

MAKING STRIDES

Chautauqua Striders is dedicated to the mentoring & guidance of youth through education, advocacy & athletics.

From the Director's Desk

Deb Kathman, Executive Director

In 2006, Striders board of directors and staff implemented a three year strategic plan. As a part of that plan, one of the program goals was to, "develop strategies for collaborating without compromising organizational standards." As our academic programs continued to expand throughout Chautauqua County, we felt it was important to share with our partners what they could expect from us. To that end, our team of academic coordinators has been working on a Best Practices Handbook. This handbook will not only let our partners know what they can expect from us but will also let them know what we expect from them. Our goal is that together we can deliver effective, quality programs.

Another goal was, "to develop a public relations plan designed to help the communities we serve become more aware of the educational, mentoring, and outreach aspects of Striders (as well as the athletics)." One of the first things we decided to do was to give our logo a facelift, or should I say total a reconstruction! Printed below is an article written for the *The Post-Journal*, by Middle School Coordinator, Julie Dudgeon, which identifies the process we went through to reach our final design.

CHAUTAUQUA
STRIDERS



As Striders began to expand and diversify, it became clear that its old logos were not representative of what the organization had become. A committee was formed to develop the framework for a new identifying emblem and graphic artist, Nathan Arnone, was hired to bring it to life. After a year's worth of hard work, the new design above was chosen. The symbolism is extensive and meaningful:

The badge-shaped crest is a tribute to the late Dan Feather, who, along with Ron Graham, was one of Striders founding members. He served for many years as a volunteer coach, passing along his lifelong interest in running. He participated in the New York State and International Police Olympics where he earned numerous gold and silver medals. Dan received the Chautauqua County Gold Achievement Award for personal fitness and was also selected as one of Jamestown Community College's 50 Greatest Athletes and was inducted posthumously into Chautauqua Sports Hall of Fame on February 18, 1993. The crest is also a reference to many of the classic logos found representing outstanding universities, colleges, and high schools. Additionally, the three sides of the badge represent the guiding principals of the mission statement that says, "Chautauqua Striders is dedicated to the mentoring and guidance of youth through education, advocacy, and athletics."

The "flying" CS is a graphic representation of the winged foot of the Roman god, Mercury. Messenger to the gods in Roman mythology, his swiftness is often associated with track and field. According to Nate, "The graphic interpretation of the winged foot is an analogy to the dynamic nature of Chautauqua Striders as a whole and is a gesture toward its roots in athletics." The three feathers extending from the "s" are again a reference to Dan Feather, as well as, education, advocacy, and athletics.

The words, "mentoring and guiding youth", are representative of all Striders programs. Each one, in its own way, strives to provide young people with caring adults, a strong value system, the ability to embrace teamwork while striving for individual achievement, and the tools for academic excellence and future success.

Log on to www.chautauqua-striders.org to learn more about Chautauqua Striders, its programs and services, or call 488-2203 for additional information.

Homework Help Corner



Lighted Schoolhouse Tutoring Schedule

Middle School Tutoring & Jamestown Savings Bank Ice Arena

Julie Dudgeon, Coordinator

The second trimester ended on March 7, and report cards were obtained the following week. Meetings are being held by the coordinator and lead tutors with teaching teams to further assist individual students with academic needs. At Washington and Jefferson, most students participate in Striders during the Advantage programs. At Persell, 5th and 6th graders are targeted for individual attention and are working hard at improving their grades. Numbers remain small at the Jamestown Savings Bank Ice Arena but attending elementary and middle school students seem to really enjoy and benefit from the program.

Striders Raise Bar in Afterschool Programs



Striders and Jamestown Public Schools recently trained over sixty tutors in multiple intelligences, professionalism, tutoring tips and rethinking homework. The interactive training was fun for all and offered the tutors valuable educational insights into students of all ages! Above Tina Currie, teacher at Jefferson, discusses her tutoring tips for students.

Elementary School Tutoring

Michelle Waterman, Elementary School Coordinator

The third quarter is wrapping up and Striders tutors are busily assessing the needs of our students. I would like to take this opportunity to remind all parents and teachers that Striders is available Monday through Thursday from 3 pm to 6 pm at Bush, Fletcher, Love, Ring, and Rogers for those students enrolled in the after school programs. If your child is enrolled and you would like the tutors to work on something special with him or her, you can contact Striders in the following ways: send a note with your child, addressed to Striders; call your afterschool site coordinator; call Striders at 488-2203 and ask for Michelle Waterman, extension 232; or email Michelle at 88mwaterman@jamestown.wnyric.org. We will do our very best to see that your student gets the help he or she needs!

