<u>CHAUTAUQUA</u> GAZETTE



Independence Day

Volume 2 • Issue 24 | Week of June 30, 2025





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HAPPY BIRTHDAY, AMERICA!



Featured Writer Vince Horrigan Colonel, USAF (ret.)

*

On July 4th, 1776, during the throes of the Revolutionary War with Great Britain, the Second Continental Congress unanimously signed a document listing grievances against the King of Great Britain in order to justify before the world why the Colonies in America were absolving their allegiance to the British Crown. This document declared that the Thirteen United Colonies in America are, "and of Right ought to be, free and independent States," and that all political connections between the States and Great Britain be dissolved. This document, known today as our Declaration of Independence, marks the birth of our Nation.

This Declaration served to sever the ties with a tyrannical government and pave the way for the next founding document that serves as the beacon for our Armed Forces today -- The United States Constitution - the same Constitution that every officer, noncommissioned officer and enlisted member of the United States military today voluntarily swears, or affirms, to support and

defend against all enemies, foreign and domestic; and that they will bear true faith and allegiance to the same.

CONTINUED ON PAGE 10

FIREWORKS LIGHTING UP THE SKY AND THE SPIRIT

Contributing Writer

Pat Locke

There's a hush just before the first fireworks go up. A collective breath held across lawns, blankets, rooftops and sidewalks. Then, with a crackle and a burst, the night sky blooms in color and we all remember it's the Fourth of July!

Independence was signed, fireworks have been used to mark our freedom with joy and awe. They echo the "rockets red glare" of Francis Scott Key's anthem and stir the deep feeling of pride and perseverance.

For children, it's magic. For elders,

it's memory. For families gathered

in folding chairs and pickup beds,

it's tradition. Whether it's a small-

town display or a big-city production,

it's a shared moment of looking up

together, united in wonder, a part of

Fireworks also remind us of something

what keeps us connected.

quieter: resilience. Each burst is a celebration of survival, of courage, of how far we've come as a country and as communities. We light up the sky not just to remember independence, but to rejoice in it. We shine outward



Fireworks are more than a spectacle. They are part of our American rhythm. They are loud, proud and deeply rooted in tradition. Since 1777, just one year after the Declaration of because we carry a spark within.

So as you watch the colors dance across the stars this July 4th, take a moment. Listen to the oohs and aahs. Feel the beat in your chest and know that even though the fireworks fade, the spirit behind them burns bright.

God Bless Our Troops and God Bless America.

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This Week Around Town

MONDAY, JUNE 30 -FRIDAY, JULY 4

YMCA Camp Onyahsa Resident Day Camp 8 AM - 5:30 PM YMCA Camp Onyahsa | Dewittville For Info: onyahsa.org

TUESDAY, JULY 1

Film Screening: The Last Rodeo | 7:30 PM 1891 Fredonia Opera House Performing Arts Center | Fredonia For Info: fredopera.org

WEDNESDAY, JULY 2 James Prendergast Library's Community Days | 10:30 AM -6 PM James Prendergast Library Jamestown

For Info: prendergastlibrary.org



Movies at The Reg: Party Girl 7 PM Reg Lenna Center for The Arts Jamestown

THURSDAY, JUL 3

For Info: reglenna.com

Music on the Pier | 6 PM Dunkirk City Pier For Info: cityofdunkirk.com/ residents/festivals_events

FRIDAY, JULY 4 -SUNDAY, JULY 6

Great Blue Heron Music Festival The Heron Farm and Event Center Sherman For Info: 716-761-7190 | info@ theheron.org

SUNDAY, JULY 6

First Sunday Story Time 12:30 PM - 1 PM Audubon Community Nature Center | Jamestown For Info: auduboncnc.org





St. Susan Center's

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Independence Day Celebrations

July 3-5

Dunkirk Fourth of July Celebration Annual Celebration with Live Music, Vendors & Fireworks For info: tourchautauqua.com/ events/dunkirk-fourth-of-julycelebration-3

July 3

Silver Creek Fourth of July Fireworks and Music 2nd Time Around Band 6-9 pm in the Village Ball Park. Fireworks Night at Borrello Park on Front Street.

July 4

Findley Lake 4th of July Celebration

Live music at Alexander's on the Lake from 1-4 pm. There will be a Duck Race, Chicken Bake Sale and Boat Parade. Flares will be put around the lake and lit before the fireworks at 10 pm.

Mayville 4th of July Celebration

Grand parade down Route 394 starting at 10 am followed by a petting zoo, live music, food, games and more at Lakeside Park. Their annual fireworks display will take place at 10 pm.

Independence Day at Sunset Bay Beach Club Patio party from 1-6 pm with DJ Felony followed by an Independence Day Celebration from 8-10 p.m. open on Chautauqua Avenue with live music in the park from 6-10 pm. followed by the fireworks show at 10 pm.

Chautauqua Symphony Orchestra Independence Day Celebration - 8 pm Chautauqua Institution For info: chq.org/event/ chautauqua-symphonyorchestra-independence-daycelebration-2/

Flares and Boats Around Cassadaga Lakes - 9:30 pm A beautiful tradition that lights Cassadaga Lakes in celebration of Independence Day. For info: cassadagalakesassociation.com/ index.php?page=flares

Bemus Point Fireworks Show - 10pm Meet Us In The Middle of beautiful Chautauqua Lake. The display will be visible from the village park, Lakeside Drive, and all around the Village of Bemus Point!

Light the Lake - 10 pm An annual tradition on Chautauqua Lake; lakefront residents are asked to light their flares, which last for a duration of 30 minutes, in an effort to outline the entirety of Chautauqua Lake. Flares will be available for purchase at a number of local retailers. Proceeds from the flare sale benefit the Chautauqua Lake Association.

July 5



core mission is to give independence to all who walk through our doors. Welcomed with open arms, many grow, succeed, and even return to volunteer or work at the center. Lakewood July 4th Summerfest Fireworks Starts off with the annual Firecracker Run. Vendors will be Randolph Independence Day Fireworks | Dusk Weeden Park | Randolph

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INDEPENDENCE DAY 2025: CHAUTAUQUA COUNTY LIGHTS UP THE SKY



Contributing Editor Katrina Fuller

From barge-launched fireworks over Bemus Bay to duck races in Findley Lake and the glow of "Christmas in July" in Mayville, communities across Chautauqua County are preparing to celebrate the Fourth of July with style, sparkle, and small-town spirit.

This year's festivities will include a wide variety of events: parades, live music, food vendors, games, and of course, fireworks displays that will light up the county's skies from lakeside villages to scenic parks.

Whether you're seeking a nostalgic parade, a quiet lakeside view, or a fullblown festival, there's something for everyone this Independence Day. Here's a look at where and when to join the fun.

Mayville will host the county's official Fourth of July celebration with a whimsical "Christmas in July" theme. The day begins at 10 a.m. with a parade down Route 394, followed by family-friendly activities at Lakeside Park. Visitors can expect a petting zoo, carnival games, food trucks, and live music throughout the afternoon. The evening ends with a fireworks display over Chautauqua Lake at 10 p.m.

In Bemus Point, fireworks will once again be launched from barges floating in Bemus Bay-a tradition beloved by locals and visitors alike. The show begins at 10 p.m. and can be viewed from Village Park and along Lakeside Drive, which will be closed to traffic starting at 9 p.m.

Lakewood's Summerfest begins in the morning with the annual Firecracker Run. The celebration continues into the evening with music and vendors, ending with fireworks at 10 p.m. launched from Chautauqua Ave.

Findley Lake will offer a mix of fun holiday traditions, starting with a duck race and continuing with a boat parade at sunset. Residents light flares along the shoreline before the fireworks show at 10 p.m., creating a magical atmosphere unique to the lakeside community.

Silver Creek will get an early start to the festivities on Thursday, July 3, with a concert by 2nd Time Around in the village ballpark from 6 to 9 p.m. Fireworks will follow from Borrello Park, giving families a chance to celebrate before the big day.

Dunkirk's celebration spans from July 3 to July 5, featuring food vendors, live music, and family activities at Memorial Park. The city's main fireworks show, presented by Starfire Corporation, is set for 9:30 p.m. on July 4.

Cassadaga's holiday observance includes a boat flotilla and traditional flare lighting around the lakeshore.

Other notable happenings include a morning parade and evening concert at Chautauqua Institution, where the Chautauqua Symphony Orchestra will perform in the Amphitheater at 8 p.m. (tickets \$54–64).

Southern Tier Brewing Company will host a weeklong music series at The Empty Pint, including a July 4th performance by Touch of Grey. For those willing to go a little off the beaten path, the Great Blue Heron Festival in Sherman will run July 4-6 with camping, music, food, and late-night dancing under the stars.

Whether you're marching in a parade, lighting a sparkler, or kicking back with a lemonade by the lake, Chautauqua County is ready to celebrate: loud, proud, and beautifully lit.



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Thursdays at 5:00 pm

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th of July!

Just a quick message this week for our busy picnicking, camping, parading, boating, firecracker-running and fireworks-gazing friends: Have a safe, fun and patriotic week!

-Lori Cornell, owner/publisher

Chautauqua Gazette



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Featured Writer The Rev. Rachel Erin Stuart Senior Pastor Hurlbut Memorial Community UMC

"Indeed, the body does not consist of one member but of many. If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body." (1 Corinthians 12:14-15)

Another Chautauqua season is well underway, and the theme for this week's interfaith lectures is sin, redemption, and reconciliation. Nice, low-stakes topics.

There are a lot of good reasons we don't really like talking about sin as a culture. There's the selfpreservation instinct that makes us not want to own up to mistakes we've made or harm we've caused. It makes us worry that people will trust us less or value us less. There's the sense of guilt we might feel when we hurt someone we love. It makes us want to avoid talking about it so we don't have to feel the guilt.

There's the hypocrisy we sense when people only talk about what those people do wrong but never acknowledge their own failings. And, of course, there's the fact that religions don't always talk about these things in healthy ways. When we focus on shame and fear as our main motivators for faith and community, relationships break down fast.

So how do we talk about it?

In the earliest days, "sin" had a lot



Sin, Redemption, and Reconciliation

object you weren't supposed to? It might not be ideal, but how bad is it? or does it even matter at all? What about having a baby? That's usually considered a good thing!

