

Pulled pork takeout dinner to cap First Presbyterian Church of Lewiston cemetery plaque dedication

The First Presbyterian Church of Lewiston, 505 Cayuga St., will partner with village officials and the general public at 4 p.m. Saturday, July 17, to dedicate a sign announcing National Register of Historic Places designation for the Old Stone Church and adjacent village cemetery.

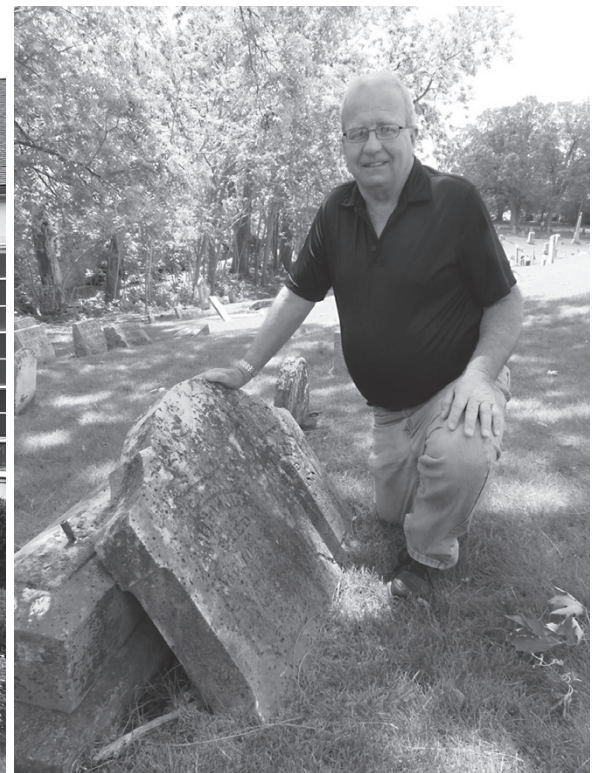
The Old Stone Church, opened in 1817, is Lewiston's oldest and most historic church and played a significant role in assisting escaping slaves reach freedom in Canada on the Underground Railroad. The church and cemetery stand as iconic symbols of the village's historic heritage.

The cemetery, known locally as the Marble Orchard, is the oldest public cemetery in Niagara County – and the resting place for Lewiston's founding settlers and notable citizens. Many gravestones have birth dates going back to the 1700s.

The sign dedication ceremony will take place in front of the Old Stone Church and will be followed at 4:30 p.m. by a pulled pork dinner that can be eaten under a tent or ordered for takeout. The dinner will include a pulled pork sandwich, homemade potato salad, baked beans and dessert.

Preorder dinners are \$15 and can be reserved by Tuesday, July 13. Call the church office at 754-4945 and leave name, phone number and number of dinners to reserve. Those who want a confirmation call that a reservation was received can make that request when placing an order.

Full-price dinners, at \$17, will be available at the front main church entrance at Cayuga and South Fifth streets, and will be on a first-come basis until 6 p.m. or sold-out.



Proceeds from the dinner will go to preservation projects at the Old Stone Church, and 10% will be donated to a local charity.

Piper's Projects, Part II

Village of Lewiston Historian Russ Piper (pictured) continued his column detailing work on the cemetery and in preparation of a big event next year.

"The Village of Lewiston will celebrate its bicentennial in 2022," he said. "As current village historian and a seventh-generation descendent of the Piper family, I am working in phases in an attempt to clean up and restore the village cemetery. Currently, I have worked on clearing the brush and overgrowth along the stone wall of the original cemetery on the east side portion. In doing

so, thus far I have discovered or uncovered over 30 grave markers that have been hidden beneath or partially buried into the ground.

"This is the start of what I hope to get accomplished before the celebration. In conversation with the DPW, I will be receiving some much-needed help to clear away the trees and remaining debris, allowing the original wall to be seen once more. We are also hoping to possibly upright some of the markers that have started to lean or have fallen over completely.

"Since there is no outside source of funding available to restore it the way I would like to see it done, with help from the DPW crew and myself, we will attempt the best job we can. Albeit, it will add to the improvements already

under way.

