



Celebrating Flag Day in Ransomville



On Saturday, June 12, the hamlet of Ransomville celebrated the kickoff to summer with a Flag Day parade and BMX show. The fairly long parade opened at O. Leo Curtiss American Legion Post 830 and ended at the Ransomville Free Library. It followed with a plant sale by the Ransomville Garden Club, a tractor and car show, music by Step In Time and the Screaming Pineapples, and two great BMX shows by the Dialect Action Sports Team. Following the BMX shows, the bike riders signed posters, helmets and even some arms for the kids. (Photos by Wayne Peters)



Proposed state bills putting public safety at risk

GUEST EDITORIAL
BY MICHAEL FILICETTI
Niagara County Sheriff

As the sheriff of Niagara County, I have to sound the alarm on dangerous criminal justice reforms, which are being supported by the majority of the New York State Legislature.

There seems to be no end in sight, nor any peak to the mountain of bills they are proposing, which do nothing to make our community any safer. Each bill is aimed at providing criminals with more rights and leaving our law-abiding citizens vulnerable. Our downstate majority in the legislature is pushing through bill after bill, which helps the criminal element of our society flourish. We are seeing the results of these failed policies right here in our own county as evidenced by the rising violent crime rates.

Bail reform has created a catch and release system, which leads to offenders feeling emboldened to commit additional crimes. There have to be consequences for one's actions. I am not against bail reform in concept. I am against letting dangerous criminals out with no bail or extremely low bail so they can be free to victimize our citizens. Judges need to be given back their discretion to detain individuals deemed to be a public safety risk.

There is newly proposed legislation, called the Police Accountability Act, which will set new standards on police use of force that are neither reasonable nor functionally possible. If police officers have to review check boxes before you can act in these situations, I can guarantee that officers will get hurt. Police officers use force to effect an arrest in very rare cases. And

every time that force is used, it is because someone is actively resisting a lawful order.

There is also discussion regarding removing qualified immunity for police officers. If you are not aware, qualified immunity protects police officers from personal liability unless they have violated a clearly established constitutional right. The common misconception is that qualified immunity always relieves police from liability for misconduct. That is absolutely not the case and police officers can be held liable when they are found to have violated a person's rights.

I can tell you that if the Police Accountability Act or the bill removing qualified immunity get passed you will see police shutting down or retiring. If you think there is a crime problem now, wait until the police are handcuffed even further by these criminal-friendly bills.

The law-abiding citizens of Niagara County need to speak out against these misguided pieces of legislation. Criminals need to be held accountable and police officers need to be able to do their jobs.

In Niagara County, I believe we are working with our citizens to

police the community together. Thank you for your continued support of law enforcement.

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Headaches at work

"Tension" headaches are a common complaint in office work. Work postures which cause prolonged tension on the neck muscles can tug and pull on the small neck bones in a way that create fixation (loss of mobility) or misalignment. As most of the nerves that wrap around the head come from the base of the skull and upper neck, this can cause pressure and irritation of the blood vessels and nerves of the head, resulting in pain.

If you hold your head forward with your chin toward your chest, your neck and upper back muscles are working hard to keep your head from falling too far forward; this straightens or reverses the curve in the neck. Turning your head to one side excessively, or holding a telephone between your neck and shoulder frequently can contribute to muscle fatigue, spinal misalignment, and headaches.

Proper posture, chair support, work station fit, and arrangement of equipment with regular chiropractic adjustments can reduce the effects which may be causing or contributing to your headaches, neck, or back pain.

Headaches may also be due to electromagnetic field (EMF) exposure from computers, cell phones, or other electronic equipment emitting a form of radiation which is created by the movement of electrons through metal wires. Other symptoms commonly reported from EMF poisoning include: sleep disorders, vision problems, sensitive skin, dizziness, chest pain, and nausea. The severity of symptoms increases with the level of radiation in the body.

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Based on the Niagara County Sanitary Code, a permit is required to serve food to the public.

