



## PHOTOS: Memorial Day in Niagara County

### •Town of Lewiston

On Saturday, May 29, members of the American Red Cross of Western New York Service to the Armed Forces committee honored the sacrifice of military veterans who lost their lives during World War I by planting flowers in their memory at 82 gravesites at Riverdale Cemetery in Lewiston.

The gravesites, which surround an American Red Cross monument, were purchased by the former Niagara Falls chapter for unclaimed veterans of World War I in January 1919. An inscription on the monument reads: "In memory of those who gave their lives and of those who served and fought in the great world's war, 1914-1918. That democracy might live and peace and justice reign."

More than half-dozen Service to the Armed Forces volunteers turned out this Memorial Day weekend to honor their sacrifice by cleaning up the sites and planting flowers in their memory.

"The ability to work with and support our veterans and their families every day is such meaningful work," said Lisa Taibi, program manager. "Being able to honor the memory of those veterans who are no longer with us is a heartfelt opportunity for which we are deeply grateful. It is our honor to plant flowers and place an American flag for each and every one of these brave soldiers in recognition of their sacrifice this Memorial Day."

The Service to the Armed Forces committee is a group of volunteers who help to support members of the military, veterans and their families. From home comfort kits and volunteering at local VA hospitals, to supporting military families during life's emergencies, it helps members of the military, veterans and their families to prepare for, cope with and respond to the challenges of military service.

In the past year, Service to the



Armed Forces offered critical assistance to more than 1,400 individuals, provided support in 457 emergency communication cases and distributed more than \$63,000 in funds to support military members and their families in Western New York. To learn more, visit <https://www.redcross.org/about-us/our-work/military-families.html>. (Photos

courtesy of the American Red Cross)

### •Town of Wheatfield

Wheatfield Town Historian Justin J.M. Higner shared, "A Memorial Day inaugural service for the new site to honor our service people past and present was conducted behind Wheatfield Town Hall. Guests proceeding

down the service flag-bedecked way included Supervisor Don MacSwan, former Niagara County Legislature William Ross, County Sheriff Michael Filicetti and Town Councilman Curt Doktor and Larry Helwig, among others. The service was conducted by American Legion Post 1451 Cmdr. Michael Nussbaum with assistance from the American Legion Riders, other members and supporters of the legion. This included the Sons of the American Legion and the ladies auxiliary. The legion also received a new memorial wreath to decorate the relocated cenotaph (from Ward Road) alongside a refurbished town memorial wreath and a tributary Wheatfield Lions Club wreath. Chowder and other refreshments followed at the post on Ward Road.

"The memorial and monument project is ongoing but will, itself, be officially dedicated on Saturday, Aug. 7." (Photos by Justin Higner)

### •Village of Youngstown

An outdoor ceremony took place at Old Fort Niagara State Park and featured historical re-

enactors, placing of wreaths and carnations, readings and music from Kate Myers and Lew Custode. (Photos by Wayne Peters and Terry Duffy)

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Cramping of the lower leg muscles during sleep is like your car's dashboard red light coming on. It indicates something is wrong that should be looked into before something more serious goes wrong.

This is true of many symptoms people just live with as "normal for them" or "it's been happening for years" or "my mother or father had the same thing". These symptoms are indicators of underlying conditions. For example, leg cramps due to a pinched nerve can be turned around, if caught at an early stage, through a series of chiropractic adjustments. Leg cramps due to nutritional deficiencies could be resolved through a designed clinical nutrition program of the appropriate whole food supplements and dietary changes to more natural foods. In this way, future breakdowns can be avoided by healing the underlying conditions.

It is worth noting that blood levels of various nutrients are kept in a normal range in the blood until all stores in the tissues are seriously depleted. This is how someone can have early signs of depletion - symptoms, but their blood work is still in normal range.

The commercial food available to us today is not as nourishing as that of 75 years ago. So find out what is causing your leg cramps. Call 754-9039.

Rose Chiropractic, P.C. is a natural health care practice improving the health of our community through chiropractic, Nutrition Response Testing<sup>SM</sup> and education, located at 435 Ridge St., Lewiston.