These things have little in common. Yet they all involve an interruption to our usual relationships. In the first, a family has to grieve, and a community has to restore a sense of safety. In the second, a space or an object might have to be reconsecrated. In the third, a parent briefly withdraws from ordinary life to recover and to bond with a brand-new family member. And at the end of all of them, you did a ritual meant to mark a return of the ordinary patterns of relationship.

In other words, the word "sin" in its earliest days was less about the things you did wrong and more about the things you did to restore. It was about reconciliation, and renewal.

In my tradition, the community is likened to a body. We all have different skills, different resources, different roles to play. And we need each other. Society doesn't work very well when it's made up of only tailors, or only authors, or only janitors. A lot of things go undone when everyone's doing the same job.

Society also doesn't work very well when we're working against each other. To extend the metaphor, it's like the body has an autoimmune condition. When we're driven by fear of each other, we end up attacking another part of the body. When we make mistakes that hurt one another, we hurt the body.

less baggage. It simply referred When it's our actual bodies, we

redemption, and reconciliation, I wonder how much different our world would be if we focused most on the last of those three. We all make mistakes. Whether we call them "sins" or "missteps" or "basic human failings" or something else, we all acknowledge that they happen.

But so often we get stuck on the mistake itself and forget that what matters most is what we do after. Do we keep digging the hole deeper? Do we keep pushing others away? Do keep tearing our relationships

down? Or do we instead aim for reconciliation, for restoration, for doing a little better today than we did yesterday?

After all, working together to be a little better each day is just about the most important work we do as a community.

Grace and peace,

The Rev. Rachel Erin Stuart Senior Pastor of Hurlbut Memorial Community UMC

In Loving Memory

June 19

Alice E. Littlefield, 101 Stow, Ohio Peterson Funeral Home

Daniel Galarza Ramos, 11 Jamestown Riccardi's Funeral Home

June 20

Alyce "Pixie" Barton, 77 Jamestown Falconer Funeral Home

June 21

Clint O. Brady, 53 Frewsburg Peterson Funeral Home

Lucille Hall, 76 Jamestown Lind Funeral Home

June 23

Della Cusimano, 100 Jamestown Lind Funeral Home

Leona E. Anderson, 78 Lakewood Lind Funeral Home

June 24

Robert J. Gleason, 89 Ashville Lind Funeral Home

to anything that interrupted our relationships with God or with each other. That meant moral failings, sure, but it also meant ritual missteps or even the ordinary fluctuations of life. Everything from murder to touching a holy object to having a baby could mean you needed to head to the Temple with a "sin offering."

know the solution. We do everything we can to promote healing and recovery. But when it's our social body? Too often we feel like the solution is to cut off the part—the person-that's the problem. And that does happen to our real bodies sometimes. But it's meant to be the backup plan. The first goal for our communities should be the same as for our physical bodies: healing.

That's a weird category. I mean, murder is generally frowned upon, As our interfaith lecture series but what about touching a holy reflects on the theme of sin,

James E. Sopak, 89 Falconer Falconer Funeral Home

Rosemarie B. Peterson, 96 Falconer Falconer Funeral Home

June 22

James R. Kanouff, 59 Falconer Falconer Funeral Home

Ross A. Williams, 78 Peterson Funeral Home



CHROME RIDERS RIDE HONORS RANDY SMITH

Annual Event Brings Together Riders, Community, and Charitable Giving



Contributing Writer Fenton History Center

This past June 21 marked a heartfelt day of remembrance and community spirit as over 40 motorcycle riders gathered to honor the legacy of Randy Smith during the annual memorial ride. Organized with a mission to both celebrate Smith's life and give back to the local community, the event culminated in a meaningful donation to the Fenton History Center, Jamestown's local history museum, showcasing the group's commitment supporting the community.

The memorial ride has become an annual event for fostering fellowship among riders while also contributing to local causes. Each year, attendees contribute by donating unused toys to the Toys for Tots program, ensuring joy for children in need. Additionally, the group makes a monetary or in-kind contribution This year's partnership with the Fenton History Center reflects the motorcycle group's recognition of the importance of preserving and celebrating the region's rich cultural and historical heritage. The donation is expected to support the museum's education programs and outreach initiatives, ensuring that local history continues to be accessible and appreciated by current and future generations.

"We're honored to keep Randy's memory alive through this annual ride and the charitable work connected to it," said Sam Papaserge, one of the groups organizers. "Our goal is to not only bring people together to celebrate his life but also to make a positive difference in the lives of others and in the community, he cared so deeply about."

Participants enjoyed a car and motorcycle show, prizes, and a memorial ride and poker run to honor Randy "Rubs" Smith.

Tasmanian Student Spends Year in Jamestown



Rotarian and host father Chris Anderson, Tasmanian Exchange Student Heath Bounday and Marion Beckerink, President of the Rotary Club of Jamestown, NY.

Contributed by **Rotary Club of Jamestown**

Heath Bounday, a 16-year-old Rotary Youth Exchange student from Tasmania, Australia arrived in Jamestown on January 18, 2025, and will remain through January 9, 2026. He is attending Jamestown High School. Since arriving, Heath has had the opportunity to travel to Canada and Hawaii, with a present trip to the eastern part of the United States, including Massachusetts and New York City, Florida, and Washington, DC and more. Heath has a deep love for friendships, music and nature and brings with him a thoughtful and creative spirit.

Heath shared details about his personal life, including that he is from Hobart, Tasmania and his career goal of being a musician and/or author. Some of his key accomplishments include being the lead presenter at his hometown Relay for Life rally for cancer awareness; serving on the student council; ranking among the top 2% statewide in English; and performing live music. His favorite season is summer, and his hobbies include listening to music, collecting records, writing, walking, photography, and enjoying nature.

opening his mind and expanding his worldview, becoming more resilient, continuing to mature and becoming more independent, improving his physical health and developing better habits, and creating a diary/ scrapbook to help record his time in the US.

Heath also provided details about his family and friends, sharing photographs of each family member and his best friend. He also offered details about his home region of Tasmania, which is an island off mainland Australia. He indicated that Tasmania has a lot of outdoor recreation opportunities, including 2000 kilometers of walking tracks and 18 national parks. He said a popular site-seeing destination in Tasmania, Myrtle Forest Falls, is just a short walking distance from where he lives.

Heath said his biggest adjustment to coming to the US so far has been getting used to food portions, and people driving on the righthand side of the road. He said he also was surprised that so many Americans his age primarily listen to rap and hip-hop music. He said the biggest surprise so far is that everyone he's encountered in the US has been so welcoming and kind.

to a nonprofit organization in

the Jamestown area, reinforcing The sponsors for the event their dedication to uplifting were the family of Randy Smith, communities through impactful Chrome Riders (OBRC), efforts. Vertical Limits, and The Coffee

Cup Restaurant.

Heath has several goals during his exchange year in the United States. They include discovering and experiencing American lifestyle and culture, strengthening his social skills,



CHAUTAUQUA COUNTY HUMANE SOCIETY PETS OF THE WEEK

Jackie prefers a cozy lap to a wild chase. The world outside can be so fast, but he prefers the slower pace of a good cuddle. Jackie wants a warm patch of sunlight, a soft blanket, and some gentle pets. Adopt Jackie if you need a serene companion to bring calm and comfort to your life. Shelter No. RR179.

Looking for a pup with a heart as warm as her name? Meet Cocoa, a strong-willed sweetheart with a cocoa-colored coat and a personality to match. Cocoa is a confident girl who knows what she wants-whether it's a walk in the sunshine, a snuggle on the couch, or a tasty treat (or two). She's smart, affectionate, and loves being part of the action. Meet her soon at CCHS. Shelter No. RR179.



Chautauqua County Humane Society 🔸 2825 Strunk Rd., Jamestown, NY 🔸 (716) 665-2209 🔸 www.chqhumane.org 🔸 cchs@chqhumane.org

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Mark your calendar for Lakewood's concerts this July & August!

LAKEWOOD COMMUNITY DEVELOPMENT CORPORATION BRINGS MUSIC TO HARTLEY PARK

Contributed by

Lakewood Community Development Corporation

Lakewood Community Development Corporation (LCDC) is excited to announce Rock The Lake, a summertime concert series at Hartley Park in Lakewood, NY. LCDC is bringing the community together for an unforgettable summer of live music, lakefront fun - all for FREE!

Kicking off on July 6, 2025, the series boasts four concerts throughout the summer, featuring a dynamic lineup that brings something for everyone. Concertgoers can enjoy a relaxed, family-friendly atmosphere, from their boat or on the shore, with plenty of room to spread out, dance, and soak up the sun. Food trucks will also be onsite, providing local flavor. With Rock The Lake, LCDC is providing a space for neighbors to connect and the community to enjoy the beautiful lakefront offered at Hartley Park.

Artist Lineup:

- July 6 Country Show with National Recording Artist Tyler Rich, Sean Patrick McGraw & the James's, also featuring The Dryes from Nashville.
- July 27 Hollywood Nights
 Bob Seger Experience
 with opening act Interstate

Aug 10, & Aug 24th

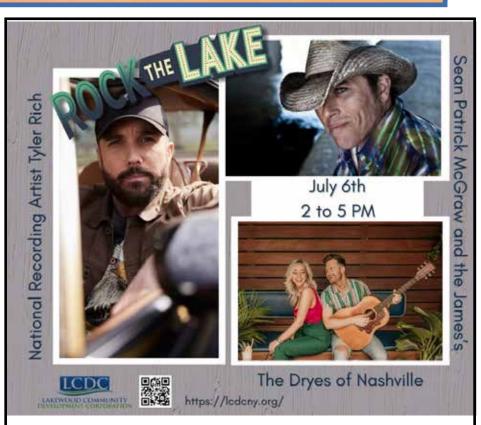
Each concert will be held from 2 p.m.- 5 p.m. Attendees are encouraged to bring lawn chairs, blankets, and their best summer vibes. No tickets or registration are required. You can get more information on their website, lcdcny.org/, or you can follow us on Facebook www.facebook. com/lcdcny) and Instagram (@ lcdc_wny) to stay up to date on the show details and participate in our giveaways leading up to the show.

About the Lakewood Community Development Corporation:

The Lakewood Community Development Corporation is a 501(c)(3)organization dedicated to improving the quality of life in the Village of Lakewood, NY. LCDC played a key role in the 2004 Chautauqua Avenue Renewal Project, along with many other infrastructure improvements, including the new playground at Hartley Park. You can learn more about the LCDC at www.lcdcny.org.

