GAZETTE

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Happy Mother's Day





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"A mother is your first friend, your best friend, your forever friend."

- Unknown

he Women Who Made Us

Marketing Director

Shannon Nixon

God bless my mother. The things she has seen. The sh!t (crap safer to say?) we put her through. I often joke that my mother raised four sons, not three, because as the only girl in the household, I---in order to survive---adopted an "if you can't beat 'em join 'em" mentality. It was a tactical decision, but probably not a fair one to her. My poor mother, who grew up in a house full of sisters, suddenly found herself deep in the trenches of chaos, ceaseless noise, and what can only be described as an ongoing testosteronefueled barbarism. Needless to say, the contrast was stark.

Many a broken bone or an emergency appendectomy or an arts-and-crafts bead lodged up the nose (followed by a macaroni noodle the very next day, and no, I don't believe my mother got a two-for-one deal at the hospital) occurred in the Nixon household. Motherhood is not for the faint of heart; the boys and I made sure of that.

From the beginning, our mom, Liz, opted to put aside her career as a music therapist and devote her time and attention to raising her children. As if that wasn't enough of a challenge,

she decided to homeschool us on top of that. Four different wildly personalities, one kitchen table, and a stack of worn curriculum guides; she took it on with unprecedented levels of courage, patience, grace.

As a firstborn. mother possessed the innate qualities leadership. led She and

continues to lead in her community... homeschool co-ops, church groups, and social causes. She is a doer, a mender, and a maker of meaning. If something needed to be fixed, she not only repaired it, she made it stronger than it was before.

My mother did not have a manual on how to master the art of motherhood. One of the great revelations of adulthood is realizing your parents were doing it all for the first time--no practice runs---figuring it out as they went along. And through her



Shannon and her mom, Liz Nixon

character and faith in God, she made it all work. Not perfectly. Not without exhaustion. But with an unwavering belief that her family was worth every sacrifice.

What I know of my mother is that she is an incredibly generous, selfless, resilient, determined, and loving woman. She is selfless in the sense that I have never once seen her put herself before her children. She is generous in that she would

CONTINUED ON PAGE 9

Celebrate Small Business Week

Article Contributed by

Daniel J. Heitzenrater Chautauqua County Chamber of Commerce

President and CEO

It is the unique and specialty businesses that create gathering spaces for our residents and visitors, provide one-of-a-kind experiences, and serve customers like they are family. They

are not just the backbone of our economy; they are the foundation of our communities.

May is National Small Business Month, and May 4-10 is National Small Business Week. As the largest business association in Chautauqua County, the CHQ Chamber will be celebrating, and we invite you to join us! During National Small Business Week our team and volunteers will be visiting a number of communities throughout the county just to say "thank you" to small businesses. We will drop in to as many as possible – Chamber members and non-members alike - just to let them know we appreciate what they do to hold our communities together.

Beginning in Cassadaga on Monday, May 5, we will gather at 3 Lakes Café with many representatives from local, state, and county government for an official proclamation of Small Business Week. We will visit several small businesses in Cassadaga and then move to Falconer for the afternoon. Tuesday our travels will take us to Clymer, Sherman and Panama in the morning, followed by the Bemus Point area and part of Jamestown. Wednesday's schedule includes Fredonia, Brocton, Portland, Dunkirk, Forestville, and Silver Creek. On Thursday we will visit downtown Jamestown as well as Lakewood and Celoron. On Friday we will be in Westfield, Mayville and Chautauqua. Part of the Westfield visit will include a special event being orchestrated by our partners at the Small Business Development Center at the building being refurbished by CK

CONTINUED ON PAGE 21



Happy Mother's Day

MONDAY, MAY 5

One Laugh at a Time: A National Comedy Center Memory Café | 10 AM

National Comedy Center | Jamestown For Info: ComedyCenter.org/MemoryCafe

Trivia with Brewer Drew | 6 PM - 8 PM

Wicked Warren's | Jamestown For Info: 716-484-4070

Author Series: Marcy O'Brien | 6:30 PM

Hazeltine Public Library | Jamestown For Info: 716-487-1281

Chautauqua's Got Talent | 7 PM

The Spire Theater | Jamestown For Info: 716-450-7357

TUESDAY, MAY 6

Mental Health Association Dunkirk Center's Reopening | 9:30 AM - 4 PM

Grace Lutheran Church | Dunkirk For Info: 716-661-9044

WEDNESDAY, MAY 7

Jamestown Public Schools Kindergarten Registration | 8:15 AM - 4:15 PM

Central Administration Office (197 Martin Road) | Jamestown For Info: (716) 483-4344

Movies at The Reg: The Penguin Lessons

Reg Lenna Center for The Arts | Jamestown For Info: 716-484-7070

THURSDAY, MAY 8

CASA 17th Annual Come to the Table Fundraiser | 5 PM

The Chautauqua Suites | Mayville For Info: chautauquacasa.com

FRIDAY, MAY 9

Movies at The Reg: The Friend | 7 PM

Reg Lenna Center for The Arts | Jamestown For Info: 716-484-7070

SATURDAY, MAY 10

Bird Banding | 7 AM - 11 AM

Audubon Community Nature Center For Info: AudubonCNC.org/Events

Little Explorers: Decomposer Detectives 9:30 AM - 11 AM

Audubon Community Nature Center For Info: Register by May 8 at AudubonCNC. org/Events

Wicked Summer Jam | 9 PM

Wicked Warren's | Jamestown For Info: 716-484-4070

SUNDAY, MAY 11

Mother's Day Brunch | 10 AM - 2 PM

Pearl City Hops | Jamestown For Info: 716-488-7227

Mother's Day at Andriaccio's w/Live Music 11 AM - 8 PM

Andriaccio's | Mayville For Info: 716-753-5200

Mother's Day at Guppy's | 4:30 PM - 10 PM

Guppy's Restaurant & Tavern | Bemus Point For Info: 716-386-4422

Sunday, May 11 | 11 AM - 8 PM

Mothers & Mimosa Splash Restaurant | Bemus Point For Info: 716-386-1057

Minister Lauren Turner: "The Tolerance Paradox" | 10:30 AM

Unitarian Universalist Congregation of Jamestown

For Info: UUjamestown.org



Pat's Pen with Pat Locke

Mother's Da



Contributing Writer

Pat Locke

others play an incredibly powerful role growing up. Mothers are often the first source of love, safety and learning for a child. A mother's influence can shape a person's emotional security and confidence in ways that last a lifetime. Mothers may be the first to teach us the basics of communication and how to express needs, listen and show empathy. Mothers teach us how to build relationships, how to cope with challenges and how to trust others. Even small daily routines such as a mother comforting a crying child, encouraging first steps or helping with homework help us to grow and to learn. The image of a mother is often tied to strength, sacrifice and the idea of "home". Whether biological or chosen through adoption, a mother's love is one of the strongest forces shaping who we become in life.

There's a kind of magic that lingers in every well-loved home. The scent of a favorite meal, the soft-worn spot on a sofa or a familiar creak in the floor. Behind that magic stands a mother. On Mother's Day we celebrate not only the woman who raised us, but the home they shaped with quiet love, care and endless devotion. Mothers don't just raise families they create homes that hold memories across generations.

It's the little things that a mother does, such as the smell of something baking in the oven or a handwritten note tucked into a lunchbox. The way mothers know how to soften a room with a cozy throw blanket or frame the walls with family photos. Her laughter, her listening ear, her instinct to make holidays magical or regular days feel special. Those are the invisible threads that weave comfort into every corner of a home.

Every home has a heartbeat. It is found in the warmth of a kitchen, the hush of a nursery, the comfort of a well-worn quilt. A mother gives a house its soul, stitched with love. Homes may age and walls may weather, but the spirit that a mother weaves into a home endures beyond time. We recall the home that cradled our beginnings. Wherever we go, a part of home and our mothers always travel with us.

As we reflect on the importance of mothers throughout history, we see how they shaped not only families, but entire communities. Their legacy is alive in every memory, every story and every cherished place we call home. More than anything, it's her care and love that make the difference. It's a feeling that lingers.

So on this Mother's Day, we pay tribute, once again, to the women whose loving hands built households. Whether we walk through the halls of an old family home or leaf through a well-loved cookbook, we honor all mothers who make those moments possible.

Mother's Day is because every mother's love is stitched into every corner of a home.

Happy Mother's Day.



Many of you know me as a personal friend and as author of this special column, "Pat's Pen". But I also invite you enjoy my unique blog that features people, places, and preservation in our community. To those who already follow my blog, thank you. To those who might have interest, simply tap on the word, FOLLOW upon entering the blog site: offshoremuse2023.blogspot. com. I appreciate your help in increasing my readership.

Sincerely - Pat Locke.





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Owner &Publisher

Lori Cornell

No doubt most moms would agree, this Peace Corps' motto could fit motherhood too

I recently read a statistic published by Forbes Magazine that stated an average working mother works 98 hours per week. That's 14 hours per day, seven days per week.

As the mother of four sons - ages 15, 17, 18 and 19 - that sounds about accurate.

Motherhood, for me, has been the toughest job I've ever loved, less because of the long hours and more because of the heartwrenching series of pyschoemotional stages that parenting arguably involves - maybe for you too.

One day, you wake up and your entire life is changed forever - for the good, but also into a flash flood of beautiful chaos and nonstop chasing children through the years. From the playgrounds to the ball fields to the onslaught of school and community activities, for this relatively brief moment in time, you sometimes feel like this is your forever. You're a busy mom.

