

### Take part in Lewiston's 'green thumb challenge'

Calling all green-thumbers! There's a new gardening contest in town aimed at giving visitors a glorious welcome.

The Historical Association of Lewiston has announced an "adopt-a-plot" program at the Tuscarora Heroes pocket park in front of Hibbard's Original Frozen Custard, one of the busiest intersections in Lewiston. Those interested in participating are welcomed to meet at the Tuscarora Heroes Monument at 1 p.m. this Sunday, May 29.

"This important property provides a beautiful and inspirational welcome mat to the village, not only for our local residents, but our visitors and tourists as well," said Ken Slauchoupt, president of the Historical Association of Lewiston. "We'd like to divide the small park into several small plots that can be adopted by any person, family, group of friends, or organizations who are interested in taking care of the planting and upkeep of the plot this year. Look at it as a blank canvas, ready to be transformed by your talents into a beautiful and inviting space that everyone can enjoy."

Gardeners can use their creativity and imagination with an eye toward presenting Native American symbols and colors. For example, the Iroquois colors are purple and white. Small artworks are also welcomed, though they should be approved ahead of time by the Historical Association.

On Oct. 10 - Indigenous Peoples Day - cash prizes will be presented to the top gardeners who will be judged throughout the summer and fall by representatives of the Historical Association. More information can be obtained by emailing editor@historiclewiston.org.

### County announces 'Community Messages of Hope' campaign as part of Mental Health Awareness Month

In recognition of Mental Health Awareness Month, Niagara County Legislature Chairwoman Rebecca Wydysh announced the launch of the next phase of the Niagara County Opioid (OASIS) Task Force's "Community Messages of Hope." The campaign, which began in August 2021 at the Niagara County Fair, asked residents to submit an encouraging message to unknown individuals who may be facing challenging times with mental health or substance use.

"This campaign brings together our community to send inspirational messages of hope," said Laura Kelemen, NCDMH director of community services. "It is evident that there are residents across the age spectrum who support individuals who may be struggling, cheering for them to find their path to wellness."

"Hope speaks to different people in different ways. It is our intention that the more ways we show our neighbors who may be struggling that they matter, they are valued, and they are believed in, the more likely each of them will hear their message of hope and never give up on recovery," said Myrla Gibbons Doxey, NCDMH deputy director and co-chair of the Niagara County Opioid Task Force public awareness subcommittee.

Subcommittee Co-Chair and former Niagara County Legislator Owen Steed said, "With hope, all things are possible. You've got this!"

The "Community Messages of Hope" campaign video can be viewed on the NCDMH Facebook page or by visiting <https://video214.com/play/AGfopBxA6i75zMXzaft7NA/s/dark>.

The Niagara County Crisis Services 24-hour phone line offers free, confidential support, guidance, information, referral and interventions as needed. Call 716-285-3515.

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