness program for older adults.

The program has grown into a nationally recognized entity serving 18 million eligible members in all 50 states through any Part C Medicare Advantage plans, Medicare Supplement carriers, and group retiree plans that include SilverSneakers benefits. To check eligibility and sign up for the SilverSneakers

newsletter, visit the website: www.silversneakers.com

SilverSneakers professes to be a proven, trusted program that continues to make a difference in the lives of seniors and their families. According to their website, eighty-eight percent of program participants say SilverSneakers has "improved my quality of life". Eighty-six percent "feel healthier" because of SilverSneakers and fifty-two percent say they have "made new and valuable friendships". SilverSneakers offers access to more than 15,000 fitness locations, nationwide. Although, the fitness program is generally geared toward adults 65 and older, people in their 50s may also be eligible through certain Medicare plans.

Here in Chautauqua County seniors may take advantage of this national movement as well. Our own Jamestown Area YMCA - at both the Lakewood and Jamestown locations - offers SilverSneakers classes which includes SilverSneakers Circuit and SilverSneakers Classic. SilverSneakers Classic is a chair-based fitness program with instructor, Linda West. The class sits or uses a chair as support by using elastic bands or hand-held light weights for strength training. SilverSneakers Circuit is taught by Sally Kier and may access the use of chairs with the focus being a combination of balance, range of motion and increase muscular strength.

The SilverSneakers slogan is "Get active, feel great. It's never too late to start living a longer, healthier life". SilverSneakers encourages people to stay positive and keep moving forward. The choices you make today shape the life you'll enjoy tomorrow. The official SilverSneakers website is www.tools.silversneakers.com

You may contact the Jamestown Area YMCA for information pertaining to their fun SilverSneakers classes at either location: Lakewood, 183 East Fairmount Avenue (716-763-0303) or Jamestown Area, 101 East Fourth Street (716-664-2802). Visit the YMCA website at: www.jamestownymca.org.

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

— Muhammad Ali



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Editorial with Lori Cornell

Light a Candle



Owner & Publisher
Lori Cornell

This week, we are proud to congratulate the 2025 Chautauqua County Sports Hall of Fame inductees on pages 8-13 of this edition. The Hall of Fame is an organizational gem in our county, honoring the athletic achievement of some of our best of the best each year and preserving our impressive sports history for generations to come.

Using these fine athletes as an example toward goal-achievement, we thought it apropos to kick-off our new monthly wellness section in this week's edition. Who doesn't want to achieve strong health with mindful nutrition and routinized fitness?! We each set our bars and benchmarks differently, but universally, wellness is, arguably, a desirable status.

Here in Chautauqua County, we can take pride in being an active community, well-supported by a number of organizations and regular events that promote our healthy minds, bodies and souls. From the Jamestown Area YMCA to Chautauqua Striders and a plethora of professional healthcare, privately-run fitness facilities, athletic programming and everything in between, we invite any such entity or individual to take part in this monthly showcase series.

Wellness is made even more

appealing and accessible in our community when we consider our natural environment. From our trails and lakes to our four seasons of opportunity, we can take full advantage of everything from skiing, hiking, biking, riding, watersports and beyond. We look forward to providing this regular section during the fourth Monday of each month to highlight such assets and welcome any organization or business to be a part of this special feature. Please contact me directly!

On a separate, unrelated, but even more important note, I would also like to take the opportunity this edition to highlight another exemplary human resource in Chautauqua County. As readers may know, the corrections officers at the Lakeview Correctional Facility have joined their counterparts from across the state in calling for safer conditions within the prison system. I believe their approach is most noteworthy. Beyond standing in solidarity behind statewide change, they are rolling up their sleeves to help create local change. As they continue to strike in the freezing cold, the downed corrections' officers are building picnic tables for the Boys and Girls Club in Dunkirk, with supplies generously donated from local companies.

As Eleanor Roosevelt said, "It is better to light a candle, than to curse the darkness". Full disclosure that yes, I am proud to support my brother-in-law, Chad Jaquith, who works in this prison. But Officer Jaquith aside, the can-do refusal of his entire team to never stand idle or in anger seems a testament to our local strength and character. To help support this effort, visit page 28.

CHAUTAUQUA GAZETTE

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

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Brought to you by: L. Cornell and Company, LLC

"Let me tell you something you already know. The world ain't all sunshine and rainbows. It is a very mean and nasty place and it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life.

But it ain't how hard you hit; it's about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That's how winning is done.

Now, if you know what you're worth, then go out and get what you're worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain't where you are because of him, or her, or anybody. Cowards do that and that ain't you. You're better than that!"

- Rocky Balboa



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In Loving Memory

February 12

Cara Maria Birrittieri, 65
Lakewood
Lind Funeral Home

Larry E. Finch, 70
Frewsburg
Lind Funeral Home

February 13

Providence Ann "Prudy" Calimeri
Campbell, 85
Jamestown
Lind Funeral Home

Edwin N. Nelson III, 67
Jamestown
Lind Funeral Home

Carmela Margaglio, 97
Jamestown
Lind Funeral Home

February 13

Ronnie Gray Jr "G Money", 46
Jamestown
Riccardi's Funeral Home



February 15

Daniel S. Sundlov, 79
Dewittville
Lind Funeral Home

Rodney Sager, 94
Jamestown
Lind Funeral Home

February 17

Michael John Koresko, 72
Jamestown
Lind Funeral Home

February 19

Joshua Bratton, 51
Jamestown
Lind Funeral Home

Kimberly Ann Houser, 57
Jamestown
Riccardi's Funeral Home

Jude Patrick Merchant, 56
Jamestown
Riccardi's Funeral Home

February 20

Robert Donnelly, 58
Jamestown
Lind Funeral Home

Faith Matters



Pastor Shawn Hannon, son of Jamestown Gazette founder Stacey Hannon, and family

Balance, Wellness, and Lent

Contributing Writer
Pastor Shawn Hannon
Hope Lutheran Church, Arcade, NY

While it is coming later than usual this year (due to Easter's late date of April 20), many of the faithful around the world are preparing for a season of preparation and discipline we call Lent. Lent is the 40 days (and 6 Sundays) before Easter. During this time, the faithful are invited to be intentional about the Christian disciplines of prayer, fasting (self-denial), and generosity—all worthy endeavors.

But before we get to the Lenten season of discipline, many celebrate a different time I am sure you have heard of (even if you have never made the connection between the two). We call this period before Lent: Mardi Gras. Depending on where you live, it has gone by other names as well. In Brazil it is referred to as Carnival. Many English-speaking places call it Shrove Tuesday. It is a time of revelry. It is a time of eating. It is a time that I think is perfectly summarized by a tradition of the Pennsylvania Dutch. They mark this season by eating a donut they call a fasnacht (fast night). Let that sink in. They prepare for the fast, by getting together and eating donuts.

The season of Lent is a season of wellness. The Bible repeatedly talks about the connection

between heart and soul and strength. Each time the emphasis is on the importance of getting our body and our heart/mind and our spirit aligned together and aligned with our maker. The disciplines (prayer, fasting, generosity) tend to our soul, body, and heart.

So here's my encouragement for this Lent: find balance. Do not just give up chocolate without taking on prayer. Do not commit to regular worship without emphasizing generosity. The mindfulness, selflessness, and discipline of Lent brings peace, strength, and wellness, and it is most fully realized when we heed scripture's invitation to align our heart, soul, and strength.

And as you seek that wellness and balance, at the same time remember the Pennsylvania Dutch who eat donuts on fast night. That's balance too.

The Chautauqua Gazette is proud to feature different faith leaders from throughout Chautauqua County 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.



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WILLIAM BONNER
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YOUR ALL-IN-ONE, VIRTUAL WELLNESS PROGRAM THAT MAKES FITNESS, NUTRITION, AND MOTIVATION EASY, ACCESSIBLE, AND FUN!



E2M IS TRANSFORMING LIVES THROUGH VIRTUAL FITNESS

Article by
Brad Barmore

In a world where health and wellness often take a backseat to busy schedules and daily responsibilities, E2M (Eager 2 Motivate) Fitness has remained a beacon of hope for countless individuals seeking to make a meaningful change in their lives.

This innovative virtual wellness program has already impacted over 200,000 people, inspiring men and women from all walks of life to embrace healthier habits and unlock their potential including hundreds right here from Chautauqua County.

E2M is an online fitness and nutrition program designed to cater to individuals at any stage of their wellness journey. With a focus on sustainable habits rather than quick fixes, E2M empowers participants to set realistic goals and work towards achieving them at their own pace. The program combines structured workouts, nutritional guidance, and a supportive community, creating an environment where everyone feels welcomed and encouraged.

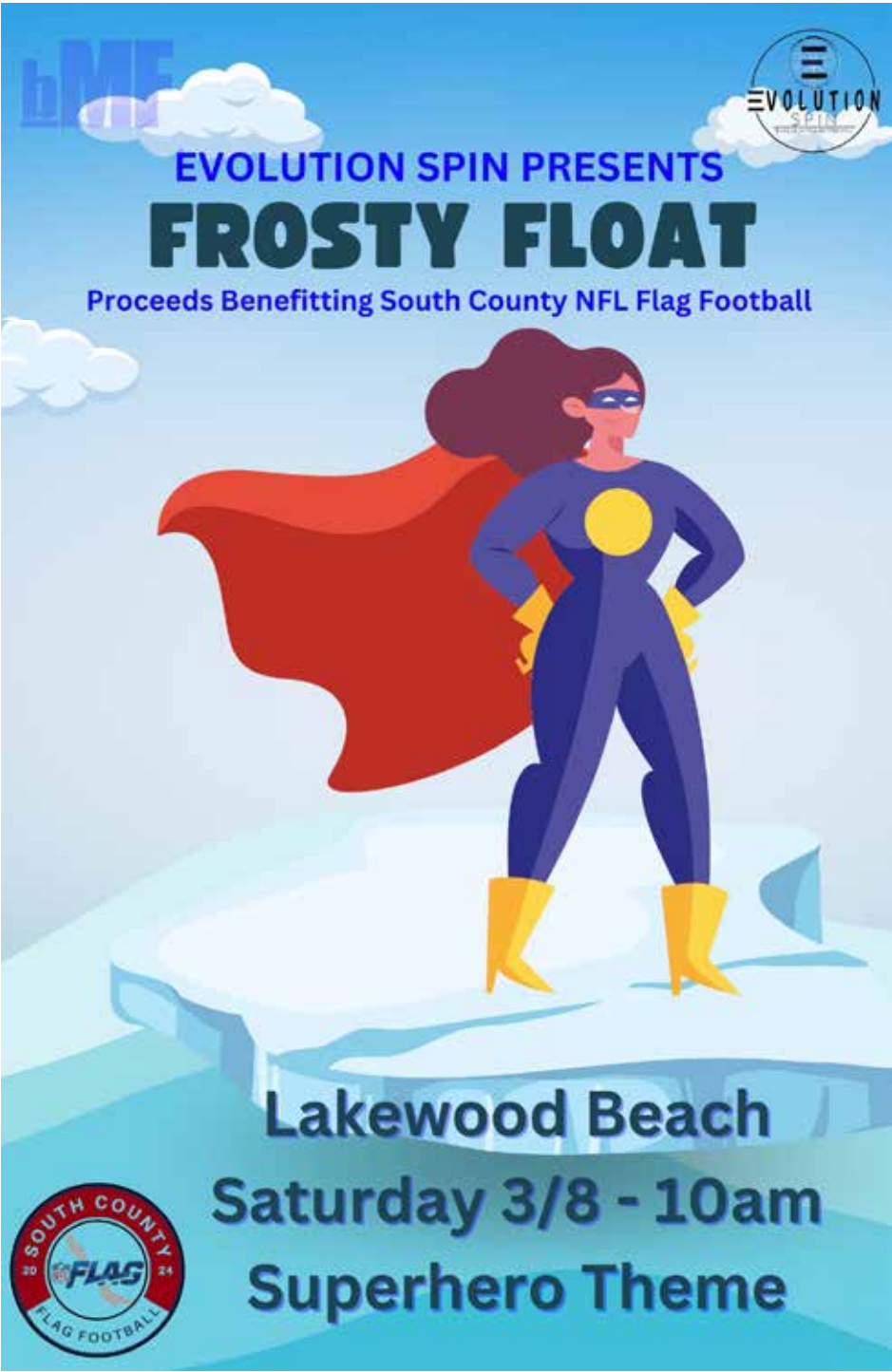
One of the standout features of E2M is its strong sense of community even though it's 100% through Facebook as clients share their progress, challenges, and successes. This camaraderie fosters motivation

and accountability, making it easier for individuals to stay committed to their goals.

E2M was founded by US Army Veteran, Jeff Witherspoon of Charlotte, NC but among his experienced coaches, are a few hometown folks. Bradley Barmore, Nicole Hodges and Marissa Salemi are all trainers for the virtual fitness program. Among these three, the company has several professionals that support, answer questions, and offer personalized advice, ensuring that each person receives the attention they need to succeed.

E2M continues to grow and evolve, its mission remains steadfast: to inspire individuals to believe in their ability to achieve greatness. By breaking down barriers and providing accessible tools for success, E2M is proving that anyone, regardless of their starting point, can embark on a transformative journey.

If you're considering a change or looking for a supportive environment to kickstart your wellness journey, E2M could be the perfect fit for you. Check it out on Facebook (E2M Fitness) or on their website e2mfitness.com



LOCAL E2M COACHES



BRADLEY BAREMORE
JAMESTOWN



NICOLE HODGES
LAKEWOOD



MARISSA SALEMI
FREDONIA

JUST KEEP TRYING

TAILORED TO FIT YOUR LIFE

JHS Holds 13th Annual Poetry Out Loud Competition

Article Contributed by

Jamestown Public Schools

Seventeen Jamestown High School students put their memorization and public speaking skills to the test, choosing to compete in the school's 13th annual Poetry Out Loud competition in December.

JHS junior Allison MacCallum finished in first place, reciting the poem "American Smooth" by Rita Dove. Mya Sneed, a freshman, received first runner up after his performance of ("From the Sky" by Sara Abou Rashed, while sophomore Dante West received second runner up with the poem ("Dirge without Music" by Edna St. Vincent Millay.

MacCallum, Sneed, and West, were among the 17 JHS students from all grades who participated in the competition along with Gina Delgado, Charlee VanGuilder, Fatima Faridi, Charlotte Baehr, Alex Braymiller, Amina Faridi, Abbee Brandow, Alivia Dye, Angel Brunacini, Nolah Hamilton, Cameron Cooper, Mia DelPozzo, Matthew Johnson, and London Hamilton.

A school-wide competition is typically held each December. Two winners selected from JHS, then compete at the regional level against students all across western New York. Out of that field, two students are then selected to compete at the state-wide competition for a chance to advance to the national competition. One JHS student has advanced to the National Finals: Chiara Raimondo in 2016.



Allison MacCallum



Mya Sneed,



Submitted Photos

Dante West



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"We are what we repeatedly do. Excellence then is not an act but a habit."