I remember vividly the first time I ever attempted to bring my firstborn out of the house. Ben was maybe three days old and had his first visit to Jamestown Pediatrics. I already had a penchant for rushing and lateness just getting myself ready, but then throw in another tiny person and I was completely befuddled. What was I supposed to do with the baby when I showered? And we were no sooner ready than he was screaming to eat? Then, of course, he needed a full change after messing the cute new outfit I'd so carefully selected. I know for certain that it took me three hours to get out the door that first time. I remember calling my mom and sister - who already had a one-year-old - saying that I really didn't know how anyone could possibly get themselves and an infant ready at the same time.

Looking back, it makes me laugh, of

course, wishing that such "problems" had only stayed so little.

Because suddenly, more quickly than you can ever imagine, you enter stage two, and instead of being overwhelmed by rigors and constant busyness of young children, you find yourself saying: "Hold up, this is too quickly coming to an end." You attend "the last" this and the "the last" that and you go from struggling with an infant to suddenly attending their college "Moms' Weekend".

Case in point, last weekend, in what seems like a blink of an eye, I visited that same "Baby Ben" at Miami University of Ohio. The expected itinerary ended around Sunday brunch, but I found myself still "Mom-ing" on the phone outside my son's dorm at 6pm as I sat on endless holds and fought with insurance/ medical device companies to approve the replacement for one of his broken Type I Diabetes devices. It was a sunny day, so I kicked off my shoes and stretched out my legs while making the arduous calls - determined to not walk out the door until I had fully "readied" my child. At one point, Ben called my husband and asked if "mom was ever going to leave," wondering why I was "still sunbathing on the curb".

As mothers like me get older, we might tend to look back and reflect on "the good old days" of motherhood, thinking our days of being a "mom" have passed as we watch our children get older and become adults. But what we hopefully realize as they progress, we will always be mothers. Maybe not the mother of babies. Maybe not the mom with a van and a whole pile of sports paraphernalia in the back. But we are always waiting in the wings, loving, supporting and being there for our children. Despite the different "phases" of motherhood, no one can take that title from you or the love and compassion you give because of it.

Best wishes to my own mom, Rita Mrowka, and mother-in-law, Peg Cornell - both indispensable examples of this love we cherish in the wings - and to all moms out there this week: Happy Mother's Day!





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Founder	Stacey Hannon
Graphic / Layout Designer	April Colburn
Graphic / Layout Designer	Nick Trussalo
Contributing Editor	. Katrina Fuller
Marketing DirectorS	hannon Nixon
Technical Design	Marc Scapelitte
Contributing Writer	Linda Kent
Featured Writer	Pat Smith
Featured WriterDaniel	J. Heitzenrater
Faith MattersPast	or Liz Whitney

MAILING ADDRESS

PO Box 32 Bemus Point, NY 14712

716-720-1845

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EMAII.

PHONE

EMAIL: cornell@CHQ gazette.com

WEBSITE:

CHQ gazette.com

SOCIAL MEDIA

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SUBMISSION DEADLINES

Thursdays at 5:00 pm

DISTRIBUTION

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

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My mom is the best mom and is more than could ever want and her traits and characteristics make her even better. One of her traits is that she is hard working. Another one of her traits is that she is smart. Her third trait is that she is kind. In conclusion she is hard working, smart and kind and she is more than I could ask for.

- Mikey Colburn, April Colburn's son









In Loving Memory

April 24

Anita Goldberg Chadwick, 102 Jamestown Lind Funeral Home

April 26

Susan K. (Reynolds) Casel, 73 Frewsburg Lind Funeral Home

> Steven L. Schwartz, 67 Jamestown Lind Funeral Home

April 27

Gordon Carlson, 96 Jamestown Lind Funeral Home

George Edward McKinney Jr, 67 Jamestown Riccardi's Family Funeral Home

Michael A. "Mike" Long, 46 Jamestown Lind Funeral Home

April 28

Andrew S. Gorman, 34 Dunkirk Lind Funeral Home

Rosemary E. Higbee, 75 Jamestown Lind Funeral Home

April 30

Janice M. Montague, 83 Mayville Lind Funeral Home

Mary A. Fleming, 91 Jamestown Lind Funeral Home

By Shannon Nixon, Gazette Martketing Director

The Nixon "clan", alongside the many families that grew up with the Geraces, from homeschoolers to hockey teams, hold each Gerace in our thoughts and prayers, and extend our deepest sympathies to the Gormans during this difficult time.

As so many who knew him have shared, Andrew was an exemplary big brother, son, friend, and community member, who led with love and an infectious zeal for life that left an inedible impression on all who knew him.

May the love of family, the comfort of friends, and the cherished memories of Andrew's life bring you peace in the days ahead.

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Andrew S. Gorman June 21, 1990 - April 28, 2025

Andrew S. Gorman, age 34, of New Braunfels, Texas, passed away unexpectedly on April 28, 2025, leaving behind a legacy of love, laughter, and inspiration that touched everyone who knew him.

Born on June 21, 1990 in Dunkirk, NY, Andrew was a beloved son, brother, and friend whose presence lit up every room he entered. He graduated from Southwestern High School in 2008 and went on to earn a degree in Economics from Texas A&M University - Corpus Christi in 2012. Andrew also spent time abroad in Costa Rica, an experience that deepened his love of nature and broadened his view of the world.

Andrew worked in real estate and was a natural-born entrepreneur, full of vision, energy, and great ideas. His mind never stopped exploring new possibilities, and he was always ready to take the leap into his next venture. His love for the outdoors was lifelong, whether he was out exploring or simply spending time in nature's calm and beauty.

Andrew was an active member of his local church, where he volunteered regularly with meal distribution programs and was a dedicated member of the men's fellowship group. His faith was a guiding force in his life, and he drew strength from his favorite Bible verse, Ephesians 6:10: 'Finally, be strong in the Lord and in his mighty power."

Andrew was well known for his radiant personality, infectious smile, and unforgettable bright blue eyes, famously once described by President Bill Clinton as "the prettiest eyes" he had ever seen.

Above all else, Andrew was a fearless and loving leader to his nine younger siblings. His strength, guidance, and humor shaped the lives of those around him in ways that will be felt for years to come. He led with love, and he protected his family fiercely.

Andrew is survived by his parents: Regina Gerace, Todd Gorman, Joseph A. Gerace, and Michelle Gorman; and his cherished



siblings: Tommy (Jenni) Gerace, Pippy Gerace (Nikki Friesen), Kyle Gorman, Joey (Katie) Gerace, Jacob Gerace, Mason (Hannah) Gorman, Michael Gerace, Mary Gerace, and Charlie Gorman.

He is also survived by his grandparents: Lorraine Johnson, Joseph Gerace, Mary Gerace, Georgia Ortiz, Henry Ortiz, Charles Brooks, and Dorothea Brooks, along with many aunts, uncles, cousins, and friends who loved him dearly. Andrew is also survived by his beloved cat, Stella, who was a constant companion and comfort.

Andrew was preceded in death by his grandfathers, Pete Johnson and Robert Gorman, and by his cherished cat, Eddie, who brought him many years of joy and unconditional love.

His passing leaves a space no one else could ever fill, but his spirit will live on through the many lives

A memorial service will be held on May 17, 2025 at 10:00am at Zion Covenant Church in Jamestown, NY. Friends and family are invited to attend and celebrate Andrew's

In lieu of flowers, the family asks that donations be made in Andrew's name to the Humane Society of the New Braunfels Area, Inc. (New Braunfels, TX), who provided Stella with loving care and a safe place to stay during our family's time of need.

Andrew will be remembered always for his courage, brilliance, and heart - and for the love he gave so freely to those around him.

To share a memory or words of condolence, please visit lindfuneralhome.com



Stop in to find that perfect Mother's Day Gift!

> **Open Monday thru** Saturday @ 11am





Lauren Turner Discusses "The Tolerance Paradox" at Sunday's Unitarian Service



About his message at this Sunday's 10:30 a.m. Unitarian Universalist Congregation of Jamestown service, retired Methodist minister Lauren Turner says: If we value tolerance, we should respect the views of those who disagree with us. But how do we handle those who want to end tolerance and force everyone to think like them? Should we tolerate their intolerance? Wouldn't that suggest we DON'T value tolerance? But can one be intolerant about intolerance and claim to still value what they just violated? Joseph Goebbels was fond of this quote: "This will always remain one of the best jokes of democracy, that it provided its mortal enemies with the means by which it was destroyed." This strange paradox has been pondered by many philosophers, who came up with different answers. The Message for all Ages will feature an original poem honoring mothers and special music. Everyone is welcome to the service and coffee hour that follows at 1255 Prendergast Avenue. To participate virtually, use the link at UUJamestown.org/calendar.

Faith atters

Mother's Day



Featured Writer
Pastor Liz Whitney
First Covenant Church

other's Day is one of most cherished celebrations around the world, a time to honor the women who have profoundly shaped our lives. It's a moment to pause and recognize the mothers, grandmothers, aunts and mother figures who have molded us into who we are today. From our very first breath, mothers leave their imprint on our hearts. They are the first voice that soothes us, the first arms that hold us, the first love we experience. Mothers are the quiet nurturers of our dreams, believing in us long before we believe in ourselves. They encourage us to reach for distant stars, to pursue what seems impossible, and to find courage in the face of doubt.

This season often stirs deep reflection in my own heart. I think about the silent prayers and unseen hopes that mothers carry. I see how quickly my own children are growing, moving toward adulthood, and I cling to the memories of their little hands reaching for mine, of days when I was the center of their small world. Now, I watch them chart their own paths, chasing dreams and becoming who they were meant to be. Once, I worried about small things like teaching them to share. Now, I'm trusting God to lead them through life's bigger lessons. This season of watching and releasing fills my heart with both pride and a deep tenderness. It reminds me that motherhood is a journey of holding on and letting go and it pushes me deeper into my faith, trusting that God will carry them where I no longer can.

