

Symmonds supports Gibson

I have been a part of the Lewiston community, in one capacity or another, for most of my life. Recently I transitioned from being a business owner on Center Street to starting my own consulting business. The biggest, and most challenging undertaking for me thus far, has been the inception of the Lewis-

ton Artisan Farmers Market. I have had my share of struggles and setbacks over the past three years while trying to establish the market as a destination for the village. Luckily, I have had the ongoing support of Dan Gibson who shares my vision for the market and the dedication to helping me make it a success.

Dan sees the long-term potential the market could have, not only for local business, but for the entire village community. He has been a loyal supporter, not only as a shopper at the market, but with helping me to problem-solve issues as they have presented themselves. Dan is in touch with the current state of our village

and the need to protect its future. He is focused, dedicated, and forward moving.

I strongly believe that trust, perseverance and commitment are important virtues. Virtues that I look for in the people I surround myself with, both personally and professionally, which include those I want represent-

ing and serving the village in which we all work, live and play. I have no doubt, if reelected, Dan will continue to bring those same qualities to his position as Village of Lewiston trustee. For these reasons, on Election Day, I urge you to vote Dan Gibson for Village of Lewiston trustee.

Jamie Symmonds

Safety measures in place for Village of Lewiston election

The Village of Lewiston is utilizing several safety measures for Tuesday's election. When participants enter the Red Brick Municipal Building gym at 145 N. Fourth St.:

- √ There will be a dedicated entry and exit. All doors will be open from noon until 9 p.m., so residents won't have to touch them.
- √ When voters arrive, they will be re-

quired to wear a mask – unless medically unable to do so. Masks and gloves will be provided for those in need.

- √ Participants will be asked to sanitize their hands.

- √ Paper ballots will be used instead of a voting machine.

- √ People will be given a single-use pen.

- √ Markers on the floor will indicate proper social distance requirements for

those waiting in line (if applicable).

- √ Inspector tables will be at least 6 feet apart. Sample ballots, likewise, will be posted in different areas.

- √ There will be no congregating or group gatherings.

- √ The room will be cleaned in regular increments throughout the day.

For those residents who wish to vote via absentee ballot, they can obtain a form

from the clerk's office (also at the Red Brick) until 5 p.m. Monday.

Ballots must be delivered back to the clerk's office by 5 p.m. Monday.

Trustees Nick Conde and Dan Gibson are running for reelection. They are challenged by Keith Casey Ahlas. Both terms of office are four years.

Jacoby urges vote for Ahlas

It is indeed my pleasure to write a letter in support of Lewiston village trustee candidate Keith Casey Ahlas. Casey represents a fresh viewpoint without political or business strings attached. When asked about the village, he is immediately animated and enthusiastic

and shows a broad knowledge of the needs and interests of all residents and business owners.

All too often when people discuss village affairs, the conversation drifts into political "he said, she said" debates that are bogged down in past missed opportunities and supposed poor

choices. Casey recognizes that while remembering the past is very important: Dwelling on it at the expense of moving forward is the road to mediocrity.

As a first-term Town of Lewiston board member, I have had the opportunity to experience first hand both the triumphs

and the frustrations of local government. I have found that my greatest chance at success is directly related to my willingness to set politics aside and work as a team for the benefit of the town. Speaking with Casey, I believe he shares this willingness to work as a team player to move the vil-

lage forward.

Keith Casey Ahlas will bring fresh ideas and a new perspective to the village government, and I strongly urge village residents to consider casting their vote for him.

John Jacoby

Emergency physicians urge everyone to recognize warning signs of suicide, know how to help

In recognition of National Suicide Prevention Week, the American College of Emergency Physicians (ACEP) urges everyone to do their part to support those who may be struggling with depression or other mental health challenges by recognizing the warning signs of suicide, knowing how to help, and becoming more familiar with resources available in each community.

"Spotting suicidal thoughts or behaviors could help avoid a tragedy," said William Jaquis, M.D., FACEP, president of ACEP. "Each of us will process this pandemic in our own way, but people may be more likely to experience difficult feelings during a crisis. You can be sure that if and when you need us, an emergency physician will be there for you."

People are asked to call 911 or visit the closest emergency department in the event of a medical emergency or if there is an immediate health or safety threat. ACEP said contact a mental health professional if you, or someone you know, exhibits one or more of these warning signs:

- √ Hopelessness
- √ Rage, uncontrolled anger, seeking revenge

- √ Acting reckless or engaging in risky activities

- √ Increased alcohol or drug use

- √ Withdrawal from friends, family or society

- √ Anxiety, agitation, trouble sleeping or sleeping all the time

- √ Dramatic mood changes

ACEP said, "Consider contacting a health professional if stress impedes your daily activities for several days in a row. Talk to the person to understand what they are thinking and feeling. Research shows discussing suicide may reduce suicidal thoughts. Help a person at-risk by connecting them with trusted friends or family, or a mental health professional.

"If emergency care is required for a suicide attempt, a physician-led care team will keep the patient safe until they are ready to go home. Prior to discharge, resources for longer-term care will be outlined as appropriate and a list of nearby experts and places to go for help will be provided as available. The care

team will work with the patient to create a written safety plan that includes their unique warning signs, coping strategies and resources for help.

"It is critical that patients try to maintain a safe environment for themselves at home. More than half (52%) of suicides involve a gun, according to research available through AFFIRM, an emergency-physician-led organization dedicated to firearm injury prevention research. Misuse of medication also poses significant risks. Ask a doctor about how to safely dispose of unused, expired or unwanted medicines. Consider taking steps to identify the best strategies for safe storage of medication, firearms or other potential home hazards. One helpful tool that encourages safe storage based on personal choices is Lock2Live, an education website developed by emergency physicians."

"Suicide is complicated, and emergency physicians are vital partners in the collaborative effort necessary to prevent these

incidents from occurring. If you ever feel like you may hurt yourself or others or you have thoughts about taking your own life, please seek help right away," Jaquis said.

ACEP said, "If you or somebody you know experiences suicidal thoughts or behaviors, call 911 or go to your nearest emergency department. The National Suicide Prevention Lifeline at 1-800-273-TALK (8255), is available 24 hours a day, seven days a week. The service is available to anyone and all calls are confidential. The Centers for Disease

Control and Prevention (CDC) offers additional resources for help here."

The American College of Emergency Physicians (ACEP) is the national medical society representing emergency medicine. Through continuing education, research, public education and advocacy, ACEP advances emergency care on behalf of its 40,000 emergency physician members, and the more than 150 million Americans they treat on an annual basis. For more information, visit www.acep.org and www.emergencyphysicians.org.

Chamber of Commerce of the Tonawandas



Virtual Meat Raffle
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 Sign on at 7:00pm
 First Spin at 7:15pm
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\$85.00 - 15 Rounds plus finale
(3) 50/50 tickets, lottery tree chance, cooler with meat

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