



## Lewiston Garden Club charts progress

Members of the Lewiston Garden Club gathered at Hennepin Park on Sunday, July 30, to review the progress of the Hennepin Park improvement project.

An accessible picnic table was recently installed as part of the project and is now ready for use. Marianne Gittermann also shared the appreciation certificate that was given to the club for support of Lewiston's Memorial Day remembrance 2023.

Gittermann and Garden Club President Sharon Low are shown in the first picture. (Photos by Robert Albee)

### IN THE NEWS

#### Town of Wheatfield sets annual 'Service Club Steak Night'

The Town of Wheatfield Lions Club will host its seventh annual "Service Club Steak Night" at 6 p.m. Thursday, Aug. 24, at the Club's Five Senses Park, 6535 Ward Road, near the American Legion Post.

The attending service clubs, besides the Wheatfield Lions Club, will include: the Niagara Wheatfield Kiwanis Club, Niagara County Rotary Club, Town of Ni-

agara Lions Club, Wheatfield Business Association, and the Sanborn Business and Professional Association.

The "Service Club Steak Night" has become a regional and international event with the presence of the St. David's Canadian Lions Club.

Organizers said, "The special night will include much fellowship and goodwill, but will also provide each service club with the opportunity to present their community support programs. The service clubs will also discuss ways to work

together for the betterment of the community with jointly sponsored programs."

#### Wheatfield Garden Club sale

The Wheatfield Garden Club will hold a plant sale at the Wheatfield Family Picnic, beginning at noon Sunday, Aug. 6. There will be perennials and mums available for purchase. Proceeds will be used to further the Garden Club's efforts to beautify the Town of Wheatfield.

### Aquarium (cont.)

Continued from Page 2

Now that a preferred developer has been named, USAN and the Aquarium will begin to negotiate the principal terms and conditions of a development agreement. These terms and conditions, as well as a general project plan, will then be presented to the directors for approval.

USAN acquired the property in March 2019 through its strategic land acquisition program. The initiative was created to "assemble long-dormant properties located near Niagara Falls State Park to remove blight from the downtown area and expand the density of uses as downtown Niagara Falls grows into a year-round, sustainable neighborhood and tourist destination. In 2023, USAN issued a request for proposals for redevelop-

ment of the property.

*The Aquarium of Niagara is a 501(c)(3) nonprofit organization that, with the community and partners, celebrates natural wonders and inspires people to make a difference for aquatic life. The venue is home to 120 different species, including nine rescued and non-releasable marine mammals. It is open daily at 9 a.m., except for Christmas and Thanksgiving. For more, visit [www.aquariumofniagara.org](http://www.aquariumofniagara.org).*

*USAN, a subsidiary of Empire State Development, is solely dedicated to the support and promotion of economic development initiatives in Niagara Falls by leveraging private investment and encouraging growth and renewal of the tourism industry. For more, visit <https://esd.ny.gov/usa-niagara-development-corporation-6>.*



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#### Backpack Concerns

As the old adage states, "As a tree is bent, so it grows", this is true of our children too. An increasing number of them are beginning to complain of pain in the neck, back, shoulder and arms from the weight of their backpack. The top of the shoulder, where the straps of the backpack rest, has many nerves and blood vessels that serve the head, neck, arms, hands and back. An additional problem is the way some children carry their packs, slung over one shoulder. To complicate the matter, many are looking down at their phones for extended periods of time, adding undue stress to the upper back and neck.

Students should carry only 10% of their body weight in their backpacks, but typically carry up to 30-40%. As a result, a student's growing and developing spine and body are susceptible to any or all of the following ailments: *strained muscles, worsened posture (forward head/rounded shoulders), neck spasms, tingling hands, headaches, dizziness, numbness in hands and arms, shoulder and lower back pain and aggravated curvature of the spine (scoliosis).*

Be alert to these warning signs that indicate your child needs to be checked by a chiropractor. Regular spinal checkups and the right backpack can mean the difference between a healthy spine or a lifelong battle with chronic pain and poor posture. Scoliosis can be improved with specific chiropractic procedures available at our office.

Rose Chiropractic, P.C. is a natural health care practice improving the health of our community through education, chiropractic, and Nutrition Response Testing<sup>SM</sup>, located at 435 Ridge St., Lewiston. Call (716)754-9039. New patients are welcome.