Striders would like to thank Sue Culver, Lead Tutor at Love Elementary, for a fantastic job filling in for Elementary Coordinator Michelle Waterman! Thank you, Sue!

Tutor Needed

The Lighted Schoolhouse high school tutoring program is soon going to be in need of a Spanish tutor. The successful candidate must be fluent in Spanish and English with at least one year of college courses. For more information, or if you may be interested, please contact Greg Baker at 488-2203 as soon as possible!

High School Tutoring @ LSH
(2nd floor of the YMCA)
Tuesday, Wednesday, Thursday
3:30 - 5:30 pm
Tuesday and Thursday evening
6:30 - 8:30 pm

Jamestown Savings Bank Ice Arena
Monday and Wednesday
4:00 - 6:00 pm

Eastside YMCA
Tuesday - Thursday
3:30 - 5:30 pm

SAFARI @ JHS
Monday-Friday
8:00 am - 4:00 pm

Tutoring Persell Middle School
Monday - Thursday
3:00 - 4:30 pm

WASH Advantage Washington Middle School
Monday - Thursday
3:00 - 6:00 pm

JEFF Advantage Jefferson Middle School
Monday—Thursday
3:00 - 6:00 pm

BUSH Advantage Bush Elementary School
Monday-Thursday
3:00 - 6:00 pm

Fletcher Advantage
Monday-Thursday
3:00 - 6:00 pm

LOVE Terrific Kids—LTK Love Elementary School
Monday-Thursday
3:00 - 6:00 pm

ROK Club Ring Elementary School
Monday-Thursday
3:00 - 6:00 pm

ROK Club Rogers Elementary School
Monday-Thursday
3:00 - 6:00 pm

Boys & Girls Club of Dunkirk
Monday, Wednesday, & Thursday
3:00 - 5:00 pm

Ripley Central Schools After School Program
Tuesday-Thursday
2:30 - 5:30 pm

Silver Creek Central Schools After School Program
Tuesday & Thursday
2:30 - 5:30 p.m.



Thank You!!!!!!

Chautauqua Striders staff said “thank you and farewell!” to three of its employees recently. Leah Gustafson was the High School Education Coordinator for the past six years working with teens from southern Chautauqua County and the children at the Eastside YMCA. Kristina Streed, Project Reach Coordinator, was only with us a year and a half but made an impact on the families she helped during that time. Last but not least, Theresa Olson left us this past August to become the guidance counselor at Washington Middle School. Theresa was the force behind the successful SAFARI Program at Jamestown High School.

CS Mentoring Programs

Project Visions Youth Mentoring Program



Project Visions, a community based mentoring program, has a new coordinator. Loretta Smith previously worked for Striders at both Persell and Washington Middle Schools. Prior to joining our organization she worked for the Department of Social Services.

During the past few months, participants in Project Visions enjoyed learning about Jamestown and some of its historical people. They toured the Fenton History Center in November and will be going to the Roger Tory Peterson Institute in May.

Mentors are still needed for approximately 10-12 youth in grades 5 and 6. If you would like to help a young person build a positive vision of hope and a brighter tomorrow, please call Loretta at 488-2203, ext 229.

Que es mentoreo?
Es un asunto de confianza. Mentoreo es una relacion de confianza y de estructura que permite que jovenes se junten con personas que ofrecen guia, apoyo y motivación, enfocandose a su vez en el desarrollo del caracter y la competitividad del joven mentoreado. Un mentor es una adulto que al igual que un padre, provee al joven de: Apoyo, consejo, amistad, refuerzo y ejemplo constructivos.

Project JAM Launches into Lunchrooms in Jamestown Public Schools

Mmmmm. The lunch bell rings, but this time for 14 fourth and fifth grade students at Love, Washington, Lincoln and Ring Schools, the lunch period has a whole new meaning. These students have the rare opportunity to share their lunches one on one with a caring adult mentor. That's right! Students forget about the loud social atmosphere of the school cafeteria once a week to eat lunch with (gasp) an ADULT. These mentees and mentors don't just eat lunch together, they talk, (and talk, and talk...) play board games or even read. Off to a good start, we are not stopping there. We have many more students who have signed up to get a mentor and many mentors who are eagerly awaiting police clearances. Our goal is to have 40 mentee/mentor matches by the end of April.

