

JAMESTOWN IRONMEN
FRI 10/5 7PM
SAT 10/6 5PM

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Jamestown Savings Bank
A·R·E·N·A

Jamestown Gazette



The People's Paper.

A Division of Chautauqua Marketing Solutions • Vol: 02, Number: 39 • October 01, 2012

The Amish Trail – The Simple Life for the World to See

Editor
Walter Pickut

“Sometimes there’s a treasure right next door--and you don’t even know it until somebody tells you. That’s our Amish Trail,” said Deb Opferbeck at Cattaraugus County Tourism. “Some people came to ski and fish for years, but they never knew what a treasure our own Amish Country was until we put it on our website.”

The Amish Trail, which extends into Chautauqua County in the Cherry Creek area, attracts tourists from as far away as California and Australia. It has boosted business for countless local shops, restaurants, museums and attractions. “People all around the world are fascinated by the Amish and their gentler, old fashioned way of life,” Opferbeck said. “Just Google ‘Amish Trail’ and the top 10 sites bring you right here to our doorstep.”

“What a stunning setting...What a gem! Visitors really feel as though they are in a different era ...” boasted Roger Brooks of Destination Development in Seattle Washington when he visited the area to help boost local tourism.

The Amish folk are worth getting to know; they truly live their beliefs. Modern conveniences, they say, take more work, worry and upkeep than they are worth; a life closer to God’s creation is a life of peace. They live closer to their real values ... family, relationships, enjoyment of the simple gifts of hand crafted homes and hand tended crops. “They don’t enjoy being gawked at,” Opferbeck said, “but they love to show their work and kindness and to visitors who truly respect them,



their integrity and their fine workmanship.”

The Amish, now nearly 250,000 strong across the United States, came from the German speaking parts of Europe in the 18th Century and still speak local dialects of their old tongue among themselves. They name anyone who is not Amish, “English,” even Hispanic Americans, second generation Czechoslovakians and visitors from Italy.

A Cattaraugus County innkeeper recently received an on-line registration from an Italian couple from Como, northern Italy, who wanted to experience real “Americana” while visiting family in Toronto, Canada. They came to see the Amish. They also discovered the local “English,” their businesses, restaurants and more, while here.

CONTINUED ON PAGE 8

Volunteers Invited to Assist Audubon’s Roadside Cleanup

Article Contributed by
Jamestown Audubon Center & Sanctuary

Twice a year, volunteers pick up trash along Audubon’s adopted section of Route 62 from Riverside Road, where the Audubon Center and Sanctuary is located, south to the Pennsylvania state line.

Anyone who would like to enjoy some fresh air and good company is invited to join this worthwhile endeavor from 9 a.m. to noon on Saturday, October 6.

Rain or shine, volunteers will meet at the Nature Center at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown and Warren. After donning a bright orange vest, they will ride in the van to Audubon’s section of highway.

After matching orange trash bags are filled with refuse that has intentionally or accidentally ended up on the sides of the road, workers will return to the Nature Center for thanks and food.

CONTINUED ON PAGE 6



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Editor's Message



A Fatal Journey

Some things should die, but we feed them anyway. Take prejudice, for instance. Sometimes it masquerades as what we call "taste." We say we don't hate some things ... they're just not to our taste. So we stay where we are and never challenge a point of view we've grown comfortable with. But a little travel to a different place can be an eye opener and, sometimes, surprisingly pleasant.

"Travel is fatal to prejudice, bigotry and narrow mindedness," Mark Twain said. "Broad, wholesome, charitable views cannot be acquired by vegetating in one little corner of the earth."

This week The Jamestown Gazette invites you to just such a wholesome place, a place not very far away, a place you've heard of, and maybe even seen, but probably never experienced up close and personal. Maybe it's just not to your taste... but it is just up the road a piece. Come and see.

Take a trip with us on the New York Amish Trail. Are you willing to meet folks who seem happy without iPods, iTunes, texting and X-Boxes? Are you willing to discover the joys of a life where you can fix anything you own with your own two hands? Where your greatest pleasures at the end of a work day come from your family, not a big, flat screen?

An old song, from another, but not too different, tradition of spiritual simplicity says:

*'Tis the gift to be simple, 'tis the gift to be free
'Tis the gift to come down where we ought to be,*

*And when we find ourselves in the place just right,
'Twill be in the valley of love and delight.*

The Amish Trail was developed by a group of volunteers and the Tourism Board in Cattaraugus County just a few years ago to help people re-discover an older, honorable and gentler way of life. Tourists have journeyed from as far away as California, Italy and Australia just because they wanted to experience it for themselves.

And it is all right next door, waiting for us. Walt Disney said, "We're curious, and curiosity keeps leading us down new paths... so we keep moving forward, opening new doors, and doing new things." Staying home may be just an old prejudice that says "things are fine the way they are." But really?

Our Amish friends believe living closer to Creation is also living closer to the Creator. For those of us who take pride in possessions we can neither make nor fix for ourselves, or even understand the workings of, it may be time to realize that such a pride is a prejudice we need no longer feed. A journey down the Amish Trail on one of these gorgeous Autumn afternoons just might be a life changing experience you can find for yourself... just up the road a piece.

Enjoy the read.

Walt Pickut
Editor
The Jamestown Gazette

Jamestown Gazette

The People's Paper.

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Pastor Scott Hannon..... Faith Matters
Pastor Shawn Hannon..... Faith Matters
Reverend Eric Williams..... Faith Matters
Students, Pre-K to Seniors..... Young Gazetteers
Vicki McGraw..... Join Me in the Kitchen
WCA Hospital..... Medical Minute

QUESTIONS OR COMMENTS

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AD DEADLINES: Thursday at 4:00 pm
production@jamestowngazette.com

DISTRIBUTION:

The Jamestown Gazette is a locally owned FREE weekly community newspaper that reaches residents and merchants in Southern Chautauqua County. We build a sense of community and pride by providing residents and businesses with positive stories and timely information that spotlights local residents, organizations and businesses operating and working together. New issues will be distributed to local dealers every Monday.

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JAMMERS HOME SCHEDULE:

Date/Time:	Visiting Team:
Oct. 5, 2012 7:00 p.m.	Springfield
Oct. 6, 2012 5:00 p.m.	Springfield

AUDUBON NATURE EVENTS:

First Friday Lunch Bunch (Adult)
Friday, October 5, 2012, 11am-1pm
Nature-related talk followed by BYO brown bag lunch.
Audubon provides coffee and tea. \$5/member; \$7/
non-member.

Enchanted Forest (all)
Friday-Saturday, October 5-6, 2012, 6pm-8:45pm
Pre-paid reservations required for this non-scary Hal-
loween event during which animals can magically talk
to you about their lives!

Roadside Cleanup (Adult)
Saturday, October 6, 2012, 9:00am-12:00 noon
Rain or shine – help us cleanup our section of adopted
trail. Meet at the nature center to get your gear.

FOR MORE INFORMATION CALL 569-2345
VISIT WWW.JAMESTOWNAUDUBON.ORG

BOOKCLUB:

Buddhist Book Group
Prendergast Library – Fireplace room.
Second and Fourth Wednesdays of the month
7pm till 8:15
A Path With Heart by Jack Kornfield

COLLEGE OPEN HOUSE:

36th Annual College & Career Night
Jamestown Community College
Chautauqua County Counselors Association
Tuesday, October 16, from 6 to 7:30 p.m.
Physical Education Complex on JCC's Jamestown
Campus.
Admission is free. For additional information about
College & Career Night
For More Info Call JCC, 338.1001.

COMEDY:

The Forum
201 N. Main St., Jamestown
Improv Comedy every Wed. night 8pm
GalacticSystems.info/the-forum

The Labyrinth Press Co.
12 East 4th St.
Jamestown

Stand-Up open Mic
Every 1st & 3rd Thursday of the Month
9:00pm
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CONCERT:

Reg Lena Civic Center
An Evening with
Ricky Skaggs and Kentucky Thunder
Oct. 13th 8:00pm
For tickets call: 664-2465

EDUCATION:

Jamestown Prendergast Library
509 Cherry Street
ASK – After School Kids
For children ages Kindergarten to 4th grade
4pm-5pm
Weekly on Friday until November 17, 2012

EVENT:

Paddles Across The Lakes'
Cassadaga Lake
Sat. Oct. 6th 10 am
For more information: 572-9719

Paranormal Convention
Jamestown Train Station
Sat. Oct. 13th
10 am to 8pm

FALL FESTIVALS:

Harmony Historical Society's Fall Festival
1943 Open Meadows Road
Blockville, NY
Oct. 6th and 7th
For more information Call 640-5843

Forestville Fall Festival
Forestville Central High School
Oct. 6th & 7th

Beer & Wine Festival
Holiday Valley Resort's
Tannenbaum Lodge
Nov. 10th

Corn Maze
Maplebrook Farm, Rt. 62 in Leon
Saturdays & Sundays
Oct. 28th
10:00 am to Dusk
Call 296-5230 for more information

Ellicottville's Fall Festival
October 5-7 Downtown Ellicottville/Holiday Valley
Resort

Nightmare Hayrides
Fridays, Saturdays & Sundays
Through Oct. 7:30-9:30pm
6319 Sommerville Valley Rd., Ellicottville, NY

FARMERS MARKETS: Buy Fresh Buy Local

Downtown Jamestown: Foundry Alley
Fri. 10am to 3pm

CRAFT SHOWS:

Holiday Craft Show
Lakewood Community Center
Oct. 13th 10am to 4pm
This is a fundraiser for the Chautauqua County Hu-
mane Society's new Cat Colony Room.
Among the vendors will be a local potter, photogra-
pher and caramel candy lady.
The Humane Society will be there with a mock-up of
the new room.