I find myself lingering in the moments a little longer, savoring glimpses of God's hand at work in their lives. When I see Him speaking to their hearts my heart overflows with gratitude. These are the treasures I tuck away, knowing time moves too quickly.

Motherhood, for all its beauty, remains one of life's hardest and messiest callings. It demands every part of a woman, her heart, strength, patience, and faith. Any woman who invests herself deeply in the life

of another shares not just in their triumphs but also in their sorrows.

Motherhood has stretched and reshaped me in ways I never anticipated. It has brought me overwhelming joy and deep sorrow sometimes in the same moment. It has driven me to my knees in prayer more times than I can count, teaching me to depend not on my own strength, but on God's unending grace. Motherhood has refined me, little by little, into a closer reflection of Jesus. I am far from perfect, and my children would be quick to agree. But they are also the reason I strive to love more patiently, forgive more freely, and live more faithfully. In seeing my imperfections, I hope they see a glimpse of the perfect, unfailing love of God and how He pours His love out over us.

Motherhood is not a story of perfection; it is a story of persistence, and grace. Despite all its unexpected turns, it remains one of the greatest, most sacred gifts of my life.

This year feels different. There's a quiet shift in the air. I'm holding each moment a little longer with my oldest son who is almost eighteen standing on the edge of adulthood, ready to begin a life of his own. I'm learning to step back with my fifteen-year son watching him find his voice and his direction. And I'm trying to slow down time for my twelve-year-old daughter, still full of wonder, her world slowly unfolding before her.

In this season, I'm learning to live in the space between where love clings gently, even as it learns to release. It's the rhythm of motherhood, a quiet, timeless dance passed on from generation to generation.

To every woman whose love has ever cradled a child, comforted the weary, or quietly carried someone through a difficult day, your tenderness is a gift to this world. So let us keep loving fiercely, keep cheering boldly, and keep praying faithfully for those we hold dear.

Happy Mother's Day to every woman who has opened her heart to love, to nurture, and to shape the world, one life at a time.

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.





Martz-Kohl Observatory Members Contribute to New Exoplanet Find

Article Contributed by

Martz-Kohl Observatory

Amateurs making a big impact Earth. in astronomy! Members of the Martz-Kohl Observatory, Kyle Lynch and Tom Traub, have played a crucial role in the discovery of a new exoplanet orbiting the nearby red dwarf star Wolf 327. An exoplanet, short for extrasolar planet, is any planet that orbits a star other than our own Sun. Kyle and Tom's dedicated observations and research, conducted in collaboration with a global network of observatories, have led to the identification of an intriguing new world, designated Wolf 327b.

Wolf 327, located approximately 93 light-years away in the constellation Leo Minor, is a red dwarf star, significantly smaller than our Sun, with a diameter about 40 percent of our solar system's central star. The newly discovered planet, Wolf 327b, is estimated to be about 1.8 times the diameter of Earth and whips around its host star in a remarkably short 13.7 hours. This close proximity suggests it is likely a hot world.

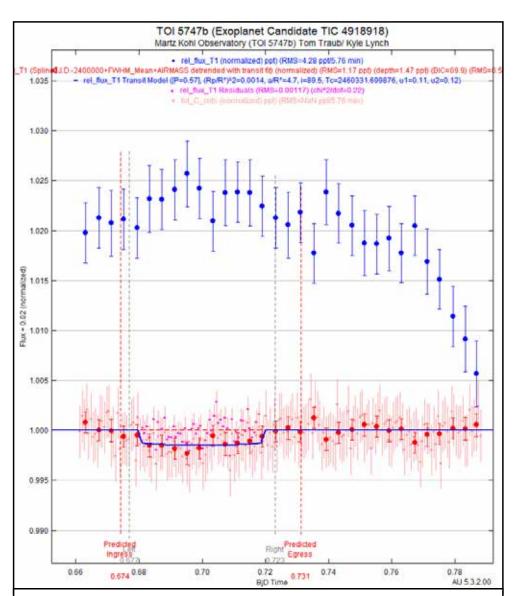
The discovery was made possible through the use of the observatory's 24-inch telescope using the technique of transit photometry. As each planet passes directly between its star and the observer, it blocks a tiny fraction of the star's light, causing a periodic dip in brightness. These subtle light variations, or transits, are detectable by sensitive instruments. This is analogous to the occasional transits of Venus and Mercury across the face of our Sun as seen from

"It's incredibly exciting to contribute to the forefront of exoplanetary science from our local observatory," said Kyle Lynch, a member of the Martz-Kohl Observatory. "Being able to collaborate with a network of observers and researchers has opened up amazing opportunities for amateur astronomers like us to participate in real scientific discoveries."

Tom Traub added, "The detection of these transit signals careful requires observation analysis. and It's a testament to the power of collaboration and the dedication of observers worldwide that we can uncover these distant worlds."

The research team continues to monitor the Wolf 327 system to refine the measurements of the sizes and orbital periods of this exoplanet, as well as to search for any additional worlds. These ongoing observations will provide a more detailed understanding architecture the and characteristics fascinating planetary system.

This achievement highlights the valuable contributions that amateur astronomers can make to scientific research through collaboration and access to advanced observing facilities. The Martz-Kohl Observatory's involvement in these discoveries underscores the importance of citizen science in expanding our knowledge of the universe.



This graph shows the amount of light emitted by the star, Wolf 327. The horizontal blue line is the interpolation of light readings and shows a dip where the newly discovered exoplanet Wolf 327b moves in front of the star, reducing the amount of light being detected. This discovery technique is referred to as "transit photometry."



The Martz-Kohl Observatory, operated by the Marshal Martz Memorial Astronomical Association, Inc., a non-profit organization for amateur astronomers, is located at 176 Robbin Hill Rd, Frewsburg, NY. The association focuses on observational astronomy, citizen science, education outreach, and enjoying the starry skies.





Mike





17th Annual Come to the Table Fundraiser

Court Appointed Special Advocates of Chautauqua County Event to be held at Chautauqua Suites on May 8



Table Name: Fall Football Fun, a 2024 Come to the Table Tablescape **Designers:** Casey Foti and Dianne Foti

Article Contributed by

Court Appointed Special Advocates (CASA) of **Chautauqua County**

Court Appointed Special Advocates (CASA) of Chautauqua County announces its 17th Annual Come to the Table fundraiser to be held on Thursday, May 8 at The Chautauqua Suites in Mayville, NY. Doors open at 5 p.m. with the live table auction starting at 6:30 p.m. Tickets available at the door for \$20 and include hors d'oeuvres, live entertainment by Jamestown High School Chamber Orchestra, raffles, live table auction, the chance to win a door prize and more. The public is invited.

Guests are invited to bid on themed

tablescapes during the live table auction that have been designed and donated by local CASA supporters. Table themes include "Ground Yourself," by FSC Systems, LLC, "Holiday Hometown Harmony," by The RED House for Youth, "Mid Century Breakfast," by the members of Pearl City Clay House, "Oh, How I Love Being a Woman," by Jacki Crosby, "Entertaining through the Seasons," by Casey Foti and Dianne Foti, "Farmhouse Foyer," by Shari Jamieson, "It's Time to Support Local," by Wicked Warren's, "Celebrate with Food," by Wegmans, "#MomLife," by Danielle Stone, "Everything-But-The-Fish," by Brian Masciadrelli, "Elevate Your Brew," by Jen Masiadrelli, "St. Elmo Spa Fiesta

CONTINUED ON PAGE xx

Near Bemus Point

Drabble by John Brantingham

On the trail, I am in a dream so deep that I don't see whitetail deer until they flee from me. It's silence, then an explosion of energy through a thicket, four of them sure that I am there to hunt them. If I had a rifle, I could shoot them, but I wouldn't. Anyway, they're barely in sight, and it would be so easy to miss.

I miss so much, I know, by disappearing into myself as I do, but beech trees and falling snow have always driven me within myself, and there's always something inside waiting for me.

This poem was sponsored by a grant from New York State Council on the Arts. Johnbrantingham.com





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Tuesday, May 6 BLT w/ choice of side \$11.25 + tax

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SUDOKU

Happy Mother's Day

	3	4	9	6			2	
	5	9			4		6	
	7		3	5	8	4		
7					3			
	9	2	4	8		3	7	
	4				5		8	2
			7					8
6		3	8				5	
·				-spenses		2	3	9

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			
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25	26	27	28	29										
30								31						
32										33	34	35	36	37
				38	39	40		41	42					
				43			44							
	45	46	47											
48					49				50	51	52	53	54	
55					56					57				58
59					60					61				
62					63						64			

CLUES ACROSS

- 1. Herring-like fish
- 5. Perform on stage
- 8. Soda
- 11. Small growth
- 13. In support of
- 14. Step taken when walking
- 15. Hollyhocks
- 16. Returned material authorization (abbr.)
- 17. Feel pain
- 18. San Diego ballplayer
- 20. Inches per minute (abbr.)
- 21. Fat from a pig's abdomen
- 22. Create again
- 25. Honors once more
- 30. Thin coating of gold 31. Welsh river
- 32. Japanese novelist Mizumura

- 33. Husks of corn
- 38. Green vegetable
- 41. Showing guilt
- 43. Soldier
- 45. Photographers
- 48. Language spoken in Nigeria
- 49. Mimic
- 50. Expressed pleasure
- 55. Ancient Greek sophist
- 56. Beverage container
- 57. Night monkey genus 59. Lace bugs
- 60. Hogshead (abbr.)
- 61. Frameworks
- 62. Keyboard key
- 63. Greek goddess of the dawn
- 64. Influential Korean independence figure

