

Rotary Club of Grand Island to honor members

BY MICHAEL J. BILLONI
Senior Contributing Writer

The Rotary Club of Grand Island will honor six of its long-standing members during a special reception at 5:30 p.m. Wednesday, Nov. 20, in the Grand Island Library's meeting room. The event is free and open to the public.

Rotary District 7090 Gov. David Alexander of the Rotary Club of Welland, Ontario, will join Grand Island President Faye Teluk in presentations to:

• **Jared Barlow**, a member since 1990, who has served as president and secretary. He is a retired doctor.

• **Angelo Palamuso**, a member since 1991, who has served as president, treasurer and secretary. He is a retired banker.

• **Achtar Mirza**, a member since 2007, who has served as president and secretary. He is a retired engineer.

The following Honorary Rotary Club of Grand Island members will also be recognized for their service:

• **John Harbeson**, a member since 1991, who has served as president and as a District 7090 World Community Service chair. He is a retired contractor.

• **Skip Mazenauer**, a member since 1959, who has served as membership chair. He recently retired as publisher of Niagara Frontier Publications, which includes the Island Dispatch.

• **Mike Heigel**, a member since 1993, who previously joined the Amherst Rotary Club in 1987. He has served as president and membership chair. He is a retired teacher.

"These gentlemen truly exemplify the motto of 'Service Above Self,' in which Rotary International and all its clubs is built upon," Teluk said. "We look forward to recognizing these members and thanking them for their years of service in our community."

Niagara Scenic Parkway reimagined phase 3 public meetings to be held

Public invited to review draft concepts

New York State Office of Parks, Recreation and Historic Preservation Press Release

The New York State Office of Parks, Recreation and Historic Preservation has announced the next round of public meetings in the scoping process for phase three of the reimagining of the Niagara Scenic Parkway, between Findlay Drive in the City of Niagara Falls and Center Street in the Village of Lewiston.

Two meetings will be held as follows:

• **Tuesday, Dec. 3, 4-6 p.m.**, at the Niagara Falls Train Station, 825 Depot Ave.

• **Wednesday, Dec. 4, 6-8 p.m.** at the Village of Lewiston Red Brick Municipal Building, 145 N. Fourth St.

For both meetings, a formal presentation will be made at the beginning of the meeting followed by informal conversation and review of concepts with project staff.

The scoping process, which began in early 2024, is considering broad concepts for creating a sensitively configured transportation network along the Niagara Gorge, and will include traffic studies, environmental

review, development of design alternatives, and public engagement. The scoping process is expected to wrap up by August 2025.

While New York State Parks will be the lead agency, the City of Niagara Falls, the Town and Village of Lewiston, the New York State Department of Transportation, USA Niagara and the New York Power Authority will serve as partners.

More information about the project can be found at www.niagaraparkwayreimagined.com.

The New York State Office of

Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, which saw a record 84 million visits in 2023. For more information on any of these recreation areas, visit parks.ny.gov, download the free NY State Parks Explorer mobile app or call 518-474-0456. Joins us in celebrating our centennial throughout 2024, and connect with us on Facebook, Instagram, X/Twitter and the OPRHP blog.

Goodwill accepting items in CVS Plaza

Goodwill of Western New York is now accepting donations at the CVS Plaza in Lewiston. Items may be dropped off, at 795 Center St., from 9 a.m. to 5:30 p.m. Tuesday through Saturday.

To find a list of allowed/not allowed donation types, visit <https://www.goodwillwny.org/donate-stuff>.



IN THE NEWS

Niagara Hospice free community presentation

Press Release

November is National Hospice and Palliative Care Month and a time to raise awareness about the specialized, expert care Niagara Hospice provides in Niagara County. In recognizing the month, the organization is offering a free community presentation, "Advance Care Planning: Advance Directives for Health Care," at 2 p.m. Wednes-

day, Nov. 20, at 4675 Sunset Drive, Lockport.

A press release stated, "Advance care planning is such an important topic, however, it isn't always easy to discuss with loved ones. Advance directives (health care proxy, living will, do not resuscitate order) assure our end-of-life care wishes are followed if we are unable to make necessary decisions for ourselves. Learn more about how to have those discussions and how to make your health

care wishes a priority by attending this free presentation."

The presentation will be facilitated by Cheryl Ferguson, BSW, MSW, who has been a social worker for nearly 20 years.

RSVP to information@niagarahospice.org or call 716-280-0740.

Real Help For Your Health

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Chiropractor



Something has to Change

The goal of my practice is to help my patients and the community live long and healthy lives. It was alarming to find out that in 2022, health care spending in the US accounted for 17.3 percent of the Gross Domestic Product, according to National Health Expenditure Account data. Yet, despite the high spending, the US Health Care System ranks last overall among other high-income countries.

I just returned from the Fall Symposium of Ulan Nutritional Systems, Inc., where I learned breakthroughs in safe, natural and effective ways to help improve the outcomes of children on the Autism spectrum. Additionally, there are advanced nutritional approaches to effectively help women with their unique health concerns during perimenopause and menopause. As there is a link between the gut and the brain, helping to restore the natural gut microbial environment is paramount to both digestive and mental health. Since there is no "one approach fits all" when building back and maintaining health, individual and tailor-made programs must be provided, for the above as well as handling the post-pandemic factors resulting in Long Covid with its many guises that continue to plague the health of the population.

If you are looking to a way to naturally improve your health, call (716)754-9039 for an evaluation and consultation. Rose Chiropractic, P.C. is located at 435 Ridge St. in Lewiston.

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