FUND RAISER:

Breast Cancer Fund Raiser
Bob Terreberry is staging a Sit-in at Friendly's
Oct. 8th
For more info: 753-6319
gales1949@gmail.com

HISTORY:

Roger Tory Peterson Institute Of Natural History
Randolph Mammoth Exhibit
through Dec. 2012

MOVIES:

**Dipson Theaters
Lakewood Cinema 8
Chautauqua Mall Cinema I & II**
For information on movies and times visit:
www.dipsontheaters.com

The Robert H. Jackson Center
Liberty Under Law: The Robert H. Jackson Story
Friday, Oct 12 @ 7:00 pm

The Robert H. Jackson Center
Lincoln on Professionalism
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Tuesday, Oct 23 @ 8:00 am

MUSIC:

RockToberfest
Jamestown Savings Bank Ice Arena
Oct. 13th Kick off 4pm
Two Stages with back-to-back music all night
Bands: Big Leg Emma, Smackdab, Smokehouse, Pres-
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@7pm, Thu 4/25/13 @7pm

RACES:

Muddy Viking Run
Lake Chautauqua Lutheran Center
Sat. Oct. 13, 2012
4-Mile Mud Run
For more info contact: stevebiegner@gmail.com or
(716) 868-1232.

THEATRE:

The Little Theatre
18 East Second Street
Jamestown
Forbidden Broadway
Sept. 28th, 29th
Oct. 4,5,6,7
To Reserve your seats call 483-1095

WALKING TOURS:

Fenton History Center
67 Washington St. Jamestown
Every Saturday 1-3
The Fenton will lead a series of rotating walking tours
through Jamestown.
For more information call 664-6256

October 6 & 13
7th Annual "Saints and Sinners" Lake View Cemetery
Tours
From 3 pm until 8 pm stepping off throughout the day
and evening. Reservations are required; please call
664-6256 to reserve your tickets and time slot.

October 7 & 14
Mausoleum Tours and More at Lake View Cemetery
A guided behind-the-scenes tour of a number of the el-
egant mausoleums and gravesites in Jamestown's 1859
cemetery. 8 PM. Call 664-6256 to reserve your tickets

October 10
NEW! Brown Bag Lecture Series. Come hear about
an important part of Jamestown's history during the
lunch hour. Noon to 1 PM. Meets the 2nd Wednesday
of the month April through October, at the Fenton
Mansion until further notice.

Join ME in the Kitchen



Contributing Writer
Vicki McGraw

It's apple time! Just go to any of our local markets and you will see them... the big bins of crisp, juicy, red, green and yellow apples. Macintosh, Gala, Ida Reds, Golden Delicious and more. The varieties abound with a variety of colors, textures and delightful flavors. Whether you prefer a softer, sweeter apple like the Macintosh, the tart, crisp bite of a Granny Smith, now is the perfect time to buy!

Apples are a wonderfully versatile fruit. They can be eaten raw or cooked in a variety of ways. Applesauce and pies are the most obvious, but using your imagination can lead to some wonderful tastes! Apples offer a crunch and subtle flavor to salads (both sweet and savory), as well as a sweet background to meats and other savory dishes. There is nothing like a pork loin roasted with apples, or a chicken breast stuffed with herb and apple stuffing. By adding apples to these dishes, you not only get the essence of their delicious flavor, but the bonus of extra moisture to keep your meats juicy.

As we all have been told, an apple a day will keep the doctor away, and will clean your teeth, too! Apples make the perfect lunchbox addition... they are hearty enough to survive the "backpack experience" and still be edible! A small apple will satisfy that midday snack craving without destroying your diet. And let's not forget the Halloween party classic, bobbing for apples! I have a friend who makes beautiful pomanders by pressing whole cloves into a fresh apple and then letting the apple dry out. The apple shrinks as it dries, thus bringing the cloves even closer together. Simply tie a pretty ribbon around it and you have a great ornament! So, we have not

only food, but medicinal qualities and craft ideas, all from that fruit of original sin!

When my kids were little, I always made applesauce for them. It is easy to make and as we know, fresh is best! They loved helping make it, too. They started out by stirring, then as they got bigger, they got better with the peeler and then progressed on to the knife to cut the apples into pieces. I don't like to add sugar to my applesauce, as I prefer the natural flavor of the apples, but by mixing varieties in one batch, I can change the flavor profile. I would puree my applesauce when the boys were babies, but now they like it chunky. A dash of cinnamon simply makes it perfect! You can substitute applesauce for the bananas in your favorite banana bread recipe, and use applesauce in place of oil in many recipes, as well. By keeping them in the refrigerator crisper, they will stay fresh and delicious longer, that is if your kids don't eat them all in a day or two, like my guys do!

What an amazing fruit, and there is no better time than fall to stock up and enjoy!

Apple Herb Stuffed Chicken Breast

4 boneless, skinless chicken breasts

1 large apple, peeled and diced

1 stalk celery, sliced

2 T diced onion

½ t thyme

½ t rosemary

1 t parsley

Salt and pepper

2 T butter

½ c milk

2 cups bread cubes

Saute apple, onion, celery in butter until tender, add herbs, salt and pepper and milk and allow to simmer for 5 minutes. Add bread cubes and gently mix to moisten.

Using a sharp knife, cut a slit in the thick part of each breast to create a large pocket. Divide the stuffing between the 4 breasts, filling the pocket loosely.

Bake at 350* for 50-60 minutes.

Struggle for Intimacy in a Dysfunctional World

Article Contributed by
CASAC

"Struggle for Intimacy in a Dysfunctional World" training sponsored by the Chautauqua Alcoholism and Substance Abuse Council is scheduled for Friday, October 19 and 26, 2012.

There is no such thing as a perfect family. Everyone comes from a family with some degree of dysfunction. Many of us have long suffered the consequences of being raised in an unhealthy environment. As a result of unhealthy messages received from childhood, adults struggle with life issues especially with emotional intimacy. Our presenter demonstrates how these messages are often carried into our adult lives, contaminates relationships, and affects our emotional health and intimacy skills for family members or for professionals working with clients with related issues. Participants will learn what constitutes healthy relationships, how to achieve them and how to change unhealthy habits and behaviors.

This training offering is a two part series scheduled for Friday, October 19 & 26 from 9:00 am – 4:00 pm. at the First Presbyterian Church (Near the College) 219 Central Avenue, Fredonia, NY. Suzanne Joyce, CASAC will be presenting. There is a \$130 fee. Pre-registration is required by

calling the Council at 664-3608 in Jamestown. Community members interested in the topic are welcome and encouraged to attend. You may be pleasantly surprised that you did.

This course qualifies for those seeking professional credentialing as a Credentialed Alcoholism and Substance Abuse Counselor (CASAC); Credentialed Prevention Professional (CPP) or Credentialed Prevention Specialist (CPS) as approved by the New York State Office of Alcohol and Substance Abuse Services. This course is OASAS approved for 12 hours CASAC (Section 3), CPP/CPS (Section 2). This course work is recognized and approved by the Pennsylvania Certification Board through reciprocity.

The Council offers a number of professional training opportunities throughout the year. Individualized on-site training, depending upon staff needs, is available. All trainings can be designed either as an in-service training, conference or workshop.

