



Benefits of Exercise

What are the health benefits of exercise?

◆ Help you to control your weight. Exercise along with diet plays an important role in controlling your weight. The calories

you eat and drink must equal the energy you burn, when maintaining your weight.

- ◆ Reduce your risk of heart diseases. Exercise improves circulation and strengthens your heart. Increased blood flow raises the oxygen levels in your body which helps lowers the risk of heart diseases such as high cholesterol.
- ◆ Help your body manage blood sugar and insulin levels. Your risk for metabolic syndrome and type 2 diabetes can be cut by exercising which lowers your blood sugar.
- ◆ Help you quit smoking. If you're a smoker, exercising can reduce your cravings and withdrawal symptoms. Also, it can help limit the weight gain that happens when smoking is stopped.
- ◆ Improve sleep. Falling asleep faster and staying asleep longer is a benefit of keeping an exercise routine.
- ◆ Improve your mental health and mood. During exercise the body releases chemicals that can improve ones mood and help you feel more relaxed. This helps dealing with stress and reduce the risk of depression.

HOW CAN I MAKE EXERCISE APART OF MY ROUTINE?

1. **Be active with friends and family– Having a workout partner may make you more likely to enjoy exercise. You can also plan social activities which involve exercise. Joining an exercise group or dance class may also make it enjoyable.**
2. **Make exercise more fun– Listening to music or watching TV while you exercise to make exercising more interesting and active. Also do a combination of exercises so that you don't get bored.**
3. **Keep track of your progress– Keeping some sort of log of your activity may help you set goals and stay motivated.**
4. **Make everyday activities more active– The smallest changes could assist with staying active. Example being; taking the stairs instead of the elevator.**

HUMOR TO GET YOUR LAUGHS BLOOMING

Why are waterbeds so bouncy?
They're filled with spring water

Does February march? No, but April may!

What is a flowers favorite kind of pickle? A daffo-dill.

Why is the letter A like a flower?
Because a bee comes after it.

Why couldn't the little flower ride a bike? It didn't have any petals.

THIS MONTH IN HISTORY

May 1, 1840– England issues the first adhesive postage stamp.

May 9, 1914– President Woodrow Wilson proclaims Mothers Day.

May 12, 1847– William Clayton, a Mormon pioneer, invents the odometer while crossing the western plains in a covered wagon.

May 16, 1866– Charles Hires invents Root Beer.

May 30, 1821– James Boyd patents the fire hose.

May 31, 1790– U. S. Copyright law is enacted.



Aries March 21– April 19: The Taurus moon aspects Pluto, Jupiter, and Venus early this morning, bringing therapeutic energy your way as you traverse the astral realms. Take special note of any significant encounters you had while away in dreamland, as they could harbor secret messages of support from beyond the veil. Your mind will feel alert and agile as the morning continues to unfold, and Luna crosses over into Gemini, forming a celestial alliance with communicative Mercury. Use this cosmic climate to barrel through any pressing tasks that have landed on your to-do list, especially when it comes to your professional goals and responsibilities.

Taurus April 20– May 20: The moon leaves your sign and enters Gemini this morning, dear Taurus, bringing a grounded clarity your way. Use this energy as an opportunity to connect with the material realms, tapping into your body while handling any tasks that need tending to. Meanwhile, Venus, your planetary ruler, moves into fiery Aries today, bringing a primal and instinctual vibe to your aura over the next several weeks. Your intuition and heart will speak loudly during this time, but you'll need to remember to hold on to logic, allowing your mind to also have a say when it comes to important personal matters.

Gemini May 21– June 20: The moon moves into your sign this morning, dear Gemini, forming a cosmic alliance with your planetary ruler, Mercury. This celestial partnership will bless you with an abundance of clarity and vitality, making it important that you pursue your goals without restraint. Don't be afraid to talk about your talents or accomplishments right now, especially if doing so can help you make headway within your ambitions, just don't abandon your grace in the process. You'll notice a shift when Venus moves into fiery Aries, opening you up socially over the next several weeks while allowing you to quickly forge new relationships.

Cancer June 21– July 22: Moments of enlightenment are likely to find you today, dear Cancer, as the Gemini moon cozies up to perceptive Mercury, activating the sector of your chart that rules the subconscious. Pay attention to your thoughts right now, especially if you find your psyche trailing off throughout the day. Meanwhile, sweet Venus moves into fiery Aries this morning, helping you make headway within your professional ambitions over the next several weeks. This planetary placement bodes well for occupational shifts, promotions, and an elevation of your money-making potential, though things could move a little more quickly than you're used to.

Leo July 23– August 22: Take some time to connect with your friends near and far this morning, sweet Lion, as the Gemini moon cozies up to chatty Mercury, activating your solar eleventh house. This celestial alliance also presents the perfect time to fire up your social media pages, especially if it's been a while since your last post. Meanwhile, Venus makes her way into fiery Aries this morning, bringing optimism and a sense of peace to you over the next several weeks. Use this planetary placement as a cue to tap into your gratitude, but don't be afraid to whisper your wishes to the stars as well.