CLUES DOWN

- 1. A place to unwind
- 2. Helped (archaic) 3. Razorbill genus
- 4. Bleached
- 5. Continent
- 6. Fruit preserved in syrup 7. Impediment to one's freedom
- 8. Nocturnal rodents
- 9. Earthy pigment
- 10. Relieved oneself
- 12. Golf score
- 14. Tech hub Alto
- 19. Sportscaster Andrews
- 23. Records electric currents
- 24. Popular Hitchcock film
- 25. Revolutions per minute
- 26. NY Giants legend
- 27. Sports radio host Patrick
- 28. When you hope to get somewhere

- 29. French seaport
- 34. Thai river
- 35. Rocker's accessory
- 36. Extra charge
- 37. Influential American president
- 39. Pain in the head
- 40. Great Plains people
- 41. Consumed
- 42. Soluble ribonucleic acid
- 44. Improves
- 45. Secret clique
- 46. Behind the stern of a ship
- 47. Dough made from corn flour
- 48. Fallow deer
- 51. Swiss river
- 52. Grayish white
- 53. Engrave
- 54. College's Blue Devils
- 58. Midway between south and southeast

PUZZLE SOLUTIONS ON PAGE 21





Trivia

- 1. Who founded Mother's Day in the U.S.?
- 2. According to the U.S. Small Business Administration, small businesses make up what percentage of all U.S. businesses?
- 3. What year was the first official U.S. Mother's Day?
- 4. What battle is commemorated on Cinco de Mayo?
- 5. What is the most common type of small business in the U.S.?
- 6. Which famous nurse's birthday is celebrated at the end of Nurses Week?
- 7. What flower is traditionally associated with Mother's Day in the U.S.?
- 8. Which U.S. president "commercialized" Cinco de Mayo through the "Good Neighbor Policy"?
- 9. Which ancient civilization is credited with celebrating one of the earliest known festivals honoring mothers?
- 10. What year was the first National Nurses Week officially recognized in the U.S.?



Mightingale 7.Carnations 8. Franklin D. Roosevelt 9. Ancient Greece 10.1974 1. Anna Jarvis 2. 99.9% 3. 1914 4. Battle of Puebla 5. Sole proprietorship 6. Florence



fentonhistorycenter.org/ spirittours



Disclaimer: The Spirit Tours are intended for entertainment purposes only. The beliefs, opinions, narratives, and interpretations expressed during the tour do not reflect the official policy or position of the Fenton Historical Society and may not correspond with established academic research, scientific findings, or historical records. The tour is crafted to provide an engaging experience rather than a factual historical or scientific presentation.

New Ownership Closes Purchase of Hotel Lenhart

Completed sale clears the way for redevelopment of long-time Chautauqua Lake landmark



Article Contributed by

County of Chautauqua **Industrial Development** Agency

The effort to reopen a historic Chautauqua Lake landmark in Bemus Point has taken a major step forward. Ownership of the Hotel Lenhart has officially been transferred over to William and Jill Curry, doing business as Bemus Point Holdings, LLC. With the transfer of ownership complete, the effort to redevelop and reopen the iconic building can now get underway.

The effort to purchase and redevelop the Hotel Lenhart has been underway for more than two-andhalf years, with Chautauqua Lake Hospitality first announcing its intention to purchase the property in early 2023 from long-time owners John, Deborah, and Barbara Johnston. That announcement came several months after a sale contract had been finalized in August 2022. In February 2023, the redevelopment project received support through a low-interest loan from the County of Chautauqua Industrial Development Agency (CCIDA). A month later, the CCIDA Board approved additional incentives to support the project. Then, in the summer of 2023, the project received additional support through New York State, with a \$1.9 million grant from Empire State **Development Consolidated Funding** Application (CFA) program.

The transaction was completed Friday afternoon, May 2, and Bemus Point Holdings is now the owner of the building. Chautauqua Lake Hospitality, LLC will manage the property.



"We are extremely happy to see this process finally over and the sale of the property officially closed," William Curry said. "This means we can now move our plans forward and reopen this historic building, welcoming visitors from both near and far."

Hospitality began 143 years ago on this choice location as a small boarding house. The Hotel Lenhart itself has been a major fixture on Chautauqua Lake since the summer of 1882, when the hotel opened, bearing the founder's name. After a fire in 1891 that destroyed the original building, the current hotel was built in its place, and it's served as a popular summer-time destination for visitors and area residents each year, until 2020 when the pandemic temporarily halted operations for much of that summer. It reopened again in 2021 and 2022, when it was placed on the New York State Historic Business Preservation Registry. As the Currys worked on finalizing the sale of the building and grounds, it remained closed in 2023 and 2024.

In the past, the Lenhart only operated from Memorial Day to Labor Day. Now that the sale is complete, the Currys can begin their effort to fully renovate the hotel and make it a year-round destination. This major project will include installation of an elevator and other ADA compliant improvements, and the complete renovation of the guest rooms and common areas. The final product will result in a total of 40 guest rooms with all of the modern conveniences, while retaining the historic character of the hotel. An expanded dining area will accommodate guests and visitors, while other amenities will include an event space, spa, and pool. The total cost of the project, which includes the purchase price, is an estimated \$9.9 million.

CONTINUED ON PAGE 13

17th Annual Come to the Table Fundraiser

CONTINUED FROM PAGE 7

& Flawless," by Julie Ambrose, plus many more.

Included in the live auction is the much anticipated 7-night stay in a private condo in Myrtle Beach. This condo is just minutes away from many restaurants, shopping, golf courses and more. Back again is the "Heroes Dinner with Jamestown Fire Department" tablescape. The highest bidder will experience a unique opportunity to treat 11 friends to a delicious homemade spaghetti dinner at the Station One Firehouse made and served by the Jamestown Fire Department. After dinner, enjoy an up close and personal firehouse tour. Making a return is the "Who Done It" at the RED House -Murder Mystery Dinner. The highest bidder along with seven guests will experience a murder mystery to be solved set in the historic 1860's Victorian manor 'The RED House' in Cassadaga. Dinner and champagne included!

New this year is a Joshua Tree National Forest getaway! This package includes a 7-night stay in a cozy 2-bedroom retreat close to the National Park. This priceless adventure of a lifetime

is great for nature photography lovers, enthusiasts, or anyone looking to explore the west. This table design thoughtfully curated by 13-year old, Riley Ambrose with the support of his family.

During the event, CASA will honor community members, organizations and CASA volunteers for their outstanding contributions to the program. The Donna Vanstrom Volunteer of the Year Award will go to Dr. Brian Masciadrelli for his exceptional program volunteerism and board leadership. The Mary Rogers Heart of CASA Award will go to the Stone family for their passion and commitment to foster children. The Robert (Bob) Schnizler Justice for Children Award will go to Mary Ann Zimmer for her years of service and advocacy for children. The Friends of the Community Award will go to Jamestown Awning and Party Tents for their incredible support of foster families through their Angels of Hope program.

The service auction offers our guests the opportunity to donate to one of the specific services of the CASA program and will consist of an hour of CASA advocacy for \$15, lifebook program for \$50, send a kid to summer camp program for \$125, a month of CASA advocacy for \$125 and a mega support package for \$315. "The service auction is a staple fundraiser during Come to the Table and offers our guests the opportunity to directly benefit the children we serve," says Kathy Park, executive director of CASA. "Children in the foster care system are often moved from placement to placement, with few belongings. Our lifebook program, for example, is a storybook that our CASA children create to help them track special memories and important life details that they can take with them always."

Guests will have the opportunity to support the Mary Rogers Heart of CASA Fund. "Throughout the years, Mary recognized that not all children start on an even playing field, and most children who live in poverty have more obstacles to overcome," says Park. "She was aware of financial disadvantages to a child's education and the ability to fit in with their peers." To honor Mary's generous heart, this fund will provide children in grades K-12 needed educational resources, registrations, lessons, equipment, yearbooks, school outing fees, and other

> Come to the Table offers many ways

for local businesses

organizations

related resources.

to get involved while supporting CASA's mission. Event sponsorships are available and provide exceptional public visibility and recognition during the event. This year's sponsors include Chautauqua Chemicals, Community Bank, Cynde B. Photography, Cummins Jamestown Engine Plant, El Greco Woodworking, Inc., Kiwanis Club of Silver Creek, SKF, The Great Tree Inn and Wegmans.

Tickets for the event are \$20 and can be purchased from any CASA board or staff member or at the door. To become a sponsor, a table designer or to donate to the basket raffle please email Kelly Fiorella at kfiorellacasa@gmail.com. All funds raised from Come to the Table are used to fulfill CASA's mission of supporting volunteers who advocate for abused and neglected children in Chautauqua County. If you are unable to attend but would like to support the mission of CASA, a taxdeductible donation can be made by sending a check to CASA of Chautauqua Co., Inc. at 2 Academy Street, Suite 5, Mayville, NY 14757.



Jamestown

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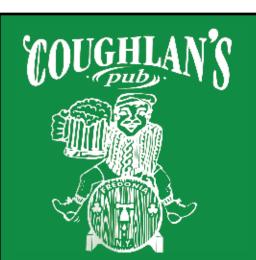
346 Fluvanna Ave Jamestown

The Women who Made Us

CONTINUED FROM FRONT COVER

never hesitate to give more than she had to both her children and those around her. Her resilience is evident in multitudes; her ability to endure our neverending noise to her emotional fortitude in the face of life's trials. She is determined in her faith, her constant prayers for everyone in her life, and her eager willingness to fight for what she believes in and protect the ones she loves. She loves fiercely and without conditions, even when we didn't make it easy. Especially when we didn't make it easy.

My brothers and I owe our childhood---and arguably our lives---to our mother. As you grow up, you realize not everyone has the same loud, loving, chaotic, joyful upbringing we had. Our mother made countless sacrifices to make the kind of upbringing a reality. All the countless hours spent carting us off to 4-H meetings and sports practices and theater rehearsals and occasionally the hospital..she was our teacher, cook, personal driver, nurse, but most of all she is our mother, and the woman who made us who were are today.