The Council is a not-for-profit, United Way supported agency. To register for the above course or to learn more about other training offerings the Council may have available contact Kathleen Colby, Training Services, at 664-3608 or e-mail at kjcolby@casacweb.org. Also, visit our Web Site: www.casacweb.org



JAMESTOWN BPU FALL FLUSHING

October 6 - 18 (Weather Permitting)
Flushing Times and Location Maps Posted Daily on
www.jamestownbpu.com & www.jamestowngazette.com
Daily Times & Locations reported on page 2 of the Jamestown Post Journal,
106.9-FM, SE-93, WJTN, WHUG, WKSJ & Time Warner Weather Channel Crawl,
and   **Call For Questions 661-1666**

SUDOKU

Edited by Margie E. Burke

Difficulty : Easy

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3		2	1	9	5		
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HOW TO SOLVE:
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

(Answer appears elsewhere in this issue)

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...CONTINUED FROM FRONT PAGE

Volunteers Invited to Assist Audubon's Roadside Cleanup



High fashion and high fun are part of the deal when you volunteer to help with the Audubon Center and Sanctuary's Roadside Cleanup on Saturday morning, October 6. (Photo by Jennifer Schlick)

Dedicated Audubon volunteer Denny Anderson will again head this effort, as he has for many years.

Participants are reminded to dress for the weather and bring gloves if you have them.

If you would like to join this effort, call the Audubon Center at (716) 569-2345 or reply at the Roadside Cleanup link at <http://jamestownaudubon.org/> to say you'll be coming. Reservations are not required, but Audubon wants to be sure to have enough food.

To learn more about Audubon and its many programs, call (716) 569-2345 or visit www.jamestownaudubon.org.

BPU General Manager Named to National Climate Change and Generation Policy Task Force

Article Contributed by

Jamestown Board of Public Utilities

Jamestown Board of Public Utilities (BPU) General Manager David Leathers has been appointed to the American Public Power Association's (APPA) CEO Climate Change and Generation Policy Task Force.

Formed in 2006, this group of 30 public power industry leaders from all regions of the country, assists the APPA in developing national policy positions on climate change. The task force's mission expanded in 2011 to address environmental regulations impacting public power, as well as challenges surrounding resource management in public power.

"The electric utility sector faces an unprecedented number of environmental regulations over the next ten years that collectively will be the largest and most expensive in the history of the industry," noted APPA President and Chief Executive Officer Mark Crisson. "These regulations will likely result in permanent plant closures, as well as shutdowns for retrofits, that will impact reliability, increase electric rates for consumers, and affect our nation's economic recovery."

"The regulations will also have a significant impact on the types of fuel sources utilities use to generate electricity," continued Crisson. "In addition, these issues are intertwined with supply considerations, resource management, and the integration of renewables. The CEO Climate Change and Generation Policy Task Force will help APPA evaluate and develop policy recommendations on these critical issues impacting public power."

Leading the BPU since 2007, Leathers

currently serves as the Third Vice President/Secretary of the New York Association of Public Power and as a member of the New York Upstate Regional Energy Council.

The Jamestown resident is a graduate of Jamestown High School, Jamestown Community College and the State University of New York at Buffalo. He also earned a Master's of Science in Manufacturing Management from the General Motors Institute in Flint, Michigan. In Jamestown, Leathers formerly held leadership positions at Cummins, Inc. and at Valeo where he worked as General Manager. In 2009, he was named the Chautauqua County Chamber of Commerce Person of the Year.

"It is a great national recognition for the Jamestown BPU and its general manager, David Leathers, to be named to this important task force. The Jamestown BPU's commitment to sensible environmental stewardship will be further strengthened by participation on this policy-making body," commented BPU Chair John Zabrodsky.

"The Jamestown BPU, chartered by the City of Jamestown in 1923, is one of the first public power utilities created in our country and was one of the original 40 municipally-owned utilities to form the APPA in 1940," stated Leathers. "I am proud to represent Jamestown and 'our hometown utility' on a national level."

Public power is that segment of the country's 2,200 not-for-profit electric utilities which are owned by their municipalities and customers. Because public power utilities are non-profit, the companies do not have to pay shareholders as for-profit entities must do, allowing public power companies to maintain lower electric rates for their customers.

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Winners Announced at Patient's Pharmacy

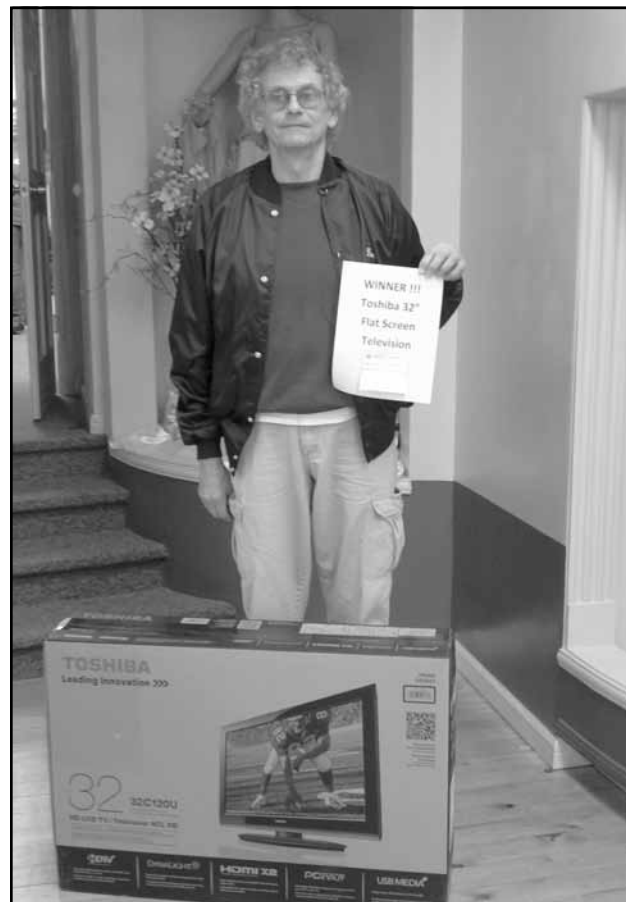
Article Contributed by

Patient's Pharmacy

The Grand Opening at Patient's Pharmacy on Monday, September, 17 was a good day for Eleanor Burch. Eleanor's entry in one of the drawings paid off by winning the Transport/Wheelchair. Eleanor, who lives within walking distance from the pharmacy, said, "OMG I never win anything!"

It was a good day for the other grand opening winner too. Don Munson won the 32-inch flat screen Toshiba television.

Patient's Pharmacy is located at 320 North Main Street in Jamestown, NY. They can be contacted at 716/483-6913. Diane R. Mathews, the Vice President of Patient's Pharmacy, is directly involved in all day-to-day operations to ensure the highest possible quality of service at all times. Full details about their services and hours of business can be found at www.ptsr.com.



Faith Matters

He Never Left



Contributing Writer
Pastor Shawn Hannon

In case you haven't heard, it's nearly election time. In just days we will hear our first presidential debate, more and more signs will begin to litter our neighbors lawns, and Facebook will become a battleground of half-truths from the left and the right. Exciting, I know. Well, call me old school, but the thing I like most about election time is bumper stickers. Bumper stickers force us to get to the heart of the issue in a clear and concise way. They make us communicate our issue and nothing else. But just because I like bumper stickers, does not mean I always like what they have to say.

While driving through town the other day I got stopped at a cross walk behind several cars. As I waited for the pedestrians to cross, a bumper sticker two cars ahead of me caught my attention. It simply read, "We Need God in America Again." As I continued to drive the words echoed in my head, "We Need God in America Again... We Need God in America Again..." Finally, I voiced my concern, "I didn't realize God had left."

I cannot think of a crazier thing than the notion that God has left America, except, of course, the notion that we have the power to throw God out. God created this world, and his presence is known in every part of it. Long before there was a USA, God was stacking up the Rocky Mountains and carving out the Finger Lakes. Are we to believe that now, because things do not look like they once did, that God has left? Of course not. What that person's bumper sticker meant to read was "I Want MY God Back in America Again."

In 6 weeks this great nation will make the most important civic decision imaginable. The ability to elect our leaders is an incredible freedom and honor. I hope everyone participates. But don't deceive yourself or sell our God short. We are electing a president, not granting God permission to reign in his creation. He is here already because he has always been here. And the good news is *he will never leave.* (Matthew 28:20).

Pastor Shawn Hannon
Hope Lutheran Church
2 East Main Street
Arcade, NY 14009

JCC Foundation Will Hold Recognition Event

Article Contributed by
JCC Foundation

Three special honors will be presented during the Jamestown Community College Foundation's annual recognition event on October 25.

Patricia Phillips, a member of the JCC Foundation board of directors since 1999, will receive the John D. Hamilton Award. The Community Partner Award will be given to JCC's regional sponsors which include the city of Jamestown, Cattaraugus County, and Chautauqua County. Paul Benke, who served as JCC's president from 1981 to 1991, will be honored as president emeritus during the event.