— Aristotele



SUDOKU

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

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
					38	39	40		41	42		
					43			44				
		45	46									
47	48				49				50	51	52	53
55					56					57		58
59					60					61		
62					63					64		

CLUES ACROSS

1. Greek mythological figure

5. Small amount

8. Play a role

11. River in Georgia and Alabama

13. Water in the solid state

14. Ancient Greek sophist

15. Having a strong sharp smell or taste

16. Fleece

17. Writer/actress Dunham

18. Behave in a way that belittles

20. Comedienne Gasteyer

21. Zoroastrian concept of holy fire

22. Conceits

25. Slowed down

30. Nourishment

31. Midway between east and southeast
32. Fights

33. Comedienne Tyler

38. Standing operating procedure

41. Locks

43. Old

45. Song sung to one's lover

47. Whale ship captain

49. Moved quickly on foot

50. Volcanic craters

55. Large musical instrument

56. Liquefied natural gas

57. Ethiopian town

59. Not closed

60. A team's best pitcher

61. Spiritual leader of a Jewish congregation

62. Disfigure

63. Prefix denoting "in a"

64. Sleep

CLUES DOWN

1. S. American plant

2. Soul and calypso song

3. Fruit of the service tree

4. Continent

5. Albania's capital

6. Poisonous plant

7. Argues

8. Assists

9. Town in Galilee

10. Russian leader

12. Promotional materials

14. Wings

19. Not odd

23. Expression of creativity

24. Conceptualize

25. A digital tape recording of sound

26. Peyton's little brother

27. Cost, insurance and freight (abbr.)

28. Difference in potential
29. Owner

34. I (German)

35. Chinese conception of poetry

36. The world of the dead

37. Sign language

39. Coincide

40. Religious observance

41. Confined condition (abbr.)

42. Polite interruption sound

44. Texas ballplayer

45. Type of sword

46. Abba __, Israeli politician

47. Basic unit of a chemical element

48. Native American people in California

51. Swiss river

52. Hebrew calendar month

53. Easily swindled person

54. One point south of southwest

58. Small island (British)

PUZZLE SOLUTIONS ON PAGE 27

CHAUTAUQUA SPORTS HALL OF FAME

INDUCTEES | 2025



ABOUT THE CSHOF

The Chautauqua Sports Hall of Fame is a 501(c)(3) non-profit organization formed in 1980 to honor Chautauqua County, New York area sports celebrities.

The CSHOF is an all-volunteer group governed by a thirty-member Board of Directors elected annually.

Nominations for induction are continually accepted and reviewed by the Board of Directors. Information on the nomination criteria and the process is available at www.chautauquasportshalloffame.org

The Chautauqua Sports Hall of Fame welcomes new members and encourages them to be involved.

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Honoring Our Exemplary Athletes

CONTINUED FROM FRONT PAGE

portion of their lives and who have achieved a name in the world of sports. He or she must also meet one of the following criteria: is or was an outstanding athlete in high school, college, amateur, or professional sports, is or was a coach, manager, official or administrator who has made a significant contribution to sports, or is an individual who is performing or has performed an unusual or distinguished service in fostering, developing or effectively helping sports to prosper. Nominations are received from the public and selected by the 30 members of the CSHOF Board of Directors.

Within the website www.chautauquasportshalloffame.org, web pages for each of the 249 inductees displaying photographs, publications, memorabilia, videos and web links and have been created and are continually updated.

The CSHOF preserves the sports history of Chautauqua County by maintaining a museum where the county's sports memorabilia is

received, cataloged and displayed. The public is encouraged to contribute significant historical sports items. The CSHOF is located at 15 West Third Street, Jamestown, and is open, free of charge, Monday through Friday, 12:00-3:00.

Another important goal of the CSHOF is recognize outstanding high school, collegiate or community athletes who have won state or national championships or who have earned 1st Team All-New York State or 1st Team All-American status. The recognition of these individuals occurs at the annual induction banquet or the organization's summer picnic.

The CSHOF is a 501(c)(3), not-for-profit organization operated exclusively by volunteers with no paid employees. The public can support the mission and work of the CSHOF by purchasing an annual \$40 membership: www.chautauquasportshalloffame.org/getinvolved.php#membership.

CHAUTAUQUA SPORTS HALL OF FAME

INDUCTEES | 2025

JESSICA ANDERSON

One of the finest all-around female athletes in the history of the former Mayville Central School will be inducted into the Chautauqua Sports Hall of Fame in 2025. Mayville merged with Chautauqua Central in 1996 to form Chautauqua Lake Central School.

Jessica Anderson was a standout athlete for the Golden Eagles from the time she was a 7th grader to her graduation in 1992, excelling in three sports – volleyball, basketball and softball.

During her four years as a starter on the volleyball team for Coach Penny Hite, she led Mayville to 3 Section VI titles, 2 Western Regional titles and the first two New York State Championships in 1990 and 1991. Jess was 1991 New York State Class C/D Player of the Year.

A 3-year starter for Coach Rick Anderson's Mayville basketball team, Anderson scored over 700 points, grabbed over 600 boards and set school records for blocked shots and rebounds. She was a two-time D-3 All-Star and was a Post-Journal All-Star as a senior.

Jessica was a 6-year starter in center field for the Lady Golden Eagles softball squads. She batted over .600 in both her junior and senior years earning D-III All-star accolades and being named a Post-Journal All-Star.

She was named Mayville Central's Female Athlete of the Year in both 1990-91 and 1991-92.

Anderson's athletic prowess earned her a scholarship to NCAA Division-1 Niagara University where she was a 4 year starter in both volleyball and softball.

As a Purple Eagle volleyball player, she was the Metro Atlantic Athletic Conference Rookie of the Year in 1992 and 1st Team All-MAAC the next three seasons, culminating with



being named the MAAC All-Tournament Team and Player of the Year runner-up as a senior. She was the first player in NU history to record more than 1,000 kills and graduated as the all-time NU record-holder in kills, blocks and hitting percentage.

On the softball diamond for Niagara, she consistently batted over .300 and was named to the 1997 MAAC All-Tournament Team as an outfielder.

She was presented the Kevin Mulkern Senior Athlete Award as the Most Outstanding Athlete in Niagara's University Class of 1997.

In her first year of eligibility, Jess was elected to the NU Athletic Hall of Fame in 2002.

After earning a degree in special education, Anderson entered the volleyball coaching ranks. First, was the head job at Niagara (1997-1998), then at Daemen College (1999-2002), initially as an assistant and later the head coach.

Next she was the head volleyball coach at North Tonawanda High School 2003-2017. She was the Niagara Frontier League Volleyball Chairperson for 15 years and served on the Section VI Volleyball Committee.

From 1996 to the present she has been a volunteer coach for Junior Olympics volleyball. She has coached the Cheetah VBC, the Niagara VBC and is currently coaching inner-city girls for the Nickel City VBC.

Jessica is a special education teacher at North Tonawanda High School and lives in Orchard Park.



TOM ANDERSON

The "face" of the Lakewood YMCA for more than 30 years will become an inductee of the Chautauqua Sports Hall of Fame in 2025.

Before he began his long professional association with the Y, Tom Anderson was an outstanding tennis player at Southwestern Central and SUNY Brockport. A 1976 SWCS graduate, Tom played for legendary Trojans tennis coach Anne Tenney Smith. He was her No. 1 singles player for 3 years.

He was a 4-year starter at Brockport and was the No. 1 singles player his senior year, 1980, and finished second in the SUNY championship tournament.

During his active playing career, Anderson was a 5-time Jamestown city champion, 2-time Warren city champ, Chautauqua County champ, Len Johnson Classic champ and Post-Journal Classic champ among his many tournament titles.

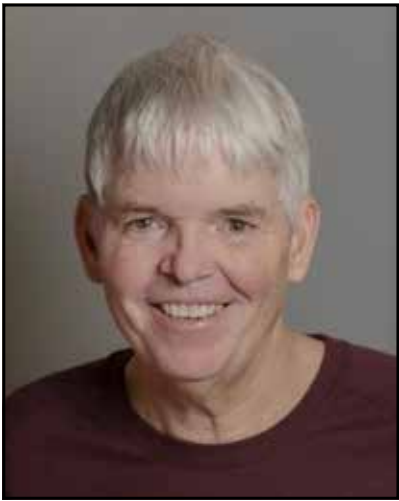
Tom began teaching at the former Billie Jean King Tennis Center in 1980 and continued through its transition to the Lakewood YMCA over the next 23 years.

When Paul Bush donated the tennis center to the YMCA in 1991, Anderson became its executive director, a position he held until his retirement in 2022. His tenure was marked by visionary leadership that made the Lakewood Y an active and sustainable resource for the greater Jamestown community.

He designed and built the area's first indoor soccer facility. The 10,000 square foot arena hosted nearly 100 youth, high school, men's women's and co-ed teams on a weekly basis. Under Tom's leadership, the multi-purpose facility was also used for basketball, volleyball, floor hockey, roller hockey and a variety of other recreational activities.

Anderson, along with Chuck Jambliter, created an indoor gymnastics center at the Y, equipped with Olympic quality apparatus, spring floor, in-ground trampoline and landing pits.

Staying true to the facility's roots, Tom put an emphasis on making the Y a tennis destination for budding players and seasoned veterans alike for tournaments, clinics and summer camps. He hosted Chautauqua County high



school competitions and Section VI championships. Racquetball and more recently pickle ball have also received the deft touch and promotion by Anderson.

Other community activities, long-standing and significant, that can be traced directly to Tom are the Battle of the Businesses, the July 4th Firecracker Run, the Amy King Run and the March Madness 3-on-3 Basketball Tournament.

Anderson's fundraising capabilities on behalf of the Y have been extraordinary. Carefully cultivating a vast network, he has secured event sponsors and fundraising for capital projects with an infectious personal style and enthusiasm. As one local businessman related with a big grin, "You just can't say no to Tom."

In recognition of his impact on the Y, Tom received the Paul B. Sullivan Lifetime Achievement Award and had the Y's tennis courts named in his honor.

Anderson retired in 2022 and lives in Russell, Pa.



ANTHONY BARONE

From the dusty baseball diamonds of Jamestown to the well-appointed dugouts in the cities of the American Association of Professional Independent Baseball, this 2025 Chautauqua Sports Hall of Fame inductee has parlayed his love of the game into managerial success wherever he has been.

Anthony Barone first fell in love with baseball playing in the youth leagues in Jamestown. The 1997 graduate of Jamestown High School played two varsity sports, baseball and basketball. Hitting .350, he was named 1st Team All-ECIC League shortstop and a Post-Journal All-Star. He received the Jeff Nelson Memorial Award in basketball.

The next stop on his journey was Jamestown Community College where he again played both baseball and basketball. A team captain, Anthony batted .350 and collected over 100 hits. He participated in the NJCAA National Tournament with the Jayhawk basketball team. In 2000, he was named as one of JCC's "50 Greatest Athletes of All-Time."

Felician College in Lodi, NJ was Barone's destination for his final 2 years of college ball. A two-time team captain, he had a .352 career batting average, struck out just 12 times in 261 at bats and was an Academic All-American.

Anthony returned to his alma mater, JCC, in 2001, as the assistant coach and made an NJCAA World Series appearance in 2004.

Barone was promoted to head coach at JCC in 2005, a position he held until 2012. During his tenure as the leader of the Jayhawks, his teams won 207 games and qualified for 5 consecutive NJCAA Regional berths. He was named Region 3 Coach of the Year in 2008.

Anthony, next, headed west to NCAA Division 1 Cal State



Bakersfield as an assistant coach in 2012-13, working with pitchers and catchers. That summer, he returned to Western New York to manage the Wellsville Nitros of the New York Collegiate Baseball League.

The Jamestown Jammers of the Perfect Game Collegiate Baseball League hired its native son to manage the team from 2015-18. Anthony took the Jammers to the playoffs in 3 years, to the championship series twice and to the PGCBL title in 2018. He was a two-time Manager of the Year.

The ownership group of the Jammers, who also owned the Milwaukee Milkman of the American Association of Professional Independent Baseball, signed Anthony as their hitting/bench coach for the 2019 season, and made him the manager the following season.

His responsibilities include player procurement, roster construction, salary cap configuration and on-field team strategy.

In his rookie year, Barone led the Milkmen to the American Association championship. He followed that up with playoff berths in 2021 and 2022 and the Eastern Division title in 2023.

His career record with Milwaukee is currently 251-209. Twenty-five of his players have had their contracts purchased by Major League Baseball teams.

Additionally, Anthony has coached internationally with Merida, Mexico in the World Baseball Softball Confederation and in Dubai, United Arab Emirates with Baseball United.

Barone lives in Milwaukee during baseball season and in Jamestown during the off-season.

STEPHEN CARLSON

The only Chautauqua County athlete to ever score a National Football League touchdown will be a 2025 inductee of the Chautauqua Sports Hall of Fame.

Stephen Carlson, then a tight end for the Cleveland Browns, caught an 8-yard scoring pass from Baker Mayfield on November 14, 2019, as the Browns defeated the Pittsburgh Steelers 21-7.

His potential to play in the NFL first became evident during Carlson's outstanding career at Jamestown High School. The 2015 JHS graduate excelled on the football gridiron for Coach Tom Langworthy and on the basketball hardwood for Coach Ben Drake.

As a Red Raider receiver, Stephen amassed 2,411 yards on 134 receptions with 22 touchdowns. A stalwart on defense, he recorded more than 250 tackles. JHS won the Class AA New York State Championship in his senior year.

Carlson was the 2014 recipient of the Connolly Cup awarded to the outstanding player in Western New York. A First Team AA All-State selection in both 2013 and 2014, Stephen's No. 89 jersey has been retired at Jamestown.

He was a 2-time winner Western New York High School Sports James Lofton Award as the top receiver and was the Post-Journal's 2014 Player of the Year. Carlson also won many academic accolades as a scholar athlete.

Stephen was also a force on the basketball court for the Red Raiders. During his high school career, Jamestown won 3 consecutive Section VI Championships and played in the state title game in '14. He was All-ECIC First Team, a Post-Journal All-Star, 5th Team All-State 2015 and had his No. 22 placed on the JHS Basketball Wall of Fame.

Carlson parlayed his academic and football talents into a Division 1 scholarship to Princeton University from where he graduated in 2019. As a Tiger, he had 125 receptions for 1,632 yards and scored 16 touchdowns. He played on the 2018 undefeated Ivy League



championship team and was twice chosen All-Ivy League.