Top 10 Reasons to become a mentor....

special thanks to David Letterman and Dr. Susan Weinberger

Project ME



Gallery



Kathy Bemus mentors Amanda Anderson at Jamestown High School



A good mentor like Kim Ecklund listens to her mentee and offers encouragement.

10. Mentors improve their attitudes at work.
9. Mentors improve their productivity at work.
8. Mentors improve their team-building skills.
7. Mentors improve their morale and self-worth.
6. Mentors feel very satisfied with their student relationships.
5. One-on-one mentoring has positive effects on children.
4. Students develop higher levels of self confidence.
3. Students are less likely to use drugs and alcohol.
2. You can say, "Today as a mentor, I feel empowered, encouraged and supported."
1. A student can say, "I've had a mentor since seventh grade. She has been a great impact on me. I truly can't thank her enough."

Share what you know, be a mentor.
Call Chautauqua Striders 488-2203
or www.chautauqua-striders.org.



Gear Up turns orange on its college tour to SU.

S A F A R I



Students Attaining Future Aspiration, Respect, and Inspiration

By Galena Duba

The end of the third quarter provides us with an opportunity to reflect on our students' academic progress and personal growth. With the beginning of a new semester in January, we challenged them to set high goals for themselves and identify the steps necessary to achieve those goals. We are proud of the progress our students have made towards their goals, and congratulate those who will achieve perfect attendance and Honor or Merit Roll.



With the end of the school year rapidly approaching, our students are hard at work preparing for Regents exams. In addition to our regularly scheduled classes, we are continuing to offer our after-school tutoring class at the high school. Tutoring is scheduled Monday through Thursday, from 3:00 to 4:00, in all subject areas. Students who are interested in this opportunity are referred and scheduled by their guidance counselors.

We would like to take this opportunity to thank the teachers, counselors, and principals at JHS who keep an open line of communication with our staff. Their continued support and cooperation is essential to the success of our students.

News from the Bookshelf

Greg Baker, High School Coordinator

Greg Baker assumed the High School Coordinator position from Leah Gustafson on February, 1, 2008. Greg is a graduate of Fredonia State College and is a native of Rochester, N.Y.



High School Tutoring

As Spring breaks are coming and going, sports are beginning, and the warm weather is arriving, we must not forget about academics! Report cards and progress reports show students who **consistently attend** Striders tutoring sessions show an improvement in academic grades. With this being said, please note that it is not too late to take advantage of Striders tutoring or study groups. Tutoring is available Tuesday, Wednesday, and Thursday afternoons from 3:30 to 5:30 pm and Tuesday and Thursday evenings from 6:30 to 8:30 pm. We only hire the most qualified tutors familiar with all subjects ranging from freshman level earth science to advanced placement mathematics and all of the regents exams in between. Take advantage of this valuable, free program before the quarter and school year run out!



Eastside YMCA Tutoring

Along with April showers comes a new Eastside YMCA tutoring schedule. The hours of tutoring are still Tuesday, Wednesday, and Thursday from 4:00 to 6:00 pm but now students are grouped into two different time slots based on the classes they are in and their individual educational needs. The new schedule and constant communication between Striders and the Eastside YMCA staff is infusing the program with energy, as the students and tutors continue to work diligently on vocabulary, reading skills, and mathematics!

Transition Team Support Students at J.H.S.

By Vicki Duba

As the outreach worker for the Transition Team at JHS, I have spent the year focusing primarily on the academic progress and attendance of our students. Getting a student "on track" may only require some time talking with the student to re-emphasize the importance of doing one's best. Other times, it requires developing a support system for the student. Support can come from school administrators, teachers, parents and guardians, grandparents, mentors, and anyone else able to consistently be there for the student.

What does it require to bring this support team together? Communication, communication, and more communication! Teachers and tutors are contacted to determine how the student is doing in class. That information is conveyed to parents and mentors. The student is reminded of the expectations placed upon him/her. All supporters, along with the student, work together to develop a plan for improvement and progress is monitored. The student is offered encouragement and praise for jobs well done. The goal is for the student to realize the feeling of success and to become more independent in attaining that success.