The John D. Hamilton Award was established by the JCC Foundation in 1995 to recognize individuals whose contributions exemplify those of Hamilton, a past president and trustee emeritus of JCC.

Mrs. Phillips, a member of the JCC Foundation's executive committee, also serves as chairperson of the membership committee. She co-chaired the Funding Excellence campaign which supported building construction and special projects at JCC, including the new Science Center on the Jamestown Campus.

Mrs. Phillips is a long-time member of JCC's Jamestown Campus Alumni Association board of directors, and volunteers regularly at alumni events including the annual Mystery at JCC

fundraiser, JCC Night at the Ballpark, and the USA Scholarship luncheon. She has co-chaired the organizing committee for the George Bataitis Open Golf tournament since 1997, which has provided over \$150,000 for JCC's athletics program.

The Community Partner Award recognizes the vital role of organizations that work collaboratively with JCC to provide educational, social, cultural, and civic enrichment for the area. The city of Jamestown served as JCC's sole local sponsor from 1950 to 1996. In 1996, Chautauqua and Cattaraugus counties joined the city to establish a regional sponsorship model.

Benke, JCC's fifth president, oversaw the incorporation and establishment of the JCC Foundation. In addition, he worked with Roger Tory Peterson, the Peterson family, and community leaders to locate the Roger Tory Peterson Institute in Jamestown. Later, he served as chairman of the RTPi board of directors, during which time the RTPi facility was built.

Benke was also integral in the establishment of JCC's Warren Center and the development of the Scandinavian Studies Program and endowment.

The JCC Foundation recognition event will be held on the Jamestown Campus. For more information or to make reservations, visit www.jccfoundation.org or call 338.1010.

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...CONTINUED FROM FRONT PAGE

The Amish Trail – The Simple Life for the World to See

“Before leaving,” the innkeeper said, “they invited me to visit them at their home on Lake Como when I visit the Northern Italian Lake District with my Syracuse University Alumni Group. It’s a small world radiating from our local Amish community.”

During the first week of January 2012, another “English” family reported hosting a family of four from Sydney, Australia who selected the area for the Amish proximity as well as for skiing, nearness to Niagara Falls, and accessibility to Native American sites.

“Since we inaugurated the Amish Trail about three years ago,” Opferbeck said, “hits on our website are probably four times what they used to be. Even homespun local attractions have experienced a tremendous boost. The beautiful Leon Historical Society, for example, used to see 100 visitors a year. In a few short years that has jumped to more than 600.”

The Amish Trail, quite simply, brings new money to the region’s towns, villages and businesses. Tourists bring wealth and a willingness to spend. The Amish aren’t the only people selling their quality goods and services, according to Opferbeck. Foot traffic through downtown Randolph, for instance, now supports new eating establishments and shops and hosts guests from across the country and around the globe.

Twenty-first Century technology enjoys a happy marriage with the Old World Amish too. Geocaching is a new and highly popular pastime around the world; it is somewhere between a sport and an outdoor adventure. Enthusiasts find clues in the form of GPS coordinates to locate hidden, even buried, treasures called geocaches in the woods, the wilderness or even in bustling, downtown city districts. It is often called “a real-world outdoor treasure hunting game that can take you across the country and around the world.”

An enthusiastic band of local volunteer geocachers, under the direction of “Master Cacher” Dora Mall, in cooperation with Economic Development, Planning and Tourism and the Real Property Department, have created the New York Amish Geotrail (NYAGT), already world

renowned for its stunning pastoral views in every direction along the highways and byways of the Enchanted Mountains.

There are a total of 12 caches along New York’s Amish Trail and each one has a corresponding keyword. These geocaches together form the New York Amish Geotrail (NYAGT). Successful collection of 10 caches will entitle the cacher to a special commemorative New York’s Amish GeoCoin. “Some of our NYAGT pieces have already been discovered relocated to European trails,” Opferbeck said.

During a recent visit by a California couple, they told the county Tourism Office, “We were really sold when we discovered a set of geocaches located at interesting sites and businesses throughout the county. With so much to do, we rearranged our schedule slightly so we would be able to spend more time in the area without being rushed.”

The couple was delighted by finding local goods and crafts like the peanut-butter goat milk fudge, cutting boards, potholders, table runners, and even a wooden basket in the shape of a boat that folds flat when you rotate its handle. “This made for easy packing for the trip home,” they said. “Handmade’ takes on a new meaning when you get to meet the people who made these items, and the craftsmanship is indeed exquisite.”

The Amish Trail hosts two special events every year. In October, take the spectacular “Fall Along the Amish Trail” drive through the forest colors and country sides and in Spring visit the Amish Trail for a “Sneak Peek” of the coming, lush green of the Amish farms and rural New York State.

Custom tours can also be arranged for quilters, woodworking enthusiasts, diners and much more.

A complete map of the Amish Trail, with four touring loops heading out toward communities in the four directions of the compass, labeled the Blue, Green, Orange and Pink Loop, is available at amishtrail.com. On the Amish Trail Home Page, simply click on the image that says “Request, View or Download: Amish Trail Brochure and Map.”

LIFE & TIMES OF A MODERN HOUSEWIFE

Attack of the Holiday Spirit



Contributing Writer
Katrina Fuller

I have a horrible affliction, dear readers. Every year, when the weather begins to change, the wind bites with a certain kind of cold, and the sun starts setting a little earlier every day, my problem begins. At the turn of the season, I begin feeling that ‘Christmas’ feeling. I hear Christmas carols in my head, I feel like making cut outs, and awaken every morning expecting snow. I don’t know why, but every year, I get this feeling far too early, and end up all “Christmas-ed” out by the time the real holiday rolls out. Even my husband got caught up the other day.

I was making pumpkin spice cookies and listening to the Rat Pack with the little one, and he looked over, smiling. “I love the holidays,” he said. Funnily enough, we haven’t even passed Halloween yet!

There is something about the change from summer to fall that is heartening. Although we do have to deal with the cold and the snow, the best holidays happen in the fall and winter. Summer holidays are pretty much all the same; you have a cook out, you hang out by a fire or on a porch, and then there are fireworks. Fall and winter holidays have a lot more excitement, in my opinion. Halloween allows everyone to let loose a little, go trick-or-treating and get dressed up. Who doesn’t like being someone else for a night? My little one is going to be a pumpkin this year. (Probably something she will look at pictures and be angry for later.) Thanksgiving is right around the corner, which gives everyone a chance to express gratitude for all they have, and of course, eat a bunch of delicious food. Then comes Christmas, the best of all. Each year, we gather to celebrate the hope and love that came into the world that day, but also the love and compassion we have in the here and now. The holidays of the colder months seem to place more importance on being thankful and appreciative of the ones that you hold dear. Perhaps the reason we save these special days for the coldest of times is because of their warmth.

Though I am glad for summer, I do have to say I am thankful for the change of season. From September to January, we will all be busy preparing for the excitement of turkeys and pies, hot chocolate by the fire, and families trundling up snowy roads just to be together. I especially look forward to carving pumpkins, Christmas carols, and decorating the tree. These next few months are sure to be fun and fulfilling as we teach our daughter the traditions for each holiday. So, although it is early, I hope you too can feel the warmth of holidays approaching ... and greet it with open arms.

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DEALER SHOWCASE



Cibo Restaurant

Article Contributed by
Walter Pickut

From time to time, *The Jamestown Gazette* recognizes one of our dealers, the fine merchants who make "The People's Paper" available to their customers. This week, we salute Cibo.

Cibo is an Italian noun, pronounced "chee-bo," which simply means "food."

"A good time is a whole family sitting around a table filled with good food," says Brian Ellis, owner of Cibo Restaurant. "That's happiness for us." On October 3, 2012, Brian and his business partner will celebrate their first full year at 100 East 3rd Street, the corner of 3rd and Pine, in downtown Jamestown, New York. "We meet a lot of great people and good neighbors here," Brian says.

"Business is good.

Cibo's sidewalk-table street café and its indoor casual and comfortable dining space is now a downtown landmark. In addition to regular breakfast and lunch hours, 8am to 3pm, M-F, and 9am to 3pm on Saturday, Cibo serves the late night show and night owl crowd from 11:55pm to 4:00am on Friday and Saturday nights with snacks, a hearty breakfast or just good, strong coffee and sometimes a little live musical accompaniment.

