

# 'Sprinkles of Kindness' at West St. Elementary

Submitted by Danny Maerten

On Thursday, Nov. 16, the K-Kids of West Street Elementary hosted "Sprinkle Kindness Like Confetti Day" sharing kindness throughout the school.

As the students arrived and entered the school, each pupil was handed a doughnut with sprinkles by the K-Kids, then proceeded to their assigned rooms. After the morning announcements, two students from each class proceeded back to the school lobby to write on a colored cut of paper. There, they wrote to a friend, fellow student, teacher, or school staff member some thankful words of kindness, later to be delivered to that particular person by the K-Kids.

Before returning to their classes, some extra doughnuts were delivered to the business office, located in a pod of West Street. The "Sprinkles of Kindness" were well appreciated by Niagara Wheatfield Superintendent Daniel Ljiljanich, Assistant Superintendent Thomas Stack and the entire administration staff.

The K-Kids of West Street completed a Thanksgiving food drive involving all grade levels. They created posters and packed col-



lected items ready to be delivered. Another project was advertising, collecting and boxing surplus Halloween candy from the student body. This assortment was in support of Happy Holidays for our Troops. The K-Kids have presented two assemblies centered on Stephen Covey's "7 Habits." Members of 2023-23 West

Street K-Kids are Miranda Orluk, Kellyann Genter, Geveieve Ferris, Lia Getman, Isabella Printup-Verlle, Nora Radhakrishnan and Mia Larson-Rank. The K-Kids are sponsored by Kiwanis Club of Niagara Wheatfield. Their adviser is school counselor Lenore Palmeri. The Kiwanis Club adviser is Danny Maerten.



## I WAS TIRED OF LIVING IN PAIN

**A local clinic is having great results helping patients live free from the constant pain and suffering associated with Failed Back Surgery Syndrome (FBSS)**

If you are suffering from FBSS you understand this sentiment all too well. Local resident Darlene found herself at a turning point when she noticed her pain had started to take a toll on her marriage.

"I was angry all the time, I was told that having low back surgery would reduce my chronic pain, but it left me with a nagging pain in my back and numbness and tingling in my left leg. I was angry because of all the things that I couldn't do anymore because of my pain. That anger cycled through to depression and affected everyone around me, especially my husband. It made our lives miserable."

For most patients, undergoing a spine surgery will alleviate a bunch of debilitating symptoms that interfere with day-to-day functioning. Unfortunately, this is not always the case for many. Sometimes, things go wrong—or more accurately—they fail to achieve the desired results.

"There are many different reasons that a doctor might classify a surgery as a failure, explains Stacey. For instance, it may simply be that the procedure doesn't alleviate the patient's initial condition, or it leads to other complications. The most common symptoms that we see patients suffering with are persistent pain in the neck or back after the surgery, or pain, numbness and tingling that involves the limbs."

Your doctor may suggest further surgical procedures, injections, or pain medications, but for many these options still do not provide lasting relief, or leave you with other side effects that are undesirable.

"I could barely stand to have the light weight of bedsheets touching me, much less a hug from my husband," explains Darlene. "I was tired of living in pain."

In her research Darlene discovered that acupuncture can help to ease pain and improve the quality of life in many chronic pain patients. She was then determined to find the best practitioner, that is how she discovered Stacey Austin Acupuncture in Lockport.



Stacey has spent over a decade successfully treating difficult to manage chronic complex pain conditions, such as FBSS, using the time-tested science of acupuncture integrated with modern medical advancements in healing and recovery.

"I feel like a new person. My husband comes with me to my appointments and often thanks Stacey for giving him back the woman he married. For the first time in a long time I feel good and I feel hopeful."

"When people contact us, we have to have realistic expectations that we can help them. We cannot help everyone," explains Stacey. "If someone has a hardware failure, the hardware issues need to be addressed with their surgeons before we can discuss starting a treatment program."

If you are suffering with a chronic pain condition resulting from a failed surgery, it is time to call Stacey and the staff at Stacey Austin Acupuncture.

Stacey is accepting new patients, and for a limited time will be offering \$30 consultations, so call before January 1st to schedule your consultation today.

**Call us at 716-628-3802 to learn more and schedule your consultation today.**