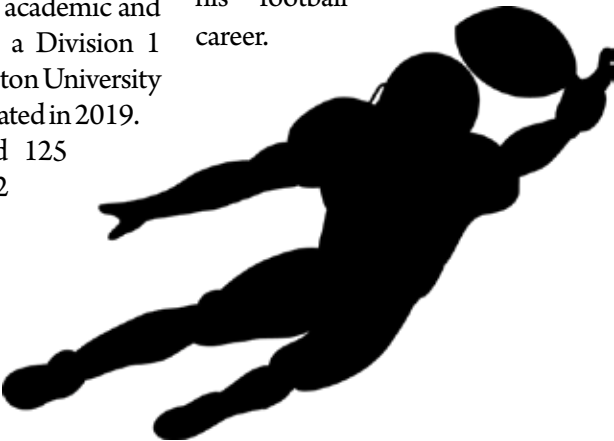
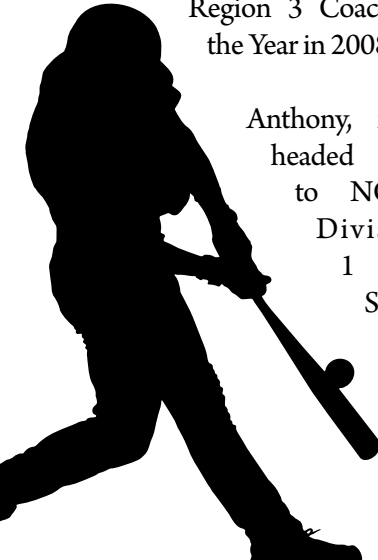
Stephen signed with the Cleveland Browns as an undrafted free agent in May 2019. He was waived during final roster cuts and subsequently re-signed to the Browns' practice squad. The Browns signed Carlson to their active roster on November 1, 2019.

In addition to the touchdown grab previously mentioned, he scored a two-point conversion in the Browns' match against the Dallas Cowboys on October 4, 2020, when he chased down a blocked kick that the Cowboys had fumbled towards the end zone. He earned 5 game balls as a Cleveland tight end and special teams player.

A knee injury kept him out of the NFL in 2022.

The Chicago Bears signed Carlson to a one-year deal after a rookie mini-camp workout in 2023 and was assigned to the practice squad. He was promoted to the active roster on September 24, 2024. Subsequently, he suffered a serious shoulder injury that placed him on the injured reserve list.

Stephen, married in 2024, lives in the Chicago area, and can use his Princeton degree in Ecology and Evolutionary Biology after his football career.



CHAUTAUQUA SPORTS HALL OF FAME

INDUCTEES | 2025

MARK EDSTROM

One of the most gifted athletes at Jamestown High School and Alfred University will be an inductee of the Class of 2025 of the Chautauqua Sports Hall of Fame.

Mark Edstrom, decorated athlete for both the JHS Red Raiders and the AU Saxons, will take his rightful place among Chautauqua County’s honored sports individuals.

A Jamestown Post-Journal article from 1963 was a precursor of things to come. The headline read “Edstrom Leads P P & K Competition.” The article stated that Mark was the 9-year-old winner of the Jamestown Area Punt, Pass and Kick Competition with a total score that exceeded even the boys in the older age groups. Even at that young age, it became obvious that he was a talented performer.

Entering Jamestown High School as a sophomore in 1969, he immediately made his presence known. He became the starting quarterback on Coach Tony Nunes’ Red Raider squad, a position that he continued to hold as a junior and senior for Coach Dick Noonan.

Mark earned a starting position on Coach Dutch Leonard’s hardwood team as a sophomore and responded by leading the JHS in scoring – a feat he would duplicate the next two seasons as well.

Upon his graduation, Edstrom would be the leading scorer and rebounder (588) in the history of the Jamestown High basketball program. His 1,047 points were accomplished in just three seasons and without benefit of the 3-point shot.

The 1971-72 basketball team was one Jamestown’s finest. The squad went 19-2 playing in the Erie-centric Lake Shore League against Cathedral Prep, McDowell Academy, Strong Vincent, Erie East and Erie Tech.

The Red Raiders even beat powerhouse Schenley High from Pittsburgh.

Mark retired from the United States Postal Service as a postmaster in 2010 and lives in Ludlow, Mass.



The Edstrom-led team won the Section VI Class AAAA, which was as far as a team could go in the era before New York State Championships.

Former teammate Tom Benson recalls that “Mark was the absolute leader of the team and its heart and soul. He was not vocal or boastful. He led by example, working harder and out-hustling everyone on the floor. He always guarded the best player on the opposing team, was never intimidated, and refused to lose. He was the glue, the catalyst, the force that made the rest of us better.”

He was also a member of the JHS track & field team that set a school record in the 880-yard relay (1:31.20).

Edstrom took his talents to Alfred University where he played basketball for four years. His 1,356 points ranked third on the AU all-time list upon his graduation in 1977.

After being away from football for three years, he joined the Saxons gridiron team under legendary Saxon coach Alex Yunevich. Playing back and placekicker, he achieved a rare feat – he was the leading scorer on both the Alfred basketball and football teams in the same year.

He was elected to the Alfred University Athletic Hall of Fame in 1988.

While living in Jamestown, Edstrom was also a talented fast-pitch softball player on the highly regarded See-Zurh House team managed by Tim Brown.

Mark retired from the United States Postal Service as a postmaster in 2010 and lives in Ludlow, Mass.

RON FREDERES

Fast-pitch softball was an extremely popular sport in Chautauqua County in the 1970s. There were hundreds of teams from the north county to the south county with many outstanding players in the lineups. Fast-pitch softball was also a very popular spectator sport for area enthusiasts.

One rivalry that particularly drew much interest was See-Zurh House.v. Stravato’s Grill. Newspaper accounts reported crowds in excess of a thousand fans came to witness See-Zurh/Stravato’s games that featured the match-up between pitching aces, Ron “Redman” Frederes of See-Zurh House and Jim Adamczak of Stravato’s Grill.

Both men are inductees of the Western New York Softball Hall of Fame and now the Chautauqua Sports Hall of Fame.

Besides numerous league titles, tournament championships, no-hitters and perfect games, a highlight for Ron and his See-Zurh House teammates was earning a 1-1 tie with Eddie Feigner of King and his Court fame. Among other softball teams for which he toed the rubber were Strom’s Grill, Chautauqua Hardware, Hungry Horse (Salamanca) and Big Ron’s (Olean).

Ron Frederes was a 1963 graduate of Jamestown High School where he was a three-sport athlete in football, basketball and baseball. He continued playing the same sports at Brockport State, from which he graduated in 1967. While earning a Master’s Degree at the University of North Carolina in 1968, he served as a graduate assistant for the Tar Heel basketball squad under legendary coach Dean Smith.

After one year of teaching in Orlando, Fla., he was hired as a teacher at Southwestern Central. He was the Trojans varsity baseball coach and the JV basketball coach from 1969-1976. That was followed by a two-year stint as the basketball and tennis coach at Davidson Community College in Lexington, N. C. His DCC basketball squad qualified for the NJCAA regional tournament both years.

The next stop on Ron’s coaching career was at Alfred University from 1978 to 1990. He led the Saxons

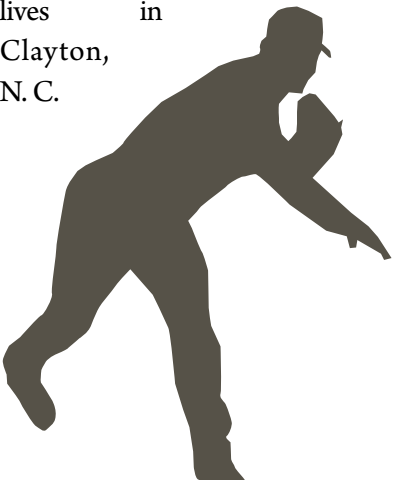


to 2 Eastern Collegiate Athletic Conference tournament berths and 2 appearances in the NCAA Division III eastern Regional Tourney. The Olean Times-Herald sports department chose Frederes as its Man of the Year in 1986. He still holds the distinction of having the most coaching wins in AU basketball history and his teams and players are still prominent in the Alfred record books.

He was also the head tennis coach and assistant Athletic Director during his tenure at Alfred. After leaving Alfred in 1990, he became the head basketball coach at Walsh University, a NAIA Division II school in North Canton, Ohio. He took the Cavaliers to the NAIA tournament both seasons he was there.

His “dream job” came in 1993, when Jamestown High principal Jim McElrath (CSHOF inductee 2012) called Frederes and offered him the head basketball job at his hometown high school. Averaging over 15 wins per season during his 5 seasons at his alma mater, he had the good fortune to coach Red Raiders standouts Justin Johnson and Maceo Wofford, both CSHOF inductees.

Retired from teaching and coaching, Frederes lives in Clayton, N. C.



CHAUTAUQUA SPORTS HALL OF FAME

INDUCTEES | 2025

NICK KAHANIC



Large, muscular men wearing kilts and performing amazing feats of strength and agility in athletic competition celebrating Scottish and Celtic culture – that’s the Highland Games. The events that comprise the Highland Games include stone put, Scottish hammer throw, weight throw, weight over bar, caber toss, keg toss and sheaf toss.

In 2025, the Chautauqua Sports Hall of Fame will induct its first Highland Games athlete, a world champion and a world record holder, Nick Kahanic. Nick was the 2013 World Amateur Champion amassing 2,013 points, the most in recorded history since 1822.

Kahanic also set a new world record in the Open Stone (16-pound) throw of 63’ 3.75” eclipsing a mark that had stood for 40 years.

Nick, a 2004 graduate of Falconer Central School, was active in track & field for the Falcons. He placed in the New York State Championships in both the shot put and discus his junior and senior years. Representing Chautauqua Striders, he placed second in the shot at the 2004 USA Junior Olympic National Championships.

Kahanic continued his T & F career at Robert Wesleyan College in Rochester, N. Y., 2004-2007. He was a 4-time National Christian College Athletic Association Champion: 3 times in the shot put and once in the hammer throw. He was named an NCCAA All-American 13 times in the shot, discus and hammer and was a 2-time National Association of Intercollegiate Athletics (NAIA) shot put All-American.

Nick became involved in Highland Games competition in 2006 and continued until his retirement from the sport in 2022. He was Grand Champion of the Jamestown Regional Highland Games thirteen times. Each annual competition included 9 individual events. During that span he claimed first place 115 times in 118 events. In the 3 events he “lost,” he finished second.

In Highland Games outside of Chautauqua County, Kahanic was 5-times Niagara Region Amateur Champion, 4-times Niagara Region Professional Champion and 3-times New York State Professional Champion.

He claimed 40 professional Highland Games titles from 2014-2022. He was the 2015 North American Pro Caber Champion. In the caber toss, competitors toss a large tapered pole, usually made from a larch tree, and it can be between 16–20 feet tall and weigh 90–150 pounds.

In addition to the previously mentioned World Record in the Open Stone throw, Nick also set a North American record (50’1”) in the Braemer throw, an event in which the 22-pound stone must be tossed from a standing position.

Nick and his friend Aaron Lee are the co-founders of AJ Strong, a charity they established in 2018 following the unexpected passing of Aaron’s son. The purpose of the charity is to assist child advocacy programs and families in need. To date they have raised over \$40,00 to help those in need.

Kahanic works for Pepsi and is a resident of Falconer.

AARON LEEPER

47 touchdowns. 2,276 rushing yards. 282 points scored. That’s a pretty good high school career, right? Well, those are the statistics from one season for Aaron Leeper, a Class of 2025 inductee of the Chautauqua Sports Hall of Fame.

Leeper amassed those incredible numbers in 2000, the year Jamestown High School won the New York State Class AA football championship under the guidance of coaches Wally Huckno, Joe DiMaio, Tom Phillips and Dave Currie. The undefeated, 13-0, Red Raiders often had the games in control by halftime, meaning Aaron was not used very much on offense in the second half.

Leeper’s 47 touchdowns and 282 points were New York State single season records at the time of his JHS graduation in 2001. His 2,276 rushing yards was a Western New York record. He was named NYS Class AA Player of the Year.

He was accorded the Buffalo News and Jamestown Post-Journal Player of the Year honors and won the prestigious Connolly Cup awarded to the most outstanding football player in Western New York. He was also named USA Today’s New York State Player of the Year.

A two-way player, Leeper was also an outstanding defensive back, making 38 tackles, and 5 interceptions, including 2-pick-sixes. He received the Ron Pitts Award, symbolic of the top defensive back in WNY.

Aaron’s record-breaking senior season was foreshadowed by a solid junior campaign in which he rushed for 1,230 yards and 9 TDs on offense and had 26 tackles, 4 fumble recoveries and an interception in defense. He was chosen as ECIC Division 1 South Defensive Player of the Year and a Post-Journal First Team All-Star.

Leeper was a 200-meter hurdler for the Chautauqua Striders and ran in national meets in Baton Rouge and Philadelphia for Coach Dave Reinhardt.

He earned a scholarship to D-1 University of Buffalo of the Mid-American Conference. He was named the MAC Rookie of the Year in 2002 after he rushed for 917 yards and 10 touchdowns.



Leeper suffered an injury during his sophomore season that brought an end to his football career. Focusing his energies on his future, he earned a bachelor’s at UB and a master’s degree at Canisius.

Aaron is employed by the Federal Air Marshal Service. FAMS is a United States federal law enforcement agency under the supervision of the Transportation Security Administration (TSA) of the United States Department of Homeland Security (DHS).

Federal air marshals (FAMs) travel often. In Aaron’s case, over 5 million air miles. FAMs must be highly proficient marksmen. A FAM’s job is to blend in with other passengers on board aircraft and rely heavily on their training, including investigative techniques, criminal terrorist behavior recognition, firearms proficiency, aircraft-specific tactics, and close quarters self-defense measures to protect the flying public.

Leeper’s leadership skills were recognized and led to his promotion to an administrative position. He is the Assistant Federal Security Director for Law Enforcement.

Aaron and his family reside in Bayside, New York.



CHAUTAUQUA SPORTS HALL OF FAME

INDUCTEES | 2025

NICK SIRIANNI

Four of a kind is an exceptional hand in a game of poker.

Four of a kind is also the story of an exceptional Chautauqua County coaching family as the youngest member joins his father and two older brothers as inductees of the Chautauqua County Sports Hall of Fame.

Nick Sirianni, the head coach of the Philadelphia Eagles, will be united with his father Fran (2018), and brothers Mike (2022) and Jay (2023), when he enters the Hall of Honor in 2025. Simply stated, the Sirianni's were born to coach and have built outstanding careers: Fran and Jay at Southwestern Central School, Mike at Washington & Jefferson College, and Nick in the National Football League..

Nick, a 1999 graduate of Southwestern Central, was a three-sport athlete for the Trojans. He was a Post-Journal All-Star in basketball, All-League in football and a sectional qualifier in track.

He followed his older brothers to Mount Union College, 1999-2003, where he was a 1st Team All-Conference receiver. He played on 2 NCAA Division III National Champions and 1 runner-up team for the Purple Raiders under legendary coach Larry Kehres.

He also played one year in the Atlantic Indoor Football League for the Canton Legends in 2005.

Sirianni was hired by Kehres to be the defensive backs coach at Mount Union (2004-2005) and was a coach on the National Championship team of 2005. He next became the wide receivers coach at Division II Indiana



University of Pennsylvania from 2006 to 2008.