To see the menu and learn about Cibo's catering service, log on to <http://cibojamestown.com/>. The *Jamestown Gazette* is proud to list Cibo along with our many fine dealers throughout

ADDITIONS MADE TO POTTERS gALLERy Gathering Scheduled For Wednesday, October 3

Article Contributed by
Jamestown Renaissance Corporation

The Jamestown Renaissance Corporation, in collaboration with Jamestown High School and Tom Mason, recently finished an enhancement project at POTTERS gALLERy—an alley art gallery that originated in Potters Alley between Fourth and Third Streets. Contributing artists will be recognized in the parking lot between Mason's Fine Arts and Dorian's Plus on Wednesday, October 3 at 3:45 p.m.

"The JRC is pleased to have the opportunity to expand on this collaborative project as part of its Urban Design Plan implementation efforts," Jason Stronz, the organization's Executive Director, said.

Mason joined the partnership JRC built with JHS and Jamestown Community College to expand the gallery west of Potters Alley on to the side wall at his downtown property, which houses Mason's Fine Arts. The gallery now includes 49 pieces of student artwork from the two schools. It was established in 2010 thanks in part to grants from the Chautauqua

Region Community Foundation and the Gebbie Foundation. "As a former high school art teacher, I am excited to have the chance to display student work on my building," Mason said. "All the activity on North Main Street is accentuated by this and other forms of public art. I hope this initiative continues to expand."

JHS student artwork currently accounts for 37 of the 49 pieces. The JHS art department contributed 14 works for 2012. Works by Katie Baudo, Avalon Bradshaw, Anne Campion, Dennis Drew IV, Justin Hodges, Katie Kitchell, Katie Miktuk, Abbie Perrin, Rebecca Rew, Kameron Rizzo-Walker, Eric Ryberg, Hannah Samuelson and Megan Terry are new this year.

"The students selected this year, as in year's past, are thrilled to see their work on display in POTTERS gALLERy," JHS art teacher Stephanie Baker said. "The expansion of this space continues to emphasize our community's talent—and its fondness for the arts."

Vacanti's Extreme Signs produced and installed the framed prints. Further enhancements to the gallery are scheduled to be implemented later this fall.

...of it's refined, cultured cuisine, which naturally means TEXAS HOTS. Probably, nowhere else in America do people stroll into a restaurant and boldly order in quantities of three. Texas Hots are that good. Where else can you strike up a passionate conversation by simply mentioning hot dogs: Want "the works?" ketchup 'n' mustard? Who's best—AJ's, Johnny's Lunch, Michael's, or Van's? Yes, Texas Hots are that good. Post Texas Hots on Facebook and out of town friends pop right up. Whether they're at the Louvre in Paris, climbing Mount Everest, or addressing the UN, they get homesick over a hot dog. Texas Hots are that good. My son said, "This is great." Not just for the dogs, but the retro look, the delicious smells and the staff joking around—the whole package. We brag about Chautauqua Institution, our sports teams, colleges, arts, and museums. Let's boost places like AJ's and the rest, too. For decades people enjoy taking a break with coworkers there, share relaxed conversations and treat their kids to a Loganberry. Life here wouldn't be the same without them. Jamestown has challenges and some people enjoy talking about them. But next time I hear someone whine I'll buy him a Texas Hot. "If Jamestown can do this with a hot dog, just imagine what else we can do." Texas Hots are that good.

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Dick Berardino to Speak at Hugh Bedient Centennial Banquet

Article Contributed by

Chautauqua Sports Hall of Fame

The Chautauqua Sports Hall of Fame has announced that Dick Berardino, former coach with the 1968-1970 Jamestown Falcons baseball team, will be the keynote speaker at the Hugh Bedient Centennial Banquet set for Saturday, October 20, at the Robert H. Jackson Center in Jamestown.

Richard John Berardino, born July 2, 1937 at Cambridge, Massachusetts, is currently a player development consultant for the Boston Red Sox of Major League Baseball. A former outfielder and longtime manager in minor league baseball, he also spent three years (1989-91) as a coach with the Red Sox. As a player, Berardino batted and threw right-handed, stood 6'1" and weighed 190 pounds.

A three-sport star at Watertown, Massachusetts, High School, Berardino graduated from the College of the Holy Cross in 1959 after leading the Crusaders to the 1958 NCAA District One baseball championship. He signed with the New York Yankees upon graduation and batted .378 in his first professional season with the Modesto Reds of the Class C California League. He reached Triple-A for three seasons (1962-64), playing for the Richmond Virginians, Indianapolis Indians and Spokane Indians, but never broke through to the major league level. All told, Berardino appeared in 812 minor league games, and batted .272 with 702 hits and 70 home runs.

Berardino compiled a record of 753 wins and 858 losses (.467) with two championships in 21 seasons (1966-67; 1971-85; 1987-88; 1997-98) as a minor league manager. Nineteen of those 21 seasons were spent in short-season leagues. Berardino managed two full-season Class A clubs, the Greensboro Hornets of the South Atlantic



League in 1987 and the Lynchburg Red Sox of the Carolina League the following season.

His managing career began in the Yankee organization, where he handled Rookie-level clubs in the Gulf Coast and Appalachian leagues. In 1968 Berardino joined the Red Sox organization as a minor league coach in Jamestown. 2012 marks his 45th consecutive year with Boston. From 1971 through 1985 he spent 15 consecutive seasons as the manager of the Red Sox' Short Season Class A New York-Penn League farm clubs, the Williamsport Red Sox and the Elmira Pioneers/Red Sox/Suns. He returned to the NY-PL a dozen years later, in 1997-98, as manager of the Lowell Spinners. In addition to his minor league managerial and coaching assignments, and his three years as bullpen and third-base coach on the staff of Joe Morgan in Boston, he also has served the Red Sox as field coordinator and assistant field coordinator of minor league instruction and roving

outfield and baserunning coach.

Berardino has been inducted into five different Hall of Fames – the Watertown (MA) Hall of Fame, the Holy Cross Hall of Fame, the Massachusetts State Baseball Coaches Hall of Fame, the Elmira (NY) Hall of Fame, and most recently in 2008 became a member of the National Italian-American Hall of Fame.

The banquet will honor Bedient, a Falconer native, who as a rookie pitcher for the 1912 Boston Red Sox compiled a sterling 20-9 record while leading his team to the World Series title. In the Series, Bedient was magnificent pitching 18 innings in 4 games with an ERA 0.50 for the champion Red Sox.

The Hugh Bedient Centennial Banquet will closely replicate a similar banquet that was held 100 years ago. Bedient was welcomed back to his hometown with a parade witnessed by over 25,000 proud Chautauqua County residents and was feted with a reception and banquet on October 22, 1912. The event was held at the Odd Fellows Lodge on Main Street in Falconer.

A highlight of the Hugh Bedient Centennial Banquet will be the presentation of the Society for American Baseball Research 1912 American League Rookie of the Year Award to the grandchildren of Bedient.

Emcee for the event will be baseball historian Greg Peterson who will present a video he has made about Hugh Bedient.

Dinner will be provided by Vicki McGraw of Elegant Edibles Catering who is planning a similar menu to that of the original 1912 banquet.

A cocktail hour hosted by the Hugh Bedient Celebration Committee will begin at 6:00 PM with the banquet to follow at 7:00.

Tickets to the October 20 Hugh Bedient Centennial Banquet are priced at \$30 and are available by calling "Mr. Baseball" Russ Diethrick at 665-2265, Falconer Highway Superintendent Sam Ognibene at 450-0663, or Chautauqua Sports Hall of Fame president Randy Anderson at 640-6219.

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YMCA Swim Team Taking Registrations

Article Contributed by

Jamestown YMCA

The Jamestown YMCA Jets swim team dove into their 81st season last week as practices began for all age groups at both JHS and the Jamestown YMCA.

Any new swimmers ages 5 to 18 are welcome to try the Jets swim team for two weeks at no cost to them. All new swimmers should report to the upper pool of the Jamestown YMCA for their first practice.

Practices are offered 4 days a week at varying locations with team members encouraged to attend at least 2 days a week.

An informative parent meeting will be held on September 27 or October 3 at 6:15 in the

Jamestown YMCA youth department.

For more information, contact the Jamestown YMCA at 664-2802 or visit www.jamestownymca.org.





Winning Foursome AVI Foodsystems, Inc.

11th Annual Heritage Golf Challenge Results

Article Contributed by
Author

The 11th annual Heritage Golf Challenge presented by Premier Consulting Associates, Buffalo Hospital Supply, Bonadio & Co., LLP and Lake Shore Paving Inc. took place on Monday, August 27th at Chautauqua Golf Club. Over 90 golfers participated in this year's Golf Challenge.

Representing the winning foursome from AVI Foodsystems with a net score of 114 are:

Dale Gier, Bob Palmer,
Nate Giles & Craig Merchant.

