

Town of Niagara eyeing commercial district group to aid local businesses

BY TIMOTHY CHIPP

Town of Niagara officials are hoping to connect with the local business community through a new committee.

Supervisor Sylvia Virtuoso laid out plans on Wednesday for a commercial district group designed to help bridge the gap between lawmakers and businesses. Especially small businesses.

Called the Town of Niagara Business Liaison Committee, 11 member businesses will lead the first incarnation if approved by the Town Board at its upcoming July meeting on Tuesday.

Virtuoso said the town's business association failed a few years ago because it became focused on activities like fundraising and promoting events. She and a few business leaders looked into reviving the group, but the venture was cost-prohibitive.

"I know how business associations work," Virtuoso said, calling on decades of experience as a member through her independent business. "(The committee) won't have anyone building their resume or looking to make a name for themselves. These are all local businesses with vested interest in the business district. And many of them are the owners."

If the committee is approved, the member businesses will be: The Fashion Outlets of Niagara Falls, USA; Stephanie Neal Insurance; LMG Awards and Trophies; Firth Jewelers; Joe Cecconi Chrysler Complex; American Glass; Tim Hortons; Judi's Lounge; One Hemp Holistics; Workbea; and Cooper Sign Old Glory Flag.

All but Firth Jewelers have also selected their representative, with Virtuoso explaining Firth has multiple individuals who could represent the business on the committee.

There will be no Town Board involvement on

the committee, Virtuoso said, with the primary focus on gathering the business district's needs and bringing it forth to the board in official capacity during future meetings.

Seeking more involvement from the town's businesses was one of Virtuoso's campaign components when she sought the supervisor position this past November. She said she envisions this committee as part of that vision.

Preparing for winter weather

In other Town of Niagara news, Highway Superintendent Richard Sirianni is hoping for support in purchasing a new front-end loader to replace an aging piece of equipment.

"We were lucky it was a mild winter," Sirianni said. "Or we would've had a hard time loading salt."

The town's current machine has broken three times since Sirianni started in his position this past autumn after former Highway Superintendent Robert Herman retired.

It would cost the town about \$225,000, Sirianni said, and would need to be budgeted for next year. If approved at Tuesday's meeting, Sirianni said payments wouldn't begin for an entire year after the purchase is finalized.

Payments would then be made in five annual installments, he added.

The item is not currently budgeted in 2024, and would need to be considered in 2025 and beyond, if approved.

Town officials will consider these and other agenda items at their next meeting, set for 6:30 p.m. Tuesday, July 16, at Town Hall, 7105 Lockport Road.

Empower announces upcoming fundraisers

Submitted by Empower

Empower, a nonprofit human services agency supporting people with intellectual and developmental disabilities in WNY, is announcing three upcoming fundraisers to be held in July and August.

"As a nonprofit, we rely on the generosity of our surrounding community to ensure we can provide the highest possible quality of service at all times to our clients," CEO Diane Baehre said. "Each donation we receive is split evenly between our education, residential and vocational departments, and helps us purchase new equipment, plan additional events and experiences for our clients, and create better programming that improves the quality of life for the individuals with intellectual and developmental disabilities in our care. Every dollar helps Empower continue to provide high quality care, and we are so grateful to many organizations and community members

who regularly support our cause."

Empower has the following fundraisers coming up for community members to support:

√ July 15, 4-8 p.m. – Empower will host the "Music Mania Monday" 50/50 raffle at the Town of Niagara Veterans Park at 7000 Lockport Road.

√ July 16, all day – Empower will participate in Give716, a daylong fundraising program. Donors have the opportunity to have their donations matched and multiplied throughout the day! To participate, use this link starting Monday, July 15 (at 7:16 p.m.), and all-day Tuesday, July 16: https://bit.ly/empower_give716

√ Aug. 1, 3-7 p.m. – Empower will host a Chiavetta's chicken barbecue drive-thru at our Administration Building at 9812 Lockport Road, Niagara Falls. Tickets are currently available for presale at https://bit.ly/empower_chiavettas. Dinners will be available for purchase on location that day. Tickets cost \$15 and in-

clude a ½ chicken and two sides (macaroni and potato salad).

