



Diocese of Buffalo Bishop the Most Rev. Michael W. Fisher joined elected officials and Catholic Health leaders in cutting a ribbon for the new helipad at Mount St. Mary's Hospital. (Photos by Mark Williams Jr.)

Minutes matter: Helipad open at Mount St. Mary's Hospital in Lewiston

Elected and spiritual leaders were on hand at Mount St. Mary's Hospital in Lewiston on Friday afternoon for a ribbon-cutting ceremony.

A press release noted, "Catholic Health continues its commitment to providing high-quality health care in Niagara County with the opening of a new helipad at Mount St. Mary's Hospital."

Mercy Flight flew a helicopter in to inaugurate the new take-off and landing site. The Most Rev. Michael W. Fisher, bishop of Buffalo, blessed the helipad. Those offering remarks included New York State Senate Minority Leader Rob Ortt, Assemblyman Angelo Morinello, Mount St. Mary's Hospital President CJ Urlaub and Mercy Flight President

Margaret Ferrentino.

The press release continued, "Emergency air transport provides a safer, faster alternative to ground transport, saving at least 30 minutes in valuable transfer time from Lewiston to Erie County. While the majority of patients who enter the emergency department at Mount St. Mary's, a New York State Designated Stroke Center, are treated right at the hospital, those who require a higher level of care will benefit from this accelerated transport."

"In addition to complex stroke cases, patients with critical cardiac, renal, pulmonary and septic conditions may also benefit from emergency transport via the new helipad."

The landing site is located in the south (main) parking lot, adjacent to the emergency room at 5300 Military Road.

State Parks seeks lifeguards for 2022

The New York State Office of Parks, Recreation and Historic Preservation announced there will be four lifeguard exams scheduled in the Niagara Region for the 2022 season. Testing is required for anyone wishing to work as a lifeguard at any state park.

Exams will take place:

• Jan. 8, May 7

Niagara Falls High School, 4455 Porter Road, Niagara Falls 8 a.m. to noon

• April 30


Lockport YMCA, 5833 Snyder Drive, Lockport 1-4 p.m.

Prior to employment, successful candidates must be at least 15 years of age and furnish proof of completion of CPR for the professional, and completion of the American Red Cross 1994 revised lifeguard training, which includes first-aid, with a certificate for the waterfront module or equivalent courses. Successful candidates will also need a physician's certification of adequate physical fitness, including a minimum of 20/40 uncorrected vision after receiving a conditional job offer.

Lifeguard positions in the Niagara Region will be available at Beaver Island, Woodlawn Beach, Evangola and Fort Niagara state parks.

For further information or to register for the test, contact Andrew Chouinard at 607-333-4266 or Andrew.Chouinard@parks.ny.gov.





2021 Christmas Coloring Contest Winners

DiMino Lewiston Tops Christmas Coloring Contest winners
DiMino Lewiston Tops recently announced the winners of its annual Christmas Coloring Contest.

<p>Ages 4-6 First: Morgan W. Second: Andrew B. Third: Qwinn Honorable Mention: Maise N.</p>	<p>Ages 7-9 First: Alyssa C. Second: Maximus H. Third: Raleigh S. Honorable Mention: Evelyn O.</p>	<p>Ages 10-12 First: Grace P. Second: Miranda S. Third: Gabriella P. Honorable Mention: Carmen S.</p>
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All winners have been notified. Congratulations to the winners, and thank you to all who entered.

Real Help For Your Health

Presented by
Dr. Glenda R. Rose
Chiropractor



Prevent Holiday Weight Gain

Here are some tips:

- Keep a food journal to stay in control of what you are eating and help you make better decisions.
- Bring a healthy dish with better ingredients that you can eat so you can avoid or at least eat less of the high sugar and white flour goodies.
- Remember alcohol counts as a sugar too.
- Eat good fats first. Olives, olive oil, coconut oil, butter and nuts, will help you feel full and stimulate your metabolism.
- Take a walk after the meal and before dessert. It gets you away from the food and helps support your digestion and metabolism. The physical activity will also help lower your blood sugar and insulin.

Rose Chiropractic, P.C. is located at 435 Ridge St. in Lewiston.

Throughout the holiday season, if your HO, HO, HO becomes OH, OH, OH. Give us a call (716)754-9039. Wishing you and yours, Happy, Healthy Holidays... naturally!