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► Jingle Falls USA: Festive holiday tradition spreading cheer in downtown Niagara Falls

► Fashion Outlets hosts 'Doughnuts With Santa' benefitting Niagara Falls Firefighters Christmas Toy Fund

► State Parks, Niagara Falls USA to host NASA for 2024 eclipse festivities



► Holiday planning and meal tips to last you through the seasons

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'WE CANNOT AFFORD TO LOSE' LOCAL NEWSPAPER

I want to thank Skip and Judy Mazenauer, owners and publisher of the Tribune/Sentinel, and their dedicated staff, for their continued promotion of our local businesses, nonprofits and schools, and for keeping the public informed about local government issues. The recent story about the Como Restaurant possibly closing for good made me wonder: Without you, how would

we know what is happening in our community?

Newspapers across the country find it challenging to continue providing readers with news in print form. Many have closed down, and some have moved online, only to find out that revenues, in many cases, cannot support that option either. Researchers at Harvard and other universities have gloom forecasts for printed

newspapers because of the rising cost of printing and distributing their papers. The COVID pandemic financially devastated businesses. They are still trying to recover and, as a result, cannot continue to advertise at their prepandemic levels, and some are unable to advertise at any level.

If we want to keep this treasure, I urge everyone in this community to support the Tribune/



Sentinel in any way you can. We cannot afford to lose it. I prefer to go to a paid subscription, if that is what is necessary to keep it operating. Having a complimentary newspaper of this caliber is rare in this country.

Please support our local paper.
Vincent Agnello

Consider Heart, Love & Soul this holiday season

GUEST EDITORIAL
BY MARK BAETZOLD

Executive Director of Heart, Love & Soul

Heart, Love & Soul is a nonprofit hunger-relief and social services agency in Niagara Falls dedicated to nourishing people in need – body, mind & soul. We offer services such as a food pantry, daily meals, community health nursing, shower and laundry facilities, and more. The services we provide have been critical to the safety net for thousands of Niagara Falls residents who might otherwise fall deeper into poverty.

With 2023 almost behind us, we have seen that hunger in our community is on the rise. Between Jan. 1 and Oct. 31, our meal distribution from the food pantry increased by 81%, while dining room meals increased by 36% compared to the same time period in 2021. Added to this, we are experiencing substantially higher food costs propelled by heightened inflation. A USDA report notes that inflation has risen more than 20% between 2018 and 2022. In 2024, food costs are expected to increase by 2% to 2.5%. We project that our food costs will outpace our food dollars (through NYS Hunger Prevention and Nutrition Assistance Program, Nourish NY, and the Emergency Food and Shelter Program) by \$144,000.

Heart, Love & Soul cannot absorb this margin indefinitely. Our resources have been stretched to the limit. I recently asked Gov. Kathy Hochul, Sen. Rob Ort and



Heart, Love & Soul is a non-profit hunger-relief and social care agency in Niagara Falls that nourishes people in need.

Most Needed Items:

- | | |
|---|--|
| <p>Non-perishable food items:</p> <ul style="list-style-type: none"> • Sugar • Jelly • Soup • Pasta & rice side dishes • Pasta sauce • Pork & beans • Vegetable oil • Canned ravioli, chili or spaghetti o's • Crackers • Cereal • Mustard, ketchup & mayo • Salad dressing • Instant oatmeal packets | <ul style="list-style-type: none"> • Toilet paper & Paper towels • Shampoo & Conditioner • Toothpaste & Toothbrushes • Shaving razors • Feminine care products • Adult incontinence products • Body wash (male & female) • Tissues • Deodorant (male & female) • Color-safe bleach • Laundry detergent • Diapers sizes 3,4,5,6 • Cat food • Winter clothing new: hats, gloves, jackets |
|---|--|

Monetary donations also accepted:



Drop donations off during business hours from 8am-4pm at Upward Niagara Chamber of Commerce 895 Center St, Lewiston, NY 14092
Contact Jenn Stahlman for more information at 716-282-5687 x103

Assemblyman Angelo Morinello to support bills A.6214 and S.7663 to increase funding to HPNAP, Nourish NY, and other critical food supports. I encourage you to visit [https://feedingnys.org/state-](https://feedingnys.org/state-priorities/)

[priorities/](https://feedingnys.org/state-priorities/) to sign the petition. More immediately, you can help us alleviate this challenge by donating to our holiday essential items drive to replenish our food pantry shelves and counteract the

escalating costs. We are in need of various nonperishable items such as sugar, jelly, soup, pasta and rice side dishes, pasta sauce, pork and beans, vegetable oil, canned ravioli, chili, crackers, as well as non-food items like toilet paper, paper towels, shampoo and conditioner, toothpaste and toothbrushes, shaving razors, feminine care products, adult incontinence products, body wash, tissues, and more. For a comprehensive list, please visit our website at www.heartloveandsoul.org/donate-food-supplies.

During these difficult times, the support of our community is crucial. If you find yourself out shopping on Small Business Saturday (Nov. 25 in the Niagara River Region), or during the Christmas Walk (Dec. 1-3, Village of Lewiston), we invite you to drop off nonperishable items in the designated bin at the Upward Niagara Chamber of Commerce located at 895 Center St., Lewiston. Alternatively, you can conveniently drop off items in the Upward Niagara Chamber office during business hours (8 a.m. to 4 p.m.) until Dec. 22. Monetary donations are always appreciated and can be made through our website at www.heartloveandsoul.org/donate. Your help is invaluable in helping us continue our mission to nourish people in need.

Thank you for supporting Heart, Love & Soul to alleviate hunger and provide vital services to our community.

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