Other winners were as follows:

Second Place (118):

Maplevale Farms
Dale Willink, Craig Breter,
David Garey, Jim Webb

Third Place (118):

DFT Communications
Dave Pihl, Rick Lee, David Dawson, Jay Beers

Fourth Place (120):

Health System Services
Bob Minicucci, Bill Carroll Sr.,
Bill Carroll Jr., Todd Anderson

Fifth Place (124):

Flexospan Inc., Insurance Management Company, and Allstate Insurance
Steve Kish, Cole Stearns,
Jack Grimm, Bill Farr

Sixth Place (126):

Busti Church of God
Roy Ferguson, Tom Keefe,
Dan Schwob, Kurt Sturzenbecker

Putting Challenge:

Dave Pihl- DFT Communications

Closest to Pin #7:

Bob Ehms- Buffalo Hospital Supply

Longest Drive #8:

Rich Dixon- CCIDA

Closest to Pin #13:

Tayler Beaver- VanRensselaer & Son Funeral Home

Closest to Pin #15:

Dan Schwob- Busti Church of God

Longest Drive #17:

Tina Ballin- Evercare

This year's Heritage Golf Challenge raised over \$17,000 through corporate sponsorships and individual player fees. These proceeds will be used to construct a Connections Dementia Care Center, benefiting the dementia and Alzheimer's seniors served by Heritage Green Rehab & Skilled Nursing (Greenhurst). To learn more about this not-for-profit organization that offers rehab and skilled nursing, assisted living and independent housing options visit www.heritage1886.org.

Heritage Ministries is a non-profit, human service organization serving the Chautauqua County region with over 800 employees. Independent and assisted living residences for seniors are located at Heritage Village Retirement Campus in Gerry, New York and opening soon, these same type of services will be available at The Woodlands, A Heritage Senior Living Community in West Ellicott, New York. Rehabilitation and skilled nursing services are provided at Heritage Village (Gerry, NY), Heritage Park (Jamestown, NY), and Heritage Green (Greenhurst, NY) Rehab & Skilled Nursing. For more information, please call 716.487.6800 or visit www.heritage1886.org.

Jamestown Gazette Trivia!
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1. During what period in history did the Amish have their start?
2. How many languages do Amish people speak?
3. Besides the Bible from who's teachings do the Amish follow?
4. What will you not see on a married Amish man ?
5. What will an Amish woman never wear?
6. What is the time period called when the rules of the Amish are lifted for a bit for Amish teenagers?
7. Eight Amish men were jailed in Kentucky, US, for failing to affix what to their horse-drawn buggies?
8. Do Amish people pay state, federal and county taxes?
9. The Amish began as a split-off of which sect?
10. In which state did the Amish first settle?

(1) Reformation (2) three: Pennsylvania Dutch, a dialect of German & High German (3) Jacob Amman (4) a mustache (5) bright colors (6) Rumspringa (7) valid license plates (8) yes (9) Swiss Mennonites (10) Pennsylvania

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Battle of the Programs at JBC

Article Contributed by
Jamestown Business College

Fall classes at Jamestown Business College (JBC) are in full swing – but recently, students took a little break for some friendly competition.

The annual “Battle of the Programs,” which takes place every fall at JBC, features a series of games and activities that allow students to earn points for their “team.” At program’s end, points are tallied and the winning team is treated to a pizza party.

Typical activities include lawn games, karaoke, and Facebook trivia competitions.

JBC Dean, Gretchen Lindell, said that she likes to observe the students as they have a little fun outside the classroom.

“This activity provides an opportunity for students to get to know faculty and staff, along with turning classmates into friends,” she said. “For most students, college is a new experience and it is important to develop the relationships that will allow for a comfortable transition.”

Jamestown Business College offers business-focused Associate and Bachelor degrees and certificate programs that include targeted professional development activities. For more information on registering for these programs, call 664-5100 or visit us online at www.JamestownBusinessCollege.edu.



Battle 2012: JBC students participate in the Battle of the Programs.



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“When I lived with the Amish, I got along quite well without television, movies, electricity, etc. Farm work kept me busy and the family provided support, security, and satisfaction. In other words, I learned not to miss or want the things I knew I could not have, and to enjoy those that I did have.”

Amish Country News Publisher’s Quote by Brad Igou



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Genealogy

Traveling For Research



Contributing Writer

Janet Wahlberg

Last month I introduced you to a few of the forms that I find very helpful when doing research. These forms will be invaluable when you begin planning a research trip as they will help you to organize research that you have completed as well as decide where to go next.

The keys to a successful trip out of town are focus and organization. What is your goal? If you do not set one or two goals to accomplish, you will find yourself going off in all directions and probably missing what you really wanted to locate.

You will probably want to begin serious planning at least two months in advance. Spend a little time thinking about a problem that you are trying to solve and unable to locate records close by that are helpful. Next, get on your trusty computer and locate the library, historical society and Court House in the city that you are traveling to. Contact each of them by phone, letter or e-mail to determine what records they have, what hours they are open and what ground rules apply to using their facility.

You've set a goal, selected a destination and contacted agencies in the town that you are traveling to. Now review what research materials, information, and documents you have in hand already. Examine all of it to determine what is missing that is pertinent to reaching your goal. Do you need birth records, deeds, addresses that the family lived at in that city marriage records, etc.? Now you are ready to create a focused checklist.

After the check list comes packing. I recommend that you concentrate on packing your briefcase before you worry about clothes. You can always buy a

new tee shirt or pair of sox.

Briefcase list:

- Copy of goals & lists
- Copy of family group sheets
- Copies of the research that you have completed. (*I always print out the genealogy report from my software program*)
- Blank charts & forms
- Pencils (*lots*), paper clips, change for copiers
- A Laptop with a lock (don't forget the power cord)
- Magnifying glass for reading small print and old records
- Hand held scanner & extra batteries, if you have one (*I received one for Christmas and don't know how I managed without it*)

Suitcase:

- Comfortable clothes that you can layer (*select business casual rather than sweats*)
- Comfortable shoes (*you may be walking quite a bit or standing at counters in court houses*)

About 5 years ago I traveled to Grand Manan Island to attempt to locate where my family had lived on the island as well as what year they arrived and when they left to return to Maine. I contacted the local historical society/library and shared my goals with them as well as a summary of what I already knew. The ladies treated me like family. They had done a great deal of research for me and made copies of many records not normally available on the island. I was able to find the lot where my ancestors had lived (totally overgrown at this time) and some information on their comings and goings. While it was not required, I gave a generous donation to the historical society in appreciation for their extra time and effort. Many of these societies and libraries work with very small budgets and depend heavily on volunteers.

Next month I will share with you my experience in Salt Lake City. Two weeks in the archives, two trips to hear the Mormon Tabernacle Choir, good company and great research. Happy Dance!!



Barclay Wellman, War Vets Recreation, Inc. Board Member, presents a check to Ron Cotten, Veterans Relocation Commission Chairman, for the ongoing Veterans Memorial Relocation Project.

War Vets Recreation, Inc. Supports Veterans Relocation Project

Article Contributed by
**Chautauqua Region
Community Foundation**

Established in 1943 as a place for veterans to meet, share meals and enjoy entertainment, War Vets Recreation, Inc. has a time honored tradition of being there for local veterans in many capacities. Recently, their generosity took the form of a donation to the Veterans Memorial Commission Relocation Fund.

Barclay Wellman, Major General United States Army (Retired), serves on the Board at War Vets Recreation, Inc. as well as the Veterans Memorial Commission. "Moving the memorial from the high school to the new location (near Logan and Harding Avenues) has lots of costs involved,"

Wellman said. "There need to be walkways, monuments and areas for people to come together and hold special ceremonies and remember why we are here."

Located on Fluvanna Avenue in Jamestown, the Club offers membership to area veterans from every branch of the military. The Club also accepts auxiliary members; individuals who are directly related to veterans. For more information on membership contact the Club at 483.0222.

For more information on the Veterans Memorial Commission Relocation Fund, or to get involved, contact the Chautauqua Region Community Foundation at 661.3390 or visit online at crcfonline.org.