"Since the cemetery is already 200 years old, it is important to be able to showcase its history and those prominent and ordinary souls who rest within its hallowed ground. The cast members of the Marble Orchard Players portray the famous and not-so-famous people who helped shape Lewiston's history, bringing their characters back to life, and share 'secrets, scandals and scoundrels' who are very much a part of Lewiston's history, while allowing the 'skeletons' to sleep in eternal peace undisturbed in their eternal resting place.

"As so many prominent and historical souls seek eternal rest and peace within its landscape, it is important to me in my role as

village historian to oversee preserving the rich history of Lewiston for future generations to enjoy. With this in mind, I created the 'The Lewiston Local History Museum' in the Red Brick School with my lifetime collection of local history of our area for all to enjoy the artifacts within.

"It has been a lot of hard work thus far to reach this phase, but also a labor of love to honor and respect those who rest in eternal repose there."

North Tonawanda COVID-19 'Wall of Fame'

With the end of the COVID-19 state of emergency, North Tonawanda city officials want to celebrate by honoring those in the community who went above and beyond in the service to their fellow citizens during the pandemic.

A project envisioned by city officials will create a temporary "Wall of Fame" celebrating COVID-19 heroes along the colonnade of the Children's Remembrance Garden. People from the community can honor someone who went above and beyond during this time by accessing a form on the city's website. When they nominate an individual, a ribbon with that person's name will be

placed upon the wall and remain there for the summer.

City Clerk Treasurer Donna Braun said, "People can nominate friends, neighbors, first responders, frontline workers or anyone they feel went above and beyond for their fellow man during the COVID crisis. This is an excellent way to express gratitude for the kindness that is all around us."

Mayor Arthur G. Pappas said, "The suffering and the toll on lives and livelihoods was terrible, and something not seen in the Lumber City since the Spanish flu pandemic of 1918, but we have come through this stronger than ever and we are extremely fortunate to live in a city like ours."

Council President Bob Pecoraro said, "Many of our citizens stepped up in ways that would have been unimaginable prior to the pandemic. Their commitment to fellow citizens has brought our community together even when we had to stay apart."

Alderman Frank DiBernardo said, "It sounds simple – neighbors helping neighbors – but the fact is we really relied on each other during this time and we

should never forget how we rallied in a time of crisis."

Residents are encouraged to visit the city website at www.NorthTonawanda.org to find the COVID-19 heroes form, and later see their ribbons displayed at the Children's Remembrance Garden adjacent to City Hall (216 Payne Ave.). Any questions can be directed to the city clerk's office at 695-8555.

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Bicycling and back pain

It is fairly common for avid cyclists to complain of back pain. **The good news is that fixing the problem may be no more complicated than adjusting the bicycle seat.** According to a report in an issue of the British Journal of Sports Medicine, tipping the front end of the bicycle seat down by 10 to 15 degrees reduces the angle formed by the spine and pelvic bone and relieves back strain. The study assumed that back pain arose among cyclists when the angle is too large. Among the 40 cyclists whose seats were adjusted in this study, 37 reported an improvement in back pain.

Women should be aware to purchase a bicycle seat with a wider saddle to accommodate the larger distance between the pelvic bones. A bicycle shop can help you select the one that is right for you and adjust it properly.

If riding a bicycle is part of your regimen and you suffer back pain, adjust your seat, but if it persists call Rose Chiropractic for a spinal evaluation. Thinking your back pain will resolve itself opens the door to worse problems down the road as undetected spinal misalignments cause further wear and tear on the joints leading to arthritis and potential pinched nerves.

Remember to replace salt and potassium and drink plenty of water to avoid dehydration when being active in summer's heat.

Rose Chiropractic, P.C. is a natural health care practice focusing on health restoration through designed clinical nutrition and chiropractic, located at 435 Ridge St., Lewiston. Call 754-9039. New Patients are welcome.

In Observance of Independence Day our office will be closed on Monday, July 5th

Have a Safe & Happy 4th of July

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