

AAA offers advice for winter storms

Says digital roadside request assures fastest service

SUBMITTED BY AAA WESTERN AND CENTRAL NEW YORK

AAA Western and Central New York has been extremely busy with high call volume that hasn't seemed to let up recently. While a break in temperatures is expected midweek, a significant snowstorm is possible toward the end of the week. AAA urges the public to heed the advice of local officials and stay off the roads during inclement weather.

Due to the winter weather and the ongoing cold temperatures, AAA reports longer-than-average wait times – both when calling and waiting for help to arrive. The safety of our members is AAA's No. 1 priority, so our road service providers respond first to those stranded in the most dangerous conditions, while those who are safe at home may see longer delays. To request service as quickly as possible, AAA advises those in need to use the AAA mobile app or go to www.AAA.com to place a digital roadside request.

Here are some winter tips from AAA:

- **Emergency kits** are important to have on hand for several reasons. AAA strongly recommends having one in your vehicle.
- √ A well-stocked emergency kit should include a cell phone car charger, flashlight with extra batteries, first-aid kit, drinking water, extra snacks and food for travelers and pets or reflectors.
- √ You should also pack traction



aids (sand, salt, non-clumping cat litter or traction mats), an ice scraper or snow brush, a shovel and plenty of warm gloves, clothes, hats and blankets for all passengers in your car.

- √ If your car breaks down at night, reflectors will help oncoming traffic see you better and extra food and water will come in handy if you are stranded somewhere remote, where help may take longer to arrive.

- **If you are stranded**, it is safe

to stay in your vehicle until help arrives. If your vehicle will start, to conserve fuel, turn your vehicle off and periodically turn it on for 15-20 minutes to warm up the interior. Then shut it off for 30-45 minutes before starting again. Avoid using accessory mode (i.e., to listen to radio) when the vehicle is not running.

- **Motorists should:**

- √ Clean your headlights, replace old wiper blades and inspect the tread depth and pressure of tires.

Good visibility and traction are critical when driving through winter storms or on icy roads.

- √ Avoid using cruise control in slick conditions and avoid making unnecessary lane changes – which increase the chances of hitting patches of ice between lanes.

- √ Slow down and allow three times more space than usual between your car and the car in front, especially when driving in snow, sleet or ice.

- √ Brake and slow down in ad-

vance of approaching a red light or stop sign – spots where ice often forms – to minimize the possibility of braking on ice. If you hit a patch of ice and begin to skid, try to stay calm and resist the urge to slam on the brakes. Instead, look where you want the car to go and steer in that direction.

- √ Slow down and move over if you see a first responder or tow truck driver at the side of the road. It's the law in 50 states and is intended to keep these individuals safe as they work to rescue others.

- **AAA recommends** checking with your travel agent or travel provider for cancellation policies and itinerary changes.

- √ Travelers should heed all official advisories and orders.

- √ If traveling, it is important to monitor weather conditions regularly, for departure city and destination.

- √ If you have hotel reservations, check with your hotel for local updates on the storm's impact.

- √ If you are flying, check with your airline on their change fee and rebooking policies and:

- √ Check your flight status before leaving for the airport.

- √ Consider signing up for text or mobile alerts from your airline for the latest flight information.

As upstate New York's largest member services organization, AAA Western and Central New York provides more than 887,000 members with travel, insurance, financial and automotive-related services.

NYS mask mandate extended until Feb. 10

Hochul provides information on free masks

On Friday, at the tail end of her speech at a press event regarding a downstate snowstorm, Gov., Kathy Hochul announced her mask mandate would remain in place through Feb. 10. The indoor face covering requirement was slated to end Feb. 1.

Hochul said, in part, "Yesterday we lost 171 fellow New Yorkers because of this pandemic. And I want to make sure that we're remembering them, but also, that is (a) reminder, take this seriously until we are clearly out of this storm. And that is why as we talk about this, you know, we didn't know at the time when we put in our mask or vaccine requirement to protect people as this omicron surge with spiking, it was spiraling out of control in the month of December, we did not, we could not have foreseen what January and February looked like.

"We still don't know much beyond where we are right now, but again, the trend is much more positive. And that is why I want to talk about the fact that we'll have a temporary extension of our business mask or vaccine policy. And that has been a critical tool in driving those numbers down. They could be even more out of control, but we're going to continue doing this not by months, not by three months, we're going to do it every two weeks now. So, we can be ready to suspend, give businesses the notice they've been waiting for. But again, I want to thank all the businesses and the people who follow these policies. You are the reason our state is going to come out of this far sooner

than other states. The numbers are still going up in other states. And we've been smart here.

"I thank the people; I thank the counties for their partnership. So, we'll be extending that just through Feb. 10. Again, probably a couple days before that, we'll be evaluating. But if we continue on this rapid trend downward, we'll be in a good place. If it levels off or something else happens, I need that flexibility and I'm going to continue to reserve that. But also, people are waiting to hear when some of these restrictions can be lifted. And so, we're going to continue with our flexibility.

"As we know, the school masking policy remains in effect, despite the fact that there was a little blip, but we are back on track legally. And I want to thank our attorney general, Letitia James, and her incredible team for understanding the urgency of us appealing a decision that came forth based on factors that we don't agree with. We happen to think that the commissioner of health and Department of Health have a responsibility to protect public health. That is why they do what they do. And we're going to continue to defend that in court. So, the appellate decision, the second department, sided with us and let common sense prevail. So now we are back into ensuring that these are in place again for now. And the only reason we have this is because this is how we can keep our schools open.

"When our schools are open and kids are safe there, moms

SEE MASK, continued on Page 5



Attention Lewiston Residents

On Tuesday, February 8th the Lewiston Senior Club will sponsor a speaker Linda Johnson. The Lewiston Assessor to speak on Property Taxes and Property Exemption. This will begin at 12:30pm at the Lewiston Senior Services Center located at 4361 Lower River Road, Youngstown. All are welcome.



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Listen to your Heart

Since 1964, February has been designated as American Heart Month by the American Heart Association. The importance of heart health cannot be stressed enough. People realize that the heart is necessary to sustain life, but few realize that much of their heart's health is largely in their hands.

Did you know...your heart beats 100,000 times in one day and about 35 million times in a year. During an average lifetime, the human heart will beat more than 2.5 billion times, pumps 800 million pints of blood or about 1 million barrels – enough to fill more than one oil supertanker. The adult heart pumps about 5 quarts of blood each minute – approximately 2,000 gal. each day throughout the body and takes about 20 seconds to circulate throughout the entire vascular system.

Three of the top risk factors for heart disease are high blood pressure, high cholesterol and smoking. Others include diabetes, being overweight and drinking to excess. Some of these "risk factors" have an underlying causative factor-DIET.

The Heart Sound Recorder (a general wellness cardiac stress monitor) is used at our office to evaluate for nutritional counseling, supplementation and exercise considerations to support the normal physiological processes of the body. This device is not an electrocardiograph, and it is not capable of diagnosing heart conditions nor in any way a substitute for such a device. But, it is an excellent tool for evaluating and demonstrating how nutrition can affect the health of the heart and body in general. Find out for yourself with our 50% off Heart Month Special. Call (716)754-9039 to schedule, appointments are limited.

This article is not intended to diagnose, treat or cure any disease or to make any medical claims. It does not supplant competent medical care, or dissuade anyone from seeking competent medical attention for any injury, illness, or other physical condition.