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THE NIAGARA REPORTER

FREE

July 11th, 2018 - July 17th, 2018

NiagaraReporter.com

Vol. 19, No. 9

FREE

Have You Noticed the Smell is Gone?

By: Frank Parlato

We are in the middle of summer – and something is missing in Niagara Falls.

The smell from the sewer treatment plant.

Yes, the smell – the one that haunted people in Niagara Falls every summer for more than a decade.

It's gone.

It was a process. First it took the City Council and Mayor Paul Dyster appointing to the Niagara Falls Water Board two dedicated board members: Nick Forster and Chairman Dan O'Callaghan. They are, by the way, the first Water Board appointees in its 16 year history who are totally hands on. They actually oversee operations there.

(Cont. on pgs. 2 & 3)



Photos of the water basins at the Waste Water Treatment Plant along Buffalo Avenue in Niagara Falls.

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THE ACTION
Niagara Falls



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NIAGARA FALLS

Niagara Falls Water Board Accomplishes Minor Miracle

Then Forster and O'Callaghan brought in Executive Director Ralph Porter and engineering consultant Dr. John Goeddertz.

Together they recognized a number of deficiencies in the plant that went back to when it was built.

Goeddertz recommended a number of changes in the operation of the plant.

"Dr. John is a brilliant engineer who has taken the lead in getting the Waste Water Treatment Plant in the operational state that it is today," said O'Callaghan.

It was so simple, it's brilliant.

"The smell was a combination of it being a poop plant, dirty basins, and a lot of sludge," said Forster.

There was always a quantity of build-up in the basins; they were never drained; so when the weather got warm, the water - essentially toilet water - with loads of human excrement - sludge - began to stink.

It wasn't rocket science.

Dr. John said, drain and clean the five basins. Forster, O'Callaghan and Porter ordered it. They cleaned the basins at the sewer treatment plant.

"We have gone through June and part of July without any smell," said Dan O'Callaghan. "It's an incredible thing considering where we were a year ago. The basins used to look really dirty and nasty. Now they are cleaner. The water looks cleaner. We are continuing to remove more sludge on a daily basis. You wouldn't believe the amount that we have already removed. We are not letting anything backlog."

The process is not complicated

The Water Board uses clarifiers that the sludge accumulates on. From there the sludge goes on a belt press and to a landfill.

"When Dan and I got on board, our clarifiers were about seventeen feet of sludge. Now they are about two or three feet. Most important," said Forster, "is that the basins run cleaner. If you get the sludge out of the clarifiers and out of the basins, then the treatment of the water is much more efficient. We also sped up the amount of water that goes into the carbon beds so we can filtrate water faster.

"We upgraded the belt process. After we take the sludge out of the basins, it goes through these belt presses where all of the water is squeezed out of it. This creates a cake-type material that goes into these hoppers and goes into a landfill."

Why was this not being done before?

"There was one belt press running at about 50% with 40psi," said O'Callaghan. "We upgraded the belt press and fixed the other two. We put in a booster water pump and got the pressure up to 120 so we can run the presses three times as fast. Three presses every day instead of one. We push the sludge right out of that building."

So the sludge is going into landfills quicker?

"Yes," said O'Callaghan, "and it's not as much because of the maintenance work done on extensively cleaning the basins."

Ah! What a little common sense can



Niagara Falls Water Board members (left to right) Grechen Leffler, Colleen Larkin, Chairman Dan O'Callaghan, Renae Kimble, and Nicholas Forster.

do!

So you can judge for yourself the service Forster, O'Callaghan, Porter and Goeddertz have done for this city, here is a story we published three years ago - August 18, 2015.

Sewer Plant Stink Nothing New Here; Stench of "Flop Sweat" at City Hall Reeks

By Mike Hudson.

"The last thing we need is a skunk popping up in the middle of our parade, but that's what we've got," Niagara Falls Mayor Paul Dyster said last week.

At first we thought he was referring to himself... But no. What the mayor was actually talking about was the sickening stench that emanates from the city's Buffalo Avenue wastewater treatment plant.

"The most recent series of complaints from residents and businesses is only the latest in a long series dating back over months and even years," Dyster said in a

NIAGARA



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Mom's Restaurant (2410 Military Rd.)
Niagara Towers (901 Cedar Ave.)
Niagara Falls Family Court (775 Third St.)
Niagara Falls Police Station (1925 Main St.)
Niagara Falls Public Library (Main St.)
Rite Aid (7804 Buffalo Ave. & 4407 Military Rd.)
Save-A-Lot (2429 Military Rd.)

