

Artpark & Modern Disposal Services present 'Power of Niagara'

'A celebration of arts, nature and a sustainable future' set for Aug. 21

Artpark & Company and Modern Disposal Services will present "Power of Niagara," "A celebration of arts, nature and a sustainable future" on Aug. 21. The evening will be a celebration of the environment, including a performance of "Branché" by Cirque Barcode & Acting for Climate Montréal; the world premiere of "The Power of Niagara" by Jon Lehrer Dance Company; performances by Buffalo String Works; and the Buffalo Philharmonic Orchestra conducted by JoAnn Falletta.

Tickets (\$20 for adults, \$10 for children) are available at the Artpark box office, 450 S. Fourth St., Lewiston; and online at ticketmaster.com. A VIP package is also available for \$150, including reserved seating for BPO and Buffalo String Works and an afterparty reception with JoAnn Falletta.

Admission proceeds will support Buffalo String Works and Artpark's sustainability program. For details, visit <https://www.artpark.net/events/power-of-niagara>.

A press release stated, "On this special day, Artpark & Company and Modern Corporation are announcing a joint commitment toward making Artpark a more sustainable place for nature, art and performance. Join us in celebrating the energy savings achieved through sustainable lighting replacements. With an understanding of the impacts of our decisions on the environment, we endeavor to transform our practices to be the best partners along with artists and park visitors to pass on a thriving and sustainable Artpark to the next generation."

"Branché" by Cirque Barcode & Acting for Climate Montréal

will take place from 5:30-6:30 p.m. on the Emerald Grove stage. Performed in a natural setting, Artpark said "Branché" is a collaboration between the companies Cirque Barcode & Acting for Climate Montréal. "It is a show to address the climate crisis, created in a way as to have minimal impact during creation and while touring. Designed to be played in parks or forests and centered on group acrobatics, 'Branché' is a celebration of the strength of community and our relationships to each other and to nature. It is a show to get people outside and inspire them as to what is possible if we work together."

"The Power of Niagara" by Jon Lehrer Dance Company will follow at 7 p.m. on the recreated "Niagara 1979" "Painted Parking Lot." Artpark said, "The internationally renowned Jon Lehrer Dance Company (JLDC) will bring edge-of-your seat excitement with a world premiere performance inspired by the power and majesty of Niagara. With JLDC's trademark combination of artistry, athleticism and accessibility, this breathtaking performance will inspire and entertain, speaking to audiences of all backgrounds and dance experience. Music inspired by the Niagara Region as well as music that evokes the strength and beauty of water will create a luscious soundscape that the performers and audience will be swept up in. The combination of all these elements along with Artpark's natural beauty and commitment to producing one-of-a-kind art, will bring about a truly awe-inspiring event."

Buffalo String Works will take the Artpark Amphitheater stage at 8 p.m. Artpark said, "Buffalo String Works' Mission



Buffalo String Works photo by Andrea Wenglowczyk/courtesy of Artpark & Company)

Is To Deliver World-Class Music Education To Diverse Youth That Inspires Personal And Community Transformation." It Provides "Rigorous Music Instruction And A Creative Home For 96 Refugee, Immigrant And Historically Marginalized Youth. They Recognize The Significance Of Music As A Universal Language, And By Lifting Up The Voices Of Their Students And Parents, They Cultivate Youth To Be Agents Of Social Change."

Falletta will conduct the Buffalo Philharmonic Orchestra at 8:20

p.m. on the Artpark Amphitheater stage. This will be her only live performance in the area this season with the BPO. Artpark said the musicians will "celebrate the nurturing power of connection with the environment we are born into and are responsible for sustaining: Chris Rogerson's Among Mountains, Grieg's Peer Gynt Suite, Beethoven's Symphony No. 6 'Pastoral.'"

Proof of vaccination or negative COVID-19 test are not required for this event. Patrons will just be required to maintain social dis-

ance and wear a mask if they are not fully vaccinated.

Visit <https://www.artpark.net/> for more information on this and additional events at Artpark.