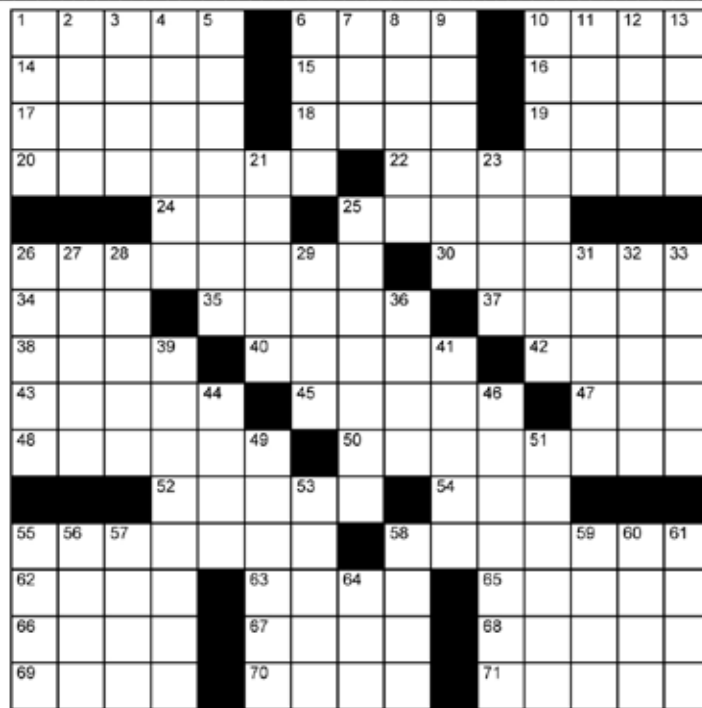
The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Scorch slightly
6 Boo-Boo, for one
10 Untidy one
14 Wear black, perhaps
15 Suggest strongly
16 Booze it up
17 Riverbank romper
18 Fiddlesticks!
19 Very long time
20 Neither solid nor liquid
22 Deluge
24 Dull color
25 Scholarship basis
26 Recess, perhaps
30 Boot tip
34 Fond du _____, Wisc.

- 35 Piano exercise
37 Part of NAFTA
38 Feed the kitty
40 Skip a syllable
42 Cowboy boot part
43 Reprimand
45 Boy Scout rank
47 Antlered animal
48 Concerning this, in legalese
50 Noted Boston protest
52 Song section
54 Muscle spasm
55 Liza Minnelli film
58 Annihilate
62 Group of troops
63 Moniker



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- 65 Pageant crown
66 Give a facelift to
67 Study all night
68 Antisocial one
69 Fancy pitcher
70 Type of sandwich
71 _____ a high note

- 10 First-stringers
11 Pricey theater section
12 Diner sign
13 Part of BFF
21 Join together
23 Unruly outbreak
25 Help settle a dispute
26 Spatter
27 Jousting weapon
28 Thespian
29 Pack animal
31 Bank heist, e.g.
32 Full-price payer
33 Vivacious
36 Upper hand
39 Skyscraper transport

- 41 Fill with joy
44 Go-getter
46 New Testament writing
49 Like some braids or doors
51 Director's cry
53 It may be fixed
55 Medical breakthrough
56 Once again
57 _____ one's time
58 Floor model
59 Big name in mapmaking
60 Sandwich cookie
61 Knitter's need
64 Spring mo.



Pictured above is the Chautauqua County 4-H Drill Team, from the left, Rachel McCarthy on Badger, Sarah Burgoon on Tornado, Kendra Hockran on Jack, Mikaela Swanson on Cruiser, Emily Swanson on Sugar, and Emily Markham on Will.

4-H HORSE PARTICIPANTS MAKE HISTORY

Article Contributed by
Cornell Cooperative Extension

Cornell Cooperative Extension of Chautauqua County's 4-H Horse Program has been working together all year for the chance at competition at The Great New York State Fair. This year the dedication and commitment to excellence was very evident from six members of the 4-H Horse Program. Rachel McCarthy, Sarah Burgoon, Kendra Hockran, Mikaela Swanson, Emily Swanson, and Emily Markham are members of the 2012, now State Champion 4-H Horse Drill Team. These young ladies began practicing months ago. Meeting weekly with their horses to develop, choreograph and practice their drill team presentation. The Chautauqua County 4-H Horse Drill Team is coached by Ann Masood of Fredonia with assistance from Fran Hockran of Bemus Point.

4-H Drill team is a synchronized equine event in which six riders from a county are to develop their own drill, 5-10 minutes in length, each drill must include, but is not limited to the following four (4) maneuvers: Pinwheel; Thread the needle; Oblique; and Mesh/interlocking fingers. The Chautauqua County riders with one alternate developed an awe-inspiring and captivating performance set to a Star Wars theme outfitting both themselves and their horses in themed outfits. Executing maneuvers on a horse is difficult and synchronizing with five other riders is even more complex, add in

costumes and music can be a challenge, but not one that the Chautauqua County 4-H Horse Program Participants couldn't tackle with success.

This is the second time in a row that the Chautauqua County Drill Team has won a State title. As winners of the State Drill Team Competition they were presented the Laura Beth Jansen Trophy. Laura was a dedicated 4-H who lost her life in a car accident in December of 2006 at 18 years old. She was said to exemplify a 4H youth by those that knew her. The winning run of the Chautauqua County 4-H Drill Team can be seen on youtube.com. Being 4-Hers not only do these kids ride but they participate in several 4-H youth development projects and programs.

Coach Masood said, "I couldn't be prouder of these ladies, they have worked so hard and so well together. Great Job Ladies!"

The Chautauqua County's State Title also earned them the opportunity to perform as the opening performance of The Great New York State Fair's Barrel Racing Event in the Toyota Coliseum. The exhibition was well received by the over 1000 spectators.

Cornell Cooperative Extension is a not-for-profit 501(c)3 and all donations are a charitable contribution. To learn more about how you can financially support Chautauqua County 4-H or how to become involved in Chautauqua County 4-H you can contact the 4-H Office at (716) 664-9502 Ext. 212.

Martz Observatory



Sharing a lighter moment about deep space observing, Gary Nelson (L), President of the Martz Astronomical Observatory, chats with Astronomer and Jamestown native, Dr. James LoPresto.

Famous Astronomer Visits Martz Observatory

Contributing Writer

Walt Pickut

Board of Directors, MAMAA

Dr. James LoPresto, a long time friend of the Martz Astronomical Observatory in Frewsburg, New York, lectures with a twinkle in his eye to match the star he studies the most and a sense of humor to delight anybody who thinks a famous scientist must be stuffy and dry. Dr LoPresto was Thursday night's guest lecturer speaking to a full house in the Martz Observatory Lecture Hall on September 27.

Always passionate about astronomy, Dr. LoPresto explained that in the early days of his career he discovered that he really didn't like to stay up all night. "That's bad news for an astronomer," he admitted with a broad smile. "So I decided to study all the stars that are up during the day—and there's only one of those, of course: The Sun." Dr LoPresto has also received research and telescope-building grants from NASA and has served on the National Science Foundation.

An expert in his field of Solar Activity, LoPresto has published 45 articles in various scientific journals and magazines and authored a book: *SPACETIME: Fabric of the Universe*, which he used in his 32 year career as Astronomy Professor, teaching the course "Relativity, Black Holes and Cosmology"

at Edinboro University of Pennsylvania. Most of his research has taken place at the National Solar Observatory using the largest solar telescope in the world at the nearly mile-and-a-half high Kitt Peak National Observatory on the Tohono O'odham Indian Reservation near Tucson, Arizona.

Dr. LoPresto spoke about the newly discovered, so-called "God Particle," the Higgs Boson, and described how the smallest things in the universe, the array of sub atomic particles, can explain the biggest and mightiest objects in the universe, our Sun in particular, other stars, supernovas, galaxies and the structure and origin of the cosmos itself. A lively and engaging Q&A session followed the talk, spiced with good humor, great science and even some insider, personal chat about some of the other great scientists of the 20th Century Dr. LoPresto has known.

The Marshall Martz Memorial Astronomical Observatory invites students, backyard astronomers and deep space enthusiasts to join this active and growing association and to meet and work with scientists like Dr. LoPresto and others, enjoy public viewing nights and observing with the observatory's research class, 24" telescope. For membership and calendar information, click on <http://www.martzobservatory.org>.

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When did we, as adults, stop skipping? I was wondering about this when I saw a young boy coming out of Infinity Performing Arts. He could hardly contain himself skipping down 3rd Street without a care in the world about what anyone else would think.

Where did that excitement and skipping go for us "Grown-Ups?" The real question is: "When do we reach an age when we are so self-conscious about what others think of us?" It is time to stop worrying about looking silly or what people might say and go back to walking with a bounce in our stride. After all, skipping is easier on the joints than running, and enthusiasm is medicine for your soul. Play to win... and enjoy the play.

