

GETTING TO THE 'MEAT' OF THE MATTER



SUBMITTED BY LISA BIELMEIER
Orleans/Niagara BOCES Public Relations Director

Orleans/Niagara BOCES science teacher Seth Muck recently spent time with the culinary arts students at the Niagara Career and Technical Education Center. Much, who is also a dairy farmer, gave a

lesson in meat.

The classes of Caitlin Kucharski and Lisa Cook learned about marbling, trimming, butchering and what makes a good cut of beef.

Pictured: Ahlyssa Sanchez (North Tonawanda), J'Shaunna Currie (Niagara

Falls), Nevaeh Everett (Niagara Falls), Kaity Hersee (Starpoint), Gianna Williams (Niagara Falls), Wesley Ziolek (Niagara Wheatfield), Cole Dannan (Niagara Falls), Quinn Jumper (Niagara Falls), Austin Gordon (Wilson), Lamar Brown (Niagara Falls), Rachel Minich (North Tonawanda),

Zaeryn Meiler (Starpoint), Anari Billips (Niagara Falls), Renay Smith (Niagara Falls), Kaydon Johnson (Starpoint), Jayshawn Richmond (Niagara Falls), Asia Fields (North Tonawanda), Jacob Szurgot (Niagara Falls), Jaydie Baez (North Tonawanda) and Joseph Wysocki (Lewiston-Porter).

IN THE NEWS

NCDOH: Free chronic pain self-management workshop

Submitted by the Niagara County Department of Health

The Niagara County Department of Health nursing division, in partnership with the Niagara County Office for the Aging, is offering a free chronic pain self-management workshop. The six-week workshop starts April 15 and is scheduled from 9:30 a.m. until noon Mondays at the North Tonawanda Library, 5050 Meadow Drive.

This program covers both the physical aspects of managing chronic pain as well as the emotional part, and is designed to provide participants with the skills to manage their pain on a day-to-day basis. Workshop topics include: exercise, healthy eating, pain management, as well as how to deal with such concerns as fatigue, sleep problems, difficult emotions, weight loss, and communicating with family, friends and coworkers. The workshop is highly participatory, and each participant is guided to tailor the workshop content to their own needs.

Individuals with chronic pain or caregivers of persons with chronic pain can register for the chronic pain self-management workshop program by calling Stacy Knott, MS.Ed., nursing operations manager, at 716-278-8596.

For information on how participating in the workshops can help you manage your pain, please visit www.niagaracounty.com/ChronicPain.

Additionally, we encourage employers and community groups to contact the NCDOH nursing division at 716-278-8596 if they would like to offer one of our chronic pain, diabetes, or chronic disease self-management workshops to their employees or clients.



Lutheran Church of the Messiah

Pastor Timothy Anas

915 Oneida Street, Lewiston • 716-754-4944

www.messiahlewiston.org

Live Streaming

Palm Sunday 10:00am

Easter Sunday 10:00am

Come worship with us at 8:15am and 10:00am

Coffee and Sunday School Hour at 9:00am



First Presbyterian Church

"Ecumenical Easter Sunrise Service
Old Fort Niagara (at the castle)

March 31st at 6:45 AM

**Easter Sunday
Breakfast**

Free Will Donations
gratefully accepted.
March 31st at 7:30 AM

**Easter Sunday
Worship Service**
March 31st at 10:00 AM

**Everyone
Welcome!**

100 Church St., Youngstown • 716-745-7067

www.youngstownpres.org

Holy Week at
First Baptist Church 2024
1842 Main at Fourth Street, Niagara Falls, NY 14301 • 716-282-4666

March 24th - PALM SUNDAY - 11:00 AM
Festival Service with Distribution of Palms

March 28th - MAUNDY THURSDAY - 6:00 PM
Meal and Divine Worship with Holy Communion

March 29th - GOOD FRIDAY - 12:00 N - 3:00 PM
7 Sections - 7 Meditations - 7 Preachers - Special Music

March 31 - EASTER! - 11:00 AM
Festival Services with Ritual of the Paschal Candle
Rev. Kathleen A. Ordiway, preaching
All services in person and streamed on Facebook

ALL are welcome - www.NiagaraFallsBaptist.org

**Lower Niagara River
Catholic Community**

Holy Week Schedule

St. Peter RC Church Site 620 Center St., Lewiston, NY 14092

Wed, March 27 Tenebrae Service at 7:00pm

Thurs, March 28 Mass of the Lord's Supper at 7:00pm, followed by Eucharistic Adoration until 11:00pm

Fri, March 29 Solemn Celebration of the Lord's Passion at 3:00 pm
Stations of the Cross at 12:00 Noon

Sat, March 30 Blessing of Easter Baskets at 12:00 Noon

Sun, March 31 Mass of the Resurrection of the Lord (Easter Vigil) at 8:00pm
Easter Mass at 8:00am and 10:00am (after 10am Mass)
Easter Egg Hunt on front lawn of St. Peter's rectory)

St. Bernard RC Church Site 218 Hinman St., Youngstown, NY 14174

Thurs, March 28 Morning Prayer at 9:00am

Fri, March 29 Morning Prayer at 9:00am
Stations of the Cross at 7:00pm

Sat, March 30 Morning Prayer & Blessing of Easter Baskets at 9:00am

Sun, March 31 Easter Mass at 11:30am

St. Raphael RC Church Site 3840 Macklem Ave., Niagara Falls, NY 14305

Thurs, March 28 Morning Prayer at 9:00am
Mass of the Lord's Supper at 7:00pm, followed by Eucharistic Adoration until 11:00pm

Fri, March 29 Morning Prayer at 9:00am
Celebration of the Lord's Passion at 3:00pm
Stations of the Cross at 7:00pm

Sat, March 30 Morning Prayer & Blessing of Easter Baskets at 9:00am
Mass of the Resurrection of the Lord (Easter Vigil) at 8:00pm

Sun, March 31 Easter Mass at 10:00am