Artpark to screen 'Finding Nemo' as part of Community Appreciation Night

8 p.m. Sunday, Aug. 15, in Artpark Amphitheater

Artpark & Company has announced the Artpark Community Appreciation Night showing of "Finding Nemo" on Sunday, Aug. 15 (8 p.m.) Tickets are free. This film is part of the "T-Mobile Outdoor Film Series at Artpark." Movies are projected on a 30-foot screen on the Artpark Amphitheater stage. Gates open at 7 p.m.

In the 2003 G-rated animated film "Finding Nemo," Marlin (voiced by Albert Brooks), a clown fish, is overly cautious with his son, Nemo (Alexander Gould), who has a foreshortened fin. When Nemo swims too close

to the surface to prove himself, he is caught by a diver, and horrified Marlin must set out to find him. A blue reef fish named Dory (Ellen DeGeneres) - who has a really short memory - joins Marlin and complicates the encounters with sharks, jellyfish, and a host of ocean dangers. Meanwhile, Nemo plots his escape from a dentist's fish tank."

Seating is general admission and audiences can bring chairs or blankets. Snacks and beverages will be available for purchase, and the Artpark bar will be open.

Outside food / drink is not permitted. Pets are welcome, but must remain on a leash (10 feet

or less) at all times.

Tickets for this showing of "Finding Nemo" are free while supplies last. Visit www.artpark.net for details.

Upcoming films in the series include: "The Karate Kid" (Aug. 13); "The Tragically Hip: A National Celebration" (Aug. 18); and "Harry Potter and the Prisoner of Azkaban" (Aug. 25). Tickets for each film are \$10 and include \$5 in concessions coupons.

Artpark's season is supported by M&T Bank, Cullen Foundation, Coors Light, Miller Lite, Wright Beverage Distributing, and the New York State Office of Parks, Recreation and Historic

Preservation. "Artpark Works" funding for salaries of cultural sector workers at Artpark is provided by the John R. Oishei Foundation and KeyBank in partnership with First Niagara Foundation.

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Protecting Yourself from Overheating

Whenever you are out in the heat and sweating, it is very important to pay attention to how your body is doing. When a person gets too warm or begins feeling faint, if the body temperature gets too high, steps should be taken to cool off with cool air or water. Guard against falling asleep in the sun as overheating or salt/potassium depletion could occur while sleeping. **For a fast cool down, run cool water over your wrists.**

One's liquid intake must be large enough to compensate for the liquid lost through sweating. Vitamins and minerals must also be taken in sufficient quantities to replace those washed out of the system through sweating. Lack of diffusible calcium (such as calcium lactate) and fatty acids (as in flax seed oil) can be aggravated by the sun and contribute to sun poisoning.

Extra salt (sodium chloride) is not mandatory for everyone. But **salt and potassium are lost in sweating.** The symptoms of their depletion are similar to those of overheating or, when extreme, similar to the symptoms of heat exhaustion: clammy skin, extreme tiredness, weakness, headache, and sometimes cramps, nausea, dizziness, vomiting or even fainting. The depletion of salt and potassium should be remedied at once with extra salt or salt tablets, potassium gluconate tablets, cell salts or "salt substitute" which is mainly potassium. Salt or potassium depletion as a chronic condition must be handled as a separate factor by a medical doctor.

This article is not intended to diagnose, treat or cure any disease or to make any medical claims. It does not supplant competent medical care, or dissuade anyone from seeking competent medical attention for any injury, illness, or other physical condition

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Our 20th Year

Village of Youngstown FREE Concerts 2021
Fridays • 7pm to 9pm
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August 13 - Joe & the Shmoes
(Classic Rock of the 50's, 60's, 70's and 80's)

August 20 - Mackenzie Highlanders Pipes and Drums
(Celtic Bagpipes)

Concerts are free to the public, but donations are graciously accepted!
NOTE: rain location (if needed) will be the Red Brick gym, 240 Lockport St.

The Concert Series is by generous contributions made in memory of former Mayor Neil C. Riordan by many friends and businesses who knew how much the concert series meant to Neil.

This ad co-sponsored by Niagara Frontier Publications/Sentinel