Thank you to our sponsors!

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Northern California-raised, Nashville-rooted Tyler Rich, found his love for music at an early age during family gatherings. Growing up, he would spend countless hours, watching his uncle and friends sing everything from Garth Brooks, John Denver, to Creedence Clearwater. Fast forward to graduating college with a degree in Economics, Tyler moved to LA to pursue a different game of numbers – music – exploring various genres with songwriting and bands before taking the leap as a solo artist.

Since, Tyler has amassed half a billion global streams to date and notched three No. 1 hits on SiriusXM's The Highway with his debut album TWO THOUSAND MILES, featuring PLATINUM-certified "The Difference", GOLD-certified "Leave Her Wild", plus the subsequent viral hit "Better Than You're Used To." In 2022, Tyler joined forces with one of Canada's most successful bilingual singer-songwriters, Marie-Mai for a duet on "Thinkin' We're In Love," which reached #5 on Quebec Pop Radio.

Tyler's music embodies the feelings all people have in common – the need for acceptance, devotion and a place to call their own – and that empathetic spirit extends to animals too. With Rich Rescues, Tyler visits local shelters while out on the road to raise awareness for pet adoption to fans in those cities.



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"Pillars of the Community" Walking Tour at Lake View Cemetery Discover the Lives and Legacies of Six Prominent Families



Contributing Writer Fenton History Center

The Fenton History Center will present an enlightening walking tour titled "Pillars of the Community" on Saturday, July 12 at 1:00 and 2:30 p.m. The tour guide is Janet Wahlberg, Vice President of the Fenton History Center Board of Directors, local history researcher and genealogist.

The tour tells the stories of the lives and legacies of six prominent families who shaped the local community. The walk will guide visitors through the stories of the Dow, Griswald, Clark, Hazeltine, Prendergast, and Parks families, focusing on their origins, contributions, and impact on the community. Each of the families has a pillar style monument which makes them part of the tour. They were industrious and contributed to the growth of Jamestown. The families were important in agriculture innovations, education, Jamestown's Park system, improving transportation, and the founding of Jamestown.

The tour will start and end at the office at Lake View Cemetery, located at the corner of Lakeview Ave. and Buffalo St. Please park on the street or in the lower parking lot of the Christ First United Methodist Church.

Please purchase tickets prior to the tour by visiting www.fentonhistorycenter.org/historictours or calling the Fenton History Center at 716-664-6256. The cost is \$12 for prospective members and \$8 for members.





The Busti Historical Society 3443 Lawson Rd Jamestown NY, 14701

To Register 716-483-3570 bustihistorical@gmail.com 9 AM - Noon July 14-18 2025 Ist through 3rd grades July 21-25 2025 4th through 6th grades



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June 30, 2025

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Visit us online to view our full summer class lineup or sign up to take a class. Walk-ins welcome to our paint your own pottery studio during business hours! PCCH is a program component of Infinity Visual and Performing Arts, Inc., a registered 501c3 nonprofit organization. 100% of profits from PCCH support music and arts education for children and teens at the Infinity Center.

Happy Birthday, America

Continued from front page



Every July 4th, we celebrate our nation's independence - and at the same time, hold tight to the hopes and dreams of our forefathers for our children and our children's children for those same hopes and dreams are not only ours to nurture, but ours to protect.

President Ronald Reagan said "Freedom is a fragile thing and is never more than one generation away from extinction. It is not ours by inheritance; it must be fought for and defended constantly by each generation, for it comes only once to a people. Those who have known freedom and then lost it have never known it again."

On July 9th, 1776, five days after the signing of the Declaration of Independence, General George Washington issued a General Order to his brigade commanders to read the Declaration by Congress "with an audible voice," the General said, to the entire Continental Army, in the "hopes this important Event will serve as a fresh incentive to every officer, and soldier to act with fidelity and Courage on knowing that now the peace and safety of our Country depends solely on the successes of our arms." These same words ring true today -- that our country This year as you gather with your depends on the successes of our arms - on the successes of the United States Armed Forces – on the seas, on our battle fields, in the air, in space and in cyberspace.

basis. We only have to look at last week's "Operation Midnight to appreciate Hammer" the professionalism and skill of our global fighting force today.

But it is not only our Armed Forces that preserve our way of life. America is blessed with a selfless team of highly trained first responders who keep us safe and protect our lives and property. They respond 24-7 when help is needed. Across our Nation in our cities, communities, rural countrysides, on land and sea, whether paid or volunteer, they answer the call no matter what the time of day or weather has in store.

But wait-there's more. America is a land where volunteerism flourishes to leverage the collective talent of its citizens to serve on non-profit boards, school boards, coaching youth sports teams, and supporting so many community projects. A large portion of these worthy causes are generously supported by donations and foundations that fund the charitable fabric of American life. Last, but not least, our Nation is governed by elected leaders, chosen by "we the people", to improve the lives of our communities and our Nation.

family and friends and maybe sit around a campfire or watch some fireworks, I challenge us all to reflect on this wonderful country of ours. At the same time my birthday wish is for the citizens of our great Country to return to respectful dialogue where this great nation of ours can forge our way into the future while its citizens respect those with different ideas in pursuit of happiness in the wonderful land we call America.

"COMEDY NOW" WEEK Curated by Lewis Black, June 28–July 5

Contributed by

Chautauqua Institution National Comedy Center

Pixar Chief Creative Officer and Academy Awardwinner Pete Docter, comedians Roy Wood Jr. and Paula Poundstone; The Daily Show Emmy winner and showrunner Jen Flanz, and actors Tony Shalhoub and Brooke Adams headline Chautauqua Institution's weeklong exploration of comedy's impact on culture and society, curated by comedian Lewis Black and presented in partnership with the National Comedy Center, the nation's official cultural institution dedicated to comedy.

Taking place June 29–July 5, this week explores the craft of comedy with insight and humor from the people who do it best, offering audiences a rich blend of morning lectures and evening performances that showcase comedy as both an art form and a vital part of how we connect.

Lewis Black,

Curator of the *Comedy Now* week:

"Comedy is more than just entertainment — it's a lifeline. In times like these, laughter helps us stay sane and connected, even when the world feels upside down. I'm thrilled to be working with Chautauqua Institution and the National Comedy Center to bring together some of the funniest and smartest voices in comedy today. This week will remind us why we need comedy now more than ever."

Deborah Sunya Moore,

Senior Vice President and Chief Program Officer, Chautauqua Institution:

"Comedy Now exemplifies how Chautauqua convenes some of today's most influential creators and thinkers for meaningful conversation and creative exchange. In partnership with the National Comedy Center and Lewis Black, we look forward to an inspiring and joy-filled week of dialogue and performance."

Chautauqua Institution to spotlight comedy's vital place in our culture, and to present such an extraordinary lineup of voices and talents."

Morning Lectures 10:45 a.m. | Chautauqua **Institution Amphitheater**

Monday, June 30 – Pete Docter & Kelsey Mann, moderated by Lewis Black

Pixar's creative duo—Pixar Chief Creative Officer Pete Docter (Inside Out, Up) and Kelsey Mann (Inside Out 2) join Lewis Black to explore how humor and storytelling intersect in animation, and how Pixar uses comedy to connect with global audiences.

Tuesday, July 1 – Behind the Scenes at The Daily Show

A behind-the-scenes look at the making of daily news satire, featuring the Emmy-winning creative team: Jen Flanz, Matt O'Brien, Max Browning, Elise Terrell, and Lewis Black.

Wednesday, July 2 – Johnny Carson at 100 with Wayne

Federman and David Bianculli Comedian, author, and historian Wayne Federman and David Bianculli, TV critic and guest host of NPR's "Fresh Air" reflect on Johnny Carson's legacy at 100, and examines how latenight comedy has shaped American culture.

Thursday, July 3 – Paula **Poundstone**, moderated by Journey Gunderson

Renowned stand-up comedian, author, and NPR "Wait, Wait... Don't Tell Me" panelist Paula Poundstone brings her signature wit and insight to a conversation moderated by Journey Gunderson, Executive Director of the National Comedy Center.

Today, we have more than 1.5 M men and women deployed across the globe, in support of combatant command operations from abroad and from their home stations, defending our nation and defending our nation's national security. We are continuously reminded of the courage, commitment, and sacrifice that our military offers on a daily

And with that, I want to respectfully wish us all a very HAPPY 249th **BIRTHDAY!**

Journey Gunderson, Executive Director, National Comedy Center:

"Comedy is a unifying art form that fosters conversation, reflection, and resilience. We're honored partner to with

Friday, July 4 – Tony Shalhoub & Brooke Adams, moderated by **Kelly Carlin**

Emmy and Tony Award-winning actor Tony Shalhoub (Monk, The Marvelous Mrs. Maisel) and acclaimed actress **Brooke Adams** join moderator Kelly Carlin author, podcaster, and daughter of comedy legend George Carlin-to reflect on humor, humanity, and creativity across their acclaimed careers.

CONTINUED ON PAGE 29

June 30, 2025



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Chautauqua farmers markets

Dunkirk Farmers Market

Wednesdays, 9 AM-2 PM June 11-October 8

45 Cliffstar Court, Dunkirk

Shop local meats, produce, handmade soaps, and more while staying cool under the new pavilion.

Accepts: SNAP, Fresh Connect, FMNP checks dunkirkfarmersmarket@gmail.com 716-338-2460

Lakewood Farmers Market

Thursdays, 12 PM-4 PM June-September

Chautauqua Avenue, Lakewood

Set in the heart of the historic village center, enjoy a mix of produce, baked goods, and local specialties.

Accepts: FMNP, Fresh Connect checks (most vendors) lakewoodny.gov/farmers-artisansmarket | 716-763-8557



Forestville Farmers Market

Thursdays, 2 PM-6 PM May 13-August 26

Main Street, Forestville

A growing market featuring vendors from Fredonia, including Degolier Maple Syrup, local produce, and handcrafted items.

Accepts: SNAP, Fresh Connect checks 716-965-2921

Jamestown Farmers Market

Saturdays, 9 AM-1 PM June 7–November 22

Third Street, Jamestown (in front of Lucy Desi Museum)

More than a place to shop, the Jamestown Farmers Market is a community hub outfitted with longtime vendors like Abers Acres and Hidden Valley, and new favorites like Lantern's Hollow offering sustainable greens and herbs. In winter months, visit the indoor market at St. Luke's Episcopal Church.