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Jamestown BPU Kicks Off 26th Annual "Cents for St. Susan's" Campaign



Article Contributed by **Iamestown Board of Public Utilities**

The Jamestown Board of Public Utilities (BPU) launched its 26th annual "Cents for St. Susan's" campaign with a breakfast for sponsors at the future site of the St. Susan Center, located in the former Business Jamestown College building.

The fund drive's sponsors and volunteers heard about the campaign plans and viewed St. Susan Center's new location, which is expected to open at the end of 2025.

Center St. Susan Executive Director Rowland Cherie explained to the group that, in 2024 alone, the soup kitchen served nearly 53,000 meals, averaging 175 meals per day.



As part of the campaign, bright yellow "Cents for St. Susan's" coin canisters are appearing around area store and restaurant counters through July 4 to collect spare change, dollars and checks written to St. Susan Center, to help the local soup kitchen prepare and serve daily meals to hungry people in the community. Last year's drive raised \$35,401 for the purpose.

This year, the canisters also contain a QR code that the public can use to donate online.

In addition to donating through coin canisters, the public may donate by mailing checks made payable to St. Susan Center and addressed to "Cents for St. Susan's," Jamestown BPU, P.O. Box 700, 14702-0700. Jamestown, NY Redeemable bottles and cans may be donated at the BPU Customer Service Office, Don's Car Wash and the Southside Redemption Center.

A hot dog sale to benefit the campaign will occur outside the BPU Customer Service Office, 92 Steele Street, on Friday, June 20. Redeemable containers can also be donated at the hot dog sale.

"Major sponsors have already come forward to help us raise funds for the soup kitchen this year," stated BPU Communications Coordinator Becky Robbins, who organizes the annual drive. "They include Judy and Steve McAllaster, Northwest Bank, The Robinson Law Office, Asplundh, Boyle's Motor Sales, Century 21/Turner Brokers, Dan and Connie Evans,

> Printing Falconer Design, Inc., Kwik-Fill, The Legend Group with Lou Deppas, National Fuel, R. Patti Excavating & Concrete, Robbins and Johnson Attorneys, Shults Slone-Auto Group, Melhuish Insurance, Store-N-Lock, Wendel,

Weinberg Financial Group, Wright Calimeri, PLLC, Attorneys and one anonymous person."

The Media One Radio Stations and the Jamestown Post-Journal have volunteered as media sponsors for the annual fund drive, providing valuable communication space and airtime to the endeavor.

"The utility is proud to be affiliated with St. Susan Center," noted BPU General Manager David L. Leathers. "We appreciate that the soup kitchen operates with a small staff and numerous volunteers who work diligently to address the hunger problem in our community. In 2024, nearly 53,000 meals were served at the Center, and we are pleased to know that we assisted positively in this vital effort."

St. Susan Center staff and

CONTINUED ON PAGE 29







office@ccajtn.com 716-484-7420









Did you Know?

Article by

Metro Creative

Contrary to one popular misconception, Cinco de Mayo is not a celebration of Mexican independence. According to History. com, Mexico's Día de la Independencia is commemorated on September 16. So what does Cinco de Mayo commemorate? Cinco de Mayo commemorates an improbable Mexican victory over the French at the Battle of Puebla on May 5, 1862. Though Cinco de Mayo is now celebrated across the United States, it remains a minor holiday in Mexico that is primarily observed in the state of Puebla. Knowledge of the holiday's origins may or may not be widespread among American celebrants, many of whom view Cinco de Mayo as a celebration of Mexican culture.

Serve up homemade salsa this Cinco de Mayo

Article by

Metro Creative

Food is front and center at many Cinco de Mayo celebrations. Home cooks hosting friends or those who simply want to enjoy some homemade Mexican fare this Cinco de Mayo can try their hands at this recipe for "Fiery Corn Salsa" from Kelley Cleary Coffeen's "200 Easy Mexican Recipes" (Robert Rose).

Fiery Corn Salsa

Makes 2 cups

1/4 cup olive oil

3 tablespoons freshly squeezed lime juice

2 teaspoons minced fresh cilantro

3 tomatoes, seeded and diced

11/2 cups corn kernels

2 to 3 jalapeño peppers, seeded and diced

Salt and freshly ground black pepper

In a large bowl, combine oil, lime juice and cilantro. Add tomatoes, corn and jalapeño to taste. Mix well until corn mixture is well coated. Season with salt and pepper to taste. Transfer to an airtight container and refrigerate, stirring occasionally, for 1 hour or up to 2 days.

Tip: In place of the corn kernels, you can used canned corn, drained; frozen corn, thawed; or corn from the cob, cooked on the stove top. For a smoky flavor, use corn grilled on the barbecue grill.





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Audubon Executive Director Departing for Sheldon Foundation



Executive Director Leigh Rovegno is leaving to become the Executive Director of Jamestown's Ralph C. Sheldon Foundation.

Article Contributed by

Audubon Community Nature Center

Audubon Community Nature Center (ACNC) announced that Executive Director Leigh Rovegno will step down on June 21 after nearly seven years of transformative leadership. She has accepted the position of Executive Director of the Ralph C. Sheldon Foundation.

Since joining ACNC in 2018, Rovegno has guided the organization through a remarkable era of growth, development, and innovation. Her tenure has seen the implementation of major capital projects, the expansion of educational programming, increased financial stability, and the strengthening of internal policies and governance. Among her many accomplishments are the creation of the Stephanie Frucella Education Pavilion, Pamela A. Westrom Wildlife Habitat, extensive technology upgrades, and enhancements to ACNC's indoor and outdoor exhibits and facilities.

"The staff, board, volunteers, and all of the people involved with the Audubon are its greatest treasure," said Rovegno. "They are some of the most interesting and passionate people I have ever met. They care so deeply about this organization and about the natural world. I look forward to continuing my work with the Audubon as I take on my new role with the Ralph C. Sheldon

Foundation, which has been a longstanding supporter of ACNC. During my time as Executive Director of the Audubon, the Foundation provided critical funding for improvements ranging from upgraded security systems and paved trails to enhancements to our indoor play spaces. I am excited to continue supporting the important work of the Audubon—and to expand that support to the many nonprofit organizations that make Chautauqua County an exceptional place to live."

Tina Downey, Chair of the ACNC Board of Directors, praised Rovegno's contributions: "Leigh's impact on Audubon Community Nature Center cannot be overstated. Her thoughtful leadership, deep commitment to environmental education, and focus on building strong relationships have elevated every aspect of our organization—from our programs and facilities to our financial health and community partnerships. We are grateful for all she has done, and are excited to see the positive influence she will continue to have across the region through her new role at the Sheldon Foundation."

The ACNC Board of Directors will soon initiate a regional search for its next Executive Director to build on the strong foundation Rovegno has established.

For more information about the Nature Audubon Community Center, please visit auduboncnc.org.

Shop for Mother's Da Mother's Day Hours: THE MAYBERRY JUNGLE 10-4 Monday - Thursday 10-5 Friday & Saturday FLORIST AND PLANT SHOP 10-2 Sunday 36 S. Erie St. Mayville, NY • 716-581-0440 • www.TheMayberryJungle.com

Audubon Has Bird Bandings, **Decomposer Detectives and a Nature Photo Contest!**







At Audubon Community Nature Center, May 10 and 17 are the two Saturdays you can still observe bird scientists in action and birds up closlorie anytime from 7 to 11 a.m. Bring your 3 to 8-year-old(s) to Little Explorers this Saturday, 10-11:30 a.m., and learn about different types of decomposers – like worms, insects and fungi – and why their work is so important. And you have until June 30 to submit your photo and vote on the entries in the 2025 Nature Photography Contest, where you could be recognized like Gabby Congrove of Concord, N.Y. for her "Black-Eyed Susan." For details on all these opportunities, call (716) 569-2345 or go to AudubonCNC.org/Events. The Nature Center is at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown and Warren.

New Ownership Closes Purchase of Hotel Lenhart

CONTINUED FROM PAGE 8

Mark Geise, CCIDA CEO, said, "Revitalization of the Lenhart Hotel will directly address a priority goal of tourism development for the region by creating an upscale yearround waterfront attraction that will generate tourism revenues; increase sales, property, and bed tax revenues; enhance local retail and service opportunities in Bemus Point; create jobs; and complement other area attractions. I couldn't be happier for the Currys, the community, and the region that this project is finally coming to fruition after so many years of hard work. It's a gem!"

"I cannot overstate how elated we are to see the sale of the Lenhart property finally closed", said Jeffrey Molnar, Bemus Point Mayor. "The Hotel Lenhart has been a part of our rich lake history for more than 130 years. We look forward to continuing our support of the Currys as they work to restore and update one of the last historic grand hotels to a new splendor, making Bemus Point an even stronger community and a favorite destination for visitors and county residents alike for years and decades to come!"

"The official sale of the Hotel Lenhart marks an exciting new chapter for one of Chautauqua Lake's most beloved landmarks. I commend the Currys for their and commitment to honoring the rich history of this property while transforming it into a modern, year-round destination. This project is a shining example of how public and private investment can come together to preserve

our heritage, boost tourism, and strengthen our local economy. We look forward to the grand reopening and the positive impact this redevelopment will have on Bemus Point and all of Chautauqua County," said Paul "PJ" Wendel, Jr., Chautauqua County Executive.

The Currys are planning to meet with the Bemus Point Planning and Zoning Board for approval of use and renovation plans as soon as possible. The hotel is planned to reopen for the start of the 2026 summer season. Three adjacent "guest houses" will be available for weekly rentals on a year-round basis, beginning in the 2025 summer season.