A chance meeting at the Lakewood YMCA resulted in newly hired Kansas City Chiefs head coach Todd Haley offering a job for Nick to be the Chiefs' offensive control coach in 2009. After Haley was fired in 2011, new coach Romeo Crennel named Sirianni as wide receivers coach, the only coach from the Haley regime to receive a promotion.

He moved on to the San Diego Chargers in 2013 when head coach Mike McCoy hired him, first as an offensive quality control coach, and then as the quarterbacks coach. McCoy was replaced by Anthony Lynn in 2016 who put Nick in charge of the wide receivers.

When Chargers offensive coordinator Frank Reich was selected as the head coach in Indianapolis in 2018, he brought Nick to the Colts as his offensive coordinator.

Philadelphia Eagles owner Jeff Lurie and General Manager Howie Roseman tapped Sirianni to be their head coach in 2021. Nick has a winning record in each season since taking over in Philly and his team has made the playoffs each year. In the 2022 season, he led the Birds to a 14-3 record, the National Football Conference Championship and a close loss in Super Bowl LVII.

Sirianni has again led the Eagles to another Super Bowl in 2025.

Nick and his family live in suburban Philadelphia.



HONORED ATHLETES, TEAMS & COACHES

TAYTUM JIMERSON

Frewsburg - 1st Team All-NYS Class C Soccer

JULIANNA ROTH

Falconer/Cassadaga/Maple Grove - 1st Team All-NYS Class B Soccer

ELIZABETH PUCCI-SCHAEFER

Fredonia - New York State & Federation Champion 1-meter Diving

CSP FOOTBALL/TY HARPER COACH

Clymer/Sherman/Panama - NYS Class D Football Champions

TATE CATANESE

Clymer/Sherman/Panama - NYS Co-Player of the Year Class D Football

BRYCE HINSDALE CLYMER/SHERMAN/PANAMA - NYS CO-PLAYER OF THE YEAR CLASS D FOOTBALL

CONNOR YOUNG

Southwestern - 1st Team All-NYS Class B Soccer

ETHAN VERBOSKY

Maple Grove - 1st Team All-NYS Class D Cross Country

EMMA LEWIS

Southwestern - 1st Team All-NYS Class C Cross Country

CARTER BRINK

Clymer/Sherman/Panama - 1st Team All-NYS Class D Football

ALEX BARMORE

Clymer/Sherman/Panama - 1st Team All-NYS Class D Football

COLLIN RYAN

Clymer/Sherman/Panama - 1st Team All-NYS Class D Football

DALTON RICHTER

Clymer/Sherman/Panama - 1st Team All-NYS Class D Football

CAMRYN SLADE

Gowanda/Pine Valley - 1st Team All-NYS Class D Football

TRENT LEWIS

Frewsburg - 1st Team All-NYS 8-man Football

CHASE BONTA

Jamestown - 1st Team All-NYS Class AA Football

JAYLAH COSSIN

SUNY Brockport - United Soccer Coaches 1st Team All-American NCAA Division III

RAYVEN SAMPLE

Bucknell - Gold Medal 400-meters Dash U.S. Paralympic Team Trials

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The Impact, Importance, and Beauty of Art



Contributing Writer

Ryan Chambers-Leonard
Chautauqua County's Featured
Student Writer

Over the past few years, there have been numerous times when I've asked myself, "What is art?" It's a relatively simple question, with a pretty straight forward answer. If you came up to me on the street tomorrow and asked me as much, I would probably answer with something like "It's something created by someone to convey a message, emotion, or desire," and that isn't wrong at all. I think everyone will have a different definition for "art." It's something that reaches all of us in a different way, and thus, we all perceive it differently. Art obviously takes a variety of forms, writing, music, traditional arts (painting, drawing, etc.), photography, and dance, to name a few. But it's really anything that results from some creative process. Everyone will be attracted to different aspects of the arts- and well, hopefully it's obvious which one I was drawn to.

But, while art is often consumed simply for personal enjoyment (especially now), it has always been used for more impactful purposes as well. An incredibly recent example would be Kendrick Lamar's recent Half-time show, where he used his recent feud with Drake to draw attention to a bold, distinct, and important political statement. And while vast amounts of viewers dismissed the show as boring, distasteful, or outright

bad, it held an incredible amount of details for astute viewers that offered a truly remarkable declaration in front of (at the show's peak) 133 million people. Lamar used this incredibly rare chance to talk about the mistreatment of Black people in the United States- along with his belief that America was going in the wrong direction. Given the extremely tense political climate right now- it's incredibly important for those with influence to be making these statements; as a mouthpiece for those who can't, or won't.

But realistically, the most identifiable form of "art" would be traditional art, such as paintings and drawings. There are an abundance of famous designs from throughout US history, notably from the last few decades would be former President Barack Obama's "Hope" poster, a red, white, and blue portrait of Obama with the word "Hope" highlighted under him. The poster became synonymous with Obama's 2008 campaign, and more or less encompassed the message he wanted to send to the American people. This was absolutely massive for Obama's campaign, as the simplicity and consistency of the message gave Obama a huge advantage over McCain, who he was running against. As a whole, the poster is arguably one of the most recognizable political art pieces from our generation, and our parents' generation; but it is not at all the only notable art piece from American history. Going back about eighty years, you have the "We Can Do It!" poster, designed and produced by J. Howard Miller, and while it was originally meant to motivate female workers during World War II, it later (around the 1980s) became a symbol for feminism, as well as bringing global awareness to social and political issues prominent around that time. During the painting's


time of origin, an insane amount of posters were created for the war effort. Primarily for the purpose of spreading propaganda. Another one of the most famed propaganda posters during this time was the "I Want You" poster created in 1940, by James Montgomery Flagg. It depicted the American figure "Uncle Sam," an older, white man, dressed in a red, white, and blue suit. The piece was intended to convince American males to join the military to aid in the war effort, and it went on to become an incredibly well known artwork. Kendrick Lamar's Half-time show actually included Samuel L. Jackson as a modern adaptation of Uncle Sam. It turned an inherently Nationalist, prideful, and American figure into a statement criticizing our very government and culture.

And if you wanted to further discuss our government, with its laws and regulations, there are plenty of examples of political art that influenced change. For example, a book that you may have been introduced to in middle school; The Jungle, by Upton Sinclair. In the book, he delved into the horrors of the industrialized American factories and it's businesses. It was published during the early 1900s, and led to more strict regulations around our food. Notably both the Meat Inspection Act and the Pure Food and Drug Act were passed, and the FDA was formed shortly after. The book was called absurd and pitiful by plenty of people (especially in our government), but it led to some genuinely important changes that impact all of us today. In a similar (yet far more recent) vein, in 2010 Josh Fox released his film "Gasland," which centered around hydraulic fracturing, and the environmental concerns that came along with it. Which included (but wasn't limited to), flammable water, poisoned wildlife, and suffocating

air. Both Sinclair and Fox used simple mediums, writing and videography, to discuss and expose the risks of various industries, as well as the government corruption and neglect. And really, it was just two average people, going out into the world trying to make a change. And it was all done with mediums accessible to everyone.

Finally, shifting back to traditional art for the last stretch, I want to point out an art piece that is famous for every reason except for the statement it makes. Banksy's "Balloon Girl," is a painting famous for how it was shredded at the auction it was being sold at. However, so many people overlook the significance of the meaning behind the painting. It's quite a simple painting, depicting a small girl reaching out to her balloon, that is floating away. The general consensus is that the painting is trying to describe the loss that is inflicted upon children in areas of conflict, and how it affects them throughout their life. The world we live in today still has so many wars occurring, from Palestine and Israel, to Ukraine and Russia, so I believe it's incredibly important for art pieces like "Balloon Girl" to remind us of the impact of these wars.

All in all, it's incredibly important that everyone, young and old, is reminded how integral art is, and has always been, to our lives. Some people simply use art as a method to pass the time, or provide entertainment. But some use art to create impact on a governmental, cultural, or societal level. The importance of art can't be understated, and I'm incredibly honored to be able to show you a fraction of just why it's so important.



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County Department of Planning & Development Reports Success in 2024 and Goals for 2025

Department Secures Over \$3.3 Million in Grant Funding and Supports 54 Projects in 2024

Article Contributed by

Justin Gould

Chautauqua County
Media Information Officer

The Chautauqua County Department of Planning and Development (CCDPD) had another successful year of assisting with and enhancing collaborative planning and development initiatives across Chautauqua County.

On Wednesday, February 19, 2025, Mark Geise, Deputy County Executive for Economic Development/CCIDA CEO; Rebecca Wurster, Planning Coordinator; Nate Aldrich, Economic Development Coordinator; and Dave McCoy, Watershed Coordinator, provided an overview of the Department's work and accomplishments in 2024 and their 2025 Work Plan to the County Legislature's Planning & Economic Development Sub-Committee in Mayville.

Last year, CCDPD focused on advancing 54 priority projects in alignment with the Department's 2024 Work Plan; completed 4 plans and studies; administered 12 mandatory projects, boards, and committees; and facilitated 13 community outreach initiatives in planning, economic development, and watershed throughout the county. In addition, CCDPD was awarded 5 grants totaling over \$3.38 million to assist with funding targeted projects.

The Division of Planning is responsible for overseeing the County's education and allocation of planning resources, the promotion of sustainable growth, the protection and enhancement of the environment, and the advancement of a high quality of life for all residents. This is done through several exciting initiatives, plans, and projects within agriculture, housing, placemaking, community development, downtown revitalization, land use, outdoor recreation, transportation, waterfront development, and environmental planning. The planning staff work collaboratively with the division of economic development and watershed, as well as the County of Chautauqua Industrial Development Agency (CCIDA, Chautauqua Regional Economic Development Corporation (CREDC), and its public-private economic development collaborative, the Chautauqua County Partnership for Economic Growth (CCPEG).

"The planners and staff within the planning division are committed to ensuring that Chautauqua County



remains a vibrant, sustainable place for all to live, work, and play," said Rebecca Wurster, Planning Coordinator. "We are truly fortunate to have planners whose knowledge, dedication, and skillsets guide us toward success. Their ability to navigate complex challenges and turn vision into reality is invaluable."

Within the Division of Economic Development, department staff collaborate closely with the CCIDA, CREDC, and CCPEG to advance an array of economic development projects and programs – including but not limited to, business assistance, shovel-ready site development, marketing, and other special community development projects.

Additionally, the department manages approximately 40 economic development contracts, including a number of Community Contract Agency Allocations, various ARPA and capital projects, New York State grant contracts, and 3% Occupancy Tax for Tourism Agency Allocations and annual competitive grant awards. In terms of State grant funding, the department is managing a \$1.25 Million Empire State Development (ESD) RESTORE NY Communities Grant that assisted in the redevelopment of the White Inn in downtown Fredonia, and a \$200,000 Office of Community Renewal (OCR) Community Development Block Grant (CDBG) for a Microenterprise Assistance Program (MAP) in partnership with Chautauqua Opportunities for Development Inc. (CODI).

According to Economic Development Coordinator, Nate Aldrich, "Our County Department of Planning & Development and our CCIDA team work seamlessly to advance a number of important economic development projects and initiatives. Our County economic development team is not only involved in special projects, but manage a number of county-funded contracts, state grant awards, and numerous ARPA projects."

2024 was a both a busy and rewarding

year for the Watershed Division. The Watershed side of our Department administrated more than 38 projects and initiatives, all of which focused on improving our natural environment and increasing opportunities for tourism and recreation.

Chautauqua County Watershed Coordinator Dave McCoy said, "Beginning the Aquatic Ecosystem Restoration (AER) project for Chautauqua Lake after ten years of Federal advocacy efforts will be key to assuring Chautauqua Lake will be clean and safe for generations to come. Seeing the Chautauqua Lake municipalities and long-standing lake organizations working collaboratively during the AER project scoping sessions was a wonderful thing to experience. Also, the County's 2% Occupancy Tax Program carried eighteen projects. One of the most rewarding was co-funding the structural repairs to the Lawson Boating Heritage Center together with local foundations and New York State funding. This was a great example of everybody working together for a good cause. Lastly, we

administrated eight American Rescue Plan Act (ARPA) projects. One of my favorites was the purchase of lake maintenance equipment because it has enabled Chautauqua Lake stakeholders to work better together and with greater efficiency."

"Once again, the County's Department of Planning & Development has demonstrated why they are so important to the County. Not only do they undertake initiatives that are mandated by the state, they also carry out requests made by the County Executive and Legislature, along with other future-oriented projects to improve the quality of life for Chautauqua County's citizens. We have top-notch staff in all three divisions, and we are fortunate to have them. I am really proud of the work we are doing in assisting our partners, including municipalities, in undertaking transformative and meaningful projects," said Geise.

"It's been exciting to see the Department mature and continue to gain momentum over the past several years. We have a stable and motivated economic development team that works well together and with the County Executive's Office and Legislature. They tend to be a catchall for ideas and initiatives that don't fit anywhere else in County Government, and they are always willing to step up and assist," said PJ Wendel, County Executive.

The CCDPD 2024 Accomplishments and 2025 Work Plan Presentation can be found on the CCDPD website: planningchautauqua.com.



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Congressman Langworthy Introduces Bill Requiring American-Made Flags

Article Contributed by
**Congressman
Nick Langworthy**

On Tuesday, Congressman Nick Langworthy (NY-23) and co-lead Rep. Greg Landsman (D-OH) introduced the Make American Flags in America Act, which would ensure that any American flag displayed on federal property or purchased by our federal agencies is entirely manufactured in the United States from American-produced materials.

This legislation will promote U.S. manufacturing by reinforcing demand for domestic materials and labor in the production of American flags, further strengthening our economy and the industries that employ American workers.

The American flag is one of the most enduring symbols of our democracy. However, many flags flown on federal property or purchased by federal agencies today are manufactured overseas using foreign materials. This diminishes the value of our flag as a symbol of national pride and as a product emblematic of the American worker.

Currently, the Federal Trade Commission (FTC) has standards in place to protect consumers through country-of-origin labeling requirements, but enforcement and compliance are inconsistent. This allows foreign-produced flags to be labeled as American-made despite not meeting the strict standards Americans expect.

“This is a no-brainer: American flags should be made in America,” said

Congressman Langworthy. “Our flag is a symbol of democracy, power, and glory. The best way to honor these principles is to make sure our nation’s economy and American manufacturers benefit from it.”

Congressman Landsman said, “The American flag represents so much—our nation’s history, and our future to come. It’s right that our flags be manufactured here in America.”

Other original co-sponsors on this bill include: Rep. Greg Landsman (D-OH), Rep. Rob Aderholt (R-AL), Rep. John Moolenaar (R-MI), Rep. Paul Tonko (D-NY), Rep. Daniel Webster (R-FL), Rep. Brad Finstad (R-MN), Rep. Julia Letlow (R-LA), Rep. Anna Paulina Luna (R-FL), Rep. Randy Weber (R-TX), Rep. Donald Davis (D-NC), Rep. Clay Higgins (R-LA), Rep. Harriet Hageman (R-WY), Rep. Tom Barrett (R-MI), Rep. Claudia Tenney (R-NY), Rep. Andrew Garbarino (R-NY), Rep. Tim Moore (R-NC), Rep. Andy Biggs (R-AZ), Rep. Eric Burlison (R-MO), Rep. Shri Thanedar (D-MI), Rep. Michael Rulli (R-OH), Rep. Timothy Kennedy (D-NY), and Rep. Mike Lawler (R-NY).