Accepts: SNAP, Fresh Connect, FMNP coupons www.jfmny.org

Fredonia Farmers Market

Saturdays, 9 AM-1 PM year-round

Baker Commons, Fredonia

Year-round access to local meats from Roo Haven Farms and Green Heron Growers, plus prepared foods from Pots n' Curries and specialty baked goods (including gluten-free and keto).

Accepts: SNAP, Fresh Connect, FMNP checks fredoniafarmersmarket.org

Westfield Farmers & **Artisans Market**

Saturdays, 9 AM-2 PM May 24-September 27

Corner of Routes 20 & 394, Westfield

Voted one of the top 15 farmers markets in the U.S. by American Farmland Trust! Find everything from organic produce and pasture-raised meats to Whizz n Smash nut butters and fresh Thai dishes from Gong Gardens.

Accepts: FMNP checks westfieldmkt@gmail.com

Falconer Farmers & Artisans Market

Saturdays, 10 AM-4 PM May 31-October 25

Village of Falconer Park

Visit with local vendors and shops like Persnickety Pies and browse handmade artisan goods, fresh produce, and more each Saturday throughout the summer season.

716-665-4400

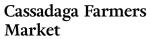
Bemus Point Farmers Market

Saturdays, 10 AM - 2 PM June 14–August 30

Lakeside Park (by the Village Casino)

Located in the scenic lakeside village, this market is the perfect spot to shop for fresh goods while enjoying the beautiful surroundings of Bemus Point.

bemuspointny.org/farmers-market



Sundays, 12 PM-3 PM June - end of summer

Ames Commons, Cassadaga

A small, hyper-local market featuring vendor Roberto Fred's wide variety of fresh produce.

Accepts: SNAP, FMNP, Fresh Connect checks

cassadaganewyork.org 716-595-3007



Jamestown Mobile Market

Various times and locations across Jamestown June - September

Managed by St. Luke's and the Jamestown Farmers Market, this mobile option offers fresh produce, meats, baked goods, and more at discounted prices throughout the city.

Accepts: SNAP, Double Up Food Bucks, Fresh Connect, FMNP coupons www.jfmny.org





Find us at the Fredonia, Dunkirk, Forestville & Cassadaga Markets

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SENIOR FARMERS MARKET NUTRITION PROGRAM

Contributed by Carey Skelton, MS MPH RDN CDN/Nutrition & Wellness Coordinator

Senior Farmers Market Nutrition

age or older are income eligible if: than \$2,412/month

Household Size of 2 = income less than \$3,260/month

Household Size of 3 = income less than \$4,108/month

Household Size of 1 = income less older adults meet, call 716-661-8940 and ask for our Nutrition Coordinator, Carey Skelton in order to set up a date and time to reach income eligible older adults with this program.

einen/

church or organization where Westfield Farmers Market - July 12

A FINE FAMILY TRADITION

If there are any coupon booklets remaining after these public distributions, they will be made available for walk-ins at our three Aging Services office locations in Jamestown, Dunkirk and Mayville after Monday July 21. So be sure to head out to one of our public distributions so you don't miss out!

Program (SFMNP) is a program to increase access to fresh affordable produce to older adults in Chautauqua County. The SFMNP is a USDA Ag & Markets program in coordination with Office for Aging Services (OFAS) that provides a coupon booklet of a \$25 value to low-income older adults. These coupon booklets can be used at participating local farm stands and farmers markets.

These coupon booklets are We will be at the following distributed between July 1 and PUBLIC DISTRIBUTIONS September 30 or until the limited where you can come out to get a coupon booklet. First come, first number of booklets are gone. This is a "First Come, First Serve" serve and no pre-registrations. program with coupon booklets Please see above Gazette schedule limited to 1 per person. OFAS for times and locations on the has public distributions as well following dates: as planned distribution locations coordinated with housing units, **Dunkirk Farmers Market - July 9** senior groups, and food pantries. Lakewood Farmers Market - July 10 If you would like to host a Jamestown Farmers Market - July 12 Older Adults who are 60 years of distribution location at your Fredonia Farmers Market - July 12

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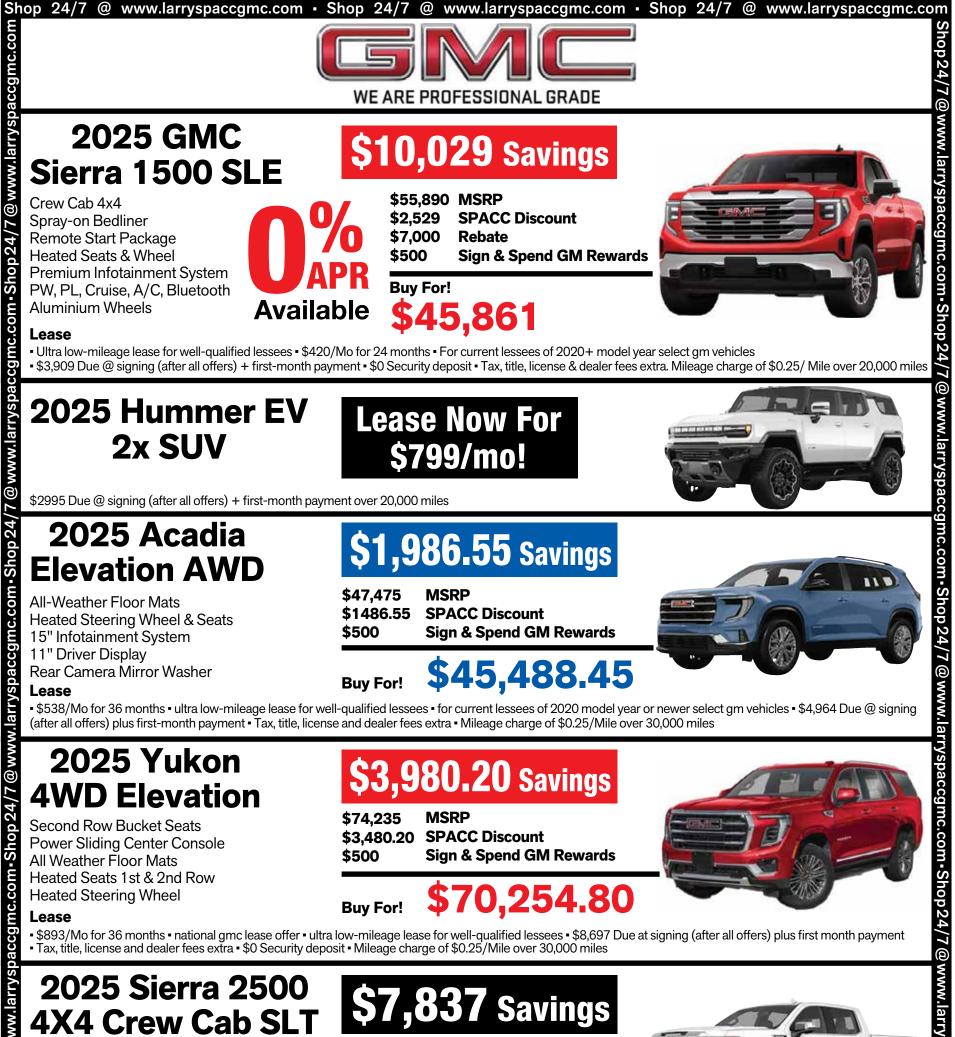


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This Sunday is Free Audubon Story Time

Bring your favorite 2–8 year old(s) to Audubon Community Nature Center this Sunday, July 6, 12:30–1 p.m., and go on a nature reading adventure at First Sunday Story Time. Enjoy the stories, then stay to visit the live animals, indoors and out, and Sara, the 14-foot-long Spotted Salamander in the outdoor Nature Play Area. Reservations are appreciated by calling (716) 569-2345 or going to AudubonCNC.org/Events. Walk-ins are welcome if there is room. The Nature Center is at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown and Warren.

The nature center building will be closed on Independence Day, Thursday, July 4; as always, you can experience the outside opportunities for free, dawn until dusk.

Benjamin Prescott Chapter DAR Visit Historic White Inn



Members of the Benjamin Prescott Chapter of Daughters of the American Revolution: L to R: Bonnie Larkin, Treasurer; In Chair – Brenda Johnson, Vice Regent; Back – Eileen Eacker, Member; Myra Johnston, Regent; Lisa Sedlemayer, Historian.

Contributed by Benjamin Prescott Chapter DAR

in Fredonia to promote the objectives of the Society, with a great interest in responsibility to our country and

Freedom At Last!



Contributing Writer **Ryan Chambers-Leonard**

Mere days from now, the Fourth of July, AKA "Independence Day", will be rolling around again. All the while, I, as well as probably most of the other high school students in the county, am drowning in freedom in another way: summer! School is finally letting out, and teens around the country have been released from the so-called "shackles" of school. Classes have ended, exams have been taken, and classrooms have finally emptied. Although school is polarizing among teenagers, to say the least, the feeling of joy once it's over is pretty unanimous.

So now that we're finally free, what's summer going to look like? For a lot of us, I'm willing to bet that it's (unfortunately) going to be finding work, whether it's retail, fast food, or even something like babysitting. Regardless, the struggle is real. A lot of places don't want to hire teenagers right now, which makes it really hard for Gen Z. Our parents grew up in a world that was more forgiving in a lot of ways: food was cheaper, post-secondary education wasn't as criminally expensive, and workplaces tended to be a lot less competitive. Now, though, teenagers have to search high and low for a place that will even look at their application, much less respond to it. Unfortunately, while we're free from school, we have to slog through the steps into the working class.

On the bright side, though, summer does offer countless enjoyable opportunities. The Events Committee for Bemus Point has set up movie nights throughout the summer months. Just last Wednesday, there was a showing of Despicable Me. On July 23rd and August 13th, respectively, Cars and The Goonies will be played as well. Then, of course, on July 4th, fireworks will be shot over Bemus Bay. Although fireworks were used first 248 years ago, during the first "Independence Day" in 1777, they're still so valued as a tradition that our community comes together to fund the aforementioned fireworks show in Bemus every year. And fun fact: the most common type of firework in the United States is the "Peony," which is the short, circular burst of sparks without a trail.

