

Lewiston No. 1 announces medical services upgrade

Company now offering level 4 paramedic services to community

Lewiston No. 1 invites residents to consider membership opportunities

BY TERRY DUFFY
Editor-in-Chief

Lewiston No. 1 Fire Co. announced this week an upgrade of its emergency medical services offerings to the community to a paramedic level 4 unit.

Chief Les Myers said the advancement reflects a continuation of the company's most recent upgrade. As a result, Lewiston 1 has now achieved the highest pre-hospital level of care capabilities available. With certifications recently obtained from the New York State Department of Health, Lewiston 1 advanced EMTs' and paramedics' abilities have been drastically expanded with increases in medications and cardiac capabilities, which previously were heavily relied upon by mutual aid.

The advancement marks the latest improvement in service for Lewiston No. 1, which provides fire response and EMT services for both the Village and Town of Lewiston as well to residents throughout the River Region.

"I have been in the fire service since 1974; we have come a long way in the treatment we can provide to our residents and visitors," Myers said. "This latest advancement has been a long-range goal for many years, and the time is right."

Back in 2017, Lewiston 1 went from an EMT-basic agency to an advanced EMT level agency, which elevated the company to mid-level certification. Lewiston No. 1 offers partners with the Lewiston No. 2 Fire Co., Upper



Lewiston No. 1 Assistant Chief-EMS Matthew Grainge said Catholic Health has "partnered with us for medical direction oversight and are always willing to help with training not only for Lewiston 1 EMTs, but those around the county."

Mountain Fire Co., Sanborn Volunteer Fire Co. and fire responders in Youngstown and Ransomville in providing mutual aid, as needed. Lewiston 1 can now provide the highest level of patient care to residents on an independent basis.

"This has always been a personal goal of mine for our agency, and I am happy to see it finally happening, now that the time is right," Lewiston No. 1 Assistant

Chief-EMS Matthew Grainge said.

Lewiston No. 1 members can now pursue certification both as an EMT and all of the way up to paramedic level.

Myers attributed the company's upgrade to its members continuing professionalism and dedication to service.

"These advances, throughout the years, are made possible by our volunteers," he said. "As

members pursue EMT and higher certifications, we are able to adjust our agency capabilities when it's appropriate. Today, we staff our two ambulances with 16 basic EMTs, four advanced EMTs, two critical-care EMTs and one paramedic."

He added, "I am proud of the members of Lewiston 1. Our EMTs provide 24/7 coverage to our community with the utmost efficient and compassionate care."

With over 1,000 calls for service annually, approximately 80% to 85% are EMS or rescue in nature. Our members work very hard to answer the calls of our community, and find deep satisfaction is helping others. It is the hard work of our team, which has brought this important and life-saving change to fruition."

Those interested in serving the community as a volunteer can contact Lewiston 1 to discuss membership opportunities.

"With that said, we never stop recruiting!" Myers said. "The volunteer fire and EMS service has its waves in personnel due to the fact it's not our paying job. What this means is that our members come and go at times, depending on where life takes them. We must always be recruiting to ensure that we have the staffing for 911 calls as our membership fluctuates."

Grainge noted, "If becoming a volunteer firefighter, EMT or paramedic interests you, and you live in our area, I strongly encourage you to pursue joining Lewiston 1. Benefits of joining, in addition to serving your community, include a retirement pension, membership rewards system, 24/7 private fitness center and more."

For more information, contact Lewiston No. 1 Fire Co. at 754-4487 or online at www.lfd1.com.

Lew-Port Academy 'Halloween Spook-tacular' this Wednesday

Into some pre-Halloween shenanigans for a good cause?

The Lewiston-Porter Academy of International Business and Finance invites you to check out its "Halloween Spook-tacular" celebrity bartender fundraiser, taking place from 6-9 p.m. Wednesday at the Ontario House ("The Jug"), Main and Lockport streets in Youngstown.

Returning this year after a COVID-19 pause, this Halloween

favorite will feature 12 familiar faces behind the bar, with some spooky drink concoctions and crazy antics sure to come. Featured will be a costume contest, raffle and 50/50, with entertainment and music by Nicholas Picholas from "Janet and Nick in the Morning" on WKSE-FM "KISS" 98.5.