North Tonawanda

Broadway Hotel (158 Main St.)
Budwey's Market (535 Division St.)
City Hall (216 Payne Ave.)
Lou's Diner (73 Webster St.)
Public Library (505 Meadow Dr.)
Olympia Restaurant (3312 Niag. Falls Blvd.)
Tops (301 Meadow Dr.)
Roman Cafe (797 Payne Ave.)
Save-A-Lot (1365 Nash Rd.)

Sanborn

Smokin Joes (gas station and store)
Tim Hortons (2970 Saunders Settlement Rd.)
Tops (2956 Saunders Settlement Rd.)

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Tops (890 Young St.)

Wilson

Lakeside Market (337 Lake St.)

Youngstown

Bandanas Bar & Grill (930 Lake Rd. (18F))
Public Library (240 Lockport St.)
Rite Aid (214 Lockport St.)
Village Diner (425 Main Street)

Spallino Towers (720 10th St.)
Supermarket Liquor (8438 Niag. Falls Blvd.)
Tops (Niag. Falls Blvd., Portage, & Military)
Tim Hortons (all locations)
Wedge Liquors (825 Pine Ave.)
Wrobel Towers (800 Niagara Ave.)

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An overview photo of the spill from 2017 where material from the waste water treatment plant basins, as a result of being neglected by prior management, flowed into the Niagara River causing black water and a potent smell.



A picture of the sludge that rises to the top of the water before it is treated and removed.



An overhead view of the Niagara Falls Wastewater Treatment Plant basins.

in other words.

Dyster's desperation is becoming the topic of jokes throughout the city. The biggest stink in Niagara Falls this summer is actually emanating from City Hall, where the stench of what is known in show business as "flop sweat" is overpowering.

But that was 2015. Now the smell is gone. And to give credit where credit is due – it was Dyster and the City Council who appointed O'Callaghan and Forster respectively. You can credit Dyster for helping to solve the stink problem – and guess what?

It didn't take a 40 member team to figure it out either.

prepared statement. "... we are experiencing increasingly more frequent and more intense odor problems.... Now the situation has become critical, so I'm stepping in to make sure it gets addressed"...

Back in June 2002, the Niagara Falls Reporter moved into the stately Niagara Business Center, located at 1625 Buffalo

Ave. It had everything; Marble floors, Art Deco appointments and central air conditioning, which was great, because it stands about a quarter of a mile away from the wastewater treatment plant, located at 1200 Buffalo Ave.

Trying to work with the windows open during the summer months was always a nauseating experience.

But Dyster ... is creating a 40 member task force to study the problem, which has existed throughout his two terms in office. He said that City Hall employees and those from USA Niagara Development will be on hand to assist the task force, which means their study won't come cheap.

When he sat on the city Council in the early part of the century, Dyster spearheaded creation of the Water Board, an agency that operates independently of the main city government and operates the wastewater treatment plant, which discharges an average of 32.9 million gallons of treated sewage into the lower Niagara River each day....

Dyster said the task force will be made up a variety of city stakeholders, including representatives of tourism and hospitality industries, neighboring businesses and community institutions. The usual suspects,



As Summer Season Commences, the Niagara Falls Water Board Addresses Annual Odor Control

With the arrival of warmer weather and the summer season, the NFWB has commenced annual odor control procedures at the Wastewater Treatment Plant. As a result, the NFWB reminds local residents that the odors are a byproduct of seasonal temperatures and we are working diligently to minimize odors throughout the Wastewater Treatment Plant.

To combat the odors, the NFWB is implementing a number of counteractive treatment measures at the Wastewater Treatment Plant, including:

- Constantly monitoring for odor
- Utilizing a comprehensive solids and liquid treatment to ensure that waste moves through the system as quickly as possible
- Hosing down treatment basins whenever they are emptied for maintenance or as part of normal operation
- Maintaining minimal amounts of sludge
- Utilizing chemical oxidizers and disinfectants in our carbon filter backwash water to minimize sulfide odors

More information about the NFWB's odor avoidance and control efforts can be found under the Outreach tab on www.NFWB.org.