This bill is supported by the National Council of Textile Organizations, Flag Manufacturers Association of America, National Independent Flag Dealers Association, and New York State Association of Counties.

“The FMAA and its member companies strongly support the leadership efforts of Congressman Langworthy and all the congressional cosponsors in their support of this truly bipartisan legislation protecting the symbol of our Nation, the Flag of the United States of America.

Enactment of this bill, the Make American Flags in America Act, takes the necessary steps to ensure that all American Flags, procured by all federal agencies, and displayed on all federal property, be required to be ‘Made in the United States of America.’ The American flag and the FMAA have been under growing attack from the sale of counterfeit American Flags, mostly from China, being sold on e-commerce platforms to our federal, state, and local governments, as well as to unsuspecting American consumers. These sales are intentionally misleading Americans, falsely advertising country of origin and bypassing country of origin labeling laws that are explicitly required under the Textile Fiber Products Identification Act. Passage of this bill will usher in a new chapter of awareness and enforcement for our federal procurement agencies to be made aware and actively participate in the effort to only purchase American flags that are ‘Made in America.’ ” said Lauren VandenBosch, Flag Manufacturers Association of America President.

Kim Glas, National Council of Textile Organizations (NCTO) President and CEO said, “We sincerely appreciate Congressman Langworthy’s leadership and the co-sponsors of this bipartisan bill requiring the federal government to buy 100% American-made U.S. flags, including flags displayed on federal property. The U.S. flag industry is key part of the broader American textile industry which is a strategic and critical domestic manufacturing sector supporting thousands of companies and 500,000 U.S. jobs. Many of these companies are generationally owned and based in rural communities across the country. While the industry

remains resilient, it is facing economic distress, due in large part to China’s illegal trade practices such as dumping subsidized and falsely labeled flags on the U.S. market that undermine our vital industry and its workers. U.S. flag makers and textile workers cannot compete against unfair predatory trade practices. No industry can. But we can compete when the playing field is equal. Ensuring that U.S. government procurement of American flags is fully sourced domestically is imperative to not only helping stabilize our domestic flag industry but also closing a backdoor to cheap, subsidized Chinese-made flags in federal supply chains. We fully support this legislation and look forward to working with Congressman Langworthy and the other co-sponsors to advance it across the finish line this year.”

“As President of the National Independent Flag Dealers Association (NIFDA), I am proud to express our strong support for the Make American Flags in America Act. We commend Representative Langworthy for his leadership in advancing this critical legislation. This bipartisan bill ensures that all American flags purchased with taxpayer dollars—regardless of purchase size—and displayed at government buildings are genuinely Made in the USA. By reinforcing domestic manufacturing, it protects American jobs and upholds the integrity of our nation’s most cherished symbol,” said David McGehee, NIFDA President. “We urge swift passage of this legislation and remain committed to working with lawmakers, industry leaders, and stakeholders to ensure its enactment.”



Bassett Healthcare Network
New York Center for Agriculture
Medicine and Health

Free Chainsaw Safety Workshop March 15, 2025 – 9am-11:00am

Article Contributed by
**Cornell Cooperative Extension
Cattaraugus County**

A FREE EVENT! Brought to you by a collaboration of CCE Cattaraugus and NYCAHM.

This class is ideal for beginner chainsaw users or as a refresher for seasoned users. People are welcome to bring their own chainsaw to learn about maintenance and upkeep for their own equipment.

It is roughly 2 hours in length and the course covers basic saw maintenance, best ergonomics practices, kickback prevention, safety elements of a modern saw, and proper PPE

(personal Protective equipment) use. Each participant will be able to try on different PPE and will safely start up, throttle up, and turn off a chainsaw. This class uses demonstration, discussion and hands-on activities (There is no cutting in this class or PowerPoint presentation.)

- *There is no cost for this class!
- Class will be held at CCE Cattaraugus -28 Parkside Drive, Ellicottville.
- Registration is strongly encouraged so we can provide sufficient space!
- Walk-ins are welcome.

To register, call NYCAMH at 800-343-7527 or email chainsawsafety@bassett.org



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“The vision of a champion is bent
over, drenched in sweat, at the point of
exhaustion, when nobody else is looking.”

— Mia Hamm



Fresh Starts and Self-Care:
Embracing Wellness in February

CONTINUED FROM FRONT PAGE

(However, I suspect that part of it is a ploy to stay up just a little longer.)

Maybe nighttime yoga isn't your thing. That's perfectly fine - here in Chautauqua County, there are plenty of ways to get back to taking care of yourself and reaching your goals.

One way many Chautauqua County residents get back to their New Years resolutions around fitness is getting involved at their local YMCA. With two sites in the area, wellness seekers can visit either the Jamestown location at 101 E. Fourth Street or the Lakewood location at 183 Fairmount Ave.

The Jamestown location boasts two swimming pools, two gymnasiums, a plethora of fitness classes and activities, child care options, a group exercise studio, a running and walking track and more. From yoga classes to spin classes, Tai Chi to weight lifting, there are all kinds of opportunities to focus on health and fitness at the Jamestown YMCA.

The Lakewood location also offers a wide variety of facilities and programs to support community health and wellness. Members can enjoy five indoor tennis courts, racquetball courts, a group exercise studio, and a running and walking track. The facility also includes a free weight room, Matrix machines and cardio equipment. Parents can also work out with peace of mind as the facility offers child watch services.

For more on memberships at the YMCA, a program schedule and more, visit jamestownymca.org or call the Jamestown facility at 716-664-2802 or the Lakewood facility at 716-763-0303.

For those who enjoy being "on the run," you might want to check out Chautauqua Striders' upcoming St. Pat's Dash 3 Mile Run/Walk. The annual event is being held on March

15 at the Northwest Arena at 319 West Third Street at 9:30 a.m. The event kicks off the 2025 Runner of the Year series. The route traverses downtown Jamestown and offers awards after the race starting at 10:30 a.m.

After the race, Striders asks participants to join them for "Putts & Pints," a mini-golf bar crawl fundraiser supporting the organization. Participation costs \$20 per person, and \$80 per team. The winning team will receive a cash prize and a St. Patrick's Day-themed award.

For more information on the St. Pat's Dash or the Putts & Pints event, contact Lexi Lindamer at Lexi@chqstriders.org or visit chautauquastriders.org. To register for St. Pat's Dash, visit www.runsignup.com/Race/NY/Jamestown/StPatricksDash.

Chautauqua County offers a wealth of opportunities for fitness and outdoor recreation, ensuring that residents and visitors alike can stay active year-round. Whether it's hitting the gym, joining group fitness classes, or engaging in community wellness programs, there are plenty of ways to prioritize health and well-being. From the state-of-the-art facilities at local YMCAs to exhilarating running events, every fitness journey can find a perfect fit. No matter your experience level or interests, these resources make it easy to embrace an active and healthy lifestyle in the heart of Chautauqua County.



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This Week at the Audubon Community Nature Center



Submitted Photo

Sunday is Audubon's First Sunday Story Time – and It's Free!

For a fun learning adventure with your favorite 2–8 year old(s) this weekend, go with them to Audubon Community Nature Center's First Sunday Story Time, 12:30–1 p.m., March 2. Then, indoors and out, visit Audubon's live animals and enjoy the Nature Play Areas. Story Time and Sunday building admission are both free. To reserve your space, click through Programs and Events at AudubonCNC.org.



Submitted Photo

Audubon Online Pie Auction is February 28–March 5

From main dishes to dreamy desserts, Audubon Community Nature Center has great choices in their annual online Pi Day Pie Auction Fundraiser, February 28–March 5. Audubon volunteer extraordinaire Rick Rupprecht is offering this New York Style Cheesecake with Cherry Topping, made with the recipe of a very Italian lady who loved to bake. Check out the selections at 32Auctions.com/ACNC25.

Senior Nutrition Program

The Importance of Staying Informed Through the Life Span

Contributing Writer

Carey Skelton

MS MPH RDN CDN

Nutrition & Wellness Coordinator
Chautauqua County Office for
Aging Services Director

Staying informed means having a lot of knowledge or information about something. It can also mean being aware and able to make good decisions with the knowledge at hand. It is our responsibility to navigate information to make the best decisions for our total health and wellness.

Staying informed really speaks to one of the 6 dimensions of total wellness, intellectual wellness; defined as engaging in lifelong learning, questioning, and expanding knowledge and using critical thinking skills. As we age, to reduce cognitive decline, we are not only seeking information about the current events, economy and politics, but also on how to age well in the modern world through nutrition, physical activity, the use of advances in technology, and finding opportunities to reduce social isolation. Continually seeking information on all these topics that is reliable and credible is a skill that takes time to develop.

Staying educated and navigating the modern world of information requires a combination of curiosity, critical thinking, open-mindedness and active engagement. It is good general practice of seeking out diverse perspectives and viewpoints about a topic to gain a more balanced perspective. Engaging in discussions to expose ourselves to a variety of ideas and opinions from reliable sources can develop a greater understanding of complex issues. What better way to participate in the world around us and improve our total wellness than to find social opportunities of learning?

By recognizing the importance of staying informed and being intentional about the information we consume we can improve our health and wellness with greater confidence and purpose. One place with reliable information on how to age well is Office for Aging Services. Check out our website at <https://chqgov.com/office-aging> to see all the programs and services offered. Additionally, by signing up for our communication system, if you are not already registered, will provide you with information at your fingertips. We send messages about the current programs you may be interested in through your preferred communication method: text, email, or an automated call. If you are not already signed up to receive these messages, just call us at our NY Connects line 716-753-4582.

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. Call NY Connects at 716-753-4582 for more details and information about any of these Nutrition and Wellness programs provided by Chautauqua County Office for Aging Services.

SNAP-Ed materials are funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider. Some of these materials have been funded in whole or in part by grants from the New York State Office for the Aging (NYSOFA), and/ or the Administration on Aging (AOA) and/ or Administration for Community Living (ACL). Nothing herein is intended, nor should be construed, as an endorsement by the State of New York.

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Unitarians Welcome All to a Hymn Sing this Sunday, March 2

With Julie Anderson now their pianist every week, the Unitarian Universalist Congregation of Jamestown's 10:30 a.m. hybrid service this Sunday, March 2, will be a special Hymn Sing. Celebrating the joy and meaning of music, participants get to choose hymns to sing from the hymnals and share a few words about their choice. Anderson has taught music classes in public and private schools and is currently an instructor at Infinity Visual and Performing Arts. With years of singing in his background, retired Jamestown Community College chemistry professor Chuck Brininger is the service leader. All are welcome



Submitted Photo

to the service and the coffee hour that follows at 1255 Prendergast Avenue. To participate virtually, use the link at UUJamestown.org/calendar.

Local Youth Advocate Wins Western Regional Youth Advocate of the Year Award

Article Contributed by
Jonathan Chaffee
Reality Check Coordinator
Tobacco Free Chautauqua,
Cattaraugus, Allegany

Abigail Rexroad from Falconer Central School was awarded the 2025 Western Regional Youth Advocate of the Year Award (YAYA). She received this award for her efforts in educating her peers and community about the dangers of tobacco use, litter, exposure to secondhand and thirdhand smoke and aerosol from e-cigarettes, and how the Tobacco Industry has targeted and marketed specific tobacco products, such as menthol cigarettes to specific populations.

Abby stated, “Being awarded the Western Regional YAYA means a special way of knowing that all the work I did to educate my community on tobacco issues has been meaningful,” states Abby. “The work in Reality Check is so important because we have the ability to educate our community on relevant issues dealing with tobacco with facts.” Abby has been part of Reality Check for three years and participated in many local, regional, statewide, and national events. Abby with other Reality Check youth met with Assemblymen Molitor and Sempolinski. They discussed how tobacco use is still an issue in Chautauqua County for young people through access to flavored products such as nicotine pouches and illegal flavored e-cigarette products. NYS youth vape/e-cigarette use rate drops but remains perilously high at nearly 1 in 5 The tobacco industry’s e-cigarette/vape marketing in the past decade has successfully attracted and addicted young people in our communities. In 2018, New York high school student vaping/e-cigarette use peaked at 27.4%.x In the years since, the rate has declined and in 2022, the year with the latest data,



Submitted Photo

Assemblyman Andrew Molitor, Falconer High School Senior Abigail Rexroad, Reality Check Coordinator Jon Chaffee in the Well of Legislative Office Building, Albany at the 2025 Youth Advocate of the Year Ceremony.

nearly 1 in 5 (18.7%) of high school students across the state reported vaping nicotine compared to a record low of about 1 in 50 (2.1%) who reported smoking cigarettes in 2022.x Nicotine is particularly dangerous for youth and young adults. Nicotine exposure during adolescence can harm the developing brain and increase the risk for future addiction to other drugs.

They also highlighted their local work with health systems to counteract the tobacco industry’s hi-jacking of the public health message. The Tobacco Industry promotes e-cigarettes and nicotine pouchesasharmreductionproducts for current adult smokers to switch to, so they are not exposed to smoke and tar. Smoking cigarettes is the leading cause of preventable death in the world, causing over 480,000 deaths of Americans, over 28,000 are New Yorkers. Studies have shown that if current adult smokers would completely switch to e-cigarettes or nicotine pouches it would be healthier for them,


unfortunately, most smokers end up using e-cigarettes or nicotine pouches when they cannot smoke cigarettes and smoke cigarettes when they can. We do not know the long-term health effects of e-cigarettes or nicotine pouches; it is known that both expose the user to more nicotine than a traditional cigarette and is bad for the lungs and mouth. The other side of these two products is that the Tobacco Industry promotes them to help adult smokers stop smoking, but studies have shown that most users are people under the age of twenty-one. E-cigarettes and nicotine pouches expose young people to high levels of nicotine that can start a lifelong addiction. If e-cigarettes or nicotine pouches did not exist most young people would never have started to use traditional tobacco products. Reality Check Coordinator Jon Chaffee states “The message for young people is, the best way to quit, is never start.” If a young person has started to vape and want to quit, they can text DROPTHEVAPE to 88709 for a free, confidential text message

program that helps New York State residents quit vaping. It's available to people ages 13–24. Young people can also consult their doctor for other options to help them quit.

For adult New York residents they can contact New York State Quitline. For help quitting smoking or vaping, including coaching, support and medication, the New York State Department of Health encourages all those who live in New York State to talk to a doctor or other healthcare professional and contact the New York State Quitline. The Quitline offers free, personalized and confidential services seven days a week by calling 1-866-NY-QUITS (1-866-697-8487), visiting nysmokefree.com or texting either QUITNOW (English) or DÉJELO YA NY (Spanish) to 333888. Quit Coaches in English and Spanish (and additional translation by request) are available every day, starting at 9 a.m., to help participants develop a quit-plan and discuss triggers. Nearly all those ages 18 and older are eligible to receive a free starter supply of nicotine replacement therapy medications via mail, including nicotine patches, gum and/or lozenges. Additional self-help materials for download or mail delivery, online requests for medications or call-scheduling, and an online chat are just some of the many free tools available at nysmokefree.com.

