

# Cuomo: Restaurants, bars & gyms must close at 10 p.m.; private gatherings limited to 10 people

Delivery and curbside pick-up without alcohol may continue after 10 p.m.

Gov. Andrew Cuomo on Wednesday announced new COVID-19 restrictions on bars, restaurants, gyms and residential gatherings in New York state.

Effective Friday at 10 p.m., bars, restaurants and gyms or fitness centers, as well as any State Liquor Authority-licensed establishment, will be required to close from 10 p.m. to 5 a.m. daily. Restaurants will still be allowed to provide curbside, food-only pick-up or delivery after 10 p.m., but will not be permitted to serve alcohol to go. The State Liquor Authority will issue further guidance for licensees as to what sales are continued to be permitted.

The governor also announced indoor and outdoor gatherings at private residences will be limited to no more than 10 people. The limit will be implemented due to the recent prevalence of COVID-19 spread resulting from small indoor gatherings including Halloween parties. These gatherings have become a major cause of cluster activity across the state. Further, this public health measure brings New York state in line with neighboring states including Connecticut, Massachusetts and Rhode Island. This new rule is also effective Friday at 10 p.m.

Cuomo took these actions amid a widespread increase in cases

throughout the nation and an increase in New York, which was expected moving into the fall and winter seasons.

Speaking to the media in a conference call, the governor said, "We're taking several actions today. If you look at where the cases are coming from, if you do the contact tracing, you'll see they're coming from three main areas – and we're going to act on those three areas.

"First is bars and restaurants. We are going to have a requirement that statewide SLA, State Liquor Authority-licensed establishments close at 10 o'clock. What is a state-licensed facility? It is a bar, it's a restaurant overwhelmingly, is the majority of it. Bowling alley with a liquor license. But it's about bars and restaurants. That's one of the main spreaders of COVID.

"In theory, indoor dining, outdoor dining, you're at a table. You only take down the mask to eat or drink, but what happens is that setting is very hard to police; it's very hard for people to maintain the discipline of sitting there eating and drinking and chatting and having a good time and laughing and keeping a mask on.

"Bars and restaurants are one of the identified spreaders. They will close at 10 o'clock. A restaurant can do curbside food-only pickup



New dining rules go into effect at 10 p.m. Friday.

after 10 o'clock, but food only pick up after 10 o'clock.

"Second, gyms. Gyms are also an identified spreading element. It's bars, restaurants, gyms.

"The states surrounding us have done a thing that I think is intelligent, and we're going to follow suit because I try to keep symmetry with the surrounding states whenever possible. New Jersey, for example, closed their bars and restaurants. I don't want to then drive their traffic to New York. States around us have capped parties at private residences to no more than 10 people in a

residence. Unless your household happens to be more than 10, then it's your household.

"Halloween parties, football parties – 'Just let's get together and have a party' – this is the third one of the three great spreaders as identified by our contact tracing. So, the states around us have done this. We're going to do it also because, again, symmetry. I don't want people in Connecticut saying, 'Well, we can't meet at my house, so we'll go meet at your house in New York.' You don't want the traffic being steered. No more than 10 in a private residence for a party.

"Bars, restaurants, gyms, house

parties – that's where it's coming from primarily, and those are the ones that we can address."

Once again, Cuomo emphasized, "I need the local governments to enforce this. We went through this with bars and restaurants once before if you remember. We put rules in place. There was widespread lack of compliance and local governments – some did a good job, some really did not. We then had to put together a state task force to do the enforcement.

"This is statewide. I don't have the resources to do it, so I need the local governments to do it. I need the NYPD to do it in New York City; 150 sheriffs are not enough. It's just not enough to do all COVID safety: airports, borders, trains, buses, bars, restaurants. So, I need local enforcement to do it, because the rules are only as good as the individual discipline and the government enforcement.

"That's where we are. We will watch the numbers. We will continue to adjust as the facts adjust. You see some micro-clusters have been relaxed. We're making good progress on other micro-clusters, and I think you're going to see in the coming days some more micro-clusters relaxed. Steuben was relaxed. So we know it works."

## Niagara County to hold mask, hand sanitizer giveaway events

Niagara County Legislator Dave Godfrey on Thursday announced the Niagara County Department of Emergency Services will hold giveaway events in multiple locations across Niagara County next week to provide free masks and small bottles of hand sanitizer to the general public.

"Our events last spring and summer were hugely successful in providing masks and hand sanitizer to the public, and with our Emergency Services Department able to secure fresh supplies, we wanted to once again make them available," said Godfrey, chairman of the Community Safety and Security Committee. "This time, we decided to hold multiple events in

a week and include some new locations to reach people who may not have been able to take advantage of previous giveaways."

The events will be held as follows:

- Monday, Nov. 16
  - √ 9-11 a.m. – Barker Fire Department, 1660 Quaker Road
  - √ 1-3 p.m. – Middleport Fire Department, 28 Main St.
- Tuesday, Nov. 17
  - √ 9-11 a.m. – Wheatfield Community Center 2790 Church Road, North Tonawanda
  - √ 1-3 p.m. – Ransomville Fire Co., 2521 Youngstown-Lockport Road
- Thursday, Nov. 19
  - √ 9-11 a.m. – Newfane Town

## Niagara County Legislature members quarantining

Niagara County Legislature Chairwoman Becky Wydysh released this statement on Monday:

"Several members of the Niagara County Legislature's majority caucus, including myself, were informed this afternoon that we must quarantine as a result of having been potentially exposed to the COVID-19 virus. While we were following safety guidelines, the fact that we were in the same room for more than an hour with the person who tested positive necessitates the quarantine. As we just found this out near the end of the work day, we had to cancel tonight's committee meetings. In order to keep county business moving forward, we will most likely move to virtual meetings for the next few weeks.