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THE ACTION

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WEEKLY HEADLINES

- One vehicle struck two parked cars and flipped over in the 1500 block of LaSalle Ave.
- Niagara Falls Police and Fire responding to the 500 block of 22nd Street for the heroin overdose. Person not responding.
- Niagara Falls Police responding to Pine Ave near Tim Hortons for a report of an intoxicated male in a power wheelchair riding in and out of traffic.
- One person had to be airlifted after suffering a leg injury while hiking in the gorge this afternoon. A New York State Police Helicopter was used to assist NY Park Police.
- Niagara Falls police on scene in the 1500 block of Pierce for a shooting. One person shot. Unknown injuries.
- Niagara Falls fire department on scene for a third house fire in the 19th Street area. This one in the 1200 block of 19th Street.
- NFPD foot chase near dicamillo's on Linwood.
- Pedestrian struck by vehicle and is trapped underneath. 1715 Military Road. Victim is still alive.
- Niagara Falls Police responding to reports of about 30 juveniles on bikes with BB guns shooting at passing cars.
- Niagara Falls Police also responded to Memorial Medical Center for a juvenile that was shot with a BB gun.
- NFPD Foot chase near Lockport Street. Suspect crashed the vehicle they were driving after trying to flee from police. Vehicle crashed in a ditch on Jerauld Ave.
- NFPD - foot chase - man wanted by New York State Police for making terroristic threats.
- Many people have been asking about a females body being chopped up or decapitated and found on 19th Street in Niagara Falls near the old Back of America. As far as we know, this is not true.
- Break-in at Dollar General.
- One woman was rushed to the hospital with serious injuries after being sandwiched between two vehicles that collided.

4th of July Fireworks



Photo courtesy of Samar Hamilton, The Action Niagara Falls

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Residents Gather to 'Reclaim Niagara'

Residents from the Niagara Falls community gathered Downtown this morning to show their displeasure in New York State's handling of city resources

According to organizers, Reclaim Niagara, the organization who hosted the rally, "is a growing movement dedicated to exposing the injustices faced by Niagara Falls due to the exploitation of our resources by these public authorities and state entities."

The group's mission is to hold government entities accountable and open a dialogue about how generations of injustices (i.e.: Niagara Falls suffering from increasing poverty while the State and public authorities reap incredible profits) can be corrected to help make Niagara Falls viable and sustainable for the future.

Citizens gathered at the corner of John B. Daly Blvd. and Buffalo Ave. in hopes of "reclaiming the city back."

"We can't continue to let the

residents of Niagara Falls be taken advantage of by politicians in Albany," said an organizer.

Many residents at the rally wished local politicians would do more to advocate for Niagara Falls "getting a piece of the pie."

"Even a small piece of the revenue could make a huge difference," said one NF resident.

The City of Niagara Falls currently receives no revenue generated from the Niagara Falls State Park, which amounts to more than fifty million dollars in revenue per year.

Just receiving 25% of this would equal the amount Niagara Falls received yearly from the Senecas.

You can learn more about the movement by visiting www.reclaimniagara.com.



Photos courtesy of Rob Bennett, RobShots

Another Break-In at Dollar General in the City Market



Photo courtesy of Samar Hamilton, The Action Niagara Falls



Around 4:20 am on Monday July 9th, 2018, Niagara Falls police responded to yet another break-in at Dollar General in the City Market.

Upon arrival, officers discovered that the glass on the door had been pried off.

Security cameras captured the

suspect in action and supplied NFPD with a description.

Minutes later, officers caught up with the male suspect near 17th and Ashland Avenue.

He was then taken into custody. Police found only Tide Pods on his person.

The Adventure of a Bear Who Captivated the Hearts and Attention of Residents Throughout Niagara County over the Past Few Weeks Might be Coming to an End

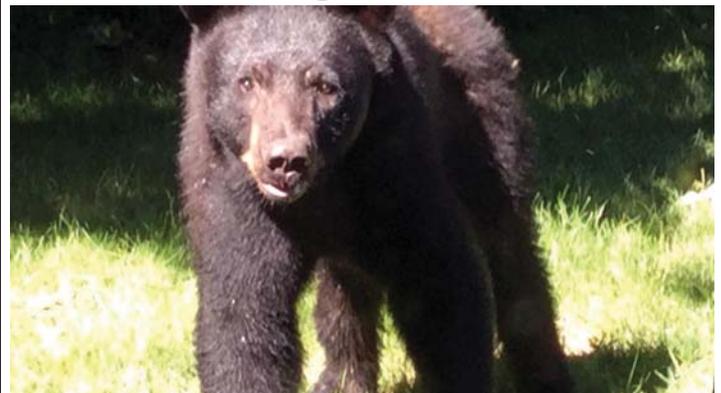


Photo courtesy of James Horton

James Horton, who lives on Foxberry Drive in Amherst, called the police in the early morning hours of July 7th to report a bear that was in his backyard.

