

Lewiston volunteers keep monuments shining with annual wash & wax



Every year, volunteers from the Historical Association of Lewiston get together to keep Lewiston's bronze monuments in tip-top shape. This year's crew included, from left: Tim Henderson, Steve Fisher, Susan Geissler, Bruce Sutherland, Pete Henderson and Ken Slaughenhoupt. Not shown: Harry Wright, Neil Patterson Sr. and Lee Simonson. Slaughenhoupt, the HAL president, said, "The Freedom Crossing Monument on the river was installed in 2009, and the Tuscarora Heroes Monument in 2013. Fortunately, with our annual maintenance program, they still look brand-new."

The monuments, designed in a realistic tableau style, host thousands of visitors every year and, according to the worldwide travel and tourism tracker TripAdvisor, are Lewiston's top landmarks. They have become a favorite stop for visitors who are interested in Lewiston's role in the Underground Railroad and the War of 1812.

Geissler, an internationally known sculptor, was commissioned to create the larger-than-life-size sculptures.

Cuomo signs legislation designating Juneteenth as an official public holiday in New York

Legislation celebrates Juneteenth – a day which commemorates Black and African American freedom and achievements

Gov. Andrew Cuomo on Wednesday signed into law legislation (S.8598/A.10628) designating Juneteenth as an official public holiday in New York. The new law celebrates Juneteenth, a day that commemorates the end to slavery and celebrates Black and African American freedom and achievements, while encouraging continuous self-development and respect for all cultures.

Earlier this year, Cuomo issued an executive order recognizing Juneteenth as a holiday for state employees.

"I am incredibly proud to sign into law this legislation declaring Juneteenth an official holiday in New York state, a day which commemorates the end to slavery in the United States," Cuomo said. "This new public holiday will serve as a day to recognize the achievements of the Black community, while also providing an important opportunity for self-reflection on the systemic injustices that our society still faces today."

New York State Sen. Kevin Parker said, "Finally, we are beginning to acknowledge the historic oppression and injustices

that African-Americans have endured. This holiday is a first step in reconciliation and healing that our great state needs in order to ensure equity for all people. Thank you governor for your support and advocacy."

Assembly member Alicia Hyn-dman said, "Juneteenth serves as a piece of history towards Black liberation in this country. I am glad to serve along with my colleagues in government and Gov. Cuomo as a part of ensuring these important parts of Black American history will continue to be told in our great state of New York."

Juneteenth commemorates June 19, 1865, when the news of liberation came to Texas more than two years after President Abraham Lincoln's Emancipation Proclamation went into effect on Jan. 1, 1863. African Americans across the state were made aware of their right to freedom on this day when Maj. Gen. Gordon Granger arrived in Galveston with federal troops to read General Order No. 3 announcing the end of the Civil War and that all enslaved were now free, as well as to maintain a presence in Texas for the purpose of enforcement of emancipation among slave-owners throughout the state.

County to host Windsong mobile mammography van in Ransomville

Niagara County Legislature Chairwoman Becky Wydysh and Legislator Irene Myers announced the Windsong mobile mammography screening van will be at the Ransomville Fire Co. on Saturday, Oct. 31 to conduct breast cancer screening. Appointments must be scheduled with Windsong prior to the event.

"October is breast cancer awareness month so there is no better time for Niagara County to partner with Windsong to bring the mo-

bile mammography screening van to our community," Wydysh said. "We are trying to make it as easy as possible for women to get this test done, especially for those who may have been putting it off."

The event will be from 9 a.m. to 1 p.m. at the fire company, 2521 Youngstown-Lockport Road. To schedule an appointment, call Windsong at 929-9494 or visit www.windsongwny.com/radiology. Windsong's mobile mammography unit accepts all major insur-

ances. However, if one does not have health insurance, they may be eligible for a mammogram at no cost. Call Windsong for further information.

"This is very personal to me, as I am a breast cancer survivor who just had a mastectomy earlier

this year," Myers said. "I know that early detection is the key to battling breast cancer, so please do not put off getting your mammogram. Breast cancer not only affects you, it affects your entire family, so make your health a priority for you and your family."



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TUE 6AM-8PM - Chicken Parm, Spaghetti and Meatballs, Eggplant Parm, Penne Parm and Liver & Onions
WED 6AM-8PM - Hearty Beef Stew, Hot Turkey Sandwich or Haddock
THURS 6AM-8PM - Chicken Milanese or Haddock
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

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**Town of Lewiston
TOWN WIDE BRUSH PICKUP**

April 1 through October 16

BRUSH PICKUP ENDS ON OCTOBER 16, 2020

We will pick up again in the Spring

LEAF PICKUP

We will begin leaf pick up beginning the week of October 26, 2020.
Leaf pick up will continue as weather allows.

Please do not put leaves in the street or in the ditch. It is dangerous for our residents and our employees.

Please do not put anything other than leaves out, no grass clippings, branches, etc.

We do not go onto private property.
Please do not request us to do so.

PLEASE DO NOT CALL, we will be in your neighborhood on a regular rotation.

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Health Risks of Poor Sitting Posture

Slouching at your desk all day long has a number of bad effects such as: increased risk of neck and back problems, high blood pressure, increased fatigue, wear and tear on joints from improperly aligned bones and joints, increased stress on spinal ligaments, increased muscle strain and pain. Your spine can become fixed in this abnormal position causing constriction of blood vessels and nerves as well as problems with muscles, discs, and joints; consequently resulting in headaches, organ troubles and breathing difficulties.

Proper sitting involves: keeping both feet flat on the floor (or using a foot rest), aligning your back with the back of the chair, not slouching or leaning forward, keeping your shoulders straight and adjusting the chair so your knees are even or slightly higher than your hips and your arms are at 75-90 degree angle at the elbows.

To help overcome bad posture, make stretching part of your daily routine, especially at your desk. An exercise ball can be used instead of a chair to strengthen the muscles of good sitting posture. With so many adults and children sitting at home at a computer or doing desk work, it is vital to see a chiropractor regularly to realign the spine for improved nerve supply, reducing muscle spasm and improving body function, posture, respiration and reducing stress.

Rose Chiropractic, P.C. is located at 435 Ridge St., Lewiston.
New patients are welcome. Call 754-9039 for an appointment.

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