A \$10 cover at the door includes one free raffle ticket with a cash bar for this 21-and-over event.

"Stop by to see who will be behind the bar!" Academy advisory board member Tricia Mezhir said. "And feel free to join in the fun in costume."

All proceeds from the event will benefit the programs of the Lew-Port Academy of International Business and Finance.

'Big R' at CAM

"The Ransomville Speedway: History, Community, & Culture at a Dirt Track" is the Castellani Art Museum's newest folk arts exhibition, on view starting this weekend.

This exhibition is a select preview of the fieldwork materials that will become an official collection of the Library of Congress and available online through the Occupational Folklife Project at a later date.

This exhibition explores the cultural knowledge embedded in dirt track racing through interview excerpts recorded by Millar, and through video and photography by Tom Stevens, the track photographer at the "Big R." Supplemental objects on display include a Slack kart, door panels, helmets and a racing tire.

The museum's public hours are 11 a.m. to 5 p.m. Saturdays and 1-5 p.m. Sundays. Admission is always free. The exhibition will be on view until April 8, 2022.

Museum visitors are required to wear face coverings regardless of vaccination status.

Zion Evangelical Lutheran Church

Fall Bazaar

Saturday, November 6th • 9am-2pm

10th & Michigan Ave, Niagara Falls

Theme Baskets • Christmas Items
Attic Treasures & Jewelry
German Food & Baked Goods

Chicken Chowder available for take out
\$6.50 Qt. (w/container) • \$7.50 Qt. (w/o container)

Everyone Welcome

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Daily 7am-7pm • 236-0111

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Daily 8am-7pm • 754-2218

WILLIAMSVILLE
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Daily 7am-7pm • 635-6504

ALL PRICES VALID UNTIL
OCTOBER 31, 2021

Dessert Cakes

7" Round • Gold • Chocolate
Banana • 1/2 & 1/2
Carrot • Boston Creme
German Chocolate • Black Forest

\$1.50 off

Coupons may not be combined with any other offer or discount. Expires October 31, 2021.

Italian Bread

Scaletta "Curly Style"

Regular Loaf - 50¢ Off
Double Loaf - 75¢ Off

Hand rolled, hand formed, split & slowly hearth baked!

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Fresh Dough

Perfect for making pizza, bread or rolls!

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HARD ROLLS

Oven fresh crusty rolls. Great for sandwiches or toasted with butter.

\$2.69
A Dozen

Limit 4 Dozen

Coupons may not be combined with any other offer or discount. Expires October 31, 2021.

Pumpkin Pie

8" Pie

\$1.00 off

Golden Flaky Crust • Creamy Rich Pumpkin • Delicately Spiced

Coupons may not be combined with any other offer or discount. Expires October 31, 2021.

Donuts

A Dozen

\$1.00 off

Old fashioned, large donuts, made fresh daily

Coupons may not be combined with any other offer or discount. Expires October 31, 2021.

Real Help For Your Health

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Health Risks of Poor Sitting Posture

Slouching at your desk all day long has a number of bad effects such as: increased risk of neck and back problems, high blood pressure, increased fatigue, wear and tear on joints from improperly aligned bones and joints, increased stress on spinal ligaments, increased muscle strain and pain. Your spine can become fixed in this abnormal position causing constriction of blood vessels and nerves as well as problems with muscles, discs, and joints; consequently resulting in headaches, organ troubles and breathing difficulties.

Proper sitting involves: keeping both feet flat on the floor (or using a foot rest), aligning your back with the back of the chair, not slouching or leaning forward, keeping your shoulders straight and adjusting the chair so your knees are even or slightly higher than your hips and your arms are at 75-90 degree angle at the elbows.

To help overcome bad posture, make stretching part of your daily routine, especially at your desk. An exercise ball can be used instead of a chair to strengthen the muscles of good sitting posture. With so many adults and children sitting at home at a computer or doing desk work, it is vital to see a chiropractor regularly to realign the spine for improved nerve supply, reducing muscle spasm and improving body function, posture, respiration and reducing stress.

Rose Chiropractic, P.C. is a natural health practice that gets bodies in good working order through Nutrition Response TestingSM and chiropractic, located at 435 Ridge St., Lewiston. New patients are welcome. Call 754-9039.