After receiving the call, police searched the area and ultimately found the bear.

It is believed that this is the same bear that was struck by a

vehicle near North French Road in Amherst a little over a week ago, which would explain the injuries.

It is unknown at this time what the police planned on doing after "cornering" the bear, but Mr. Horton told the Buffalo News earlier this evening that it might be "the end of the bear."



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Highlighting Small Businesses Throughout Niagara County

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Restaurant Review: Water Street Landing



Jamie DePetris
Food Expert/Critic

Water Street Landing, located in Lewiston, NY, was this week's pick.

I was excited to share dinner with my daughter, Alyssa, as she loves and appreciates food as much as me. Full disclosure, I'll also do anything to spend time with her.

We had the best view of the lower Niagara River. It was 93 degrees outside so we sat inside, but if it had been cooler out we would have definitely sat in their outdoor seating area.

We started with the "NICE" Crab Salad which consisted of Blue

fin crab mixed with Clamata olives, roasted tomatoes, celery, onion topped with Olive oil and fresh lemon served on a bed of fresh arugula served with pita chips on the side.

It was extremely tasty and seasoned perfectly; we actually loved it.

Then came the Napa flatbread which was also good. It consisted of caramelized onions, crumbly blue cheese, arugula, roasted tomatoes with a balsamic reduction sauce drizzled on top.

Next was the "Duck Nacho's." The duck was cooked perfectly on top of pita chips smothered in creamy smoked gouda cheese finished with roasted onion sour cream, grape tomatoes and arugula.

"The Nacho's," which in reality was pita chips, was delicious but we finished longing for much more duck [and less pita]. Alyssa had never tried duck before and, unfortunately, didn't really have enough to experience it.

Actually, what we did was combine the crab salad with the duck nacho topping and it was awesome (hint hint). All of our appetizers presentation was outstanding.



Our main course was the beer battered fish served with cole-slaw. The fish was fresh with a crispy batter. It definitely hit the spot.

The mashed potatoes were creamy, velvety and divine. The cole-slaw was fresh, crisp and refreshing.

We also had the Chicken Asiago Pasta it was grilled chicken, roasted grape tomatoes and baby spinach in a basil- asiago cream sauce finished with bacon crumbs. The flavor was outstanding and I ate every drop.

If there was one thing I could



improve, it would be that the chicken be more incorporated in the pasta and sauce.

All in all we had a very nice dinner. I just feel that there wasn't a heck of a lot of creativity in the food choices on the menu (they had a lot of the same ingredients).

I am eager to return and try many more menu items because everything was fresh and flavorful, priced well, with great views and entertainment. It is well worth the visit.

Don't forget to tell them Jamie sent you!!

When Did Cremation Become and Either / Or??

A message from Michael Goodlander at Otto Redanz Funeral Home

As a funeral director and caregiver, walking along side people during their grief journey, I can tell you firsthand, without a doubt, that the grieving process is carried out better when there is a funeral ceremony or at the very least a time for family and friends to gather. It is important to recognize that funerals are for the living...us left behind. It has been studied and proven that through the funeral process, a number of emotional needs are met for those who grieve.

