

HART partners with Stone Jug & Summer of '69 band

The Summer of '69 Band partnered with the (Ontario House) Stone Jug and the Home Assistance Referral Team for a fundraising event held July 3. Organizers said the evening was filled with great music – and all proceeds benefitted HART.

On hand Wednesday at the Stone Jug to accept a check were members of the Summer of '69 Band and members of the HART board of directors.

“We appreciate the partnership we have with the Summer of '69 and the Stone Jug,” HART board member Cheryl Pfohl said. “We had such a great turnout that both the band and the Jug have agreed to do it again Thursday, Aug. 18.”

“The community continues to support us through our events and other ways, and our organization would not exist without this support,” said Christine S. O’Hara, MS, executive director. “We truly appreciate them.”

The next event will be held from 7-10 p.m. Thursday, Aug. 18 – and once again, all proceeds will go directly to HART. Along with music, there will be a 50/50 split raffle and information about the services HART provides to the public.

HART is located at 505 Cayuga St., Lewiston. It serves all of Niagara County and portions of northern Erie County. The organization is funded solely through donations from individuals and organizations, special events and grants.

To register with the HART team of caregivers and home helpers, apply online at www.hartprogram.org or call 716-754-8313.

Pictured are Chris Harden of The Jug; Vanik Aloian, a HART board member and member of the Summer of '69 Band; Cheryl Pfohl, HART board member; Mike Costello, owner of The Jug; Kevin Toohey, of the Summer of '69; and Patty Berggren, chairperson for HART.



Care-n-Share Food Pantry relocating

As of Aug. 20, the Care-n-Share Food Pantry is relocating to 3745 Ransomville Road (Jill’s Play Yard). Care-n-Share serves the needs of residents from Ransomville, Lewiston, Youngstown, Wilson and Sanborn. It’s moving to a larger

space just up the road from its current site.

“This new location allows for more space and parking opportunities for our clients,” Executive Director Patty McIntosh said. “This location at the former Stevenson Elementary School

has also been the recent site of the mobile pantry, so people are used to coming here.”

The move will take place the week of Aug. 14. As such, the pantry will be closed that entire week.

This new location will reopen

with the mobile food pantry on Aug. 20, and resume regular pantry hours Aug. 23.

The food pantry normally operates from 3:30-5:30 p.m. Tuesdays, 5-7 p.m. Thursdays, and 9 a.m. to noon Saturdays.

Inter-Community Services,

the parent company of Care-n-Share, also operates Wear-n-Share Community Clothing Closet. More information can be found at intercommunityservices.org, or on Facebook at Inter Community Services.

Buffalo Niagara Waterkeeper to host public walking tour

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remaining undeveloped lands along the creek corridor, this site held significant potential for addressing these issues.”

The 30-acre parcel is located just south of the Niagara Falls Airport and Air Reserve complex. Joseph C. Weber Inc. donated it to the Town of Niagara in 2018, following nearly 10 years of coordinated efforts. The property has since undergone a three-phase rehabilitation intended to reduce flooding and improve community access. Restoration work included rerouting the creek through an entirely new channel to reconnect the stream with its floodplain, while incorporating valuable fish and wildlife habitat.

The property is now owned by the town as a permanent protected site.

Buffalo Niagara Waterkeeper is working with the Buffalo Niagara

River Land Trust on conservation easements and adding up to 11 acres of adjacent floodplain forest nearby to the Cayuga Creek footprint. Working with the town, flood mitigation measures and habitat restoration are ongoing.

“The Cayuga Creek Stream and Floodplain Restoration project was finally implemented in spring of 2022, and is currently the only project in WNY of this kind seeking to mitigate flooding through channel reconstruction,” Buffalo Niagara Waterkeeper said. “With designs now complete and permitting underway, we anticipate that restoration work will continue through the year.”

Project goals for the site include mitigation measures, enabling Cayuga Creek to better handle high-volume flooding events; ongoing habitat creation and improvement such as native planting and the monitoring

of invasive species along the creek area; and community engagement, intended to provide public access and educational opportunities and stewardship opportunities.

“BNW is currently seeking funding to complete a full trail system that will provide formal access to this site for enjoyment, as well as educational and stewardship events,” Buffalo Niagara Waterkeeper said.

Funding for the project comes from a number of sources, including: Environmental Protection Fund Title 15 – Climate Smart Community Projects, as administered by the New York State Department of Environmental Conservation; Love Canal, 102nd Street and Forest Glen Mobile Home Natural Resources Damage Assessment and Restoration Trustees; the New York Power Authority – Niagara Power Project relicensing settlement, and Fish and Wildlife Habitat

Enhancement and Restoration Fund; the Ralph C. Wilson, Jr. Foundation; Sustain our Great Lakes Program through the National Fish and Wildlife Foundation; the Host Community Greenway Fund Standing Committee; the U.S. Environmental Protection Agency; and the Coors Seltzer Change the Course Partnership.

Buffalo Niagara Waterkeeper will hold a public walking tour of the Cayuga Creek site from 5:30-6:30 p.m. Wednesday, Aug. 17. To register for the event, visit <https://bnwaterkeeper.salsalabs.org/CayugaCreekTour/index.html>.

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Vitamins causing deficiencies?

Research indicates that synthetic vitamins may actually cause nutritional deficiencies. Synthetic vitamins are made in a laboratory, produced artificially by chemical synthesis, not naturally occurring.

On vitamin labels the word “natural” has no specific definition other than the substance exists somewhere in the physical universe. The key words to look for are “WHOLE FOOD VITAMINS” meaning vitamins as they are found in food, untampered-with in any way.

Vitamins in their natural state always exist as living complexes with specific co-factors (other elements that work with the vitamin to complete its actions in the body), enzymes, phytonutrients (phyto = plants) and organic mineral-activators, and never as isolated single factors. A vitamin needs all of the other elements necessary to function. Literally hundreds of such elements exist, most of which have not yet been studied, but are nevertheless very important.

Taking a synthetic vitamin draws the co-factors from your body. You may feel good for a while but when the co-factors run out, you will begin to feel worse. The prolonged action of the synthetics imitates the action of drugs; they over-stimulate rather than feed your body. Synthetic vitamins will never have the effects of whole food vitamins simply because they are missing many parts of the whole complex. High concentrations have nothing to do with potency and you never see them that way in nature.

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