About CCIDA - The CCIDA is an economic development organization authorized empowered by the State of New York to make Chautauqua County a better place to work, live, and visit. It facilitates development by attracting new businesses, while promoting the retention and expansion of existing businesses. Assistance in the form of incentives tax abatements, low interest loans, and bond financing enhances the opportunities for job creation and retention by our businesses. For more information visit ChooseCHQ.com.



Mom-Trepreneurs

Spotlighting Mom-Trepreneurs who juggle it all—building their dreams, raising their families, and uplifting our community.



🚧 Vicki McGraw 🦊



Recipe for Success with Elegant Edibles

or Vicki McGraw, owner of Chautauqua County staple Elegant Edibles, running a successful catering business while raising a family comes down to three things: lists, teamwork, and passion. "Time management has always been the key! I have lists for absolutely everything," she admits. Getting her family involved has served to refine her business strategies. Her two sons were just 4 and 6 when she started the business, so they grew up helping—wrapping silverware, scooping cookie dough, and eventually tackling dishes. Those early tasks became their first jobs, teaching them responsibility and the value of hard work.



& grandchildren

Blake & Logan

Vicki often jokes that her business felt like a "third child". It needed just as much attention as her boys. "Family always comes first, but when they're part of the business, they understand where your time goes," she explains. By letting them see both the rewarding and exhausting sides of entrepreneurship, they learned to appreciate her dedication. She also credits her mom, Ginny Bremer, as her right-hand helper, proving how crucial a strong support system is.

Her advice for other mom-trepreneurs? "Surround yourself with people who support you!" Whether it's little hands folding napkins or a trusted mentor pitching in, success is sweeter when it's shared.



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🦥 Jennifer Hickman 🐙

Hope Counseling: Building Healing, One Brave Step at a Time

ennifer Hickman knows firsthand that healing is never a straight line: it's a practice. As founder of Hope Counseling, which offers a range of mental health services including faith-based Christian counseling, Jennifer has created a space where compassion and experience come together in powerful ways.

While building her own practice wasn't always simple, she said it was a worthwhile pursuit. "Balancing school and full-time work while being a parent requires careful time management and perseverance," Jennifer said.

management and perseverance," Jennifer said.

"By the time I completed my master's program, my children were adults, but I still had to navigate parenting alongside my academic and professional commitments."

Now, she's focused on cultivating meaningful relationships with her adult children and building a thriving trauma-informed practice. "One key lesson that has helped me along the way is the importance of organization and intentional decision-making — being mindful of how I allocate my time and why I choose to say 'yes' or 'no' to various obligations."

Jennifer said her inspiration stems from a desire to help others. "Witnessing the impact of substance abuse and mental health challenges within my own family influenced my decision-making," she said. With two children who served in the military, Hickman's drive to support veterans and first responders is a calling. "My approach integrates compassion, understanding and the belief that recovery is possible."

To other aspiring Mom-Trepreneurs, she said: "Be kind to yourself, prioritize self-care and recognize there is no such thing as a perfect mother or entrepreneur, only someone who learns from mistakes and builds resilience along the way."



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Jennifer with husband Dan

Jennifer Hickman, LCSW; CASAC-2 EMDR Trained • Progressive Counting • Seeking Safety • Compassion Fatigue Certified

Jessica Parment

Sip N' Suds: Shining Bright, One Vehicle at a Time

t Sip N' Suds, Jessica Parment brings a fierce work ethic and a mother's devotion to the art of vehicle detailing. From ceramic coatings to paint correction and professional undercoating, her business is all about helping vehicles shine. Behind the gleam of a freshly cleaned car is a woman who knows that balancing grit and grace is the real polish.



Jessica with daughter Laura

wasn't just about business—it was about necessity. With a daughter who faced serious medical challenges at a young ago

Jessica's journey into entrepreneurship

serious medical challenges at a young age, Jessica needed flexibility more than anything. "Being self-employed gives me the flexibility to build my own schedule and make sure that I can be there for my daughter whenever she needs me," she said. That same adaptability defines her work-life rhythm today. While her daughter's at school, Jessica's in the garage, bringing vehicles back to life.

Her message to other moms considering their own path? "It's incredibly difficult, but it gives you the freedom to not only pursue your dreams, but to also build your family time to how you see fit," Jessica said. She reminds fellow mompreneurs not to drown in the to-do list. "The invoices will still be there tomorrow. Don't miss out on your children growing up ... make sure to prioritize the most important part of life, the people you love."

If your car could use some love, Sips and Suds is ready to deliver professional care—with a mother's touch.

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Heather Turner ** Blackstone Advanced Technologies Runs On Heart, Resilience

eather Blackstone, co-owner of Blackstone Advanced Technologies, works in metal fabrication by day, but also takes pride in being a full-time, fully engaged mom as well.

"Being a mom and a business owner aren't just roles I balance—they're the two biggest sources of pride and purpose in my life," Heather said. "I co-own and operate two metal fabrication companies (total of 170 team members) here in Chautauqua County



Heather with sons Carter & Arie

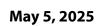
with my husband, and every day I'm reminded that raising strong, kind boys and building a strong, values-driven company both require consistency, resilience and heart"

She said being a mother has instilled many lessons over the years, which has inspired her business. "Motherhood has taught me how to lead with empathy, think long-term and stay grounded in what matters most," she said. "I'm constantly inspired to make our businesses not only excellent at what we do, but also meaningful places to work—where team members feel supported and valued, just like I want our children to feel at home."

While Heather enjoys entrepreneurship, she always remembers her family is her firm foundation. "I want my kids to grow up in a community where they see both their parents working hard, giving back and showing up—not just for the bottom line, but for our people and neighbors," she said. "Being a mom makes me a better business owner, and owning these businesses pushes me to be the kind of mom I want to be."



86 Blackstone Avenue, Jamestown New York 14701 www.blackadvtech.com • 716-665-5410





or Dr. Melissa Dengler, naturopathic ■ medicine isn't just a profession — it's a personal calling. As the founder of Vitality Natural Health and Wellness Center, with locations in Meadville and Grove City, Pennsylvania and Lakewood, New York, she brings compassion, science and deep listening to every patient interaction.

"I became a naturopathic doctor to bridge the gap between modern science and natural healing," Melissa said. "In clinical practice, I see so many patients who feel unheard, over-



Melissa with daughter Addison

medicated or frustrated with temporary fixes." Through tools like botanical medicine, clinical nutrition, homeopathy and lifestyle counseling, she focuses on treating root causes — not just symptoms. "My goal is always to support the body's healing intelligence with respect, not override it with force."

Becoming a mother added another layer to Melissa's practice. "When I became a mom, I wanted to utilize my knowledge in natural medicine and apply it to the health of my daughter. Not only is treating her holistically a priority of mine, but I want for her to grow up with a strong foundation of health - not just free from disease, but truly thriving - physically, mentally, and spiritually. I want my daughter to know that knowledge is powerful, but compassion is what changes lives."

As both doctor and Mom-Trepreneur, she blends intuition with expertise. "My patients taught me that every person holds a story worth hearing. My goal for my daughter is that she will live with that same sense of empathy and respect for others."

"Being a mother makes me a more compassionate doctor. Being a naturopath makes me a more empowered mom," Melissa said.



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Amy Martis 🦊



Lake Life Flexibility and Family

my Martis, owner of Lake Life Cafe in Bemus and Lake Life Kitchen in Lakewood, is the proud mother of three wonderful kiddos - Anthony (16), Lucy (14) and Joseph (12). While managing restaurants that serve delicious breakfasts, lunches and delectable coffee wasn't her first career, it certainly has fit her family life.

"Prior to having children, I was a high school math teacher but resigned from teaching once I had Joseph," Amy said. "While I loved teaching math, I knew



Amy with children Anthony, Lucy, and Joseph

that I wanted more of a flexible schedule - owning our own business allows me that flexibility while allowing me to use my creativity and vision to its fullest."

Amy said the reason she loves being a mompreneur is that it allows her the freedom to engage and be present in the activities and events that her family enjoys.

"I am their 'mom uber' and their biggest fan," she said. "My kids have also learned so much through our business ownership: ranging from how to do dishes to how to manage the finances. I am proud to say our family lives by the slogan 'work hard - play hard' while enjoying every minute."

Amy encouraged other moms who are looking to start a business to "take that leap," but warned there will be bumps along the way. "Balancing everything won't always happen and you have to understand that as flexible as it may seem - there will be times that your business must come first."



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Nikki Pierce 💥



PersNikkity Pies: A Family Recipe for Success

or Nikki Pierce of PersNikkity Pies, the cafe isn't just a business, it's a family affair. What started as something that "just sort of evolved" has become a heartfelt operation powered by love, excellent baked goods and lunches, handcrafted coffees and teamwork. Nikki never set out to be an Mom-trepreneur but it just clicked one day. "I was able to see that this gift from God as going to eventually be the method by which I was able to spend more time with my family."



Nikki with children Kate, Sierra, Addie & Kal

From day one, Nikki ensured her kids were part of the business. "I have expected my kids to 'buy into' our family business since the beginning," she said. Each child brings their own strengths: her son, Kal, a top-tier taste tester and recipe critic; her middle daughter, Addie, a social media wiz guiding her through the age of Reels and reach; and her youngest daughter, Kate, a natural baker with a knack for vision and leadership. "She's great at working events with me and running the bakery when I'm not available." Meanwhile, her son's girlfriend, Sierra, is just as much family as the co-lead baker an co-manager. PersNikkity could not run as smoothly as it does without her in this instrumental role!

Nikki even has a mom hack to share: "Have your kids read business emails to you while you're driving and ask them how they would respond... sort of like your own personal assistant.

To moms dreaming of entrepreneurship, Nikki's advice is simple but powerful: "If you can at all do it, go for it! Build your vision slowly and with patience... it will show your kids that you can make dreams come true," she said.