Around other parts of Chautauqua County, Silver Creek, Dunkirk, Lakewood, Mayville, and Cassadaga will also be hosting celebrations, similarly featuring fireworks. In addition to fireworks, the Chautauqua Symphony Orchestra will be hosting six straight days of live music, from July 1st to the 6th, and the Chautauqua Institution has yet again organized its annual Children's School Parade.

Some of us might also be spending our summer days more personally, perhaps just with family or a couple of friends. But that could be a large variety of things, and for a lot of people, that might involve Chautauqua Lake. Just earlier this month, open season for bass started. Though saying that, there are plenty of other fish in the lake that can be caught during a large majority of the year. Alternatively, a lot of people will spend some time boating on the lake over summer, given that the village of Bemus Point provides a public boat launch. Some of you might even travel in a more literal sense and go on vacation while you still can. At home or out in another part of the world, it's pretty certain that a lot of teenagers will see some family cookouts, road trips, picnics, and a lot of new media being released.

There's something that everyone will experience during summer: the sweltering heat. With summer comes rising temps, and it never fails to absolutely torture those of us who hate the boiling temperatures. While it's entirely a preferential thing, people do seem to favor the heat over the cold. A study from Pew Research Center in 2009 indicated that a 2:1 ratio of Americans prefer warmth to cold. Although there doesn't seem to be a credible study on this topic from the last few years, I would wager that the ratio has evened out somewhat by now. Even then, the heat hasn't ever stopped Chautauqua's community from making the most of our summer, and I'm doubtful it will now. So, congrats to the teens that have been liberated from school, and hopefully everyone makes it through the heat.

With light breezes and threatening rain, we arrived at the White Inn on Main Street in Fredonia, New York. The White Inn was built in 1868 as a private home by Devillo White, son of Squire White, a licensed physician that came to Fredonia in 1809. In 1899 a descendent of this same White family, Isabelle White was a founding member of the Benjamin Prescott Chapter of the Daughters of the American Revolution. She was one of sixteen women that came together

particularly our community.

We are especially happy to see the old place in such beautiful condition in our community, serving the community once again. Our luncheon was wonderful. The food was more than great, the service impeccable and the staff was friendly and professional. We are so happy to have this resource in our community, and we will be back for more. Thank You!



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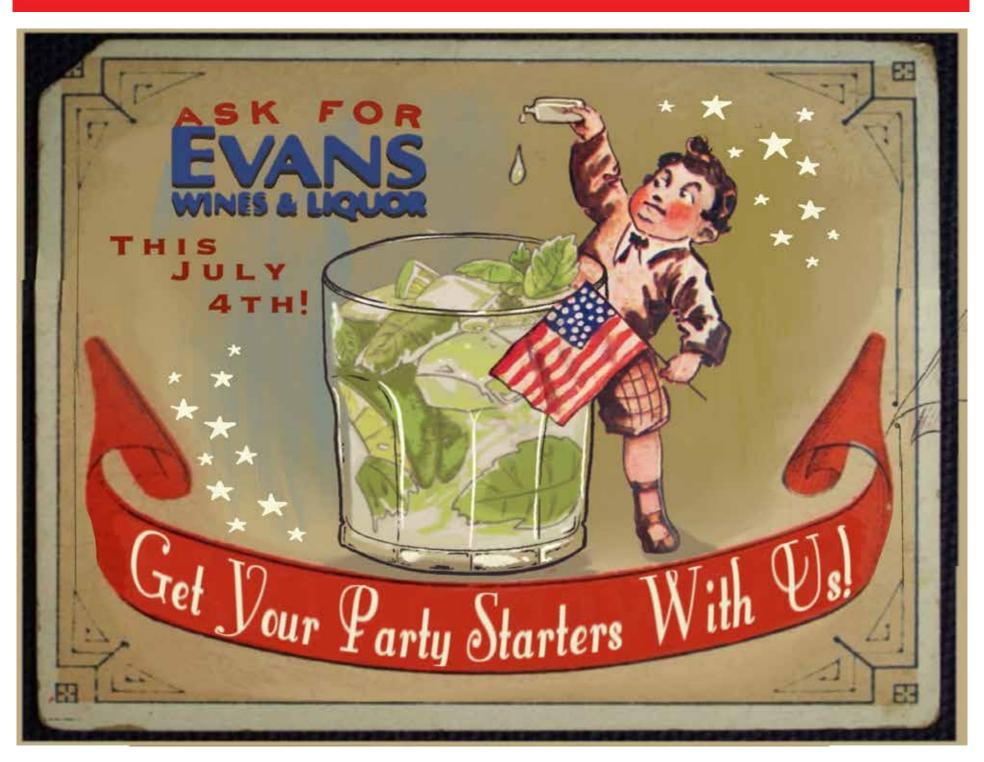
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Article by

Metro Creative

Ice cream is a wildly popular dessert, with an estimated 15.4 billion liters of ice cream consumed each year around the world, according to the World Atlas. New Zealand consumes more ice cream than any other country, followed by the United States. When it comes to ice cream flavors, the International Dairy Foods Association says vanilla is still America's favorite flavor, followed by the others of the "Big Three": chocolate and strawberry. Butter pecan and cookie dough round out the top five flavors in the United States. Vanilla reigns supreme worldwide as well. Forty-six countries choose vanilla over other options according to research conducted by Premier Inn, a United Kingdom-based hotel chain. Worldwide, neapolitan and chocolate also are popular ice cream flavors.

From Bookworm to Debut Novelist *How a childhood love of stories led me back to myself*

Contributed by

Megan Walrod

Every summer growing up, my mom and I had a weekly ritual: we'd visit the Lakewood Memorial Library, and I'd fill a tote bag with enough books to last the week, since I usually finished one a day.

I devoured books by Judy Blume and Beverly Cleary, The Chronicles of Narnia, and every Choose Your Own Adventure I could find. I read sprawled out on my top bunk or outside on the porch. As the middle child of five, there was always a lot going on, so books became my escape, my sanctuary, and a doorway into other possibilities. They didn't just entertain me; they also helped me see myself more clearly. They showed me the inner lives of girls and women - curious, bold, complicated - and made me believe there might be adventures waiting for me, too.

In second grade, I discovered creative writing (thank you, Mrs. Guaranski!) and learned how to turn my imagination into words, and words into worlds. Suddenly, I wasn't just reading stories, I was writing them. It felt like magic.

But I didn't grow up thinking I'd be a novelist. Fiction writing fell to the side as I pursued other paths, earned degrees, built a coaching business, and focused on nonfiction - articles, blogs, even a collaborative book with a nonprofit.

Years later, after a divorce followed by a broken engagement, something in me cried out for expression. Not through journaling. Not through nonfiction. But through something else: a story. I needed to write something that could hold the grief and the hunger for healing. Something that could help me make sense of what felt like a shattered fairy tale.

So, inspired by a dream, I began writing one morning. A woman appeared on the page. Her story started to unfold. And the more I wrote, the more I realized: this wasn't just for me. It was me, in some ways, but also a story so many women carry. About the ways we lose ourselves, silence our truth, and find the courage to come home to who we really are.

Now, at 51, I'm a debut novelist. And it feels deeply satisfying to hold my book, It's Always Been Me, in my hands. Sabina's story - my protagonist's - was a lifeline for me. It helped me reclaim my voice and embrace a truth I hold close: we are the authors of our own lives, especially when the plot doesn't go as planned.

Writing this story helped me see my own experience with more compassion and ask: what now? What kind of life do I want to create next? And what's possible for me when I break free of society's limiting perspective on the "happily ever after" and instead choose what's true and meaningful for me?

The Choose Your Own Adventure books I loved as a kid reminded me: I don't have to live by someone else's storyline. This is my life. I get to choose it, moment by moment, page by page. Our lives are living stories, and we are the ones writing them.

That's the thread that runs through both my debut novel and the work I do with women: reclaiming our voice, our power, and our role as the author of our own lives. We're not waiting to be rescued. We're creating our own version of "happily ever after" - one that isn't handed to us by society, but discovered and chosen from within.

Stories are more than words on a page - they're invitations to return home to ourselves and imagine what's possible. Every day, we get to write a new line, make a new choice, and experience our next chapter unfolding through us.

Join Megan at an in-person author event:

Wednesday, July 9th

Lakewood Memorial Library (in collaboration with Good Neighbor Bookstore) | 5:30pm **Wednesday, July 16th** Friends of Eden Library | 6:30pm

Both talks will be lively and interactive, featuring behind-the-scenes stories, Q&A, and a chance to get your books signed. Learn more about Megan Walrod and her debut novel here: https://www.meganwalrod.com/ book

IT'S ALWAYS BEEN ME



CHAMBER CORNER

Celebrating Independence

Article Contributed by

Daniel J. Heitzenrater Chautauqua County Chamber of Commerce President and CEO

The Fourth of July is a moment for our nation to reflect on the Declaration of Independence and our independence as a republic. There will be numerous celebrations throughout Chautauqua County next weekend in honor of Independence Day, including a big parade in Mayville and fireworks in Bemus Point, Dunkirk, Findley Lake, Lakewood, Mayville, and Silver Creek. Flares will light up Cassadaga Lakes and Chautauqua Lake.

Among all the celebrations, Independence Day is also a time to think about what independence really means and how we form a society made up of independent people. The word independent is defined as free from outside control, not relying on another for livelihood or subsistence, and separate from others. In the business world, being independent presents both rewards and challenges.

Independently owned businesses can be formed through either a sole proprietorship or a limited liability company, which are legal structures designed to address financial needs and conditions. Functioning as an independent business means so much more than that. It includes the basics such as ordering products and supplies, direct sales, customer service, maintenance, keeping track of finances, and more.

Throughout Chautauqua County there are hundreds of independently owned businesses. Some are oneof Commerce as they look for opportunities in networking, seek resources or workshops, or are looking for ways to spread the word about their company.

As you plan your Independence Day holiday, we hope you will consider supporting local independent businesses. Need grilling equipment? Check out a local hardware store. Headed to the beach? Pick up a great beach read from a local independent bookstore. Need a break after entertaining? Enjoy a meal at a locally owned restaurant. Locally owned, independent businesses can provide just the right product or service for you. Need some other ideas? Check out the Business Directory on our website at www. chqchamber.org and you'll find hundreds of businesses right here in Chautauqua County ready to serve you. Let's celebrate our independence by supporting those who have dedicated their lives to their passion for independent business!