¹ Nonnemaker J, Mann N, MacMonegle AJ, et al. (2024) Estimating the return on investment of the New York State Tobacco Control Programme: a synthetic control study. BMJ Open 2024;14:e080525. Doi:10.1136/bmjopen-2023-080525. <https://bmjopen.bmj.com/content/14/4/e080525>

² Research Triangle Institute. (2021). Independent Evaluation Report New York State Tobacco Control Program. https://www.health.ny.gov/prevention/tobacco_control/docs/2021_independent_evaluation_report.pdf



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Youth Speak Up at Chautauqua County 4-H Public Presentation Day

Local Youth Take Part in Annual Public Speaking Contest



Submitted Photos
Drake Joy receives a blue ribbon for his Illustrated Talk, "Summer Jobs on a Grape Farm," at the annual 4-H Presentation Day.



Emerson Dodd delivers a Demonstration "Easy Bake Oven Mini Chocolate Chip Cookies" at the annual 4-H Presentation Day.

Article Contributed by
Lisette Cabrera

Cornell Cooperative Extension of Chautauqua County's 4-H Youth Development Program recently held their annual Public Presentation contest at Jamestown Community College. This year 80 youth ages 5-18 stepped up to the challenge and gave presentations on topics ranging from "Summer Jobs on a Grape Farm" and the "Cattle Digestive System" to "The Shot Heard Around the World". Presentation styles can include demonstration, illustrated talk, speech, dramatic interpretation, and recitation.

The presentation contest is designed to challenge 4-H'ers as they research and develop knowledge, prepare material on a particular subject, and present it publicly. Public speaking aligns with the New York State 4-H Youth Development values that promote the development of skills that help young people succeed in higher education, their chosen career path, and as members of their families and communities. Although public speaking is not something most people typically enjoy, this contest provides an opportunity for 4-H'ers to develop and practice communication skills, build self-confidence, enhance knowledge in

a selected subject matter area, and share information with others. After each presentation, teams of volunteer evaluators provide feedback to the youth, recognizing their abilities and discussing the strengths and weaknesses of their presentation.

We commend and congratulate all who stepped up to the challenge to prepare and present their topics on Public Presentation Day! Youth who gave exceptional presentations were selected to participate in the Western District Public Presentation Day contest at the Revive Wesleyan Church in Hamburg, NY on March 29th. This year Tyler Crowell, Emerson Dodd, Katherine Fortna, Elizabeth Jones, Isabella Jones, Drake Joy, Ava Meyer, Grace Meyer, Ava Nearhoof, and Madalyn Reading were selected to participate at the Western District level with Logan Ellsworth and Owen Carlberg serving as alternates. Youth that excel in presenting at the Western District level may become eligible to move onto experiences and competitions with other 4-H'ers from the state who have also excelled in public speaking.

Youth members have other opportunities to give presentations at their club and animal projects as well as at the 4-H Youth Building at the Chautauqua County Fair.

Chautauqua County Addresses Regional Road Salt Shortage

Crews Adjust Road Treatment Strategies to Conserve Limited Salt Supplies



Photo Credit:
Justin Gould
Media Information Officer

A Chautauqua County plow truck prepares for winter road maintenance at the Department of Public Facilities facility in Falconer, NY.

Article Contributed by
Justin Gould
Chautauqua County
Media Information Officer

Chautauqua County is experiencing a significant road salt shortage due to an exceptionally harsh and prolonged winter, consistent with challenges faced across the Northeast. Since December, steady cold temperatures have prevented uninterrupted snowmelt, leading to increased demand for road salt and subsequent supply constraints.

Despite supply chain challenges, Chautauqua County highway crews have successfully secured a recent shipment of road salt. To extend its usability, the Department of Public Facilities will begin mixing the salt with sand.

"Mixing sand with our salt supply is a practical solution to extend what we have while still maintaining safe roads," said Director of Public Facilities Tim Card. "Sand provides additional traction, especially on secondary and rural roads, which helps improve driving conditions even with reduced salt application. However, residents should be aware that sand does not melt ice like salt does, so we encourage extra caution while driving. Our crews are working diligently to adjust our treatment methods as conditions evolve."

Residents are encouraged to exercise caution while driving, as road conditions may vary due to the modified treatment methods. The county will continue to monitor the situation and adjust strategies as needed.

"We are no stranger to winter weather here in Western New York," said Chautauqua County Executive Paul M. Wendel Jr. "These crews have worked tirelessly, often without a break, to keep up with the conditions, and I want to personally thank them for their dedication and service to our residents. Their hard work does not go unnoticed, and we truly appreciate everything they do to keep Chautauqua County moving safely."

This shortage is not isolated to county operations; municipal crews throughout Chautauqua County are similarly affected. The City of Jamestown, for instance, will also implement a salt-sand mixture to manage their road treatment needs effectively.

"Our priority is the safety of our residents and travelers. By working closely with local municipalities and adjusting our strategies, we aim to maintain clear and safe roadways despite the supply challenges," said Jamestown Mayor Kimberly Ecklund. "The unprecedented demand for road salt this season has required us to adapt quickly. Incorporating sand into our treatments allows us to maximize our resources while ensuring effective road maintenance."

We appreciate the patience and understanding of our residents as we manage this situation. Warmer days are ahead, and before long, we'll be welcoming the signs of spring. Until then, we encourage everyone to drive safely and stay informed on weather conditions.



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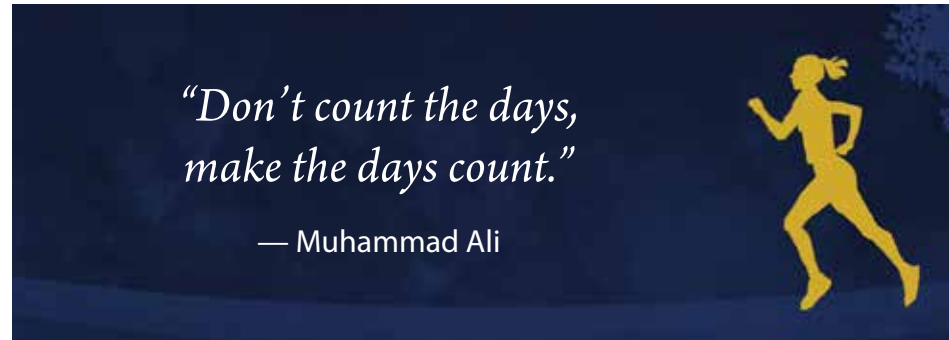
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Article Contributed by

Daniel J. Heitzenrater

Chautauqua County Chamber of Commerce
President and CEO

**Workshops Designed
for All Businesses**

Business Builder Workshops organized by the CHQ Chamber are designed as a convenient way for your business to stay up to date on trends in marketing, services, human resources issues, and new ideas. The CHQ Chamber is offering four Business Builder Workshops this year on a variety of topics. Each one is planned to not only provide some solid information, but also to offer networking opportunities and facilitate discussion among businesspeople.

These events are free to all local businesses, and you do not have to be a Chamber member to participate. They are not limited to business owners, and any staff people are welcome to attend. We encourage you to come and take advantage of these opportunities to grow your business.

Our first workshop this year will focus on driving foot traffic to your business. We will pack a variety of topics into this session, including a brief overview of the ShopLocalCHQ Gift Card; some social media marketing tips for small businesses from our new Director of Membership Development Bob Lingle, who also owns his own small business; a look at a fresh approach to foot traffic through product placement from Dawn Murphy who owns and operates Whizz-n-Smash, producing a wide variety of nut butters distributed far and wide; and an overview of Bandwango, the CHQ Chamber's newly acquired platform that helps to build foot traffic around online passes.

This Business Builder Workshop will be held Wednesday, February 26 from 9:30 – 11:30 am at the SUNY Fredonia Center for Innovation and Economic Development (formerly the Technology Incubator), 214 Central Avenue, Dunkirk.

Our second workshop will focus on Corporate Citizenship and Engagement. This next event will be held March 24 from 1-3pm at the Southern Chautauqua Federal Credit Union Community Training Center, 110 Mall Boulevard in Lakewood. Our guest presenters for this session will focus on how being a good corporate citizen can positively impact your business. We will look at how engagement with the community boosts your business image through donations,

**CHAMBER
CORNER**

sponsorships, volunteerism, and more.

We continue to work on a variety of topics for workshops that are scheduled for June and September of this year. We have an active list to work from and always welcome additional input. If there's a topic you would like us to focus on, please let us know. You can email Director of Events Staunzie Grady at sgrady@chqchamber.org.

Pre-registration is requested for our workshops and is open now for both the February and March events through the Chamber's web calendar at www.chqchamber.org.

**Women in Networking: Child
Care Impact on Workforce**

The Small Business Development Center, Community Bank, and the CHQ Chamber are proudly partnering on the next Women in Networking Event with the focus on Child Care Impact on the Workforce. This event will be held Thursday, March 13 and is open to everyone.

You are encouraged to attend to learn more about childcare trends and strategies currently affecting the workforce. Many Chautauqua County employers have indicated childcare is a main barrier for potential hires impacting their employee recruitment, retention, and productivity. Now there are some new strategies and initiatives to help.

The presenters will be Beth Starks and Susan Marker. Beth is the founding consultant with Flourish Leadership Consulting and Executive Director of the Chautauqua Lake Child Care Center. As a consultant and leader in the non-profit and early childhood education sector she has provided inspiration and educational opportunities for thousands. She has also operated her childcare business for almost 20 years. Susan is the Child Care Council Director for Chautauqua County. She has a wealth of experience in both nonprofit and for-profit management. She began her career at Chautauqua Opportunities.

This event will be held at the Small Business Development Center at JCC, 241 James Avenue (Carnahan Center). The luncheon will begin at 11:30 at a cost of \$19. The presentation is from noon-1pm. Please bring business cards for networking. Preregistration is required. For detail email sbdc@mail.sunyjcc.edu.

**Hanover Committee to Hold
Sip & Celebrate**

The CHQ Chamber's Hanover Committee invites local businesspeople to a special evening of networking and camaraderie at Merritt Estate Winery in Forestville, Thursday, March 13. Sip & Celebrate is a fun way to close the winter season and mingle with other regional businesspeople. There will be complimentary snacks from Merritt Estate Winery along with pizza from Villaggio Italiano, and a cash bar from the winery. There will be a 50/50 drawing and some prize raffles. There is no charge for Chamber members. For non-members the cost is \$10. Advance registration is appreciated for planning purposes. You can register online through the Chamber's web calendar at www.chqchamber.org.

**Chambers to Hold Collaborative
Event at Audubon**

Audubon Community Nature Center, located at 1600 Riverside Road, Jamestown, will host the CHQ Chamber and the Warren County Chamber of Business and Industry in a collaborative Business After Hours Event, on Thursday, March 20 from 5-6:30pm. This event will be a preview for Audubon Lights, which kicks off its three-weekend run the following evening. Audubon Lights features a half mile-long trail of lights after sunset including luminaries on the trail edges, illuminated trees, and special light displays at various points along the trail.

Business doesn't end at a line on a map, exemplified by Audubon Community Nature Center which serves communities across state lines

and draws visitors and volunteers from both Chautauqua and Warren counties. Both Chambers are excited to hold this collaborative event that demonstrates the power of regional collaboration and fosters stronger connections.

All local businesspeople are invited to attend this special networking event, which will include complimentary appetizers and beverages, with tips to benefit the 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 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. Members of the Warren County Chamber of Business and Industry should email Savannah Casey at szimmerman@wccbi.org to register free of charge. Advanced registration is strongly encouraged by March 14.

Business After Hours at Audubon Community Nature Center is sponsored by Anchor Advisors, DFT Communications, Jamestown Community College, Kinetic Business, Media One Radio Group, Northwest, Observer, The Post-Journal, Southern Tier Brewing Company, Superior Tire & Rubber Corp., United Refining Company, and Whirley DrinkWorks!

**Moonbrook Women's Association Makes
Donation to Jamestown Public Schools**



The Moonbrook Women's Association recently donated new coats, hats, and other winter essentials to support Jamestown Public Schools students as part of their annual fall fundraiser. Association members Cathy Shelley, Terri Toter, and Annette Patric delivered the items to Kate Cusimano, Coordinator of Pupil Personnel Services, which were divided up and sent to school closets across the district.

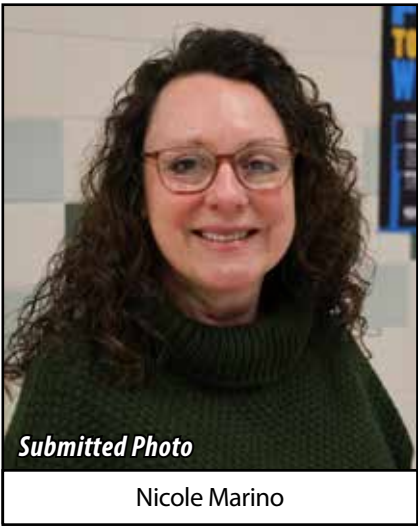
Jamestown Public Schools Welcomes Marino as Jefferson M.S. Assistant Principal

Article Contributed by
Jamestown Public Schools

The Jamestown Public Schools Board of Education recently approved the appointment of Nicole Marino as assistant principal of Jefferson Middle School.

“We are excited to welcome Mrs. Marino to Jefferson Middle School,” said Tina Sandstrom, Assistant Superintendent for Instruction and School Improvement. “She brings a wealth of experience to this new position and we look forward to seeing her collaboration with the students, staff, and families at Jefferson.”

Marino joins Jefferson Middle School with a wide range of administrative experience, serving Sherman Central School for four years as assistant principal and one year as principal. Prior to joining Sherman in 2018, she spent 23 years as a teacher at Randolph Academy, spending the last three years as the building’s assistant principal. She began her career as a physical education teacher at Clymer Central School and most recently served as a physical education teacher at Southwestern Central School.



Submitted Photo
Nicole Marino

“I am very much looking forward to the opportunity to work with the staff, students and community of Jefferson Middle School!” Marino said. “I am excited to become a member of a great team looking to help prepare students for high school and beyond.”

Marino holds her bachelor’s of science in health and physical education degree from Slippery Rock University, her master’s in special education from Edinboro University, and her school district administrator degree from Nova Southeastern University.

Managing Mycotoxins: A Guide for Livestock Producers

CCE Offers FREE Webinar for Information on Handling Mycotoxins on Farms

Article Contributed by

Katie Callero

Dairy Management Specialist with the SWNY Dairy, Livestock, and Field Crops Program

Cornell Cooperative Extension’s Southwest New York Dairy, Livestock & Field Crops Program (SWNYDLFC) is hosting a FREE webinar for agricultural and livestock producers scheduled for later this month.

