

Griefshare support group to resume

The Griefshare support group will meet for 11 weeks at Colonial Heights Free Methodist Church. Organizers said, "A free support group for people that have lost a loved one, Griefshare provides a warm, caring environment on your grief journey, and

will meet on Thursday evenings at 6:30-8:30 p.m. starting Sept. 12." Register in person or at www.Griefshare.org/find-agroup. Each support group session includes three sections: video-based seminars by experts and fellow so-

journalers, group discussion, and personal journaling workbook. The workbook cost is \$20. Scholarships are available. There is no additional registration fee. One may begin attending Griefshare at any point. Sessions are self-contained, and do not have to

be attended in sequence. Pick up missed sessions in the next cycle. Colonial Heights Free Methodist Church is located 1310 Saunders Settlement Road, Niagara Falls. For more information, call the church at 716-297-5320.

Town of Niagara (cont.)

Continued from Page 1
machines in the Goodyear plant where he works.

"When (the Niagara Town Code) was adopted, people didn't invest in cryptocurrency," Risman said earlier this month.

Following the public hearing, the board could decide to adopt the proposed moratorium, which would grant the town one year to research and figure out their next steps, legally.

This isn't the first time in recent years the town has chosen to implement, or consider implementing, a moratorium concerning select business uses for commercial property.

In September 2023, town officials opted to avoid a moratorium on self-storage units in commercial zones – a business use originally for industrial – through a revised local law changing the zoning uses.

In June 2023, the board approved a six-month moratorium on wind and solar farms, meant to allow the current board installed in January to proceed with regulating the uses how it saw fit.

In other board news, Virtuoso requested the board approve a three-person board of ethics in the town.

Judy Villani, Stephanie Tobey and Janet Edwards were nominated to fill the positions.

Virtuoso said the board doesn't meet unless there's a need. The last time a need arose was in 2013, she said.

"We don't want to wait until we have a problem," Virtuoso said.

Niagara County clerk says REAL ID requirements go into effect in less than 9 months

Submitted by the Public Information Office

Niagara County Clerk Joseph A. Jastrzemski reminded residents the federal REAL ID requirements will go into effect in May 7, 2025, less than nine months away. That means you will need a REAL ID to board any domestic flights, enter a military base and access certain federal facilities.

"The REAL ID requirement was supposed to take effect on Oct. 1, 2020, but was postponed several times due to the COVID-19 pandemic," Jastrzemski said. "Now, we are at the point where citizens have had ample time to prepare, and the federal government is moving full speed ahead. Let me stress this means you will not be allowed to board any flight in the United States without a REAL ID beginning May 7, 2025."

According to Jastrzemski, New York's REAL ID license, enhanced driver's license and a passport all meet the federal requirements. Residents do still need a passport to fly to other countries.

"People need to think about which ID is right for them," Jastrzemski said. "I often urge people to strongly consider getting a passport, since it will cover domestic flights, trips to Canada and any other international travel. While it costs a little more than the New York State Real ID and enhanced licenses, it is good for 10 years and will meet every one of your travel needs."

Jastrzemski said residents can visit <https://dmv.ny.gov/get-enhanced-or-real-id> to learn more about the different ID options. Those interested in obtaining a passport can learn

more about those requirements at https://www.niagaracounty.gov/departments/a-f-county-clerk/passport_information.php.

Jastrzemski also said New York's compliance with the REAL ID Act's provision for state-to-state verification is now in effect. In Niagara County, this impacts a small number of people who have a non-driver ID in New York and a driver's license in another state. As required by REAL ID, New York has begun notifying other states of a person's non-driver NY identification, which could lead to their driver's license in the other state being cancelled, as many states only allow one credentialed ID. Those impacted should have received a letter from the state Department of Motor Vehicles on what they must do and, if they have not already taken action, should do so immediately.