CHQ Chamber at the Fairgrounds is July 10

Come one, come all to the Chautauqua County Fairgrounds before the Fair begins, for a free business expo and networking event which will be held Thursday, July 10 from 5-7pm.

Chamber member businesses are invited to table at this event to show off their products and services, while the general public is invited to network and enjoy the business expo. Food and beverages may be purchased from vendors on site.

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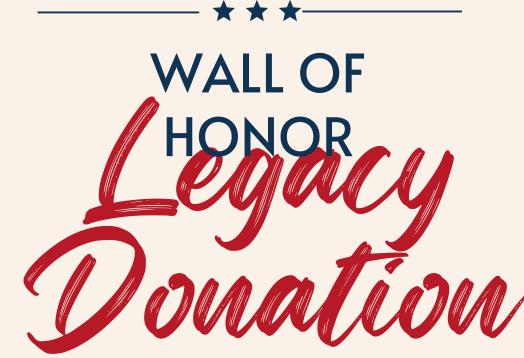
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Located in the historic village of Lakewood 124 Chautauqua Ave • Lakewood • (716) 720-4917 person operations. Others may have dozens of employees. These businesses cross all economic sectors from retail to restaurants to manufacturing to service industries such as insurance and law, and many more.

Independent businesses often join business associations in order to help them thrive collectively. Some industries have their own associations focused on a particular type of product or function. All local businesses can join the Chamber

Businesses that want to table at the event must register with the CHQ Chamber in advance. Registration is open now through the Chamber's web calendar at www.chqchamber. org. You must bring your own table and materials. This event is not designed for craft vendors, but rather for local Chamber member businesses. Questions about this event can be directed to Director of Events Staunzie Grady at sgrady@ chqchamber.org.

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Maplevale Farms Announces Plan to Build New Facility in Findley Lake

\$41 million move will result in retention of 213 jobs, creation of 23 new positions

Contributed by **CCIDA**

A longtime food distribution company in Chautauqua County is making plans to relocate its operations. At its June 24, 2025 meeting, the County of Chautauqua Industrial Development Agency (CCIDA) Board of Directors approved a due diligence resolution for proposed incentives to Maplevale Farms, Inc., which will be used (if/ when officially approved by the Board) to assist the company with relocating from its current site in Falconer (2063 Allen St. Ext.) to a new facility in Findley Lake/Town of Mina. The total cost of the project is estimated at \$41.4 million. Once completed, the project will result in the retention of 213 jobs and the creation of 23 new positions. An additional 300 - 400 temporary jobs

would also be provided during construction of the new facility.

Maplevale Farms has been business in since 1951, as family-owned, а independent food

distribution company. In 2010, the business relocated from its long-time location in Clymer to the current facility in Falconer, due to a partial roof collapse caused by a significant winter snow storm. It has operated at the Falconer location for the past 15 years. The company has now outgrown the Falconer facility and is seeking to relocate back to the western side of Chautauqua County to be more centrally located within its service area and to have the needed space for future expansion.

involves The relocation the construction of a brand new, approximately 150,000-square-foot refrigerated food warehousing and distribution facility at 3196 Route 426, Findley Lake. With the new location adjacent to Interstate 86 and just eight miles from Interstate 90, Maplevale Farms will be able to upgrade and expand its food distribution operations and provide critical access to its customer base, which extends east towards Rochester, west towards Erie and Cleveland, and south towards Pittsburgh.

(PILOT) agreement. The proposed assistance will be finalized in the coming month(s), with the CCIDA board expected to vote on a final authorization resolution in August.

"We've been committed to operating out of Chautauqua County for nearly 75 years, and want to continue that commitment for years and decades to come," said Keith Rogers, Maplevale Farms Chief Operating Officer. "We very much appreciate the support from the CCIDA, Chautauqua County, and the Town of Mina and are excited to see this project move forward."

"This \$41 million investment that Maplevale is making in Chautauqua County shows that businesses believe in our county and its

> strong workforce," said Paul "PJ" Wendel, Chautauqua County Executive. "We are very appreciative of Maplevale's decision to not only keep its operation here,

but also expand and create additional jobs for our residents. It's also great to see the CCIDA step in to offer support that will provide a huge return on investment. It's a winwin for Maplevale and the people of Chautauqua County."

Construction of the new facility is slated to begin in the fall of 2025, with a completion date estimated for the first quarter of 2027. Once complete, the estimated economic impact of the project will be \$258 million.

About CCIDA - The CCIDA is an economic development organization



Penn-York ACS Honors Area Chemistry Students

The Penn-York Section of the American Chemical Society (ACS) honored area chemistry students recently at their annual Awards Night. High school teachers in the Penn-York section, which covers the western Southern Tier of New York and the adjacent area of Pennsylvania, were invited to select their outstanding chemistry students. The teachers, students and their families, and ACS members gathered for dinner at Moon Brook Country Club in Jamestown. Of the 11 students honored, the three from Chautauqua County schools, pictured from left, were Sarah DiDomenico, Maple Grove; Anna Burlingame, Cassadaga Valley; and Dayne Jantzi, Chautauqua Lake. After receiving their cash award, each youth shared their career aspirations.



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To help ensure the project can move forward, the CCIDA is proposing sales tax and mortgage tax incentives, along with a Payment in Lieu of Tax authorized and empowered by the State of New York to make Chautauqua County a better place to work, live, and visit. They facilitate 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 www.ccida.com

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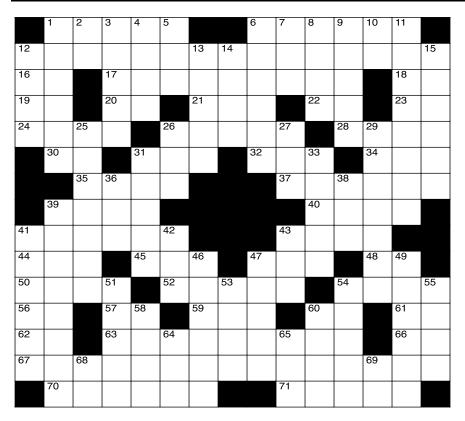
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Here's How It Works:

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 vou name, the easier it gets to solve the puzzle!

Level: Beginner

CROSSWORD



CLUES ACROSS

1. Notes

- 6. Long-haired dog breed
- 12. ESPN's nickname
- 16. Spanish be
- 17. Disadvantage 18. Of I
- 19. Actor Pacino
- 20. On your way:
- route 21. Fifth note of a major scale
- 22. Companies need it
- 23. News agency
- 24. Faces of an organization
- 26. Ponds 28. Samoa's capital
- 30. Partner to "Pa"
- 31. Adult male
- 32. Cool!
- 34. Used of a number or
- amount not specified
- 35. No No No
- 37. Hosts film festival 39. British place to house convicts

CLUES DOWN

- 40. Made of fermented honey
- and water
- 41. Chief
- 43. College army 44. Thyroid-stimulating hormone
- 45. Consume
- 47. One point north of due east
- 48. For instance
- 50. Brews
- 52. Alaskan river
- 54. Not soft
- 56. Atomic #22
- 57. "The Golden State"
- 59. "The world's most famous arena"
- 60. Larry and Curly's pal
- 61. One billion gigabytes 62. Conducts inspections
- 63. Malaria mosquitoes
- 66. Unit to measure width
- 67. Features
- 70. Affairs
- 71. Letter of Semitic abjads



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1. Follower of Islam 31. Disturbance 33. "The Martian" actor Matt 2. Trauma center 3. French young women 36. Express delight 4. Norse god 38. Brooklyn hoopster 5. U.S. commercial flyer (abbr.) 39. 1900 lamp 6. Merchant 41. Motionless 7. Peyton's younger brother 42. One's mother (Brit.) 8. Jungle planet in "Star Wars" galaxy 43. Relative biological effectiveness 9. Tree-dwelling animal of C. and (abbr.) S. America 46. Compels to act 10. "Pollack" actor Harris 47. Gardening tool 11. Stuck around 49. Ancient country 12. Put on 51. Frightening 13. Influential Norwegian playwright 53. Wimbledon champion Arthur 14. Christian ___, designer 54. Popular plant 15. Fulfills a debt 55. Database management system 25. Style 58. Gasteyer and de Armas are two 26. More (Spanish) 60. Where soldiers eat 27. A baglike structure in a plant 64. Tenth month (abbr.) or animal 65. Illuminated 29. Remedy 68. Atomic #18

69. Adults need one to travel

PUZZLE SOLUTIONS ON PAGE 29

HEALTHYCHO

Why Protein Matters More Than Ever After 50

Contributed by

Nancy Rich Johnson Wellness for Life

As we age, staying strong, active, and independent becomes more important-and more challenging. One simple but powerful way to support your body through the years? Protein.

You might think of protein as something for athletes or bodybuilders, but it's actually essential for healthy aging, especially for women over 50. Here's why:

1. Preserves Muscle Mass

After age 50, we naturally begin to lose muscle-a condition called sarcopenia. This muscle loss can lead to weakness, fatigue, and a greater risk of falls. Getting enough protein helps slow this process and keeps you strong and steady.

2. Supports Bone Health

You've probably heard about calcium for your bones, but protein plays a role too! It works alongside key minerals to support bone density and reduce the risk of fractures as we age.

3. Boosts Metabolism & Keeps **You Full**

Protein takes more energy to digest than carbs or fats, giving your metabolism a slight boost. It also keeps you fuller longer, which can help prevent overeating and support

a healthy weight—both important as hormones shift during midlife.

4. Promotes Healing & Immune **Function**

Protein helps your body repair tissue and fight off illness. Whether you're healing from an injury or just want to bounce back faster from a cold, your protein intake plays a big part.

5. Helps Maintain Hair, Skin & Nails

Yes, protein is a beauty nutrient, too! It provides the building blocks for collagen, which keeps your skin supple and your hair and nails strong—things many women notice changing after menopause.

How Much Do You Need?

Most women over 50 need 75-100 grams of protein per day, depending on weight and activity level. That's more than most are currently getting, especially if breakfast is just toast or coffee.