Traditionally, funerals have consisted of calling hours with an open or closed casket, a funeral at the funeral home or place of worship, followed by committal prayers and interment at the cemetery. Cremation has also been an option for many, many

many years. However, cremation is just another form of disposition-the end result of our "earthly shell." Somewhere along the way things got misinterpreted and started a trend!! It somehow became an "either/or" decision. When talking to people about their wishes, I commonly only hear one of two requests; 1-a traditional funeral or 2-cremation. The problem began, for one, due to the lack of education on the topic of the value of a funeral and that's where us funeral directors have failed you. However there is another issue that I hear first hand; funeral professionals poorly preparing the decedent. Mortuary Science is an art above all and unfortunately poor preparation and cosmetic work has led to a rise in cremation. Hear me out...does it make sense that

your loved one had a terminal illness, lost half of his/her body mass, was hooked up to every tube that you could barely see his/her face, was in a traumatic accident then you walk into the funeral home for the first viewing and he/she looks worse than at the worst part of their life??? Does this make any sense??? My talent is to restore your loved ones appearance to before the illness or trauma as a part of the grief journey and healing process and to provide you comfort. See, cremation is just a part of the equation, not an either/or scenario.

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

This is the point of this letter to you; to educate, to "comfort" my community and to bring back the traditional values. Traditional funerals with or without cremation, I have found, give the family and others better closure PERIOD!!!! There is no disputing this. When you go to a funeral home and there are just pictures, you may feel disappointed that you couldn't say good-bye and are left with unanswered "what ifs."

Cremation, mixed with traditional values, as it was intended to be, can also provide the same closure us humans need. There are literally so many variations to service options and I can guide you in a way to meet your needs. With cremation, calling hours with or without a viewing with a funeral service at the funeral home or place of worship is an option keeping the traditional values. After the funeral service, the deceased is then cremated (or in some cases has been cremated before ser-

VICES) and the cremains are then returned to the family or can be buried or inurned in a cemetery or niche, giving the survivors a place to go to honor and memorialize the deceased person helping with the healing process. See with cremation, the only thing that needs to change is the disposition, that the body was cremated.

The funeral home still provides the same services and professionalism. Everything else can be the same and the beauty and sanctity in a funeral is still obtainable.

So it seems today, one of the issues is cost and I completely understand. Anytime cremation is chosen, anywhere in the equation, the end result is lesser cost, we all know that. But if I can make a positive lasting vision of restoring your loved ones appearance, why wouldn't you opt for that option? An option to say goodbye one last time.

That time of a final goodbye you will never regret, but you may regret not. Trust me, regret mixed with grief is a dangerous combination. Listen, we never turn anyone away, regardless of financial circumstances.

Yes we are a business, but more over a ministry. I am here to serve and am honored when you choose me to do so. I have access to many different resources to allow families to grieve the way they need to with the funeral service type selected keeping finances at the forefront.

Listen, it always works out somehow. I faithfully believe, "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." We don't require money upfront. My true concern is YOU, YOUR family, YOUR WELL-BEING, YOUR journey of grief and YOUR healing.....



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ANALYSIS

It Takes Experienced Leadership to Rebuild Niagara



Ken Hamilton

learned from the things that once made Niagara great. One such lesson should be that it is hard to reclaim what we rarely have had.

Despite the position of many Niagarans, process chemical manufacturing was one of those things that built the city. All of the elements necessary for it to have happened were either already here or simply readily built.

Not only was there an abundance of non-contact process cooling waters in the fast-flowing Niagara River that could safely pass through the facilities and then ultimately slip down the gorge through penstocks to turn the generators that make the much needed electricity to fire the furnaces.

Added to the formula was an abundance of low-cost indigenous laborers that once flooded the fields of the American Southlands, and those immigrants that dug through the coal-laded hills of places like Pennsylvania. And cargo railroads were spreading through America's Northlands as if they were a band of giant barn spiders that were building com-

peting webs to capture every target of opportunity that they could.

These things were being done in an age when the world's great minds were also interested in finding their destiny; and, for the most part, they were not the famous hoteliers. But gone are the great non-resident minds like Acheson, Edison, Tesla, Westinghouse and others.

The river remains, and it produces more power today than ever. But the power is put onto a grid, and then sold to the highest volume bidders; leaving those relatively few and low volume souls that live near the point of production with peaking prices. Enough of those railroad tracks are still here, though only 2 active switchyards are still operating in the city.

In a private conversation with former Niagara Falls Schools Superintendent Henry Kalfas, he explained that the ultimate decline of the city wasn't just due to the plants leaving.

It was the coincidental exiting of those ingenious minds who knew how to build, run and manage the facilities, which at their height once hired nearly 60,000 of the region's citizens. Their absence created the historical vacuum of progressive, enlightened and experienced leadership that was incapable of making good decisions.