Empower also has several year-round options for donations, which can be submitted through our website under the "donate" tab. Empower also operates two bottle and can redemption centers and a document-shredding business – both of which are run by individuals with intellectual and developmental disabilities participating in Empower vocational programs. These services are located at:

√ 7500 Porter Road, Niagara Falls, for document shredding and bottle and can redemption. A 24/7 drop-off bin and curbside service are also available at this location.

√ 3571 Niagara Falls Boulevard, Suite 12 – North Tonawanda. A 24/7 drop-off bin and curbside service are also available at this location.

For more information about these services, interested parties can call 716-545-0023.

'Yoga on the Stage' offered at Shea's Buffalo

Proceeds benefit ongoing restoration

PRESS RELEASE

The public is invited to a unique opportunity to experience yoga on the Shea's Buffalo Stage. The ticketed event will take place at 6 p.m. Wednesday, July 24. Proceeds from the event benefit ongoing restoration work at the nearly 100-year-old Shea's Buffalo Theatre.

A \$40 ticket includes a one-hour, all-levels yoga class under the lights, on the Shea's Buffalo

stage, to Broadway music. Power Yoga Buffalo instructor Courtney Boland will lead the class. Following the class, participants will have the opportunity to take photos from the stage, hear about preservation efforts, and receive one complimentary glass of beer courtesy of Resurgence Brewing Company, or wine from our friends at Winkler & Samuels.

"Yoga on the Stage" is a fun-

draiser for the historic theater led by Shea's Young Professionals. A limited number of tickets are available. For more information or to purchase tickets, visit <https://www.sheas.org/performances/yoga-on-the-stage/>.

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MON CLOSED
TUE 6AM-2PM - Spaghetti & Meatballs, Chicken Parm, Eggplant Parm, Spaghetti Parm
WED 6AM-2PM - Hot Turkey Sandwich or Fish - Haddock: Breaded-Battered-Baked w/Potato & Coleslaw
THURS 6AM-2PM - Meatloaf or Fish
FRI 6AM-2PM - Haddock, Fish Sandwiches, Tuna Melts & New England Clam Chowder
SAT & SUN OPEN AT 6AM - Eggs Benedict, Banana Walnut Pancakes, Spinach & Feta Omelet & Our Full Breakfast & Lunch Menu
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You may have Long COVID, if...

Although the pandemic is officially over, there are still several post-pandemic factors affecting the health of Americans.

Long COVID is the name researchers have given the most prevalent of these factors. According to the Centers for Disease Control (CDC) Long COVID can include a wide range of ongoing health problems that can last weeks, months, or even years.

The most troubling part of Long COVID is that there is a wide variety of possible symptoms. This makes it hard to diagnose. According to the CDC, Long COVID includes more than 200 symptoms that impact multiple organs systems.

General symptoms include tiredness or fatigue that interferes with daily life and symptoms get worse after physical or mental effort. Respiratory/heart symptoms can be difficulty breathing or shortness of breath, cough, chest pain or fast beating or pounding heart (palpitations). Neurological symptoms consist of difficulty thinking/concentrating ("brain fog"), headaches, sleep problems, dizziness when you stand up (lightheadedness), pins-and-needles feelings, change in smell or taste and depression or anxiety. One may also experience digestive problems, such as diarrhea or stomach pain. Other symptoms include: joint or muscle pain, rash, and changes in the menstrual cycles.

As nutrition is key to a healthy immune system and a core factor in addressing Long COVID, call (716)754-9039 and ask for our informative booklet on the subject. Rose Chiropractic, P.C. at 435 Ridge St. in Lewiston. (References for the above statements are included in the booklet.)

Orleans County 4-H Fair
July 22-27, 2024
Midway by Main Event Amusements
A program of Orleans County Cornell Cooperative Extension.

Unlimited week long admission \$5 each
Free parking
12690 NYS Rt. 31 Albion, NY 14411

Orleans4-hfair.com for schedule and more

Lutheran Church of the Messiah

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www.messiahlewiston.org

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