



## HONORING SERVICE MEMBERS



## IN THE NEWS

### Mental Health Assn. poinsettia & wreath sale

The Mental Health Association in Niagara County has begun its annual poinsettia and wreath holiday fundraiser. Flowers come in red, pink or white, and in three sizes: small (two-three flowers), medium (five-six flowers), and large (12-15 flowers). Wreaths come in medium (12-inch diameter ring with bow and pine cones) and large (16-inch diameter ring with bow and pine cones). Orders can be placed by calling 716-433-3780 and asking for Mary Ann. The last day to order

is Thursday, Nov. 18. Individuals can pick up their orders at the MHA in Niagara County's office located at 36 Pine St., Lockport, on Tuesday, Nov. 30, or Wednesday, Dec. 1.

### T-n-T singer songwriter series at Opera Hall

Singers/songwriters Tonemah and Tripi (T-n-T) will host top singer/songwriters from all over Western New York at 7 p.m. Saturday, Nov. 13, inside the historic Lewiston Opera Hall (upstairs), 732 Center St. The event is free of charge.

### Advent guided retreat at Center of Renewal

An Advent silent guided weekend retreat will take place at Stella Niagara's Center of Renewal in Lewiston. The event will run from Friday evening dinner through Sunday lunch, Dec. 3-5, and will include Advent prayers, periods of silence with moments of reflective and contemplative time,

along with scheduled conferences, group sharing and prayer chants, and personal reflective questions for use all throughout Advent leading up to Christmas.

Preregistrations are due by Friday, Nov. 19, to ensure adequate seating and meals, with late reservation possible if space is still available. Call the Center of Renewal at 716-754-7376, ext. 1 or 2, to preregister or request more information.

## Real Help For Your Health

Presented by  
**Dr. Glenda R. Rose**  
Chiropractor



### Can't sleep?

Nearly one-third of Americans are sleep deprived, according to a recent study. Results show that getting less than 6.9 hours of sleep each night takes a more extreme toll on the body than most people realize.

According to a study conducted at Harvard University, inadequate amounts of sleep were found to affect memory; in addition, newly acquired skills and information were found difficult to remember. Sleep deprivation also decreases the ability of the immune system to fight off illness and disease. Reports show that just losing three hours of sleep causes a 30% decrease in immune system response.

While some people choose to give up some of the necessary hours of sleep, others are simply unable to sleep. Factors that contribute to insomnia are lack of exercise, poor diet, excessive alcohol or caffeine; medical conditions such as chronic fatigue syndrome, fibromyalgia, depression, hypothyroidism, and overactive bladders; medications, such as antidepressants, pain killers, allergy drugs and various hormones; natural conditions, such as PMS and menopause; and various health disorders.

A chiropractic adjustment is one of the simplest ways to ease stress of an often painless distortion in your structural system that affects your spine and nervous system called a subluxation. It can affect you physically and emotionally as well as your sleep.

**So if you can't fall asleep or fall asleep only to wake up and not be able to fall back to sleep, call 754-9039 for a natural approach to finding out why.**

**Rose Chiropractic, P.C.** is a natural health care practice restoring health through Nutrition Response Testing<sup>SM</sup> and chiropractic, located at 435 Ridge St., Lewiston.



**COPPINS SERVICE CENTER, INC.**



### HELP WANTED: (FULL-TIME) SERVICE TECHNICIAN

Coppins Service Center Inc. is looking to fill a new position for a qualified Full-Time Service Technician in our shop. We strive to be a team of professional technicians that treat our customers like our friends, family and neighbors with the insurance that our customers will have safe and reliable transportation for years to come. We constantly have a steady flow of Customer Pay, Warranty & Internal service work due to 84 years of service excellence. If you are looking for a long term career with many opportunities **APPLY TODAY!**

#### We Offer:

- Health Insurance
- Retirement Program with Employer Match Program
- Paid Vacation and More!

#### Automotive Technician Qualifications:

- A-Level, B-Level or C-Level Technician
- **Minimum of 2 years experience** in Automotive Repair (Preferred)
- Must be self-motivated, organized and willing to work in a Team Based environment
- Must have own tools

#### License/Certification:

- Driver's License (Required)
- NYS Inspection License a plus
- Tow Truck Endorsement a plus
- ASE Certification a plus

**Job Type:** Full-Time **Pay:** Salary, based on experience **Schedule:** Monday to Friday; 8 hour shift

**Please send resume to one of the following, or stop in and fill out an application:**

Mail To: Coppins Service Center, 550 Center St., Lewiston, NY 14092  
Email To: coppinsservice@roadrunner.com



**LiveNF Makers Market**  
THE GREAT INDOORS

Presented by



Supported by



Packard Court Community Center

**LiveNF.com**

for vendor list & event details



**75+ vendors & artisans**



**A day of musical performances & live art**



**Food & drink to fuel your shopping**

**SATURDAY, NOVEMBER 27**

**11 AM - 5:30 PM**  
**\$1 ADMISSION**

**CONFERENCE & EVENT CENTER**  
101 OLD FALLS STREET  
NIAGARA FALLS, NY