The last edition of this paper headlined the story, 'Residents from the Niagara Falls community gathered Downtown this morning to show their displeasure in New York State's handling of city resources'. Kalfas went on to say that when the owners/plant managers of the facilities thought that the city needed something, they went ahead and did it.



If they felt that it wasn't proper for them to do so, they passed it off to the local chamber of commerce. Failing that, then, and only then, they passed it off to the politicians.

Kalfas lowered his head and slowly shook it from side to side, and then momentarily pausing in thought, he raised it, looked me in the eyes, sadly saying that all that we have left are now the politicians.

I applaud the organizers of Reclaim Niagara for hosting the rally, reciting what the now-gone Kalfas would have said, "We can't continue to let the residents of Niagara Falls be taken advantage of by politicians in Albany."

It was well and good, especially when added to what Jesse Jackson said in announcing his presidential candidacy in 1984. "If we had our fair share of representation at the local level, then we could live with anybody in the White House." I say

in Albany as well.

Most of those in Washington and Albany started their careers at the local levels, and as Jackson might say, "They stepped onto your porch, shook your hands and y'all voted them in and upwards!"

And that's the problem. As Walt Kelly's cartoon character Pogo said in 1970, "We have met the enemy and it is us!" We voted for it all, over and over again.

The lesson from process chemistry is in that if a process was working well at one point, but not now, then in a stepwise reversal, systematically undo what 'you' last did until the system is properly running again.

Perhaps residency is killing us and not giving us the opportunity to choose value-based leaders who are proven progressive, enlightened and experienced to rebuild Niagara; something that we rarely have. If not, then what good are rallies?



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NORTH TONAWANDA

Art Show Illustrates Battle Many Face with Drug Addiction

Brendan McDonough

Faces of addiction were on full display in North Tonawanda at the Project 301 Gallery on Oliver Street.

Here, fourteen artists who have been afflicted by addiction put their artwork up for all to see. It's called Nartcan.

Organizer says the artwork was a way for people to cope with addiction.

"We have a nice mix of artwork that all can enjoy," said Natalie Brown, Studio Owner. "There is some acrylic on canvas",

oil paintings, and even a piece where they actually used piece of film and lit it up with a backdrop. We have an original photo of actor Phillip Seymour Hoffman. Overall, just a really nice variety of things."

Accompanying each piece of art there is a story about the artists and the struggle they faced. Organizers say artwork help with addiction and a host of other problems.

"Creating artwork helps a lot people who are affected by addiction, said Brown. "Honestly, it helps with any problem that you might have. It is very therapeutic and it helps get you through things."

The unique images capture the pain and struggle of addition.

Hidden in each piece is a story about whether the addiction was overcome or whether it was too much for the individual to handle.

It is a show they hope will help to educate the community of North Tonawanda about the dangers of drug use.

"The reason I came up with the idea," said Justin Chase, Curator,



"is because I have been working with people suffering with addiction for many years. When people come in for rehabilitation there is very few things they can do. They do not have their phones with them. There are no computers or books, which is necessary because

their main focus needs to be on recovery. But, one of the things they can do is draw and make artwork."

The show is free and the artwork will be on display for the next three weeks.

The art studio is located at 308 Oliver Street in North Tonawanda.




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In Case You Missed It: North Tonawanda July 3rd Common Council Meeting



Brendan McDonough

The night began by honoring two "outstanding and talented" North Tonawanda girl scouts for their community service. City leaders recognized Noel Nickerson and Gabrielle Schrock for their leadership by awarding them the 'gold star award.' It is one of the highest honors a girl scout can get and only a small percentage of young women ever obtain it.

City leaders also approved a request from the city engineer for publication of a notice to construct sixteen new four-unit town homes at 1100 Sweeney Street.

The project was not without opposition as some city residents believed the space should remain green.

Also notable was the appointment of Mark J LaDuca as a firefighter for the North Tonawanda Fire Department. He is the newest member of the department and was warmly welcomed by members of the fire department and common council members.

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Gearing Up for Thunder of Niagara



Brendan McDonough

In just a few short weeks, boats will be flying at speeds of more than 170 miles per hour across the Niagara River.

At Gratiwick Riverside Park on Monday July 9th, 2018, Mayor Pappas,

alongside other city officials and event organizers, announced that the Thunder on Niagara event will be coming to North Tonawanda on August 4th and 5th.