Libra September 23– October 22: The moon moves into Gemini this morning, forming a celestial alliance to communicative Mercury in the spiritual sector of your chart. Make the most of this cosmic climate by setting some time aside for meditation since connecting with the life-force that exists within and around you will occur more organically. You'll notice a shift when Venus, your ruling planet, makes its way into fiery Aries, bringing a burst of passion to your love life over the next several weeks. These vibes can help liven up existing and new relationships, so don't be afraid to throw yourself into love — within reason.

Scorpio October 23– November 21: You'll have a knack for getting to the root of things today, dear Scorpio, as the Gemini moon connects with perceptive Mercury in your solar eighth house. Don't be afraid to take a direct approach with others right now, especially if you feel as though you've been getting the runaround. Meanwhile, Venus makes its way into fiery Aries today, giving you an opportunity to find organization within your passion projects you've been contemplating over the next several weeks. Be sure to cut out plenty of time to work on such endeavors, but try not to become impatient with the process.

Sagittarius November 22– December 21: Get ready for a steamy day, darling Sagittarius, as the moon makes its way into Gemini, cozying up to Mercury while activating the sector of your chart that governs matters of the heart. Flirtation and meetings of the mind can help solidify your romantic bonds, so be sure to reach out to your sweetie or crush throughout the day. Meanwhile, Venus enters fiery Aries, bringing a surge of passion to the portion of your chart that governs fun and affairs. If you're single, these vibes could result in a fun fling over the next several weeks, while coupled Archers will benefit from an opportunity to rekindle the fire within their relationship.

Capricorn December 22– January 19: Staying on task will come easily for you today, dear Sea-Goat, as the Gemini moon cozies up to Mercury in your solar sixth house. Use the momentum of this cosmic climate to take care of any work or errands that you've been putting off, especially when it comes to planning or handling logistics. You'll notice a shift as Venus enters Aries, creating a liveliness in your home over the next several weeks. This planetary placement is ideal for bringing romance into your space, especially if you live with that special someone, and the vibe has gotten too predictable lately.

Aquarius January 20– February 18: A liveliness will come over you this morning, darling Aquarius, as the Gemini moon cozies up to chatty Mercury in the sector of your chart that governs creativity and fun! Make the most of these vibes by embracing your most authentic self, and be sure to set aside time for passion projects or art. Meanwhile, sweet Venus moves into fiery Aries, bringing strength and poetry to your voice over the next several weeks. Don't be afraid to speak your truth, as long as it comes from the heart. Just remember to think your words through before saying them out loud.

Pisces February 19– March 20: Your home will feel busy this morning, dear Pisces, thanks to a cosmic alliance between the Gemini moon and Mercury. Though there will be plenty of hustle and bustle to feed off of, try not to lose your center and remember to ground. Meanwhile, Venus leaves your sign today, entering fiery Aries and your solar second house. This planetary placement will lend celestial aid when it comes to romantic and monetary goals, inspiring you to pursue both without abandon over the next several weeks. The good vibes will continue to flow as Jupiter connects with Pluto, giving you an opportunity to connect more deeply with your friends and colleagues.

Events in Chautauqua County

MAY 4, 2022 Bird Walks for Beginners- Go for an easy walk through RTPI's preserve with Craig Thompson, a retired New York State Department of Environmental Conservation naturalist, to look and listen for birds. Learn how to identify birds, how to attract birds to your property, how to set up bird houses, and so much more.

Binoculars and field guides aren't required but they are helpful. Binoculars can be checked out from RTPI with advance notice.

You must register to participate in this program. The program will be cancelled in the case of inclement weather.

716.665.2473

MAY 4, 2022 Trivia at Shawbucks-Shawbucks Press Room, 212 W. Second St, Jamestown, NY 14701 Ready for a workout for your brain? Grab a team (no more than 6) or fly solo for trivia night like no other. With changing categories, picture round, audio round and the ability to score yourself it's like nothing else! (716) 487-2201

MAY 5, 2022 Spring Jam- Jamestown Community College, Scharmann Theater, 525 Falconer Street, Jamestown, NY 14701

The JCC Music Department is proud to present the 2022 Spring Jam! This energetic and exciting concert is open to the public and features JCC Rock Ensembles, directed by Bill Eckstrom, performing a variety of selections in a range of styles.

It will also be live-streamed on the JCC YouTube channel.

MAY 6, 2022 Roger Tory Peterson Institute of Natural History, 311 Curtis Street, Jamestown, NY 14701

Take up to an hour to walk through the exhibitions with an RTPI curator and hear about and discuss various pieces, techniques, artists, and more. Questions from tour participants are welcome and encouraged.

Children 10 and under must be accompanied by an adult.