A simple place to start: aim for 20–30 grams of protein at each meal. Think: eggs and Greek yogurt at breakfast, a protein shake or leftovers at lunch, and lean chicken or plant-based protein at dinner.

As someone who's passionate about wellness for women 50+, I've seen firsthand the difference that prioritizing protein can make.

Here's to strength, vitality, and aging well—because life is better when we feel our best.

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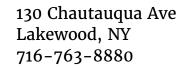


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What to Do if You or Someone You Care About Is Impacted by Substance Use



Kaitlvn Publicover, program manager at UPMC Chautaugua Residential Addiction Medicine Services, shares expert insights on navigating substance use and finding support.

Someone I care about is impacted by substance use.

How do I approach them?

Start by saying, "I am worried about you, can we talk?" Or "I care about you, and I've noticed some changes in your behavior, how can I help?"

What if they reject my help?

It's ok. They may not want help right away. Be patient, listen, and continue to be there for them.

How do I offer support when they are in and out of treatment?

Offer reassurance that substance use disorders are treatable. Be active in your support and do not judge.

Why Choose UPMC Chautauqua for Addiction Services? Our programs provide behavioral health and substance use counseling in comfortable settings. We use evidence-based treatments and offer Spanish language programs. Our experts are here for you 24 hours a day, 7 days a week.

I am impacted by substance use.

I think I may need help. What is my first step? Recognizing you may need help is the first step - it takes a lot of courage. If you need immediate help, call your local crisis agency, call the National Helpline (1-800-662-4357), call or text 988, or visit the emergency department. If you have a primary care provider, talk to them about treatment options. Reach out to those you can count on, and ask for support in your recovery journey.

What are my treatment options?

The treatment process is individualized and can include:

- · Clinical treatment (outpatient, inpatient, or short or long-term residential)
- Withdrawal management in a medically managed facility
- Medications
- Faith-based approaches
- Peer support including Alcoholics Anonymous or Narcotics Anonymous

What happens after treatment?

Continuity of care is important in recovery. This means that support is available on an ongoing basis even after treatment is completed.

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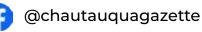
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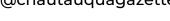
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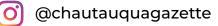
For more information, visit UPMCChautauqua.com/MentalHealth.

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Rachel Ludwig Nominated for NASW-NYS Western Division Social Worker of the Year

Contributed by

Chautauqua County Department of Mental Hygiene

The Chautauqua County Department of Mental Hygiene and Social Services is proud to share that Rachel Mesmer Ludwig, LCSW, has been nominated for the 2025 Social Worker of the Year Award by the National Association of Social Workers - New York State (NASW-NYS) Western Division.

The nomination, submitted by Dr. Michael Clarkson-Hendrix, Associate Professor and Social Work Program Director at SUNY Fredonia, recognizes Ludwig's decades of service and leadership in behavioral health, youth mental health advocacy, and her consistent embodiment of the core values of the social work profession.



Rachel Ludwig, LCSW

Tapestry. Her work integrates traumainformed practices, collaborative community systems, and individualized support for children with emotional and behavioral health challenges.

When the Past Isn't Past: **How Trauma Shapes Mental Health** in Helping Professionals

Contributed by Jennifer Hickman LCSW, CASAC

For many in helping the professions-first responders, therapists, nurses, social workersthe drive to serve often comes from a deeply personal place. What's less talked about is how trauma, both past and present, quietly shapes that mission.

Adverse Childhood Experiences (ACEs)—including abuse, neglect, or growing up in a household with addiction or mental illnessaffect nearly 64% of U.S. adults. These early wounds can wire the nervous system for vigilance, shame, or disconnection. And when unresolved, they don't disappear at the doors of a hospital or counseling center.

In fact, research shows that first responders and clinicians with high ACE scores are more susceptible to conditions like anxiety, depression, and post-traumatic stress. The very work that helps others heal can trigger those still-healing parts of ourselves. Add in repeated exposure to crisis, loss, and systemic trauma, and the emotional toll deepens.

A staggering 40-85% of helping professionals report symptoms of vicarious trauma or compassion fatigue. This isn't burnout from long hours, it's the slow erosion of empathy from carrying others' pain without adequate support.

Too often, we minimize our distress: "Others have it worse." But your pain is valid. Your nervous system doesn't measure who's more deserving of care.

with Healing starts acknowledgment. Traumainformed care isn't just for clientsit must include the caregivers. Peer support groups, trauma training, therapy, and self-compassion are not luxuries. They are lifelines.

In our effort to show up for others, let's not forget to show up for ourselves.

Jennifer Hickman, LCSW, CASAC, is a licensed clinical social worker and credentialed substance abuse counselor based in New York. With advanced training in traumainformed care, EMDR, Progressive Counting, DBT and CBT, she specializes in helping individuals navigate anxiety, addiction, and unresolved trauma. Jen is passionate about supporting frontline helpers and is currently expanding her practice to serve Pennsylvania communities. She believes healing happens through connection, and that no one should have to carry their pain alone.



Compassion Fatigue is a full day training supporting those on the front-lines of helping people.

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Happy 4th of July! $\gamma - t \cdot \pi$ Stop in for all your souvenir

"Rachel Ludwig has demonstrated unwavering commitment to improving systems of care for children and families in Chautauqua County and across Western New York," said Dr. Clarkson- Hendrix. "Her vision, humility, and unwavering dedication to integrated, communitybased care make her an outstanding model of social work values in action.""

A Licensed Clinical Social Worker with over 25 years of experience, Ludwig has served as Project Director for multiple federally funded System of Care initiatives, including Chautauqua

In addition to her administrative leadership, Ludwig brings a strong background in clinical practice, training, and education. She has taught at the bachelor's and master's levels, presented at statewide and national conferences, and served on numerous community boards. Her wellness-oriented approach to social work is rooted in both professional practice and personal commitment, incorporating yoga, art, gardening, and time with family and pets into her own life.

To learn more about NASW-NYS and the Western Division's awards, visit naswnys. org. To learn more about Chautauqua Tapestry, visit tapestrychq.com.



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NEWLY RESTORED WHITE INN HOLDS RIBBON CUTTING, GRAND OPENING CEREMONY

Iconic Fredonia Structure Returns to Original Splendor as Hotel, Restaurant, Bar, and Events Space



The White Inn, located at 52 E. Main Rd. in Fredonia, held its grand opening and ribbon cutting on Thursday, June 26. The historic building opened following a multimillion dollar renovation effort by developer Steve St. George, along with business partner and executive chef Devin Jones.

Contributed by County of Chautauqua Industrial Development Agency

Dozens of invited guests were at The White Inn in Fredonia on Thursday, June 26 to participate in a special ribbon cutting and grand opening ceremony that officially marks a new era for the historic downtown structure. The event was co-hosted by the County of Chautauqua Industrial Development Agency (CCIDA) and the Chautauqua County Chamber of Commerce, along with ownership and staff from The White Inn.

The White Inn restoration and reopening is the culmination of a multimillion dollar, three-year effort made possible by an ownership team represented by Steve St. George, owner of S. St. George Enterprises, Inc., along with business partner and Executive Chef Devin Jones. In July 2022, the group announced its plans to purchase and redevelop the long-vacant building and return it to its original splendor as a hotel, restaurant, bar, and events space. Extensive work began in the fall of 2022 and the business formally opened in November 2024, although additional renovation work continued through the spring and into the summer of 2025.

The White family built the home that

large numbers of guests.

"When we announced our purchase of The White Inn during the summer of 2022, I said I was excited to have the opportunity to give back to Fredonia, and now, nearly three years later, I can confidently say I'm even more excited today than I was when we first made the announcement," said St. George. "I know what The White Inn means to the community, and I have done everything in my power to restore and make it a point of pride in the community once again. I also want to thank the CCIDA and the State for all of their assistance in helping to make this challenging project a reality."

The CCIDA, along with the Chautauqua County Department of Planning & Development, assisted in making the project financially viable, both in terms of CCIDA financial incentives and through the coordination of a number of capital grants. In 2022, Empire State Development (ESD) awarded the project an ESD Capital Grant in the amount of \$519,448. Also in 2022, the CCIDA provided assistance through a PILOT agreement and through sales tax and mortgage recording tax exemptions. In 2023, Chautauqua County was awarded a \$1.25 Million Restore NY Communities Initiative Grant award for the White Inn restoration, also via ESD. Finally, the New York State Office of Community Renewal (OCR) provided \$180,000 in Community Development Block Grant (CDBG) funding, while National Grid also provided a \$100,000 Main Street Revitalization grant as part of their Shovel Ready grant program. The State and CCIDA's assistance stipulated that the project cost must equal or exceed \$3.9 million, which was achieved.



Public officials, key stakeholders, employees, and others were in attendance on Thursday to help cut the ribbon for The White Inn in Fredonia, an event organized by both the CHQ Chamber and the County of Chautauqua Industrial Development Agency.

County Executive for Economic Development and CEO of the CCIDA. "Steve, Devin, and their entire team have done a stellar job and The White Inn has become a key destination for residents and visitors alike. We want to thank them for making such an investment in the County, and also express our appreciation to all stakeholders who understood and had confidence in this project to make it a reality, including the Village, the County, New York State and many others."

"The rebirth of the White Inn is helping increase tourism and create jobs while at the same time restoring a historic landmark and creating an enhanced community appeal. "The renovated property honors the building's history, but also makes it relevant to new generations," said Karen Utz, ESD Western New York Regional Director, on behalf of Hope Knight, ESD President, CEO & Commissioner.

"The restoration of this historic landmark in the heart of Fredonia will help to provide much needed hospitality services for visitors and residents from throughout the region," said Paul "PJ" Wendel, Chautauqua County Executive. "Whether you're looking to host a conference or banquet, coming in from out-of-town and need a place to stay, or simply looking to have a great meal with friends and family. The White Inn can once again meet your needs. Congratulations to Steve, Devin, and their team for all the hard work and dedication they put forward to make this development effort come to life."

"The White Inn is a huge economic anchor for our village," proclaimed Fredonia Mayor Michael Ferguson, who also provided The White Inn ownership and management with a key to the Village. "Not only has it once again become a key destination, but it also will help to support other businesses in our community by bringing and keeping visitors into the heart of our business district. We want to express our sincere appreciation to Steve St. George, Devin Jones, and their entire team, along with the CCIDA and New York State, for helping to revitalize a signature destination in Fredonia."