This is the 13th year of the event and is something that everyone is able to enjoy.

"Most of us cannot imagine being on the water at those kinds of speeds," said Mayor Pappas, "but it sure is a lot of fun to watch. It draws so many families and is such a great family event. Every year it seems to get better and better and the crowds seem to get bigger and bigger."

Over 70 race boat teams will be taking part in the event. It is considered the fastest show on the water.

The hydroplanes are high performance boats that fly across the water.



The event is organized by the Niagara Frontier Boat Racing Association, the Hydroplane Racing League, Snyder Industries, and the City of North Tonawanda. The event will be free for everyone to enjoy.

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\$749 Lunch Buffet
\$1049 Dinner Buffet
 With Beverage Purchase
 Lunch valid Mon-Fri: 11am - 4pm,
 Dinner valid Mon-Sat after 4 pm; all day Sun.

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\$699 Breakfast Buffet
 With Beverage Purchase

PONDEROSA
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"This one of the premiere international events of the Hydroplane Racing season," said Gary Rush, event organizer. "There is people coming in from Florida, Canada, and elsewhere that really look forward to racing on the Niagara River."

It will be a sight that many will not soon forge. On Saturday August 4th they will also feature a classic car show for people to enjoy.

On Sunday August 5th, from high in the sky, a skydiving team will jump at around noon and perform a number of acts with an American/Canadian theme.

Parking will be available for a suggested donation of \$10 with a portion of the proceeds going to Twin Cities Community Outreach.

"We are honored again to take

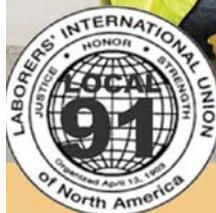
care of the parking for this event," said Karl Bauer, Twin Cities Meals on Wheels. "It helps to support all of the groups that are connected to the Twin Cities Community Outreach."

A number of vendors will also be on hand with all kinds of food and drinks for people to enjoy.

For many the event has become an annual tradition.

"It's been our 6th year involved with this group and it's pretty exciting," said Tom Snyder of Snyder Industries. "We almost have 100% attendance from our employees and their families. It is a great family event where you can spend the whole day and it's free."

On both days the park will open at 8:00 am with the first racing starting at 9:00 am.



Fundamentals of Workplace First Aid

First aid generally refers to medical attention administered immediately after an injury occurs and at the location where it occurred. It often consists of a one-time, short-term treatment and requires little technology or training to administer. OSHA requires that employers ensure medical personnel are either readily available for advice and consultation or that persons trained in first aid (with first-aid supplies) be available. Unless the employer maintains an onsite clinic for injured workers, first-aid supplies must be available onsite.

First aid can cover a variety of actions, such as bandages and wound coverings, over-the-counter painkillers, ice or eye washing/irrigation. With so many actions potentially considered first aid, OSHA does not have strict requirements on what first-aid items should be available onsite. However, as with many other standards, OSHA requires employers to conduct a hazard assessment and evaluate their first-aid response based on the needs of the workplace and its workers. Most contractors rely on emergency medical services for serious injuries and first aid for lesser injuries. First-aid supplies must be available in adequate quantities and be readily accessible. The minimum contents of the first-aid kit should be based on the hazards faced by workers on the jobsite. The contents must be:

- Placed in a weatherproof container with individual sealed packages for each type of item.
- Checked by the employer before being sent out to each job and checked weekly to ensure any items used are replaced.
- Located in known areas that are easily accessible by workers.

First-aid training courses should include instruction in general and workplace hazard-specific knowledge and skills. CPR training should incorporate automated external defibrillator (AED) training if an AED is available at the worksite. First-aid training should be repeated periodically to maintain and update worker knowledge and skills. Management commitment and worker involvement is vital in developing, implementing and assessing a workplace first-aid program. Laborers' Local 91 regularly hosts first aid/CPR/AED training for members. This certification is only valid for two years before it must be renewed so check the schedule for upcoming classes.



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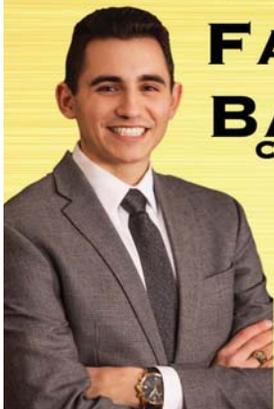
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