"I'm hopeful that the protocols we were following will prevent

anyone else from turning positive. Mitigating one's risk is the most important thing all residents can do now, especially if we want to prevent any type of shutdown in Niagara County. We are at a crucial juncture and the trend lines have been going the wrong way for the last several weeks. Please wear your masks, keep social distance and do whatever else you can to minimize your exposure so we can get back on track."

Niagara County had 38 new positive coronavirus cases on Sunday, with 813 people tested (4.7%).

Say You Saw It In The

 **Tribune  
Sentinel**

Hall, 2737 Main St.

√ 1-3 p.m. – Public Safety Training facility, 5574 Niagara St. Ext., Lockport

"Our Emergency Services staff is readying the bags of supplies for these events, and each bag will contain five cloth masks and

four mini bottles of hand sanitizer," said Jonathan Schultz, director of Emergency Services. "No preregistration is required, and to ensure that we reach as many residents as possible, there will be a one bag per car limit."

**GENTLEMEN'S CLUB BARBER SHOP**

1040 Payne Ave.  
North Tonawanda, NY • 990-9149

**SENIOR HAIR CUT SPECIAL \$8**  
Tues.-Fri. 8-10AM

Mon.-Fri. 10AM-7PM | Sat. 7AM-4PM  
Owner: Kyle Kabel

 Cash & Walk-Ins Only

**SCOTT'S interiors**  
FURNITURE & Since 1953

QUALITY - SELECTION - LOW PRICES

Broyhill • Stanley • Pulaski  
La-Z-Boy • Lea • Riverside

**FREE DELIVERY**

4419 Military Road, Niagara Falls

**297-3060**

### VFW Post 313 WREATHS across AMERICA 2020

VFW Post 313 is sponsoring the placement of wreaths to honor our nation's veterans buried at Oakland Cemetery in Youngstown, NY. Post 313 will be placing wreaths on the graves on Dec 19, 2020 as part of the WREATHS across AMERICA program. This is a nationwide program, with millions of wreaths being placed in cemeteries across the country. This includes Arlington National Cemetery in Virginia which will be completely covered with wreaths.

If you have a family member in Oakland Cemetery or at Fort Niagara Cemetery; tell us the location and we will place the wreath for you. This is an honor to any Veteran, who has served their country. It also helps your local Veterans of Foreign Wars Post. Thank you from Post 313 for buying a wreath for a Veteran.

With a \$15 donation you can sponsor a wreath for a specific veteran at one of the above cemeteries or sponsor a wreath for any veteran resting there. Donations must be received by November 30, 2020 to the Post. Donations may be made through WREATHS across AMERICA at their website <https://www.wreathscrossamerica.org/>. Please enter that you are sponsoring for this Specific Cemetery: Oakland Rural Cemetery in Youngstown, NY 14174.

Or, donate through the VFW Post 313 website [www.wreathscrossamerica.org/NY0217P](http://www.wreathscrossamerica.org/NY0217P)  
If donations are made through this website, the sponsored cemetery is entered for you.

Or contact VFW Post 313  
VFW Post 313, 434 Third Street, Youngstown, NY 14174  
EMAIL: [VFWPost313@gmail.com](mailto:VFWPost313@gmail.com) • PHONE: 585-771-0408  
Ed Jackson 716-531-6420 • Will Hartley 585-813-8321



## Real Help For Your Health

Presented by  
**Dr. Glenda R. Rose**  
Chiropractor



### Eat to Live

As food costs increase, we need to take a look at what the purpose of food is. It is to nourish our bodies for growth, repair, energy production and detoxification. Your body really is as healthy as you feed it. If you are eating highly processed, devitalized foods filled with chemicals like preservatives, colorings, synthetic vitamins, it is impossible to have a healthy, strong body with a strong immune system. Your body may be able to cope for a while, but eventually the stores of nutrients are used up. The now missing nutrients cause a breakdown of the necessary processes of the body and the systems begin to malfunction.

Although many of us live to eat in our culture, much of our entertainment and pleasure centers around food. Unfortunately, billions of dollars a day are spent convincing us that we need the latest pre-made, processed, heat it up and serve it convenience foods. More often than not, there is little nutrition left in these "foods", and the amount of sugar and salt they contain does more harm than good.

Over 100 years ago, people ate fresh whole foods that were already organic, including plenty of meat and butter. Going back to basics has been proven to work. So start adding more produce and grass-fed, free-range meats as you decrease the processed, junk food. You will feel the difference. You will also find that real food satisfies your hunger and it actually costs less to eat healthy.

**Rose Chiropractic, P.C.** is a natural health practice focusing on health improvement through Nutrition Response Testing<sup>SM</sup> and chiropractic, located at 435 Ridge St., Lewiston. Let us help you discover what your body needs to be healthier. Call 754-9039.