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Jill Jaquith 🤻



of Greener Gardens: Letting It Grow With Grace

t Greener Gardens in Dunkirk, New York, Jill Jaquith is in the business of blooms. As a mom and the owner of a seasonal gardening business, she's learned that balance isn't about doing it all; it's about knowing what truly matters.

"I have learned to prioritize," Jill said. "My business is seasonal, so when it is in season, I have learned what to let go and how to do the bare minimum where needed." That means laundry can stay unfolded, dishes come straight from the dishwasher and invoices get



Jill with children Ella & Jake

handled right at the job site. It's a practical rhythm that keeps the paperwork from burying her and the joy from slipping away.

Her business has also taught her what her true priorities are. "I have also learned what to never neglect: treasured time watching my children do what they love; any time I get to spend with them; or just making sure I take the phone call updating me on what is going on in their lives; watching sunsets with the love of my life; or floating down a river with him, embracing all of God's beautiful gifts in nature," she said.

Jill credits motherhood as the ultimate business training. "Being a mom requires a woman to be able to serve others all day, every day ... function on the bare minimum when necessary. So, being a mom is basically boot camp for business ownership,"

Her advice to fellow Mom-Trepreneurs: "Don't let your daily responsibilities or all the 'what ifs' prevent you from starting your own business. You have to jump in, dedicate yourself to the goal, and work hard, really hard, for what you believe is worth doing."

Greener Gardens

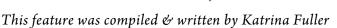
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"A mother's love is the fuel that enables a normal human being to do the impossible"

~ Marion C. Garretty













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"And what nursing has to do in either case is to put the patient in the best condition for nature to act upon him." — Florence Nightingale

The Unsung Heroes of Education

School Nurses at the Frontlines of Student Health

Featured Writer

Sabrina Kelly, BN

Bemus Point Central School District

today's educational landscape, school nurses **▲**play an essential—but often overlooked—role in supporting student success. As the number of children with chronic health conditions continues to rise, school nurses have become a vital part of the school community, bridging the gap between health and learning.

Chronic conditions such as diabetes, asthma, seizures, and severe allergies requiring emergency epinephrine use are becoming increasingly common among school-aged children in the United States. Alongside these, there has been a rise in communicable diseases and mental health concerns. The presence of a trained, licensed nurse in schools is more crucial than ever.

Far from simply handing out bandaids and ice packs, today's school nurses manage complex health

Sabrina Kelly, RN, a school

nurse in her fifth year,

says the role is more

than a job—it's a calling.

"This is my fifth year as a

school nurse, and I love

it," she shares. "Every

day brings something

different, and knowing

I'm helping students stay

safe, healthy, and ready to

learn makes it all worth it.'

responsibilities. These include medication administration, disease prevention, and acute health assessments. They also develop individualized health plans for students with specific needs, working closely families, healthcare

providers, and school staff to ensure coordinated care.

In addition to managing individual care, school nurses are tasked with educating students and staff on hygiene, safety, and healthy habits. They conduct screenings for vision, hearing, and scoliosis conditions that, if unaddressed, can become barriers to learning. When necessary, they refer students to community healthcare resources for further evaluation and treatment.

Emergency preparedness is another key aspect of a school nurse's role.

Nurses often train teachers and staff to respond to medical emergencies, including diabetic crises, severe allergic reactions, seizures, and asthma attacks. In some districts, training extends to managing severe bleeding incidents—vital knowledge in an era of increasing concern for school safety.

Mental health is also within the school nurse's scope. While many schools now have mental health professionals on-site, school nurses are often the first to identify and respond to mental health issues, providing both immediate care and referrals for long-term support.

Academy The American **Pediatrics** and the National Association of School Nurses both recommend that every school have at least one registered nurse on staff. The American Academy

> of Nursing goes further, advocating continuous nursing access for all students throughout school day. Yet, in New York State, there is currently no law requiring a nurse in every

building—highlighting school gap between recommended standards and actual practice.

As we recognize the challenges students face today—from physical illness to emotional stress—it is clear that school nurses are not just helpful; they are indispensable. Their presence ensures not only healthier students but stronger, more resilient school communities.

Happy Nurses Week 2025!



Junior year student, Zach Cornell, with his favorite school nurse, Mrs. Kelley.

Peace, Hope and Joy with Linda Kent

Mother's Love



Featured Writer Linda Kent

t's Mother's Day this month. A day to celebrate those special Lindividuals who sacrifice so much for the wellbeing of their offspring. This is the month we honor that commitment and dedication. Because that is what it is, a commitment; a sacrifice. A willingness to give of themselves so that their children can grow into productive adults.

Mothers give their time to their children. She often does't get to read the magazines or novels of their choice anymore. Books of colors and counting fill her days as she works with her kids to help them learn the basics before school starts. Then helping with homework takes her time as she tries to put dinner on the table. It'd be easier to let the kids struggle on their own, but she wants her kids to succeed, so she makes sure it's done and they understand how it was done

correctly. Even if that means dinner is delayed some nights.

Her personal activities are curtailed as she runs one child to gymnastics and another to karate. Then back to pick them up after running some much-needed She listens with an errands. attentive smile as the kids fill her in on what they learned. Home again, and while she wants nothing more than to sit and rest, its bath time and bedtime snuggles. Then prepping backpacks and lunches for the next day. When it gets to be "her" time, she's worn out, but she doesn't mind, she loves her children. They won't be little forever. Too soon, they'll be gone and she won't have them to fuss over.

Instead, she'll anxiously watch them spread their wings and learn to fly on their own. She'll hold her breath and pray that her sacrifice and teaching was enough as the kids learn to live their lives without mom's guiding hand. And that's the hardest part of being a mother. Letting them go, loving, watching, and waiting for the signs of success so she knows her sacrifice wasn't in vain.





Join Me in the Kitchen!

Featured Writer Vick McGraw **Elegant Edibles Catering**

ell dear readers, may I say spring has finally sprung? This year Mother Nature has seemed to be a bit confused, as sometimes it seems we have experienced several seasons in a single week. Today, however, my windows are open and fresh (albeit a little cool) air is wafting through the room. I can hear birds chirping, and the fresh smell of spring is in the air...Can I get an AMEN?! The arrival of spring may have been long overdue this year, but it has arrived just in time for me to celebrate a milestone. As I pen this missive on May 1st, I am remembering a long ago May 1st, when I opened the doors of Elegant Edibles Catering for the first time. Yes, indeed, today marks my 25th anniversary in business! To say how time flies truly is an understatement! On May 1st, 2000, it seemed like an extremely optimistic goal to be able to not only survive, but thrive as the owner of a small business for 5 years, to say nothing about the prospect of remaining relevant 25 years later!

Over the years, I have been blessed by the wonderful clients who put their trust in my abilities, as not only a chef, but also as an event planner, sounding board, problem solver, child wrangler... you name it! Oh, the crazy stories I could write about my adventures in catering! When I started out, my theory was, to be good at what you do, you need to put your heart and soul into it, and whether it was a dinner for two or gala for hundreds, I have done my best to do just that for all of these years. I can't put into words how grateful I am to every person who has put their faith in me from the very beginning!

As we know, society is ever changing, and some of the most interesting and frequently challenging evolutions I have enjoyed over the years are the ever changing food trends. When I began my career, menus were far more "cookie cutter" than creative. We didn't think outside the box nearly as much as we do now, and there weren't the variety of dietary styles we are accustomed to accommodating today. In the past, an event guest list might include one or two vegetarian guests. Today, we strive to accommodate the

needs and desires of not only vegetarians, but vegans, those that are lactose or gluten intolerant, as well as folks who look for low carb or paleo friendly foods. Also, the growth of social media has also had a huge impact on not only what, but how we enjoy our foods. I get so much inspiration from the internet, whether it is a new recipe, a menu idea or a picture of someone's dinner. It's really hard to stump Google or Alexa when I need a recipe or related suggestion...and it is so much easier than leafing through any of the hundreds of cookbooks that line my shelves.

Another evolution of this business began with the unbelievable shut down we experienced during the global pandemic. Talk about learning to change on the fly. In a matter of days, my calendar went from completely booked for months to come, to sadly empty, as events were cancelled with the constant ringing of my phone. As a small business owner, an empty calendar is never a good thing, so I had to shift my focus to remain viable. It was that shift in attitude that in the end, grew my business even more. I still had food on the shelves and clients to feed, so I expanded delivery and pick up options, and found a way to provide what my faithful clients asked for. Sadly, so many businesses did not survive the shut down, but as always, I feel blessed to have been able to hold on to my can-do attitude. I simply found another way, refused to give up and continued to move forward.

And just like that, here we are today, 25 years later. It has been quite the adventure! I never could have continued this ride without the loving support of my wonderful family...my husband Robert, sons Todd and Mark and my parents have supported every wild and crazy thing I have done. Extended family members, and countless employees that turned into family have joined the wild ride as well. The many long days (that turned into long nights), the constant mantra of someday this will get easier, and the satisfaction of knowing I have accomplished what so many can only dream of...I am blessed beyond measure and would like to thank you, dear readers, for joining me on this journey!

Finally, because it wouldn't be proper "Join Me in the Kitchen" without a recipe, here is what I'm having for supper tonight.



Elegant Edibles!

BUNDT PAN CHICKEN

(my twist on beer can chicken!)

- 1 large whole chicken rinsed and patted dry
- 1 T salt
- 1 t pepper
- 1 T paprika
- 1 t oregano
- 1 t onion powder
- 1 t garlic powder
- ½ t cayenne
- 4 carrots, peeled and cut in chunks
- 4 potatoes, quartered
- 1 onion, quartered

cavities as well).