Hap E. Whistler



Strong Women Training

Article Contributed by
**Lutheran Social Services
Foster Grandparent Program**

Chautauqua County RSVP Hosts StrongWomen™ Training (A.K.A. - "Healthy Bones – Chautauqua County") to Certify Instructors with Help from Chautauqua Region Community Foundation and First Presbyterian Mission Committee. Chautauqua County RSVP hosted a StrongWomen™ exercise training session on the Lutheran campus. A Field of Interest Grant from the Chautauqua Region Community Foundation and a donation from First Presbyterian Mission Committee

made it possible to offer scholarships to the potential instructors, resulting in 30 participants becoming certified as StrongWomen™ instructors. Two individuals trained by Tufts University in Boston travelled from Penn State Cooperative Extension in Lancaster, PA to lead the all-day session. The evidenced based training is the result of the research of Dr. Miriam Nelson of Tufts University in Boston. The main purpose of this program is to ward off or prevent osteoporosis and osteopenia in middle aged to older women.

The StrongWomen™ Strength Training Program is a community based strength training program aimed at mid-life and older women. The benefits of strength training for older women have been studied extensively. The benefits are: increased muscle mass and strength, improved bone density, reduced risk for osteoporosis and related fractures, reduced risk for diabetes, heart disease, arthritis,

depression, and obesity, improved self-confidence, sleep, and vitality. The training includes progressive resistance training, balance training, and flexibility exercises. Classes last approximately 45 – 60 minutes and the curriculum includes two sets of resistance training routines, each with eight to twelve exercises that can be used within the program. Routines begin with a five to ten minute warm up that may include walking, marching, or light calisthenics, e.g. toe touches. The resistance training exercises work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights, and body weight. Classes conclude with five to ten minutes cool-down that includes upper and lower flexibility exercises

The demand for the "Healthy Bones – Chautauqua County" classes has steadily increased within Chautauqua County, so it was time to prepare more volunteer instructors. This fall, the 16th and 17th "Healthy Bones" sessions began with increased attendance. Classes include a pre and post test to measure each individual's success. Classes are accompanied by nutritional or healthy living information. Past class participants have witnessed some wonderful results – better endurance, increased flexibility, and one attendee improved her bone mass as reported on her recent Dexa-Scan.

Classes are forming throughout Chautauqua County and if you would like to learn more, please call Chautauqua County RSVP at 665-8039, NY Connects at 661-7582 – 363-4583 or 753-4582.

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M	O	U	R	N		U	R	G	E		T	O	P	E
O	T	T	E	R		D	R	A	T		A	G	E	S
G	A	S	E	O	U	S		T	O	R	R	E	N	T
					D	U	N		M	E	R	I	T	
P	L	A	Y	T	I	M	E		T	O	E	C	A	P
L	A	C		E	T	U	D	E		T	R	A	D	E
A	N	T	E		E	L	I	D	E		S	P	U	R
S	C	O	L	D		E	A	G	L	E		E	L	K
H	E	R	E	O	F		T	E	A	P	A	R	T	Y
						V	E	R	S	E		T	I	C
C	A	B	A	R	E	T		D	E	S	T	R	O	Y
U	N	I	T			N	A	M	E		T	I	A	R
R	E	D	O			C	R	A	M		L	O	N	E
E	W	E	R			H	E	R	O		E	N	D	O

Solution to Sudoku

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

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JAMESTOWN COMMUNITY COOKBOOK

Article Contributed by
DJDC

Creating Healthy Places to Live, Work and Play, together with the Downtown Jamestown Farmers Market and DJDC, is compiling recipes to include in the first-ever Jamestown Community Cookbook.

"Tell us how you use the fruits and vegetables you buy at the Downtown Jamestown Farmers Market by sharing your favorite recipe(s) with us," said Kerry Mihalko with Creating Healthy Places to Live, Work, and Play. "We will compile a cookbook which will be printed and ready for use by November."

Recipe submission forms are available online at www.discoverjamestown.com. Entries can be dropped off at the weekly farmers market during market hours or submitted by email to kmihalko1@stny.rr.com that includes your name, recipe name, phone number, ingredients, and directions. Entries must be submitted by October 5th. Everyone is encouraged to participate by submitting a recipe.

The market will remain open through October 26th from

10am-3pm. The market features an array of fresh, locally grown produce and many other local products.

The market continues to bring local farms selling farm-fresh produce, fresh-frozen meats, cheese, eggs, goat milk fudge, homemade baked goods, and other specialty products. This week at the market patrons will find sweet corn, pumpkins, peppers, apple cider, kale, squash, tomatoes, raspberries, carrots, beets, cauliflower, beets, lettuce, potatoes, eggplant, broccoli, cabbage, cucumbers, apples, grapes, pears, watermelon, and more.

Vendors accept WIC and senior farmers market coupons, cash, and check. EBT, credit, and debit cards are also accepted at the market information booth. For every \$5.00 spent using EBT, recipients will receive a free \$2.00 Fresh Connect coupon to purchase additional eligible products.

Reminisce with Rose will be this Friday's entertainment from 12pm-1pm. Rose performs locally throughout the year at various anniversary and birthday parties, picnics, retirement homes, and special occasions. She is very interactive with the audience performing hits from the 30's, 40's, 50's, and 60's. To book Reminisce with Rose, contact Rose at 450-6359, as she is always looking for new shows to

book.

Kids! Eat Local Challenge continues through the end of the market season. Three prizes will be awarded including 1st place receiving a 1 year membership to the Jamestown YMCA, kids cookbook and gardening kit; 2nd place will receive a kids gardening kit and soccer ball; and 3rd place will receive a kids cookbook and kick ball. Entry forms available online at www.discoverjamestown or at the weekly farmers market.

Kids! Eat Local Challenge is sponsored by the DJDC and Jamestown YMCA.

Free parking is available along West Third Street and in the parking lot on the corner of West Second and Washington Streets. Enter the parking lot via Foundry Alley where the market operates.

Fresh Connect bonus coupons are still available to those customers using EBT. For every \$5.00 spent using EBT, the customer will receive a free \$2.00 coupon to purchase additional produce.

For more information call DJDC at 664-2477 or visit www.discoverjamestown.com.

The Jamestown Gazette is available in every village and town of Southern Chautauqua County.

Thank you for patronizing our fine dealers who make this paper available to all of our readers!

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Turtle Pit

STEDMAN

Stedman Corners Coffee

STOW

Hadley House
Hogan's Hut

Infinity Cafe Schedule

Article Contributed by
Infinity Cafe

Here is the October Infinity Cafe Schedule:



Friday, October 5, 2012

Jam Session Featuring SYMBA 7:00pm-9:00pm

Infinity students Ryan Hawkins and Hayley Restivo join together to form the ensemble, SYMBA. They will perform originals as well as covers from different artists including Joni Mitchell, the Grateful Dead, Cat Stevens, and more. Other musicians may sign up the night of the performance to play in an open mic style opening set before SYMBA takes the stage.

Friday, October 19, 2012

Jam Session Featuring Rat Ivy 7:00pm-9:00pm

Current Infinity students Oliver Burdo, Jordan Seager, and Caelan Register; former Infinity students Dan Davis and Alex Devereaux join Claud Schuckers to form the Jamestown local band, Rat Ivy. Other musicians may sign up the night of the performance to play in an open mic style opening set before Rat Ivy takes the stage.

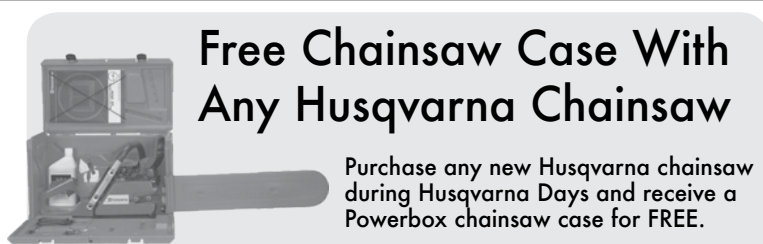
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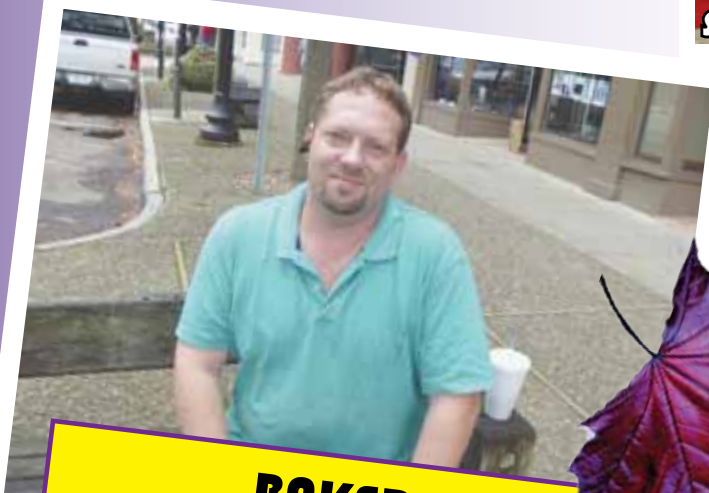


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