



## 10th annual 'Saturday for Soldiers' in Youngstown

Colleen Mary Summerville of Youngstown invites residents to join her in supporting the 10th annual "Saturday for Soldiers." The all-ages event will be held from 1-4 p.m. Saturday, Nov. 26, at the Ontario House on Lockport Street.

"Let's make this holiday season very merry and full of Thanksgiving for our veterans and active military men and women!" she said. "Please join us this Saturday."

She continued, "We encourage the participation of your friends and family! All the cards we make and all items collected will be brought to those who so faithfully are serving, and have served!"

Residents are asked to bring Christmas Cards to write to ser-

vice members, and various necessities – all intended to help brighten the holidays for the nation's service men and women. Items include fast-food gift cards, socks, scarves and gloves, toothpaste/brushes, deodorant, razors and shaving cream. In addition Summerville requests black socks without a logo, specifically for active military members; plus Advil, hard candy such as Lemonheads, Jolly Ranchers, etc., as well as chocolate, gum, licorice, small notebooks/pens and playing cards. Nonperishable food items, and used or new men/women's winter coats are also welcome.

For more information, Summerville can be contacted at 716-531-6701.

## Totally Buffalo Store opening 5th location, on Black Friday in Niagara Falls

The Totally Buffalo Store will be debuting its fifth location this month: at Military Road in Niagara Falls – just across from the Fashion Outlets Mall. The Totally Buffalo Store will celebrate a grand-opening at the new location on Black Friday, from 8 a.m. to 6 p.m. Nov. 25.

Building off the success of its flagship location on Sheridan Drive in Amherst, the new store will showcase Buffalo-themed apparel, signs, licensed Bills items and more.

Owners said the Totally Buffalo Store continues to be a true one-stop shop for all things Buffalo and all things local.

"I'm a Falls girl, born and raised, so this new location is extra special for me," said Mary Friona-Celani, president of To-

tally Buffalo Inc. "We are beyond excited for our fifth location to be in my hometown, and we are truly blessed to have a full stock of products made almost exclusively right here in Western New York."

The grand-opening will feature giveaways and special door-busters for those attending.

The Niagara Falls location joins the Totally Buffalo family of stores located in Amherst (3328 Sheridan Drive), Orchard Park (Quaker Crossing Shopping Center), downtown Buffalo (inside the Teddy Roosevelt Museum on Delaware Avenue) and Depew (inside Elaine's Flower Shoppe on Transit Road).

For more information, or to shop online, go to [www.totallybuffalostore.com](http://www.totallybuffalostore.com).

## Deposits for Food continues SUPPORT OF PANTRIES



Deposits for Food presented Thanksgiving holiday checks to four Niagara County food pantries this week, totaling \$2,000. The proceeds are the result of collections of returnable containers and scrap metal during the fall season, according to D4F founder Angelo Sarkees of Lewiston.

Sarkees said he has begun his ninth year of providing support to the groups through his efforts. He noted he was particularly grateful for reaching two significant milestones: a total of 1 million containers collected in the fall of 2021, and \$100,000 in donations this past Earth Day.

Sarkees extended thanks to his family and friends and all his supporters and donors for their continuing support, as well the area's pantries for their work in the community.

He is shown with officials of the Wilson Food Pantry and Care-n-Share in Ransomville at the check presentation. Sarkees closed by urging all in the River Region to remember the area's food pantries when making their holiday charity considerations. He can be contacted at [sarkeesa@yahoo.com](mailto:sarkeesa@yahoo.com). (Photo by Terry Duffy)

## HART adds board members

Home Assistance Referral Team Chairperson Patricia E. Berggren announced the appointment of four new board members to the HART board of directors: Bruce Brundidge, a retired school counselor and college adviser; Alicia L. Scott, DNP, NP-C, a nurse practitioner at Niagara Falls Memorial Medical Center; Ronda Ley, a retired attorney who served as regional director of the National Labor Relations Board in Buffalo; and Kris Hibbard Trunzo, owner and executive of several of the Hibbard groups of businesses in Lewiston, including the "famous" custard stand and adjacent liquor store.

Berggren said, "I am thrilled to have these four individuals join our organization. They bring a

vast majority of expertise in many areas and will complement the present members of our board, including honorary board member, Irene Elia, Ph.D.; David Mansour, attorney at law; community volunteer Chery Pfohl; Nicolaus VanCleave, CPA; Vanik Aloian, musician and community volunteer; community volunteer Nancy D'Arcangelo; Marcia Jones, M.S., Ed., service coordinator, Wheatfield Towers/Sawyer Gardens; Tammy Ooft, property manager, Elderwood Residences at Wheatfield; and Judy Tederous, retired, Niagara County Employment and Training."

HART is located at 505 Cayuga St., Lewiston. It serves all of Niagara County and portions of northern Erie County. Visit [www.hartprogram.org](http://www.hartprogram.org) or call at 716-754-8313 for more information on home care or to join the team of caregivers.

hartprogram.org or call at 716-754-8313 for more information on home care or to join the team of caregivers.

## Real Help For Your Health

Presented by **Dr. Glenda R. Rose** Chiropractor



### ACID INDIGESTION?

**Fact: At least 90% of those suffering from "Acid Indigestion" and/or "Acid Reflux" are in reality suffering from too little stomach acid.**

"How can this be?" you ask. "It feels like too much acid, and the TV commercials tell me it's too much acid."

**Here's how it works:** When you eat a meal, the stomach is designed to produce strong acid to begin the digestive process, especially of proteins. When there is too little stomach acid, the food sits too long in the stomach undigested, and begins to ferment and rot. **It is the acids of the fermenting and rotting food that cause the feeling of acid indigestion.**

Sufficient stomach acid is also the signal to the small intestine to open up, receive the stomach contents, and begin the next phase of digestion. When this signal is too weak, the stomach contents may try to escape in the other direction, causing the symptoms of *acid reflux*.

**What happens when antacids are taken for this condition?** It makes the symptoms stop and the problem worse. *Antacids stop the digestive process, and the partially digested, rotting food is forced through the rest of the digestive tract. Also, calcium and most other minerals cannot be absorbed, nor proteins broken down without a strong acid medium in the stomach.* Antacids and acid stoppers create an alkaline condition in the stomach. As this condition continues, the digestive tract becomes weaker and weaker and more toxic, which can lead to more serious problems.

**There are safe, natural and effective solutions to improve health. Call (716)754-9039. Rose Chiropractic, P.C. located at 435 Ridge St., Lewiston.**

This article is not intended to diagnose, treat or cure any disease or to make any medical claims. It does not supplant competent medical care, or dissuade anyone from seeking competent medical attention for any injury, illness, or other physical condition.

**Payne Avenue Christian Church**  
1459 Payne Avenue, North Tonawanda

**Chivetta's BBQ**  
Saturday, December 3rd  
Noon to 4 (or sold out)  
\$13 per Dinner

Tickets not needed • Drive thru pick-up

**2023 VACANCIES**  
**TOWN OF WHEATFIELD**  
As of January 1, 2023 vacancies will exist for the following positions:

- Town Historian
- Zoning Board of Appeals
- Planning Board
- Bingo Inspector
- Grant Writer
- Town Prosecutor
- Town Attorney
- Town Engineer
- Senior Citizen's Leader

Please submit a letter of interest addressed to:  
Kathleen Harrington-McDonell, Town Clerk  
Wheatfield Town Hall  
2800 Church Road  
North Tonawanda, NY 14120

Postmarked by December 16, 2022