

Container collections assist area food pantries



Angelo Sarkees of Deposits for Food teamed up this week with Doug Adamson of the Porter Empty Return Center to present donations from returned beverage collections associated with the Deposits for Food campaign. Donations came from can and bottle collections from the summer and fall season by Sarkees, as well as proceeds of collections from the Porter Empty Return Center. A total of \$1,000 was collected, with \$500 each going to assist both the Care-n-Share and Wilson Community Food pantries.

In the photo, from left: Adamson; Linda Lederhouse, operations manager of Care-n-Share; Janet Hoffman, administrator of the Wilson Community Food Pantry; and Sarkees of Deposits for Food.

Sarkees and Adamson said they would like to thank all the workers and donors who contributed, and especially the workers at the food pantries for their community service. (Photo by Terry Duffy)



Porter/Youngstown Christmas Baskets Program nears completion

The holiday collections are winding down for the annual Town of Porter/Village of Youngstown Christmas Baskets Program.

In the photos, members of Youngstown Boy Scout Troop 829 are shown with their nonperishable foods collection held in the village last weekend in partnership with the Youngstown Lions Club.

"Many thanks for so many in our community for their generosity in helping neighbors in need!" said Aaron Swanson of Troop 829.

Lewiston-Porter Retired Elementary Teacher Elvies Susan Zolnier, Margo Spring and Nancy Orsi delivered the collected gifts to the Youngstown Village Center gym for the Christmas Baskets Program.

This week, program volunteers are finalizing the various food baskets and gift boxes for delivery to needy families in the River Region. Volunteers are still needed to help deliver the gift and food baskets starting at 9 a.m. Saturday, Dec. 16. Those interested can contact steering member Colleen Johnson Summerville at 716-531-6701. (Submitted photos)



LPD cars to get new cameras

Town Board approves purchase, park work

BY TERRY DUFFY
Editor-in-Chief

The Town of Lewiston handled a few interesting news items of note, at its relatively brief work session Monday in Town Hall.

Leading off, residents can look forward to seeing updated law enforcement equipment on area roads, as the Town Board approved an agreement calling for the acquisition, installation and maintenance of new cameras in all Lewiston Police Department vehicles.

"We had a meeting with the chief and the captain," said Town Supervisor Steve Broderick as he discussed the new LPD agreement with Axon Enterprise, the U.S. Border Patrol and Homeland Security. "Axon Enterprises has made a proposal for in-car cameras."

Currently, Lewiston officers have body cameras, but LPD vehicles are not so equipped.

Broderick said he received a quote of \$38,702 from Axon, an Arizona company that develops technology and weapons for law enforcement. He said the agreement would cover the purchase, installation, plus five years of maintenance for the high-tech cameras.

"Annually the chief has an agreement from Border Patrol ... a program called Stone Guard. They promised us \$12,000 a year to help offset this cost."

The purchase would cover said installation of 13 new cameras in LPD patrol cars, according to Police Chief Frank Previte.

He said, "They're in car-cameras that not only capture the driving, but they also have cameras facing the rear and any prisoners we may have. And built into these are license plate readers. It's a dual technology."

The board unanimously approved the motion.

Councilman John Jacoby said, "This is really kind of overdue. With our communities we serve, this will be more safe for the police, for the public."

Also approved that evening was \$59,700 in town spending for the new Lewiston Riverfront Park on Lower River Road. The spending to town engineering firm GHD calls for roughly \$10,000 in design and survey work to include new kayak launch toward development and designs of a new boardwalk in the park.

"We're going to begin advertising for bids for design and construction work for the boardwalk," said Town Engineer Bob Lannon of GHD.

Broderick said, "Once the design of this is finished, we're going to be going back to Greenway for the kayak launch (funding)."

The motions went on to be approved unanimously by the board.

IN THE NEWS

Update on Rainbow Bridge car accident

Submitted by the City of Niagara Falls Public Information Officer
Per Police Department Superintendent John Faso:

The investigation into the crash at the Rainbow Bridge is continuing by the Niagara Falls Police Department's crash management unit.

The data recorder for the vehicle has been recovered, but appears to have been severely damaged in the crash. Officers are diligently working toward recovering any information from the recorder.

Investigating officers are in communication with Bentley Motors. They have provided us with documentation about prior recalls, as well as general information about the data recorder, "black box" (location in the vehicle, etc.)

Bentley Motors is requiring subpoenas to release any personal information, documentation, and records on this particular vehicle. Our officers are working with the Niagara County District Attorney's Office to secure said subpoenas.

NFPD has been in contact with the National Highway Traffic Safety Administration and the National Transportation Safety Board. We have been advised they are meeting this week to discuss the crash and other Bentley issues.

We are waiting on the medical examiner's report.

As this investigation progresses and more information is gained, NFPD will do our best to get it out.

Awan to head Lewiston Primary Care

Niagara Falls Memorial Medical Center announced the appointment of Dr. Mohammad Bilal Awan, M.D., as the head of the Lewiston Primary Care Center, effective Jan. 15. It stated, "As a distinguished primary care physician with vast experience in internal medicine, Awan is committed to elevating the level of care provided at the Lewiston Primary Care Center to meet the community's growing health care needs."

Awan has served as the site medical director at Neighborhood Health Center in Buffalo since July 2022. Prior to this role, he worked as an internal medicine physician at the same institution.

A graduate of Saba University School of Medicine in the Dutch Caribbean, Awan distinguished himself early in his career, graduating with honors and receiving the Dean's Award for Clinical Excellence in April 2017. Following graduation, Awan completed his

residency in internal medicine at the University at Buffalo.

Certified by the American Board of Internal Medicine (ABIM) since October 2020, Awan is also a BLS (Basic Life Support) certified health care provider.

He is now accepting new patients at the Lewiston Primary Care Center, 4600 Military Road Suite A. To schedule, call 716-298-4050.

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An individual under stress or with a weakened health condition is more likely to get sick than a healthy person exposed to the same germ. In order to take hold and make a person sick, germs need an environment conducive to their growth and development. Our health is based on a properly functioned nervous system, immune system, endocrine system, etc.

Basic microbiology teaches that the capability of an organism to cause disease is determined by its genetic properties, which may only be expressed under certain conditions. However, this must be weighed against the ability of the host (infected person) to repel the invasion and prevent injury.

There are certain basic health habits that anyone can adopt to enhance their body's general health. It may sound like common sense, but you actually have to do it to get the result. Habits such as: proper sleep (7-8 hours/night), drinking plenty of pure water, breathing fresh air, eating lots of fresh or minimally processed fruits and vegetables (preferably organic), organic chicken, pastured eggs, wild caught fish and grass fed meats. Improving health also includes moderate regular exercise, like walking and taking time for relaxation.

As a general rule, avoid milk, ice cream, cakes, candy, cookies and pop. Milk is a mucus builder, which can provide an environment favorable to certain germs. Sugar can suppress the immune system, making it less able to fight back.

Keeping your spine in alignment through chiropractic helps improve your health and has been found to keep your body's systems functioning well. Certain whole food nutritional supplements and herbs may help the cells and tissues of the body improve resistance through your body's own internal defense system.

Rose Chiropractic, P.C. is located at 435 Ridge St., Lewiston. Call (716) 754-9039 for your personal program to improved health.

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2023 Newsletter

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