

Bruce Sutherland tribute

Niagara Wheatfield sophomore wins \$1,000 putting contest



Brianna Scozzafava, a 15-year-old Niagara Wheatfield sophomore who plays on the high school's golf team, defeated some of the area's best golfers by sinking the only putt in the Col. Bruce Sutherland Golf Tournament's putting contest.

She walked away with the entire \$1,000 cash prize, which was sponsored by Deal Realty and the Simonson family. Brianna, who resides in the Town of Niagara, was also the youngest player to participate in the golf tournament held Monday at the Niagara Frontier Golf Club in Youngstown.

Contest participants were given four chances to sink a 35-foot putt. PGA tour professionals sink similar putts only 5% of the time.

"Brianna's first three putts were close, but her last putt just disap-

peared in the cup," said Lee Simonson, contest sponsor. "Everyone was ecstatic and all the witnesses cheered. We waited the rest of the day to see if anyone could duplicate her success. Dozens of the area's best golfers did their best, but no one could catch her. She's good. Real good. I think she's a professional in the making."

Brianna was presented her check, accompanied by her grandfather, Tom Schroeder, during the tournament dinner - which hosted 160 people, including golfers, the Sutherland family and friends, local citizens and dignitaries, and dinner sponsors Rocco and Carla DelGrosso.

Proceeds from the charity tournament went to the Historical Association of Lewiston and the VFW scholarship fund.

Spring cleaning at Historical Society



On Saturday, the Historical Society of North German Settlements of WNY Museum (Das Haus, 1840; Einhaus, 1845; und Der Stall, 1985) held a spring-cleaning session prior to the first day of opening for the season.

The museum is open from 2-4 p.m. Sundays (May to October) at 2549 Niagara Road, Bergholz. (Submitted by Justin Higner)

IN THE NEWS

WWII veterans to speak at NT History Museum

The North Tonawanda History Museum is hosting a presentation by two World War II veterans - Richard Keil (U.S. Army Air Corp.) and William Gosch (U.S. Marine Corp.) - who will share their war-time experiences. This event is set for 7 p.m. Tuesday,

May 24, at 712 Oliver St., North Tonawanda.

Admission is free, but donations are gratefully accepted.

Isle View live music schedule

The Isle View has live music each Saturday in May. The schedule includes:

• May 21 Slim Chance & The Can't Hardly Playboys

• May 28 Retro Phonies
The winner of NFP's 2019 "WNY's Best Wings" contest, The Isle View is located at 791 Niagara St., Tonawanda.

Sanborn American Legion Post 969 Memorial Day service

A Memorial Day ceremony will be held at Mount View Cemetery on Upper Mountain Road, across from the Pekin Fire Co., starting at 9:30 a.m. Monday, May 30. The Sanborn Fire Co. Band, plus the color guard and firing squad from the Niagara Falls Air Base, and the Cambria Boy Scouts and Cub Scouts, will march from the Pekin firehall to the cemetery.

Vietnam war veteran Jon MacSwan will serve as guest speaker.

The ceremony, which will include members of Sanborn Post No. 969, will take place around the Civil War monument located at the north end of Mount View Cemetery. This was the first Civil War monument to be erected in Niagara County.

This observance was started in 1886 by members of the G.A.R. (Grand Army of the Republic). Their post, No. 125, was named after Pvt. Alexander B. Mabon of

Pekin, a member of Company B of the 8th Regiment NY Artillery, who gave his life during the Civil War.

Ceremonial duties continued with the formation of Sanborn Post No. 969, the American Legion, on June 14, 1924, and have continued to the present. The post is responsible for decorating more than 1,000 graves in seven cemeteries in recognition of Memorial Day.

New members to Post No. 969 are welcome.

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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 worsening issues down the road as undetected spinal misalignments can 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 the heat.

Rose Chiropractic, P.C. is a natural health care practice focusing on getting bodies in good working order through chiropractic and Nutrition Response TestingSM, located at 435 Ridge St., Lewiston. Call (716)754-9039. New Patients are welcome!

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