IN THE NEWS



NFHS to host veterans appreciation event

Niagara Falls High School will host a veterans appreciation day from 1-4 p.m. Saturday, Sept. 28, at the school, 4455 Porter Road. The event will feature free food and drink for all veterans and their families. Also included will be music with band Wood n Steel, plus a basket auction.

"Veterans receive a \$10 gift card, one sheet of basket auction tickets, a free haircut and massage (if desired), and entry into a special drawing," organizer Mary DeBacco said.

To RSVP or for more information, call 716-282-2255.

Ceremony for WNY Iraq/Afghanistan Memorial

The Western New York Iraq/Afghanistan Memorial will hold a rededication ceremony at 11 a.m. Saturday, Sept. 7. The memorial, located in the Buffalo and Erie County Naval and Ser-

vicemen's Park, was completed in September of 2014 and honors the military service members from Western New York who passed away while serving this country during the Global War on Terror.

Featured on the memorial are three granite structures: an "I" for Iraq, an "A" for Afghanistan, and a "V" for veterans. It contains the names of the more than 70 men and women who lost their lives while on active duty. These structures are surrounded by benches representing the branches of the military service.

All are welcome. Light refreshments will be served.

North Tonawanda and Wheatfield Seniors trips

•Sept. 18: "A Visit to Ontario County," from 9 a.m. to 5 p.m. Begin the day at Powers Farm

Market for fresh produce, baked goods or crafts. Enjoy an Italian buffet lunch at Otto Tomato's then spend the afternoon at the Ganondagan State Historic Site – the only NYS historic site dedicated to a native American theme. Learn how the Seneca Nation influenced our modern understanding of equality, democratic government, women's rights, ecology and natural foods. The cost is \$104.

•Oct. 16: "Backroads Amish Adventure," from 8:45 a.m. to 5:45 p.m. Meet the Amish people of Conewango Valley. Visit various homes for beautiful handmade quilts, fresh garden produce, fresh baked goods, a cheese shop, and a blacksmith shop where we learn how to shod a horse and other information about the Amish, their horses and their way of life. Lunch is included. The cost is \$105.

All trips depart from the De-

partment of Motor Vehicles parking lot at 500 Wheatfield St., North Tonawanda. For more information or to make a reservation, contact Jean at 716 694-5567 or jeanmarshall39@yahoo.com.

The Youngstown Village Diner

425 Main St., Youngstown • 716-745-9858

~ WEEKLY SPECIALS ~

- 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
 - THURS 6AM-2PM - Patty Melts or Fish - Haddock: Breaded-Battered-Baked
 - 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
- With a View of Niagara River*

Lutheran Church of the Messiah

Pastor Timothy Anas
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www.messiahlewiston.org



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Real Help For Your Health

Presented by
Dr. Glenda R. Rose
Chiropractor



Natural Solutions for COVID Long-Haulers

Because Long COVID has so many different symptoms, and it can manifest differently for everyone, knowing what natural solutions to choose can be tricky.

Since the pandemic, scientists, doctors and even government officials have made it clear that nutrition is key to a healthy immune system. The Food is Medicine movement is gaining support from many prestigious institutions, including the federal government.

What you eat is a core factor in addressing Long COVID. Nutrients such as vitamins (e.g., vitamin C, vitamin D), minerals (e.g. zinc, selenium) and antioxidants found in fruits and vegetables provide building blocks for the immune system. A well-balanced diet ensures that the immune system can effectively recognize and combat pathogens, including bacteria, viruses and other invaders such as spike proteins.

On the flip side, a poor diet, high in sugar, processed foods and unhealthy fats, can weaken the immune system's defenses, making the body more susceptible to infections.

Therefore, a nutritious diet that has the right components for your body's needs plays a crucial role in bolstering your natural defense mechanisms and promoting overall health and well-being.

For an informative booklet with references presented by Ulan Nutritional Systems, Inc., call (716)754-9039. Rose Chiropractic, P.C. is located at 435 Ridge St. in Lewiston.