

# Celebrate summer at Lewiston GardenFest

Lewiston Garden Club to present event June 17 & 18

Press Release

Lewiston GardenFest, presented by the Lewiston Garden Club, is set for 10 a.m. to 5 p.m. Saturday, June 17, and Sunday, June 18, along Center Street. The festival includes approximately 70 vendors selling flowers, plants and handcrafted garden art essentials, along with a garden walk, speakers, a container garden contest, and more throughout the weekend.

"Celebrate summer at Lewiston GardenFest and come away inspired to enhance your own green spaces," said Mary Ann Yates, chair of Lewiston GardenFest. "While the event is free to attend, proceeds from Lewiston GardenFest support Lewiston Garden Club's ongoing beautification efforts and scholarships for local youth. Your support for the festival and our various vendors directly helps to enhance the beauty of our historic village."

With a free garden walk, festivalgoers can also visit several public and private gardens throughout the event weekend. The gardens vary in size and style and are located both within walking distance, and a short drive



Lewiston GardenFest file photos courtesy of the Lewiston Garden Club.

terfly population; and at 1 p.m., Tim Zimmerman from Medford Nursery will share information about plants that thrive in this growing area.

At 1 p.m. Sunday, Sally Cunningham, an author, garden columnist and consultant, will share details for tweaking old landscapes into ones that are more pollinator-friendly.

The youngest gardeners can decorate flower garden rocks or create colorful tissue flowers, both while supplies last. Representatives from Cornell Cooperative Extension will also be available in Hennepin Park to answer

gardening questions and provide free soil sample analysis.

Gardeners of all ages and experience levels are invited to participate in Lewiston GardenFest's annual container garden contest.

Organizers stated, "Prepare your arrangement in a traditional container or think outside the planter. Bring your container entry and a stand for display to the container garden tent in Hennepin Park by 9 a.m. on June 17. Throughout the weekend, festivalgoers can vote for their favorite container garden. Prizes will be awarded to those containers that garner the most votes."

Lewiston GardenFest is sponsored by the Village of Lewiston, Town of Lewiston, DiMino's Lewiston Tops, Lakeside Sod Supply Co. Inc., Modern Corporation, Niagara Falls Bridge Commission, Sevenson Environmental Services Inc., and Wegmans.

Proceeds from Lewiston GardenFest go back into the soil of the historic village for local beautification efforts and scholarships. For more, visit lewistongardenfest.com.

## Boxwood reportedly back in Lewiston

On Wednesday, Village of Lewiston Mayor Anne Welch informed the Niagara County Tribune/Sentinel of residential reports of the return of the box tree moth. She said she's seen trees turned brown as a result of the noisome nuisance.

In an August 2021 press release, the New York State Department of Agriculture and Markets stated, "Box tree moth is an invasive pest from East Asia that poses a major threat to the boxwood plant, an ornamental shrub that is a valuable part of the U.S. nursery industry."

In July 2022, the USDA animal and plant health inspection service explained, "The box tree moth (*Cydalima perspectalis*) is an invasive pest that can kill boxwoods if left unchecked. We need your help to keep it from spreading. Here's what to look for:

✓ Brown leaves and defoliation (look for missing sections of leaves or skeletonized leaves)

✓ Caterpillars and webbing (young caterpillars hide among twigs/leaves, can grow to 1.5 inches)

It further stated, "Remove infested branches or, for heavy infestations, cut the boxwood from its base (it should grow back from its roots). Discard all boxwood debris by double-bagging it

in plastic and putting it with your household trash.

"For more information, and a list of insecticides known to be effective against destructive caterpillars, go to [www.aphis.usda.gov/planthealth/box-tree-moth](http://www.aphis.usda.gov/planthealth/box-tree-moth) (click on "Resources"). You can also contact your county cooperative extension office ([www.cals.cornell.edu/cornell-cooperative-extension/local-offices](http://www.cals.cornell.edu/cornell-cooperative-extension/local-offices)) for treatment options specific to your needs."

In Niagara County, call 716-433-8839 or email [niagara@cornell.edu](mailto:niagara@cornell.edu).

Warren's Village Hardware, at 185 Portage Road, Lewiston, carries a variety of insecticides. Ashley Warren is shown with some of the products.



### TOWN OF WHEATFIELD

13th Annual

## Fishing Challenge

**The Seniors  
vs  
The Kids**

**Saturday, June 17 • 8:00am - 10:00am  
Fairmount Park Pond "Go Fish"**

Please join us for some fun as the Wheatfield Seniors take on the Youth of our community in a "Fun Filled Fishing Derby" Bring your own poles and bait

Call to pre-register at the Recreation Department at 716-731-3942



## Real Help For Your Health

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



### Poor sleep habits and health problems

Nearly one-third of Americans are sleep deprived, according to a recent study. Results show that getting less than 6.9 hours of sleep each night takes a more extreme toll on the body than most people realize.

Inadequate amounts of sleep affects memory, according to a recent study conducted at Harvard University. Without enough sleep, newly acquired skills and information are not properly coded in the brain, making it difficult to remember.

Sleep deprivation also decreases the ability of the immune system to fight off illness and disease. Reports show that just losing three hours of sleep causes a 30% decrease in immune system response.

While some people choose to give up some of the necessary hours of sleep, others are simply unable to sleep. Factors that contribute to insomnia are lack of exercise, poor diet, excessive alcohol or caffeine; medical conditions such as chronic fatigue syndrome, fibromyalgia, depression, hypothyroidism, and overactive bladders; medications, such as antidepressants, pain killers, allergy drugs and various hormones; natural conditions, such as PMS and menopause; and various health disorders.

**Difficulty sleeping? Say no to drugs & improve your health.** Rose Chiropractic, P.C. is a natural health care practice focusing on health improvement through Nutrition Response Testing<sup>SM</sup> and chiropractic, located at 435 Ridge St., Lewiston. Call (716)754-9039. New Patients are welcome.

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MON CLOSED  
TUE 6AM-2PM - Spaghetti and Meatballs, Chicken Parm, Eggplant Parm, Penne Parm  
WED 6AM-2PM - Fried Baloney and Onion Sandwich or Fish  
THURS 6AM-2PM - Chicken Caesar Salad or Fish: Battered-Breaded-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  
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