“Managing Mycotoxins: A Guide for Livestock Producers” will be held on Thursday, February 27th at 12:00pm. This is a free webinar presented by SWNYDLFC’s Dairy Management Specialist, Katie Callero and Field Crop Specialist, Katelyn Miller in conjunction with guest speakers John Winchell from Alltech and Dr. Alex Navarro from Perry Vet. Information that will be covered includes:

- Managing the bunk to reduce mold/mycotoxin production
- The use of inoculants
- Recognizing and managing symptoms in cows exposed to mycotoxins
- Tolerance levels for dairy and other livestock species

Recent discussions with farmers in the Southwest New York region sparked the inspiration for this webinar. “Our team has had an

influx of calls regarding mycotoxins recently. We wanted to gather local experts on the topic to be able to help inform farmers on best practices to proactively and retroactively manage mycotoxins,” says Callero. “This webinar will offer timely information from both the crop and animal management perspective for producers.”

For more information, or to register, visit SWNYDLFC’s event page on their website: swnydlfc.cce.cornell.edu or contact CCE SWNYDLFC’s Dairy Management Specialist, Katie Callero by emailing krc85@cornell.edu or calling 607-422-6788.

SWNYDLFC is a partnership between Cornell University and the CCE Associations of Allegany, Cattaraugus, Chautauqua, Erie, and Steuben counties. Their team includes Katelyn Walley, Farm Business Management (716-640-0522); Amy Barkley, Livestock Management (716-640-0844); Katelyn Miller, Field Crops Specialist (716-640-2047); and Katie Callero, Dairy Management Specialist (607-422-6788). CCE is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

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— Wayne Gretzky

Menu for Change—Taking the Challenge



Featured Writer
Sylvia Fiorello
Author of "My Best Friend Ever"

Eat Up, But Be Healthy!

There is a proven connection between the food we eat, the exercise we do and the condition of our bodies. Many of us are choosing to eat unhealthy food and in the process destroying our own bodies. If you realized that you were unconsciously eating yourself to an early grave would you make that choice? My hope is to show in this column that there are plenty of opportunities to make healthier choices and get fit here in our area.

Here in Chautauqua County, we have access to tennis courts, pickleball, a bocce ball court, Ping-Pong, swimming pools, exercise classes and weight and exercise rooms, through public fitness gyms. Even our colleges offer some of these facilities along with the YMCA or even other places such as the Boys and Girls Club. We can take advantage of these wonderful facilities through a new commitment called the Menu for Change Challenge.

Take a 3x5 card and on one side write 3 different activities that require some physical activity and list how many times per week you'll do them. Remember, this is your first step to becoming an activist for food and physical activity. Perhaps you can ask your friends to join you in this commitment.

Look in your garage and dust off that bicycle and pump up the tires. Go for a spin for 30 minutes. Think about some of your physical therapy exercises (we've all been there, haven't we?) Get out the old rubber band and go to work while you watch television. Take a brisk walk early in the morning or after dinner for 30 minutes. Do it; it won't kill you.

The next thing I want you to do is to determine your BMI. You can search on your computer or your phone about how to compute your BMI. Now remember, the guidelines

are pretty strict so don't be upset if you are in great shape and show up as obese - it can happen as all body types are different. Your doctor is the one who can tell you whether or not you need to lose some weight. Ask them to give you their honest opinion and share with them your intent to become healthier by your food choices and your activity choices. Carry your 3x5 notecard with you with your activities on one side and your food changes on the other.

Taking the Challenge

Oh, yes, your food changes. These are crucial in avoiding poor health.

Look in your home to see how you can utilize the food on your shelves and the refrigerator to make healthier meals. For example, look for something green in your refrigerator. I am looking in mine and I see some lettuce, kale, spinach, and cucumber in the vegetable drawer. In the freezer, I see green peas, broccoli, and Italian green beans. So, how do I make a healthy meal? Choose two of your green vegetables, along with either lean meats or fish. Don't forget legumes--beans provide good protein. Then, there are carbs. We must eat carbohydrates in moderation. We need them for energy but too much leads to too many calories.

I opt to Make Italian Wedding Soup using turkey meatballs and kale in place of spinach which I normally would use. I will microwave a small baked potato, skip the butter and use a small amount of sour cream or plain yogurt. Remember, we must limit our carbs. If you can stick to one carb per meal you will still be satisfied but eating healthier. I could add a small salad with cucumber and lettuce. Don't forget some tomato—we need those lycopenes.

So, take the Challenge and join me as I share with you in my next column my challenges, how I am doing and more ideas to maintain a healthy body or finally to create one. Look for my next column! Mangia, mangia, salute! (health)

Healthy Italian Wedding Soup

- 2 Tbsp chopped onion
- 2 stalks of organic celery chopped and sautéed in 2 Tbsp. of olive oil

Add 1 quart of chicken stock purchased or made from chicken bouillon seasoned with parsley and basil.



Meatballs

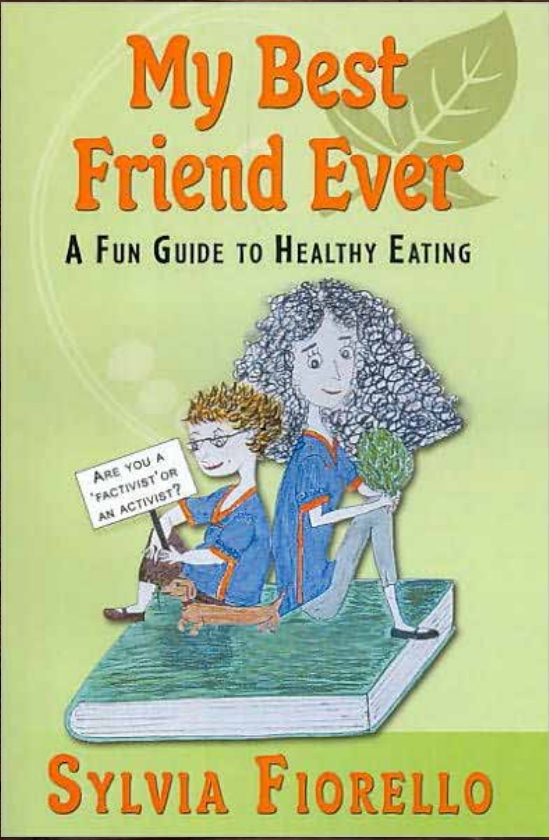
- 1/3 lb ground turkey
- 1 beaten egg
- 1/2 C Italian bread crumbs
- 1 scant tsp garlic salt
- 1 tsp onion powder
- 2 Tbsp. grated Romano cheese.



Mix well.
Form tiny meatballs and drop into boiling chicken stock.)

Add 2 cups chopped fresh or frozen kale or any green such as endive or escarole and cook for 15 minutes in soup.

Add 2 beaten eggs mixed with 2 Tbsp. grated cheese to the boiling soup. Stir, and cook for 5 more minutes. Enjoy!



The cover of "My Best Friend Ever" by Sylvia Fiorello

Hop on a fun ride with Olive and Amy O, who take on the fat, fast, and junk food world as they work to change their body shape. This humorous how-to book is for all sizes and ages.



Care Bags for the Homeless

Chautauqua County Clinicians Take Action

Article Contributed by
Justin Gould
Chautauqua County Media
Information Officer

In a heartwarming initiative, staff from the Chautauqua County Department of Mental Hygiene’s Certified Community Behavioral Health Center in Dunkirk, have assembled care bags for the homeless. This effort, led by a team of dedicated clinicians, reflects the department’s commitment to addressing the needs of the county’s most vulnerable residents.

The team packed the bags with essential items such as Gatorade, hand warmers, hygiene products, Narcan, winter hats, socks, and mental health resources. These thoughtfully curated care bags aim to provide immediate relief and support to those facing homelessness during the colder months.

“This initiative is deeply personal to me,” said Shannon Fisk, a department intern who spearheaded the project. “My experiences working with the county’s homeless population, including directing the Code Blue Warming Center at the Gateway Center, inspired me to make these care bags. It’s a way to give back and ensure our community members in need feel supported.”

The care bags were distributed to local partners actively serving the homeless, including the Dunkirk



Submitted Photo

Police Department, Probation Services, and the Dunkirk Mental Health Association.

The Department of Mental Hygiene’s team system (SQUAD,) divides clinicians into teams to lead initiatives that enhance services for clients and staff. This SQUAD is comprised of Shannon Fisk, Ashlie Hall, Melissa Rodriguez Arroyo, Michelle Merritt, Aleyna Westling, and Cyndi Szymanowski. This project exemplifies the collaborative spirit and community-focused mission of the department.

American Democracy Project Committee Cited for Promoting Student Democratic Engagement

Article Contributed by
Lisa G. Eikenburg, APR
Associate Director of Marketing and
Communications / Assistant Editor,
Fredonia Statement



The State University of New York at Fredonia’s American Democracy Project (ADP) Committee has been formally recognized for strong work fostering student democratic engagement.

The honor was announced at the 2025 Public Good U Conference held in Albany, N.Y., on Feb. 3.

Through innovative programs and initiatives, the ADP Committee demonstrated its commitment to promoting active civic participation and cultivating informed, engaged citizens among its students.

Department of Communication Associate Professor Angela McGowan-Kirsch, who is chair of the ADP Committee, represented Fredonia ADP at the conference. She participated in a panel discussion, “Engaging Students for Civic Impact,” focusing on higher education’s role in cultivating democratic citizenship. Dr. McGowan-Kirsch shared ADP’s strategies for promoting democratic engagement on campus.

The event followed the release in 2004 of the Ithaca S+R and the American Association of State Colleges and Universities (AASCU) report, “The Civic Campus: Assessing the Link Between Higher Education and Democracy.”

Two of the panelists, who are the authors of this report, highlighted the role of higher education in strengthening democracy and the importance of fostering civic responsibility among students. The session was facilitated by a representative from ADP in Washington, D.C., and another panelist from SUNY Oswego.

McGowan-Kirsch discussed how Fredonia’s ADP initiatives, including

partnerships with the League of Women Voters of Chautauqua County to register students to vote, align with the report’s findings and emphasize the need for institutions to prioritize democratic engagement.

“Our ADP efforts at Fredonia are rooted in the belief that democracy is not just a concept to be taught – it’s a practice that must be actively engaged with,” McGowan-Kirsch said. “The recognition at the Public Good U Conference is a testament to our commitment to providing students with the opportunities and skills they need to participate meaningfully in democratic life. It’s an honor to see our work reflected in ongoing conversations about the role of higher education in democracy.”

The panel also focused on how universities can implement curricular and co-curricular programs to encourage civic responsibility, from voter registration drives to public forums on critical social issues. McGowan-Kirsch showcased the Fredonia ADP Committee’s partnerships with local organizations and the university’s commitment to creating student hands-on democratic engagement opportunities.

Fredonia’s ongoing commitment to democratic engagement is reflected in its programs. The university continues to provide students with opportunities to engage in critical dialogue, participate in societal challenges, and actively contribute to democratic processes both locally and nationally.




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— Michael Jordan



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CBA Announces its 13th Annual Dining in the Dark



Article Contributed by

Megan Maynard

Executive Director

CBA Vision Rehabilitation Services

CBA Vision Rehabilitation Services is excited to announce the return of its annual Dining in the Dark event on Friday, April 4th at the Chautauqua Harbor Hotel in Celoron, NY. Dining in the Dark is a one-of-a-kind sensory adventure that offers guests the opportunity to have a dining experience without the use of your sight. Doors will open at 5:00 p.m. with a cash bar, silent and live auctions, and a 50/50 raffle. The silent and live auctions will provide guests with the opportunity to bid on a variety of items, with all proceeds going towards CBA Vision Rehabilitation Services. Credit Cards will be accepted for the live and silent auctions. At 6:15 p.m., guests will begin dinner seating, where each person will be blindfolded and escorted to their table by a trained, sighted guide. The dining experience will include a three-course meal crafted to enhance the taste buds and elevate the senses.

The event is in its 13th year as a fundraiser to raise funds and awareness for CBA's programs which are aimed at education, prevention, and supporting individuals with visual impairments. Their programs include Vision Rehabilitation, Orientation and Mobility Training, Vocational Rehab, and the Youth Vision Screening program. These programs serve both Chautauqua and Cattaraugus Counties.

CBA continues to partner with JCC's Occupational Therapy Assistant Program, SUNY Fredonia's Pre-Health Professions Club, and the St. Bonaventure OT department to teach the students how to support and work with visually impaired individuals. The students help guide the guests around the dinner tables throughout the evening, assisting them as they navigate their meals.

Megan Maynard, Executive Director, is thrilled to host the event once again. "This event has become somewhat of a community tradition and provides such a unique experience. Guests not only can enjoy a beautiful venue



Submitted Photo

Blindfolded guests awaiting their dinner at a previous Dining in the Dark event.

and meal, but they will also gain insight into the vital programs that CBA offers," said Ms. Maynard. "I believe everyone has encountered someone in their life who has experienced some sort of vision impairment, whether it's a family member, neighbor, friend, or colleague. This event offers a fun yet educational opportunity to step into the shoes of someone visually impaired and to listen to inspiring stories about our programs."

CBA has been serving the community for over a century and has several programs aimed at helping the visually impaired. Formerly known as the Chautauqua Blind Association, they continue to provide one-on-one training to legally blind clients both at home and in the community. In 2024, they also conducted vision screenings on nearly 4,500 children in Chautauqua and Cattaraugus counties. This screening program identifies children with vision disorders and eye abnormalities, collaborating with schools to refer these children to local eye care professionals for further evaluations and treatment. As a result, CBA has reached numerous children and families who may not have sought eye care otherwise. The Sight for Success Program was established in 2019, specifically for children from families with financial needs for eyecare. After the untimely passing of Dr. Timothy Grace, many individuals contributed donations and memorials in his honor which led to the renaming of the Dr. Timothy Grace Sight for Success Program. It continues to uphold Dr. Grace's dedication to promoting eye health.

Reservations for Dining in the Dark are \$65 per person and include a choice of a 3-course meal. Dinner reservation deadline is March 21st and can be

made online at www.cbavision.org, or by calling CBA at 716-664-6660. Discounted room rates are available for attendees wishing to stay overnight by calling the Chautauqua Harbor Hotel.

Several business sponsorship levels are also available for the event, accommodating various budgets, and each level includes dinner reservations. For more information about sponsorships, please call or email director@cbavision.org. Please note that the sponsorship deadline is March 14th.

If you are unable to attend but would like to support the mission of CBA Vision Rehabilitation, a tax-deductible donation can be made online at cbavision.org or by sending a check to CBA, 510 W. 5th Street, Jamestown, NY.

CBA Vision Rehabilitation Services is a 501 (c) 3 not-for-profit charitable organization. CBA Vision Rehabilitation is also a United Way Community Partner.



Are you or someone you know suffering from severe vision loss? WE CAN HELP.

For more information call 716-664-6660 or www.cbavision.org



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3 Steps to Simplify Tax Prep So You Can File on Time

Article by

Metro Creative Connection

Spring is noted for the sense of rejuvenation it inspires when temperatures warm up and flowers begin to bloom. But in the United States, the onset of spring is followed shortly thereafter by tax season, which typically generates entirely different feelings than the first sight of spring blooms.

