

Memorial Day committee awards, thanks sponsors



The Village of Lewiston's Memorial Day parade and luncheon committee honored sponsors at a ceremony Monday at the "Circle of Honor" monument in Academy Park. Those honored included:

•Gold level:

- ✓ The Brickyard Pub & BBQ
- ✓ Niagara County Legislature
- ✓ Mount St. Mary's Hospital
- ✓ Great Lakes Real Estate
- ✓ Brett's Tents & Awning (Not present)

•Silver level:

- ✓ Modern Corporation
- ✓ Hibbard's Original Frozen Custard
- ✓ Hardison Funeral Home
- ✓ Tim Hortons (Lewiston) (Not present)
- ✓ Jason Dimet (Not present)

•Bronze level:

- ✓ Brown & Company
- ✓ Coppins Service Center (Not present)
- ✓ Carmelo's Coat of Arms (Not present)
- ✓ DiMino's Lewiston Tops (Not present)
- ✓ The Hon. Hugh Gee (Not present)

•Volunteer sponsors:

- ✓ Lower Niagara Moose 584
- ✓ Lewiston Kiwanis Club
- ✓ Lewiston Beautification Commission
- ✓ The Village of Lewiston's Clerk's Office
- ✓ Village of Lewiston Department of Public Works (Not present)
- ✓ Boys Scout Troop 855, Lewiston (Not present)
- ✓ Boys Scout Troop 829, Youngstown (Not present)

The event was emceed by committee members Deputy Mayor Vic Eydtt and Bonnie Myers.

(Photos by Joshua Maloni; see more on Page 2)



Real Help For Your Health

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



Hormone Disruptors

Hormones are the body's messenger system. Tiny amounts of hormones are released directly into the bloodstream and exert profound effects on body functions. Hormones are a main part of the body's control system. They are involved in coordinating and integrating the body, as well as mind and emotions.

Until recently, the only hormones the human body was exposed to were made within the body and in plants (phytohormones). In the last 60 years, 87,000 man-made chemicals have been introduced into the food and water supply and environment. Dozens of these chemicals are routinely found in human tissues, the blood stream and even human breast milk. Many of these chemicals are now recognized as hormone disruptors. How harmful are they to pregnant women, children and adults? No one knows for sure, but the research started in the mid-1990's is showing that hormone disruptors have a profoundly negative effect in all situations being studied so far. They are connected to the epidemic of Fibromyalgia/Chronic Fatigue Syndrome, to the infertility epidemic, to behavior and psychological problems, to the estrogen dominance epidemic, and too many if, not most cancers.

It is important to become informed and aware of how you can minimize your exposure to the constant sea of pollutants from our household cleaning products, cosmetics, plastics, fragrances, and synthetic estrogens given to livestock, just to name a few.

Rose Chiropractic, P.C. located at 435 Ridge St, Lewiston. Dr. Rose and Dr. Barba use safe, natural, non-invasive techniques through Nutrition Response TestingSM to uncover imbalances causing ill health, and recommend natural and effective solutions. Call (716)754-9039.

OLD FORT NIAGARA



The French Castle
Is the oldest and largest building at Old Fort Niagara and the oldest building in the Great Lakes Basin.

LEARN MORE HISTORY ABOUT OLD FORT NIAGARA ON THE WEBSITE

www.oldfortniagara.org
716-745-7611

The Youngstown Village Diner
425 Main St., Youngstown • 716-745-9858

~ WEEKLY SPECIALS ~

MON CLOSED

TUE 6AM-2PM - Spaghetti and Meatballs, Chicken Parm, Eggplant Parm, Penne Parm

WED 6AM-2PM - Grilled Chicken Sandwich w/Roasted Red Peppers, Provolone Cheese and Pesto or Fish

THURS 6AM-2PM - Strawberry Walnut Salad with Chicken or Fish

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

River Region Artists Studio Tour

A relaxed day talking to artists
Sunday, July 23rd • 11:00 - 4:00

Sarah Bonse
5264 Hewitt Parkway, Lewiston
(Masquerade masks and accessories)

Janet Gillis - at Tom Towers Market
759 Lockport Rd. (Rte 93), Youngstown
(Watercolors and jewelry)

Nina Randall - At Bella Rose Winery
1243 Ridge Rd (opens at noon)
(Landscapes and portraits, oils and pastel)

Carol Mathewson & Anne Zohur
545 Mountain View Drive, Lewiston
(Realistic and abstract paintings)
(Paintings and collage in mixed media)

Michelle Marcotte & Kath Schifano
468 Fort Gray Dr., Lewiston
(oil paintings, childrens books, cards)
(paintings of local scenes and other subjects)

GREAT ART FOR SALE!
Start anywhere, each artist has a map