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2021 CHICKEN WING CONTEST

Where do we go to find the king of the wing?
TELL US & WIN!

Vote for your favorite ENTER TO WIN A FOOD PRIZE FROM A LOCAL RESTAURANT

Now through the end of the football season, Niagara Frontier Publications wants your input in naming the area's best chicken wing joint. It could be a bar, a restaurant or a social club – the only requirements are that chicken wings are sold to the public from a locally headquartered joint.

The chicken wing place with the most votes will be prominently featured in the Niagara County Tribune-Sentinel, Grand Island PennySaver and Island Dispatch, with additional photos and a video posted at www.wnypapers.com.

When you cast a vote for your favorite chicken wing destination, you'll be entered to win a gift certificate courtesy of an area restaurant. Winners will be chosen by random draw and notified by phone or email.

Good luck – and happy eating!
 Visit www.wnypapers.com/2021-chicken-wing-contest for a complete set of rules & to enter online.

Name (Full): _____
 Phone Number: _____
 Email: _____
 Restaurant Name: _____
 Why these chicken wings are the best: _____

DROP OFF OR MAIL TO:
Niagara Frontier Publications
 1859 Whitehaven Rd., Grand Island, NY, 14072
 or visit www.wnypapers.com/2021-chicken-wing-contest



Dog rescued: Lewiston Police Officer Jon Smith does it again

BY TERRY DUFFY
 Editor-in-Chief

Many of us are familiar with the services of the Lewiston Police Department. From its multiple law enforcement functions to its community service, this roughly 20-member department of full- and part-time officers continues to be among the standouts of its kind in the Western New York community.

Of late, one member in particular – LPD Officer Jon Smith – has stood out. He was instrumental in working to help save the life of a Swann Road resident last year after having come upon a sudden garage fire while on patrol. Smith was right on again this past week, while on patrol around Clyde Burmaster Park (Bonds Lake) on Lower Mountain Road. The officer came across a dog that had wandered out on the lake ice and fell in.

LPD posted the following on its Facebook page:

“Well folks he’s done it again. After just receiving a department award for pulling a woman from a burning house, this time it was a 4-legged friend. Officer Smith arrived at Bonds Lake after a dog had fallen through the ice and was trapped in the water about 50 yards from shore. Without hesitation he removed his equipment and went in after him, bringing him safely back to land and reuniting him with his owner. By the way we gave him a 6 out of 10 on the

landing in the beginning, but a 10 out of 10 for the rescue.”

The Facebook post included video from the LPD unit, showing Smith running from his patrol car toward the lake. The officer slipped on the ice, but managed to successfully rescue the dog.

His action has gone on to win the praise of more than 1,800 viewers, with close to 300 comments and thanks. Smith even made national newscasts.

Lewiston Police Chief included a letter he received from a very appreciative area family. It reads:

“Chief Frank Previte,
 “On 12-5-21 at approximately 1200 hrs, a friend and I were walking our dogs off leash (guilty and remorseful) in Bond Lake Park. She is a 10 month old Lab and usually stays close by the senior dog but instinct kicked in when a flock of geese landed in the middle of the lake.

“The afternoon took a horrible turn when Kona took off and ran 75 yards onto the ice and fell in where the ice ended and the water began. Although she is a strong swimmer, there was zero chance of her getting back out onto the ice and she began to panic and tire quickly. In lieu of her being so far out, our remote location, the unpredictability of the ice (it wasn’t cloudy and thick..I could see right through it) and the fact that I had recent back surgery, I called

911 and asked for the local fire departments ice rescue team. Kona was already in the water for 10-15 mins and very tired when 3 Officers from your department pulled up to the scene, one being Officer Jon Smith.

“Without hesitation and any rescue equipment, Officer Jon Smith removed his vest and gun belt and cautiously made his way out onto the ice, monitoring the condition as he went. This was no close to shore rescue...she was far from shore. He was able to get close enough to grab 75 lb. Kona and pull her to safety. Kona and I and everybody that loves her are extremely grateful for his selflessness and courage.

“You should be proud to have Officer Jon Smith as a member of the Lewiston Police Department. His professionalism and bravery should be applauded. I have witnessed countless acts of selfless heroism, Officer Jon Smith’s actions rank high in my book. Kona and I will visit the police station soon to thank Officer Smith once again for his outstanding service.”

Such is a day in the life of the Lewiston Police.

Next time you see a LPD officer on patrol, take a moment to reflect on how lucky this community is to have such dedicated and caring men and women personnel. And hats off to LPD Officer Smith!

A winter wonderland can turn deadly with heart attacks brought on by snow shoveling

Guest Editorial by the American Heart Association

As pretty as new-fallen snow appears, shoveling sidewalks and driveways can be deadly. According to the American Heart Association – the world’s leading nonprofit organization focused on heart and brain health for all – many people may face an increased risk of a heart attack or sudden cardiac arrest after shoveling heavy snow.

The heart-health hazards of snow shoveling were specifically called out in the association’s 2020 updated scientific statement, Exercise-Related Acute Cardiovascular Events and Potential Deleterious Adaptations Following Long-Term Exercise Training: Placing the Risks Into Perspective—An Update; and numerous scientific research studies over the years have identified the dangers of shoveling snow for people with and without previously known heart disease.

Barry Franklin, Ph.D., FAHA, lead author of the writing group for the association’s scientific statement, is one of the leading experts on the science behind the cardiovascular risks of snow shoveling. He said reports estimate that hundreds of people die during or just after snow removal in the U.S. each year.

“Shoveling snow is a very strenuous activity, made even more so by the impact that cold temperatures have on your body, increasing the blood pressure while simultaneously constricting the coronary arteries. It really is a ‘perfect storm’ for acute cardiac events,” said Franklin, a professor of internal medicine at Oakland University William Beaumont School of Medicine in Royal Oak, Michigan. “Among the many findings of our



research, we saw that the cardiac demands of heavy snow shoveling, including marked increases in the heart rate and systolic blood pressure, could equal and exceed the upper levels achieved during maximal treadmill testing in sedentary men. In one study, we found that, after only two minutes of snow shoveling, study participants’ heart rates exceeded the upper limit – 85% of maximal heart rate – commonly prescribed for aerobic exercise testing. The least fit subjects demonstrated the highest heart rates during shoveling.”

Franklin said it’s not only snow shoveling that can be dangerous; research shows an increased risk for heart attacks even in people using automatic snow blowers. The extra exertion of pushing a snow blower can raise heart rate and blood pressure quickly.

“The impact of snow removal is especially concerning for people who already have cardiovascular risks like a sedentary lifestyle or obesity, being a current or former

smoker, having diabetes, high cholesterol or high blood pressure, as well as people who have had a heart attack or stroke,” he said. “People with these characteristics and those who have had bypass surgery or coronary angioplasty simply should not be shoveling snow.”

Franklin said the most important thing is to be aware of the dangers, be prepared and take it easy, including taking short breaks. For apparently healthy people who do engage in snow removal, recognize that snow blowers can reduce the demands on the heart and that pushing the snow with a shovel is preferred over lifting and throwing it.

Also, know the common signs of heart trouble – and if you experience chest pain or pressure, lightheadedness or heart palpitations or irregular heart rhythms, stop the activity immediately. Call 9-1-1 if symptoms don’t subside shortly after snow removal.