



## IN THE NEWS

### Tops pharmacy hours extended to align with senior shopping times

*From Tops corporate:*

“As we continue to best serve our community, beginning 3/24/20, all Tops pharmacies will open at 7 a.m. on Tuesdays and Thursdays to be in alignment with our new “senior only hours.” On those days, pharmacies will also close at 8 p.m. or their normal closing time, whichever is earlier.

“We are encouraging the public to call in their scripts ahead of time to reduce the amount of time they are in our stores.

“Additionally, we are requesting that if someone else is picking up their script to advise our pharmacy staff who that individual is and that they come prepared with photo ID. Thank you for your patience as we work through these ever evolving times together.”

find a wine to suit their palettes. From dry to sweet, meads, hard ciders, traditional vinifera, fruit wines are all available.

While the wineries cannot offer tastings right now, they have a blend of curbside pick-up, in-store sales and deliveries. Many wineries have their wines in local liquor stores, as well. They have some creative ways to reach out to customers, as well. A Gust of Sun and Black Willow are doing Facebook live tastings. Marjim Manor has a variety of in-home activities, including a scavenger hunt and a tasting sheet word search. These are available through email or on Facebook.

For more information about your favorite winery, go to [www.NiagaraWineTrail.org](http://www.NiagaraWineTrail.org) and click through. You can also check the individual wineries website or Facebook page.

### Easter coloring contest

Parents: If you are looking for an additional entry form, please feel free to download the poster on The Sentinel website, [www.wnypapers.com](http://www.wnypapers.com) (PDF).

If your child is entering the contest, please try and submit a copy on 11-by-17-inch paper, if possible.

And, if you're just bored and like to color, well, have at it – though, sorry parents, you're not eligible to win a prize!

Please support our sponsors, and have a happy Easter!

### Niagara Wine Trail invites residents to 'Open That Local Bottle Night'

Margo Sue Bittner of The Winery at Marjim Manor (7171 E. Lake Road) offered the following:

The Cork Report has declared Saturday, March 28, as “Open That Local Bottle Night.” The wineries of the Niagara Wine Trail encourage our community to participate. With 22 different wineries, wine drinkers can

## Mt. St. Mary's receiving community support

As Mount St. Mary's Hospital continues to deal with the COVID-19 pandemic, Manager of Public Relations and Community Affairs Karrie Gebhardt said, “The community is being awesome” in supporting the health center.

“Special delivery for our special caregivers!” she said. “Huge shout-out to Michael Hibbard and Gallo Coal Fire Kitchen for treating our caregivers to fresh, delicious pizza – photos accurately show the pure joy and appreciation Mount St. Mary's Hospital has for our generous community partners!

“If your business would like to join in and support our caregivers, please direct any inquiries to Julie Berrigan at The Mount St. Mary's Foundation at 716-939-0220.”



### NCSO invites children to read online

Niagara County Sheriff's Office Acting Sheriff Michael J. Filicetti would like to give the children at home an opportunity to connect with members of the NCSO through the “Niagara Sheriff” YouTube page. Children are

able to listen to a member of the NCSO read one of their favorite books while following along.

“During this coronavirus shutdown, many of our outreach programs that were previously scheduled have been canceled.

Connecting with children is something we all look forward to, and this is one way we can still continue those efforts,” Filicetti said.

Visit the “Niagara Sheriff” YouTube page at [www.YouTube.com/niagarasheriff](http://www.YouTube.com/niagarasheriff). Videos will also be uploaded to social media outlets.

“Please continue to stay safe and well,” the NCSO said.

## 10 Facts You Should Know About Vaping

Unfortunately, the use of e-cigarettes and vape products remains a popular trend among teens and young adults despite the growing health consequences. In the last several months, you may have seen an abundance of news coverage regarding a vaping-related lung illness. It is important for all parents and youth to be aware of these 10 important facts on this rapidly evolving trend:

1. Even though vaping is marketed as a safer alternative to smoking cigarettes, it is NOT SAFE - especially for kids and teens.
2. As of Nov. 13, 2019, the legal smoking age in New York State has been raised from 18 to 21. This includes traditional tobacco products as well as e-cigarette and vaping products.
3. The CDC has named the vaping-related illness that has been covered heavily in the media. It is now known as EVALI (e-cigarette or vaping product use associated lung injury).
4. The CDC reports that a recent study found that 99% of e-cigarettes sold in assessed venues contained nicotine.
5. Using nicotine in the adolescent years can impact attention, learning, mood and impulse control, according to the U.S. Department of Health and Human Services.
6. E-cigarettes can be used to misuse other substances, including THC - the main psychoactive component in marijuana.
7. According to the CDC, approximately one-third of U.S. middle and high school students who had used an e-cigarette reported using marijuana in the device in 2016.
8. E-cigarettes are advertised using the same themes and tactics that have been shown to increase youth initiation of other tobacco products, according to the CDC. However, instead of TV and radio advertising, the vaping industry has done most of their marketing on social media - where teens spend a lot of their time.
9. The CDC reported about 8 in 10 middle school and high school students - more than 20 million youth - said they had seen e-cigarette advertising in 2016.
10. Defective e-cigarette batteries have the potential of exploding. These explosions have caused serious injuries and even death.

**This important information brought to you by your local insurance agent**

## Real Help For Your Health

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



### Health and Immunity

What is it that creates immunity toward all kinds of sickness? It's a healthy body that is free of interference to the vital life force, a body that has a high resistance to disease. Only life heals and nutrient-rich foods are the genuine replacement parts. Whatever creates interference to the flow of this vital force in the human body IS what causes the poor and debilitating health that plagues the world today. Removing the interference is key.

Dr. Charles Mayo of The Mayo Clinic expressed that “We are all afraid of germs because we are ignorant of them. Germs are outside. What we should be afraid of is lowered resistance which comes from within.”

**Doctors don't heal, only the body heals.** It is not the powder, the pill, the potion nor the vaccine that heals. *What you drink and eat, your exercise program, your attitude and your spinal health will determine your good health. A nervous system free from interference due to spinal misalignment is essential to the body functioning properly.*

Be mindful, refined sugar is a great suppressor of the immune system. So stop all the cookies, candy and other sweets as well as other junk “food”. Drinking plenty of water to hydrate the body is important. Eat more fresh vegetables, preferably organic as these provide the much needed nutrition and enzymes for immune support.

**Rose Chiropractic, P.C. is located at 435 Ridge St., Lewiston. We are committed to helping our patients and our community build their immune systems and stay healthy, naturally. Health care is self-care. Call 754-9039 as we are here to help you.**



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