"A major part of the Chamber's mission is to champion our local businesses in Chautauqua County, and it's especially exciting today to help welcome a new era for the historic White Inn, here in Fredonia. We're always ready and willing to assist alongside our partners not only The White Inn, but any business – large or small - that makes an investment and commitment to do business in our County," said Dan Heitzenrater, CHQ Chamber president and emcee for the grand opening and ribbon cutting ceremony.

Others in attendance for the Ribbon Cutting included Andrew Molitor, State Assemblyman; Christine Rinaldi, representing Congressman Nick Langworthy; Councilwoman/ Town Supervisor Ann Deputy Eckman, on behalf of the Town of Pomfret; representatives from the Chautauqua County legislature; and other representatives from Empire State Development. For more information on The White Inn – including booking information for rooms or the banquet facility, visit TheWhiteInn.com, call (716) 672-2103, or find it on Facebook and Instagram.

serves as the core of the Inn in 1868. It was expanded, converted, and opened to guests in 1920 and continued to serve as a landmark hotel and restaurant until its closure in 2017. Now fully restored and reopened as an elegant hospitality venue with full modern amenities, the project preserved many original architectural details of the 25,000 square-foot structure, including tin ceilings, numerous fireplaces, cornices, and wainscoting. The Inn also boasts 25 fully renovated and furnished guest rooms and suites. A large dining room, banquet room, lounge, and expansive kitchen area on the first floor are designed to facilitate food service for

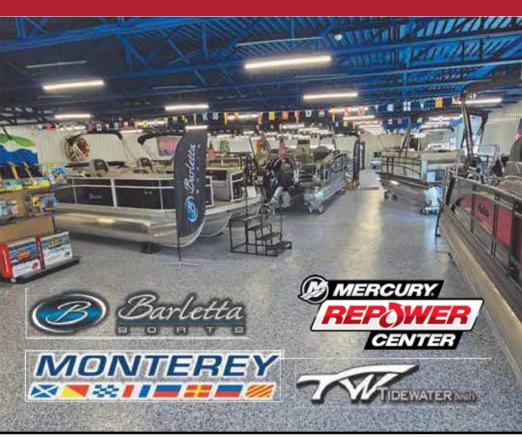
"We are over-the-top impressed with the final product, which provides a much-needed hospitality venue in the heart of Fredonia while helping to maintain a major piece of local history," said Mark Geise, Deputy Chautauqua "Growing up in Fredonia, The White Inn was always a staple landmark in the village. Having it restored to its former glory is a huge win for our region," said State Senator George Borrello, whose district includes Fredonia. "I commend Steve St. George and Devin Jones for their dedication and vision, as well as the CCIDA, the County Executive, and everyone else who helped make this vision a reality."



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JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 @NIA	2	³ NIA 6:30pm	4	⁵ @NIA
⁶ NEW 4:30pm &6:30pm	⁷ AUB 6:30pm	8	9	10 @NEW	¹¹ NIA 6:30pm	12
¹³ GEN 4:00pm	14	¹⁵ @NEW	¹⁶ @NF	¹⁷ NF 6:30pm	18 @NF	¹⁹ NIA 6:30pm
20 @ELM	²¹ BAT 6:30pm	22 @GEN	²³ ELM 6:30pm	24	²⁵ NIA 6:30pm	26 @NIA
	BAT		ELM	24 31	NIA	

Thursday, July 3 - 6:30pm **Firework Night Presented by Jamestown Mattress**

Sunday, July 6 - 4:00 & 6:30pm

Monday, July 7 - 6:30pm \$2 Night - \$2 Hotdogs, Beer & Bleacher Tickets

Friday, July 11th - 6:30pm Wegmans Community Buyout Night **All Tickets FREE**

Sunday July 13th - 4:00pm **Bark at the Park Presented by Purina**

Thursday, July 17th - 6:30pm First Responders Night & Medical Healthcare **Professionals Night - Presented by Live CHQ**

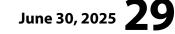
Saturday, July 19th - 6:30pm **Strike Out Cancer Night**

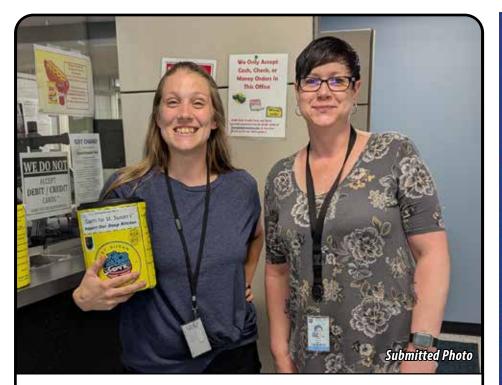
Monday, July 21st - 6:30 pm S2 Night - S2 Hotdogs, Beer & Bleacher Tickets

Sunday, July 23 - 6:30 pm

Friday, July 25th - 6:30 pm **Xmas in July Fireworks Presented by Collaborative Childrens Solutions** and Culture Care Senior Living

Russell E. Diethrick, Jr. Park 485 Falconer Street - Jamestown, NY 716-705-5600





Cents for St. Susan's

BPU employees Kayla and Miranda assist with the "Cents for St. Susan's" canisters as part of the BPU's 26th annual fund drive for St. Susan Center. They encourage area residents to donate by mailing checks to St. Susan Center c/o the Jamestown Board of Public Utilities, P.O. Box 700, Jamestown, NY 14701 or drop change or checks in one of the bright yellow coin canisters placed around the City by July 7.

Party Girl to show at **Reg Lenna Center for The Arts**



Contributed by **Reg Lenna Center for the Arts**

remake of Lilo & Stitch (July 16 at 2 Party Girl (Wed., July 2 at 7 p.m.) tells the story of Mary (Parker p.m. and July 18 at 7 p.m.), Benicio Del Toro in Wes Anderson's latest Posey), an NYC nightclub scenester and social butterfly who comedy The Phoenician Scheme rules the underground party scene. (July 23 at 7 p.m.), Dakota Johnson, By day, however, she lacks purpose Pedro Pascal and Chris Evans in the and enough funds to make rent. romantic film Materialists (July 25 When her aunt gets her a job at the at 7 p.m.), and the romantic comedy local library, Mary initially waffles Jane Austen Wrecked My Life (July 30 at 7 p.m.) under the constraints of the system but eventually and unexpectedly flourishes as a librarian, maturing Tickets for most Movies at The Reg significantly in the process. The are \$8 in-person at the box office film features a laundry list of and \$10 online (reglenna.com) & notable actors including Liev by phone - 716.484.7070. Family Schreiber, Guillermo showings are \$7 in-person at the box Diaz and John Ventimiglia while office and \$9 online & by phone. Special engagements are priced brilliantly shot on location in pregentrification Lower Manhattan. differently. The theater and box office Party Girl is rated R and is 104 at The Reg are located at 116 E. 3rd minutes long. The screening is St. in Jamestown, NY. The box office is open Mondays, Wednesdays and part of a nationwide re-release of Fridays 12 - 5 p.m. and one hour the restored 1995 cult film.

Alex Ross Perry's experimental musical biopic concert film Pavements (July 9 at 7 p.m.), Disney's live action

CLPOA's Mission is to support the interests of property and business owners and lake users in and near Chautauqua Lake.

AUQUA

www.chqlpoa.org

"Wetlands" Public Meeting #11 9:30 – 11:00 am, Saturday July 5, 2025 **Bemus Point Golf Club and Tap House**

"Comedy Now" Week

Continued from page 10

Evening Performances | 8:15 p.m. | Chautauqua Institution Amphitheater

Wednesday, July 2 – Lewis Black's The Rant Is Due: Live from Chautauqua

Lewis Black delivers his signature humor and sharp social commentary in a live taping of his podcast Rantcast, featuring audience-driven material.

Thursday, July 3 – Roy Wood Jr.

Former Daily Show correspondent and Emmy-nominated comedian Roy Wood Jr. brings his incisive stand-up comedy to the will also welcome Comedy Now participants and visitors throughout the week. Guests are encouraged to explore the Center's acclaimed state-of-theart museum experience, which celebrates comedy's rich history and contemporary impact through immersive exhibits and rare archival collections.

Tickets & Additional Information:

Single tickets for individual morning lectures, evening performances, and afternoon lectures, as well as full week passes, are available for purchase at chq.org. Many events may also be accessed with a Traditional Gate Pass.

Upcoming Movies at The Reg include before movies and events. Amphitheater stage.

Located just 20 minutes from Chautauqua Institution in nearby Jamestown, New York, the National Comedy Center

For the full schedule and ticketing details, visit chq.org.

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PUZZLE



PUZZLES ON PAGE

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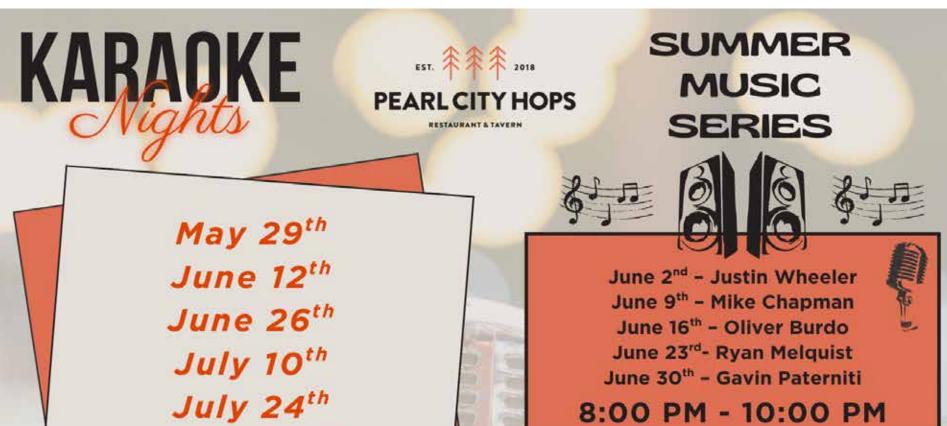


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August 7th August 21st September 4th 7:00 PM - 10:00 PM

LUCY FEST WEEKEND SPECIALS Thursday, August 7th - Ryan Melquist Friday, August 8th - Kyle Jordan Saturday, August 9th - SON

4:30 PM - 6:30 PM

PCH PATIO 150 West 4th St., Jamestown, NY 14701