

Resources available for reporting perceived violations

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our playground, roped it all off, took down our basketball rims, because the kids were playing basketball.”

Wydysh said, “We have to assume this (virus) is everywhere – that anyone could have it. And I will say that I do have to be out in Lockport just about every day to do that live broadcast; so, I drive through different communities. And I say that, out here, in the northwest Lewiston area, people really are doing a great job. The residents seem to, for the most part, be abiding by those distancing guidelines.

“We’ve done the same things with the parks: closed down the playground, closed down the basketball; but the trails are open for walking and exercise – and we’ll continue to keep those open as long as people are following guidelines. We’re watching it; we’re monitoring it; if we need to close things down, of course we will. But at this point, we feel it’s good to have those open and available to people.

“Frisbee golf is the one big question everyone keeps asking me. Again, we’re monitoring that. If we’re just seeing families out, that’s OK; but if we start to see big groups coming this way, we’re going to have to consider closing that, as well.”

In an email, City of North Tonawanda Mayor Arthur Pappas said, “Thank you to the NT residents for your commitment to combating COVID-19 by following all guidelines set by the federal, state and local governments. By adhering to the rules set forth and staying in, we will get through this pandemic quicker and hopefully healthy.

“I continue to be in contact with all local departments and with county officials who recommend no more than five people together. As everyone is advised to stay in, I am doing the same and working primarily from my home. This is a total inconvenience, but necessary for me to set an example of self-discipline. We all need to pull together at this critical time.

“There are those who wish to ignore the rules and think restrictive measures are not necessary. However, as your mayor, I am required to make decisions for the welfare of the citizens. My directives are in line with consultation with the county health department, the po-



The Village of Lewiston playground is closed.

lice and fire chiefs, the governor’s executive orders and the city legal department. Activities outside are not promoted due to the confinement of all residents.”

Possible Police Action

In terms of law enforcement, Acting Niagara County Sheriff Michael Filicetti on Friday told Wydysh, “What we’ve told the public is, first, I ask everybody to voluntarily comply, so we don’t have to be contacted. Keep your 6-foot distancing; no public gatherings. If you’re a business that’s deemed nonessential, don’t open. If you’re a restaurant or bar, do the drive-thru/takeout like you’ve been doing.

“I know it’s tough on everybody in the community, but it’s going to get a lot tougher if we don’t abide by these regulations.

“If you do see a business, we react to complaints. So, if you see a business that’s been deemed nonessential – let’s say a bar, and they have people in there; and they’re in there drinking, and it’s

like normal operation – contact us. We would come and assess that, and we do have the authority to close that business down. We’ll either go through the State Liquor Authority, we use the state Health Department or local code enforcement, and we would take action.

“If people do not comply – which I don’t want this to happen – we could always go to penal law charges against somebody.

“I don’t want to do that right now. With everything going on, I just want people to comply and follow the rules so we don’t have to do that.”

Lewiston Police Chief Frank Previte said, “Our department receives a list of complaints filed in our jurisdiction regarding alleged

violations of New York’s current ‘PAUSE’ restrictions. The complaints received are first vetted. If there is a valid health-related risk or violation of current restrictions, the person or business involved will be warned. Further violation after warning may result in criminal charges.

“We hope that everyone would comply, and that has been the overwhelming case thus far.”

Flatten the Curve

On Wednesday, Cuomo said it appears the coronavirus curve is flattening in the New York City area, in terms of declining hospitalization rates.

Due to a lack of testing tools locally, Wydysh said, “Niagara County is probably slightly be-

hind the timeframe from what they’re seeing downstate; that we haven’t reached our peak yet.”

Speaking of physical limiting and “New York State on PAUSE” measures, Wydysh said, “What we’re seeing is that effort is helping. The fact that everyone’s staying home, staying distanced from each other, the governor truly believes those efforts are helping the situation – and that’s why we’re starting to see that flattening of the curve.”

“It’s very important that we continue to follow these rules,” she added. “That optimism – the fact that we’re seeing these better numbers for hospitalizations – does not mean that you should stop what you’re doing.”

RESOURCES:

If you need to report a public gathering potentially violating Gov. Andrew Cuomo’s “New York State on PAUSE” executive order, you can

- Call the Niagara County Sheriff’s Office at 716-438-3393.
- Contact the “New York State on PAUSE” enforcement assistance taskforce at 1-833-789-0470 or online at <https://coronavirus.health.ny.gov/new-york-state-pause>.
- Empire State Development also has “Guidance for determining whether a business enterprise is subject to a workforce reduction under recent executive orders.”



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Health and Immunity

What is it that creates immunity toward all kinds of sickness? It’s a healthy body that is free of interference to the vital life force, a body that has a high resistance to disease. Only life heals and nutrient-rich foods are the genuine replacement parts. Whatever creates interference to the flow of this vital force in the human body IS what causes the poor and debilitating health that plagues the world today. Removing the interference is key.

Dr. Charles Mayo of The Mayo Clinic expressed that “We are all afraid of germs because we are ignorant of them. Germs are outside. What we should be afraid of is lowered resistance which comes from within.”

Doctors don’t heal, only the body heals. It is not the powder, the pill, the potion nor the vaccine that heals. **What you drink and eat, your exercise program, your attitude and your spinal health will determine your good health. A nervous system free from interference due to spinal misalignment is essential to the body functioning properly.**

Refined sugar is a great suppressor of the immune system. So stop all the cookies, candy and other sweets as well as other junk “food”. Wheat and dairy products are mucus formers, so eliminate them, especially when sick. Drinking plenty of water to hydrate the body is important. Eat more fresh vegetables, preferably organic as these provide the much needed nutrition and enzymes for immune support.

Rose Chiropractic, P.C. is located at 435 Ridge St., Lewiston. We are committed to helping our patients and our community build their immune systems and stay healthy, naturally. Health care is self-care. Call 754-9039.



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