The deadline to file tax returns in the U.S. in 2023 is Tuesday, April 18. With that deadline looming, now is a good time to consider these three basic tax preparation tips, courtesy of the Internal Revenue Service.

1. Access your IRS account.

Individuals can access or create their IRS account at irs.gov/account. That ensures taxpayers have the latest information about their federal tax account and enables them to see information about their most recently filed return. A visit to irs.gov/account also allows individuals to make payments and apply for payment plans, among other options.

2. Organize your tax records.

The IRS urges taxpayers to wait to file their returns until they have all of their records, including:

- Forms W-2 from employer(s)
- Forms 1099 from banks, issuing agencies and others payers, including unemployment compensation, dividends, pension, annuity or retirement plan distributions
- Form 1099-K, 1099-MISC, W-2, or other income statement if you worked in the gig economy

- For 1099-INT if you were paid interest

- Other income documents and records of digital asset transactions, including convertible virtual currency and cryptocurrency, stablecoins and non-fungible tokens (NFTs)

- Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance payments or claim Premium Tax Credits for 2022 Marketplace coverage

- IRS or other agency letters

- CP01A Notice with your new Identity Protection PIN

3. Check your Individual Tax Identification Number. The IRS notes that an ITIN only requires renewal if it has expired and is needed on a federal tax return. An expired ITIN can delay the processing of a return, which in turn can delay tax credits and refunds.

Taxpayers filing with the help of a licensed tax professional are urged to contact that individual to inquire about any additional information they may need to file a return on time. Make such an inquiry well in advance of the deadline to file so you have sufficient time to gather all of the necessary documentation.

More information about filing taxes is available at irs.gov.



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Concussion Outreach Prevention and Education Seminar

Hosted by the Brain Injury Association of New York State and New York State Athletic Trainers' Association

Article Contributed by
Susan Bardack
CEO Buzz Media

The Brain Injury Association of New York State (BIANYS) and the New York State Athletic Trainers' Association (NYSATA) will host a Concussion Outreach Prevention & Education (COPE) seminar on Monday, February 24 at 6:30pm. COPE provides valuable information for educators, nurses, coaches, athletic trainers, students, and parents/guardians on how to create a plan for a successful return of a concussed student back to youth sports and the classroom as well as many ways to prevent concussions.

COPE is a program designed by NYSATA and BIANYS, two well-known and established statewide organizations with expertise in concussion. NYSATA plays a strong role in recognizing concussion, managing recovery and eventual return to play. BIANYS helps victims of concussions and has a history of concussion education, including its Supporting Students Recovering from Concussion: Return to Learn program. To date,

WHEN:
February 24, 2025
6:30pm

WHERE:
Katharine Jackson
Carnahan Center (CARN)
525 Falconer St
Jamestown, NY 14702

WHO:

Cleon Clayton, MS, ATC, CPT -
Erie 2 Chautauqua -Cattaraugus
BOCES

Dr. Jake McPherson, DPT, PhD -
University at Buffalo

Michelle Kellen, MEd - BIANYS
Professional Development
Manager

BIANYS has brought their Return to Learn training to over 150 schools and/or districts, educating over 2,100 school personnel.

For more information on COPE, the New York State Athletic Trainers' Association, The Brain Injury Association of New York State, or to cover the event, please contact Susan Bardack at susan@buzzmediasolutions.com.

Jamestown Public Schools Students Recognized for "Voice of Democracy" Speech Contest



Submitted Photo

Jamestown High School public speaking students Charlotte Baehr, Allison MacCallum, and Fatima Faridi were recently recognized by the Jamestown Veterans of Foreign Wars "Voice of Democracy" speech contest. Faridi finished in first place, receiving \$125 dollars, Baehr finished in third place, receiving \$50 dollars, and MacCallum finished in fourth place, receiving \$25 dollars. Pictured with MacCallum, Faridi, and MacCallum are JHS public speaking teacher Betsy Rowe-Baehr and VFW representative Bill Johnston.

PUZZLE SOLUTIONS

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PUZZLES ON PAGE 7

A Healthy Approach to Weight Loss

Article by
Metro Creative Connection

Though people attempting to lose weight may love a quick fix or magic pill that could shed excess pounds, successful efforts that produce long-term weight loss generally take considerable time and effort. The Centers for Disease Control and Prevention says people who lose weight at a gradual, steady pace tend to keep the weight off. The CDC advises individuals to aspire to lose one to two pounds each week

Working in concert with a doctor or a registered dietician is one of the ways to ensure that the weight loss experience is successful and healthy. In addition to following the advice of a professional, these tips can help.

• **Think of it as a lifestyle change.** Managing weight is a lifelong commitment. That means that following a short-term diet may not prove a successful way to lose weight and keep it off in the long run. It's important to put strategies in place that will help change habits that may be contributing to weight gain.

• **Set short-term goals.** Certainly the overall goal may be to lose a set number of pounds. But having that goal in the distance may make it seem less achievable. Rather, set small goals throughout a weight loss journey. This can be something like a plan to replace sugary drinks with water, or to exercise three days a week instead of being sedentary most of the time.

• **Be sure the time is right.** Some people jump in at the start of the new year, even if they are not

mentally ready to commit or lack the time to make the overhaul necessary to affect change. Begin a weight-loss journey when you have a strong desire to change habits and are not distracted by other pressures.

• **Tame stress as much as possible.** High levels of stress can derail weight-loss plans. Many people turn to foods, beverages and other unhealthy habits as a means to coping with stress. The Cleveland Clinic says stress raises cortisol levels, which increases insulin production. The resulting low blood sugar makes people crave sugary, fatty foods. The Mayo Clinic suggests speaking with a health care professional if you need help taking charge of stress.

• **Change your perceptions.** Focus on what you can eat rather than what you can't eat. Healthy weight loss means finding balance and enjoying the foods you love, but not going overboard. Restricting any one food or food group could lead you on a path to feeling resentful or even binging on unhealthy items.

• **Don't skip meals.** Seriously restricting food intake is not healthy at all and could lead to fluctuations in weight. An eating pattern that includes a cycle of weight loss and weight gain can contribute to an increased risk of coronary heart disease, says Better Health, a resource of the Australian Department of Health. Plan meals to meet your daily calorie count, being sure to avoid skipping any during the day.

Healthy weight loss takes time and requires changing habits over the long haul.



"You just can't beat the person who never gives up."

— Babe Ruth





George M. Borrello

SENATE DISTRICT 57

Support the Strike at Lakeview Correctional Facility

Lakeview Correctional Facility has always held great significance for me. Over thirty-five years ago, my father played a key role in its opening. His dedication to both the facility and its people laid the groundwork for all that came afterward.

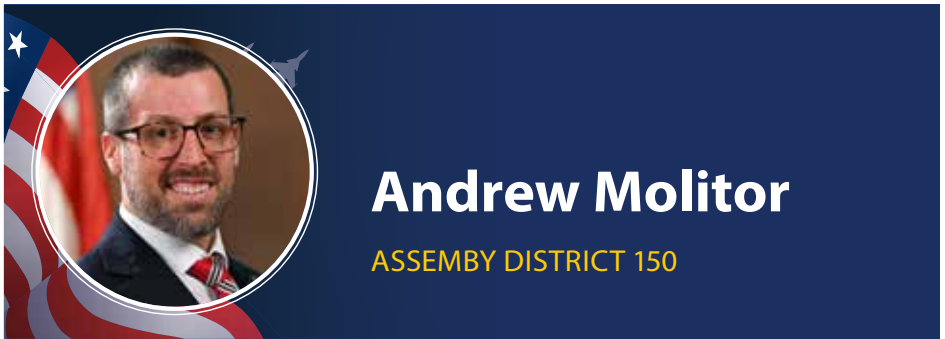
Last weekend, after coming out in support of the correctional staff at Attica and Collins, I had the privilege of standing with the officers and staff during their strike at Lakeview. It was a powerful and eye-opening experience as I walked alongside those who work

tirelessly every day, often unseen, to maintain order and safety. These dedicated men and women deserve not just recognition but fair treatment and support.

In that moment of solidarity, I was reminded of how important it is to stand up for what’s right—something my father believed in during his years at Lakeview and something I believe in today.

The strength, unity, and determination of the staff were inspiring, and I proudly join them in their fight for better conditions and respect.

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borello@nysenate.gov



Andrew Molitor

ASSEMBLY DISTRICT 150

Support the Brave Men and Women Putting their Lives on the Line

For years, Albany has ignored the growing crisis in our correctional facilities, and now, under Gov. Hochul’s failed leadership, we’ve reached a breaking point. The brave men and women who put their lives on the line to keep our prisons secure are being forced to work under dangerous conditions, without the staffing, protections or resources they need to do their jobs safely. The statewide demonstrations are a direct result of the governor’s neglect and misguided policies.

Instead of standing up for law and

order, Gov. Hochul has prioritized so-called ‘reforms’ like the HALT Act, which has made prisons more dangerous for both officers and inmates. She has allowed staffing shortages to spiral out of control, failed to address rampant contraband issues and ignored the safety concerns of correctional officers for far too long. Now, these brave officers are left with no other way to make their voices heard.

I stand with our correctional officers and demand immediate action to address their concerns. The governor must take responsibility for this crisis and work to restore safety, security and sanity to our prison system before it’s too late.

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Assemblyman Andrew Molitor & State Senator George Borrello



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To support safer working conditions in New York State's prisons, Contact the Governor's Office at: governor.ny.gov/content/governor-contact-form • Phone: 518-474-8390 (option 1)



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Chautauqua County Humane Society Pets of the Week

Cherie is a sweet soul, always ready to share a gentle purr or a friendly nudge. She also has an independent side, preferring to watch the world go by, especially the birds outside the window. She’s loyal, always returning to those who show her kindness. Cherie is looking for a forever home where she can be herself, show her loyalty, and share her love. Will you be the one to give her that chance? Shelter No. RR179.

Penny can’t wait to come home with you! This sweet young pup is full of energy and ready to learn all about what fun she can have with you. Penny loves to snuggle, run, and learn new tricks. Who knows? She might just end up in your pocket on your next visit! Shetler No. RR179.



Penny

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“Just believe in yourself. Even if you don’t, pretend that you do, and at some point, you will.”

— Venus Williams



Fitness Regimens for Those 50+

Article by

Metro Creative Connection

Fitness is an important component of overall wellness. Indeed, staying active has been linked to a number of noteworthy benefits, including decreased disease risk and improved mental health.

Routine exercise helps a person burn calories and maintain a healthy weight. Tufts Medicine says weight gain is common among aging individuals, with both men and women tending to put on weight in their mid-sections. Weight gain is a risk factor for diabetes and cardiovascular disease. Older adults may need to step up their fitness regimens to combat growing waistlines.

Staying active also can help with muscle and bone density, which can decline with age. The American Academy of Orthopaedic Surgeons says exercise is important for maintaining bone strength as the body ages. Strength-training exercises put stress on bones so they can make bones stronger.

Now that it is apparent why fitness is key during senior years, it's time to explore some routines that may be best for people age 50 and older.

Yoga

Yoga is a low-impact practice that improves muscle strength, balance, mobility, and flexibility. All of these factors are important for seniors. For those who find that conventional forms of yoga are too taxing on joints and bones, chair yoga is a lower-impact form of the exercise.

Cycling

Riding a bike is a cardiovascular workout that offers a wide range of benefits. Most people find riding a bike is easy on the joints, and regular cycling can increase muscle strength and enhance flexibility. The pace and intensity of rides can be customized depending on riders' speed and the routes they ride.

Pilates

Joseph Pilates developed an exercise routine that now bears his name in the early twentieth century. Pilates emphasizes core strength and stability, but works all the major muscle groups in the body. Since it is another low-impact exercise, it can be suitable for people with joint issues.

Body Weight Exercises

As individuals age, they may find that working with dumbbells, barbells or weight equipment at the gym is too taxing. Using body weight to build strength is a low-intensity option. Squats, wall push-ups, chair push-ups, and resistance bands can be used to build strength.

Walking

Walking is an unsung hero in the fitness realm. According to Better Health Channel, just 30 minutes of walking every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Walking is low-impact and less taxing on joints than jogging or running.

Seniors have a host of options to stay active as they navigate their changing fitness needs.



Warren County Hamfest

Article Contributed by

BSA Crew 73

BSA Crew 73 will be hosting a Hamfest on Saturday, March 8th from 7:00am until noon at the Youngsville Free Methodist Church.

The Warren County Hamfest is an annual event that brings together amateur radio enthusiasts from across the region. This celebration of all things related to ham radio offers a unique opportunity for hobbyists to network, share knowledge, and display their latest projects. One of the most popular features of the Hamfest is the flea market, where attendees can buy, sell, and trade radio equipment, parts, and accessories.

There will also be a couple Roundtable Discussions

conducted by local experts from our area. These hands-on sessions provide valuable learning opportunities for both novice and experienced operators. Another important part of our Hamfest is License testing. Anyone attending can test for their FCC license or upgrade their current license.

Attendees have the chance to win a variety of door prizes throughout the day. From door prizes to a raffle draw, the event organizers ensure that there are plenty of opportunities for participants to take home something special.

Whether you are a seasoned operator or a newcomer to the hobby, the Warren County Hamfest offers something for everyone, making it a must-attend event on the amateur radio calendar.



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— Arnold Schwarzenegger



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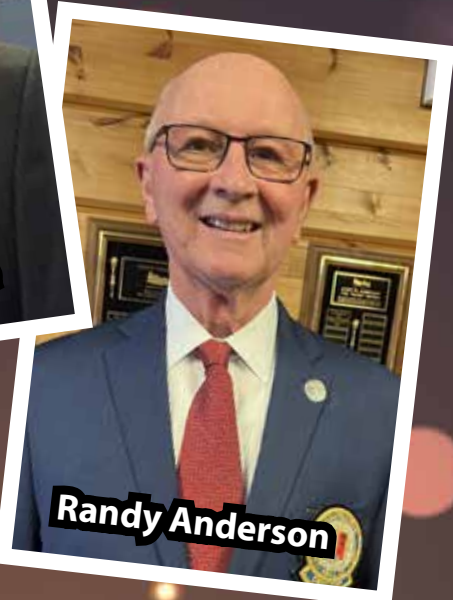
Aaron Leeper



Thomas W. Anderson



Anthony Barone



Randy Anderson



Jessica Anderson



Mark Edstrom



Sheldon Battle



Bob Goold



Stephen Carlson



2025 Chautauqua Sports Hall of Fame Inductees

(Back): Aaron Leeper, Mark Edstrom, Stephen Carlson, Nick Kahanic, Anthony Barone
(Front): Jessica Anderson, Ron Frederes, Tom Anderson, Amy Sirianni (accepting for her son, Nick Sirianni)

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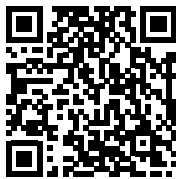
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