Registration is required. Call 716.665.2473 ext.231 or visit the website to register. You must either be an RTPI member or pay admission to the museum to participate in a guided gallery walk but there is no additional charge for the walk. 716-665-2473

MAY 7, 2022 Stateline Speedway, 4150 Kortwright Rd, Jamestown, NY 14701 Opening Night

Six Pack Racing (Stands: \$10 - Pits: \$30)

(Six Pack Racing Includes: Super Late Models, RUSH Late Models, UMP Modifieds, RUSH Pro Mods, Penn Ohio Pro Stocks & Challengers)

MAY 7, 2022 "I Love My Park Day"- Long Point State Park on Lake Chautauqua, 4459, Route 430, Bemus Point, NY 14712

Join Long Point State Park on Lake Chautauqua for our "I Love My Park Day" event sponsored by the New York Office of Parks, Recreation and Historic Preservation and Parks & Trails New York. This service event is a great opportunity to give back to the community by participating in various projects around the park. Service projects for this year include painting, trail maintenance, planting flower, beach cleanup, and more. Let's continue to enhance our beautiful parks for future generations to enjoy!

This event will take place on Saturday, May 7th at the Picnic Pavilions. The day starts with check in/registration at 9:00 a.m. at the Picnic Pavilions. Projects begin at 9:30a.m. and run until 12:00p.m, with a t-shirt to wrap up the day! Please keep the weather in mind and dress appropriately. Interested? Please register for this event at <https://www.ptny.org/events/i-love-my-park-day>. For more information contact at (716) 354-6232 or email chqparksprogram@parks.ny.gov

For a full look at events in Chautauqua County visit: tourchautauqua.com/events

BOYS AND GIRLS CLUB

BPU

BROOKS HOSPITAL

BUSH INDUSTRIES INC.

CHAUTAUQUA ADULT DAYCARE CENTERS
INC.

CHAUTAUQUA INSTITUTION

CHAUTAUQUA PATRONS

CHILD ADVOCACY PROGRAM

CITY OF DUNKIRK

CITY OF JAMESTOWN

CHAUTAUQUA REGION COMMUNITY FOUN-
DATION

DAHLSTROM METAL COMPANY INC.

ELLISON BRONZE

EXCELCO

FALCONER CENTRAL SCHOOL

FAMILY SERVICE

FREWSBURG CENTRAL SCHOOL DISTRICT

HANSON SIGN

HOSPICE OF CHAUTAUQUA COUNTY

JAMESTOWN BUSINESS COLLEGE

JAMESTOWN PUBLIC SCHOOL DISTRICT

NORTHWEST ARENA

KERSEY AND ASSOCIATES

LIBRARY SYSTEM

LUTHERAN SOCIAL SERVICES

MONARCH PLASTIC

MONOFRAX

PREVENTION WORKS

PRODUCT RING CORPORATION

SOUTHWESTERN CENTRAL SCHOOL

SUPERIOR GRINDING

STEUBEN RURAL ELECTRIC

TITANX ENGINE COOLING INC.

UNITED WAY

VILLAGE OF FALCONER

VILLAGE OF SILVER CREEK

VILLAGE OF WESTFIELD

WESTFIELD FAMILY PHYSICIANS

10 FUN THINGS TO DO THIS SPRING

1. **Spend time outdoors**– Go for a bike ride, take a hike, beach day, or even visit and explore a national park near you.
2. **Get away**– At least once this Spring, get a helpful refresh by taking a vacation big or small!
3. **Go to a farmer’s market or food festival**– Browse a selection of goods, fresh fruits and vegetables, while also supporting small local businesses.
4. **Get organized**– Rejuvenate by doing some springtime cleaning. Get rid of things you don’t touch and clean your living spaces.
5. **Go shopping**– All the new trends start to arrive in stores. Donate and toss your old clothes and get some new picks! To add, hit the winter selections to get some deals for next Winter.
6. **Have a picnic**– Get your friends and or family together and have a picnic of your liking! Enjoy the outdoors!
7. **Celebrate the holidays**– Along with Earth Day, International Women's Day, and Mothers Day, celebrate the holidays like Cinco De Mayo and get into the festivity with food, drinks, and fun time socializing. Get into the spirit!
8. **Go to a music festival**– Get your groove on and get happy by attending a music festival or enjoying the notes of your local bands performing.
9. **Go to an art festival**– Snap out of any lingering winter blues, and take a leisurely walk through local artists stands to enjoy the bright colors and the positivity it brings.
10. **Plant a garden**– Get your green thumb going by getting a variety of plants and create your own garden of beauty.

EAP RECAP: EAP is designed to help you through many problems one may face in their day to day life. This would include, counseling, budget counseling, or even a legal consultation. Not only for you but your family members as well! If you or an immediate family member is in need of an extra push or assistance facing an obstacle, your EAP provider, Family Service of the Chautauqua Region, is just one phone call away! As it is confidential, we want to help YOU better YOU in anyway we can. Don't hesitate!

716-488-1971

Or

1-888-358-3899

For more information about our agency go to:

www.fsmentalhealth.com

“Positive anything is better than negative nothing.” -Elbert Hubbard