All students need a solid support team to help guide them through these most important years at Jamestown High School. Be there for the student in your life!

Northern Lights

By Michele D. Starwalt, North County Coordinator

The Northern Chautauqua extension of Striders is continuing to grow and expand just as the newly formed buds on the trees. Currently, there are an increased number of students who have enrolled in both the Silver Creek and Brocton After School Programs. In the fall, the Brocton site will become an Office of Children and Family Services registered after school program and Striders will be on site three days each week to offer homework help and academic mentoring to students from kindergarten through 12th grade.

The Ripley After School Program has added another day of tutoring for its students. A fourth day will allow students referred by the school to get that extra help that could make a difference in a student's grade or attitude toward school.

This May will bring about the opening of an after school program at Cassadaga Valley Central Schools through Chautauqua Opportunities. Striders will provide tutoring and academic assistance to students in grades 6-12 four days each week. Unique to this program will be off site tutoring which will take place two days at the Sinclairville Library. Tutoring will be held at the Cassadaga Valley Senior High for the remaining two days.

Striders is looking very much forward to working with the students, parents, administration, and teachers of Cassadaga Valley. Happy Spring to all of our dedicated professionals, students, and parents!

Little and Big Celebration

By Ignacio Parra, Hispanic Outreach Coordinator



Jeffery Guzman, Senior at Jamestown H.S.

One of the most challenging tasks for an Hispanic high school LEP (Limited English Proficiency) student in the State of New York is to acquire enough academic skills to take the Regents exams and obviously even more to pass this required-to-graduate test. The process of adaptation for an Hispanic student can be extremely painful. Jumping from one completely different educational structure in their country of origin (most of our Hispanic students in Jamestown come from Puerto Rico) to another structure can be a road full of frustration. Adding to this, the student goes through culture shock, language shock, and general adaptation. Despite all this, we can still find remarkable stories like Jeffrey Guzman's. Jeffrey is a senior at Jamestown High School and with just one and a half years of adaptation to our district, we are happy celebrate that Mr. Guzman passed the ELA regents exam. Jeffrey also participated briefly in our track program and in our Hispanic tutoring program located in Jamestown High School. Good job Jeffrey!

Project Reach

By Karla Brigiotta, Project Reach Coordinator



Hello! My name is Karla Brigiotta and I am the new Project Reach Coordinator. As a previous member of the Chautauqua Striders Track and Field club and Lighted Schoolhouse Tutoring Program, I am delighted to rejoin the Striders Team once again! I look forward to working with the youth and families in our community to build strong character, minds, and hope for the future. My goal is to provide support and guidance to families through their children. This empowerment

process is one way to break the cycle of generational difficulties. The earlier we can reach a child and family, the greater chance we have to instill a positive vision for change.

Project Reach along with Project Visions are collaborating to offer young ladies in our program a "Girl Power" workshop. These interactive activities are designed to be engaging and provide participants with self esteem and sense of accomplishment. More information will be available on our website or email karla@chautauqua-striders.org.

Can you name this Striders program?

It's part of the school day and found in the after school program.

Everyday offers new opportunities to become a better friend, volunteer in a program, or learn about good citizenship.

One of the program coordinators is studying to be a guidance counselor, and the other is a retired police officer with a sweet tooth.

Students find support, encouragement, and (if needed) a few suggestions to have a better day.

It's unique to only our first and third Presidents of the United States (school names).

It makes lunchtime with friends a very special part of the school day.



Answer
Afterschool Liaison Program at Washington and Jefferson Middle School. Wayne Stewart (Jefferson) and Kate Saliman (Washington) are the program coordinators.

Chautauqua Striders, Inc.
101 East Fourth Street
Jamestown, New York 14701

Non-Profit
Organization
U.S. Postage Paid
Jamestown, NY
14701
Permit # 220

Are you ready?

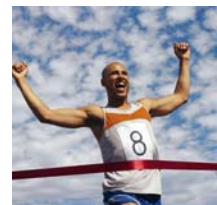


2008 Chautauqua Striders Golf Scramble



Running & Walking Club

Chautauqua Striders is pleased to announce a new local running and walking club for Striders alumni and local runners. This will be a great way for local runners to meet, workout and, grow the running community. There will be no registration fee in 2008 and only a nominal fee starting in 2009. Please look for more information at the local road races this spring and summer.



More information available at www.chautauqua-striders.org