1 12 oz can of your favorite beer

Mix all seasonings together, set 1 T aside, then with remaining seasoning blend, generously rub all over chicken (sprinkling in

Coat Bundt pan with non-stick spray and insert large opening of chicken over the center tube. Spread veggies around chicken and sprinkle with reserved 1 T of seasoning rub. Carefully pour beer over veggies into bottom of the pan.

Bake at 400* for about 1 - 1 ½ hours (until chicken reaches internal temp of 165*) and veggies are tender.





Happy Mother's Day

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Jamestown BPU Kicks Off 26th Annual "Cents for St. Susan's" Campaign

CONTINUED FROM PAGE 25

The Jamestown Board of Public Utilities (BPU) launched its 26th annual "Cents for St. Susan's" campaign with a breakfast for sponsors at the future site of the St. Susan Center, located in the former In addition to donating through Jamestown Business College building.

The fund drive's sponsors and volunteers heard about campaign plans and viewed St. Susan Center's new location, which is expected to open at the end of 2025.

St. Susan Center Executive Director Cherie Rowland explained to the group that, in 2024 alone, the soup kitchen served nearly 53,000 meals, averaging 175 meals per day.

As part of the campaign, bright yellow "Cents for St. Susan's" coin canisters are appearing around area store and restaurant counters through July 4 to collect spare change, dollars and checks written to St. Susan Center, to help the local soup kitchen prepare and serve daily meals to hungry people in the community. Last year's drive raised \$35,401 for the purpose.

This year, the canisters also contain a QR code that the public can use to donate online.

coin canisters, the public may donate by mailing checks made payable to St. Susan Center and addressed to "Cents for St. Susan's," Jamestown BPU, P.O. Box 700, Iamestown, NY 14702-0700. Redeemable bottles and cans may be donated at the BPU Customer Service Office, Don's Car Wash and the Southside Redemption Center.

A hot dog sale to benefit the campaign will occur outside the BPU Customer Service Office, 92 Steele Street, on Friday, June 20. Redeemable containers can also be donated at the hot dog sale.

"Major sponsors have already come forward to help us raise funds for the soup kitchen this year," stated BPU Communications Coordinator Becky Robbins, who organizes the annual drive. "They include Judy and Steve McAllaster, Northwest Bank, The Robinson Law Office, Asplundh, Boyle's

Benjamin Prescott Chapter of the Daughters of the American Revolution to Host "Tea with the Marquis"



Brenda Johnson and Bonnie Larkin, daughters of Benjamin Prescott Chapter DAR are making preparations for the "Tea with the Marquis".

Article Contributed by

Bonnie Larkin

Benjamin Prescott Chapter of the Daughters of the American Revolution

The Benjamin Prescott Chapter of the Daughters of the American Revolution will host "Tea with the Marquis " on June 1, 2025 at 2:00 PM at the Fredonia Grange. This event is part of the Bicentennial Celebration of the Marquis de Lafayette's visit to Fredonia 200 years ago and will feature French pastries, a French theme and, of course, Lafayette himself, who will be present as the guest of honor. The cost of the event is \$29. Period clothing is welcome.

Lafayette, a French aristocrat, was a military hero during the American Revolution. He was invited to tour the new America as the Nation's Guest in 1824 and 1825. During his 13 month tour, he arrived in Fredonia in the early morning hours of June 4th 1825 to much fanfare and celebration. The Tea will celebrate and remember his

For reservations please make check payable to Benjamin Prescott Chapter DAR, PO Box 1064, Sinclairville NY 14782-1064. Questions contact BLLARK@ yahoo.com or call 716-985-4202.

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NATIONAL SMALL BUSINESS

May 4-10, 2025

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Not yet a member? Join Today:

300 North Main Street Jamestown, NY 14701 www.chqchamber.org



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Special incentives to celebrate Small Business Month and help grow our membership.

Here's how it works: Get incentives when new members join and list your business as having referred them.

1 new member: six-month banner ad on the CHQ Chamber website. (\$300 advertising value)

3 new members: the above plus two tickets to the CHQ Chamber Awards Banquet in October (\$430 value).

5 new members: all the above plus a quarter page ad in the CHQ Chamber 2025 Membership Handbook (\$980 value).

CHQ Chamber Business After Hours

Tuesday, May 27 · 5:00-6:30pm Russell E. Diethrick Jr. Park Home of the Jamestown Tarp Skunks

Mingle with the baseball players & local businesspeople

Complimentary hotdog (courtesy of 3 C's Catering)
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 Stay after to watch the Tarp Skunks practice.

Free for two people from each Chamber member organization. \$10 for non-members or anyone above the two-person limit.

Registration is very much appreciated. Advanced registration also gets you on "Who's Who in the Room" list.

Registration is now open through web calendar at www.chqchamber.org



Event sponsored by Phillips Lytle



Celebrate
Small Business!

"Dream big. Start small. But most of all, start."

– Simon Sinek, author and motivational speaker







CHAMBER CORNER

Celebrate Small Business

CONTINUED FROM PAGE 25

Natural, which has been named the New York State Small Business of the Year!

At each stop we'll present our small businesses with a small token of our appreciation. While we know it's impossible to get to every small business, we will visit as many as possible.

The US Small **Business** Administration defines a small business as any that employs 500 or fewer people. Here in Chautauqua County that represents almost all of our businesses.

In 2024 the CHQ Chamber facilitates and participated in 67 ribbon cuttings for new small businesses through Chautauqua County. So far this year we have been part of seven grand openings, and there are more coming. These are retailers, restaurants, and service industries, all locally owned and operated. Each one of them not only offers products or services to their customers, but they also help to create the fabric of our communities.

Small businesses make our county a great place to live, work, and visit. They provide jobs and the payroll that supports local families. They work with other local businesses often as vendors or customers, and they provide the payroll that supports local families, and increase sales tax revenue for our county and municipalities. Small business is actually a huge chunk of our local economy while also creating a vibrant climate that has laid the groundwork for an excellent quality of life.

We hope you will support small locally owned businesses on a regular basis and join us to help promote them whenever you can. Our sincere thanks to all small businesspeople in Chautauqua County who are making a difference here every day. Happy National Small Business Week!

Join CHQ Chamber Today; **Our Goal: 31 New Members** in 31 Days Campaign

This month, the CHQ Chamber is offering incentives to our current members when they help get a new business to join. We are looking for 31 new members in the 31 days of May, and all the benefits go to our

current members. Just by referring businesses that join in May, our current members will get some advantages above their regular benefits of membership.

Here's how it works: if a new member joins and lists your Chamber member business as having referred them, the current member will get a six-month banner ad on the CHQ Chamber website. That's a \$300 advertising value. If three new members join and list your business as the referrer, you get a six-month banner and plus two tickets to the CHQ Chamber Awards Banquet in October for a \$430 value. If five new members join and list your business as the referrer, you'll get a six-month banner ad, two tickets to the Annual Awards Banquet, plus a quarter page ad in the CHQ Chamber 2025 Membership Handbook - for a total value of \$980. These incentives are open to any current Chamber member business. Referrals can be noted either in our printed membership form or the online join form. In both forms there's a space that asks, "Please let us know who referred you for CHQ Chamber membership." You can also let our staff know you've referred a business, and we'll follow up. Just send a quick email to Membership Development Director Bob Lingle at rlingle@chqchamber.org.

What are the real benefits of joining the CHQ Chamber? There are plenty for businesses of all sizes. Our mission is to build vital connections, provide professional resources, and champion our local businesses in Chautauqua County. We do that by providing that opportunities connect customers to local businesses, businesspeople peerto-peer, and offering multiple services such as human resources compliance tools, ribbon cuttings for new businesses, an online business directory featuring Google integrated mapping, and more. Your membership is valuable, but not expensive. All these services, and more, start at just \$195 a year. This May, bring a friend, and demonstrate the value of membership in the CHQ Chamber.

Recognizing Children's Mental Health Acceptance Week in Chautauqua County

May 4-10, 2025 | Wear Green Day: May 8

Contributed by

Chautauqua County Department of Mental Hygiene

Chautauqua County is proud to recognize Children's Mental Health Acceptance Week, May 4-10, 2025—a time to celebrate the resiliency and strength of children and youth. Observed nationally and locally, the week emphasizes the importance of creating supportive communities where all children feel seen, heard, and supported.

As part of the week's activities, Wear Green Day will be held on Thursday, May 8, encouraging residents to wear green in support of youth facing mental health challenges. Green is the color for mental health awareness and symbolizes new life, growth, and potential for recovery.

This year's theme, "Small Steps. Big Impact.", reminds us that even the simplest actions can make a meaningful difference. Here are a few ways families, caregivers, and community members in Chautauqua County can take small steps to support children's mental wellness:

• Start Conversations: Talk

openly with children about their feelings. A small chat after school or at dinner can open the door to trust and emotional safety.

- Encourage Expression: Let kids know it's okay to feel big emotions. Art, journaling, or play can be great outlets.
- Be a Mental Health Ally: Participate in Wear Green Day and share why mental health matters to you. Visibility leads to acceptance.
- Connect to Resources: Explore programming and support through Chautauqua Tapestry, which helps families navigate local systems and services for youth mental health.
- Model Self-Care: Children learn from watching adults. Practicing mindfulness, maintaining routines, prioritizing wellness can have a lasting ripple effect.

Together, Chautauqua County can build a stronger, more resilient future—one small step at a time.

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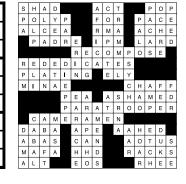
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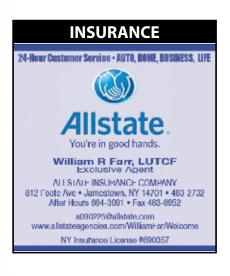










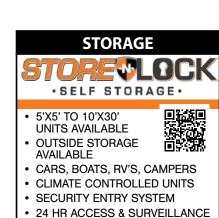












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