



### LEGISLATIVE SESSION

The state Legislature is typically in session from January to June. The state Assembly is open to the public when in session. To make reservations for a large group, please don't hesitate to contact my office. To view a livestream of Assembly proceedings, visit [nyassembly.gov/av](http://nyassembly.gov/av).

### STANDING COMMITTEES

When a bill is introduced, it is assigned to one of over 30 standing committees. These committees meet regularly throughout the year to analyze the merits of legislation, hold hearings for public input and vote on whether a particular bill should be advanced for a vote on the Assembly floor.

### COMMITTEE MEETINGS

Committee meetings are generally open to the public, and you are welcome to attend those that interest you ([nyassembly.gov/comm/](http://nyassembly.gov/comm/)). Committee meetings are also streamed on the Assembly website and can be viewed at [nyassembly.gov/av/live](http://nyassembly.gov/av/live), and agendas are available at [nyassembly.gov/leg/?sh=agen](http://nyassembly.gov/leg/?sh=agen).

### PUBLIC HEARINGS

Standing committees hold public hearings on legislative proposals. You may speak at a hearing by writing to the chairperson and requesting permission. You may also advise the chairperson in advance that you would like to be notified when hearings are to be held on a subject in which you are interested.



## Assemblyman Michael S. Cashman



“As your new representative in Albany, I bring nearly a decade of local government experience to help make your voice heard. I look forward to continuing my predecessor’s work for a stronger, more affordable North Country.”

Look inside for information  
about state government from  
ASSEMBLYMAN  
MICHAEL S. CASHMAN

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ALBANY, NEW YORK  
PERMIT NO. 75

202 U.S. Oval  
Plattsburgh, NY 12903

Dear Neighbor,

I hope you are holding up through another wild North Country winter. My name is Michael S. Cashman, and I'm your new representative in the New York State Assembly. First off, thank you for registering to vote and for doing your part to uphold our democratic traditions. Our form of government only works when citizens are active and engaged.

I served for nearly a decade as Plattsburgh Town Supervisor, where I was privileged to work with my predecessor in the Assembly and many of our region's leading citizens to tackle the affordability crisis and build stronger communities. I look forward to continuing that work at the Capitol and meeting even more of those who call the 115<sup>th</sup> Assembly District home.

My first priority is securing universal access to affordable health care and lower utility costs, major drivers of our affordability crisis and a crushing burden on many families. Lowering costs for these critical public services will also help local businesses attract a stronger workforce by reducing out-of-pocket expenses.

As a North Country resident, I am committed to protecting our world-class natural resources for future generations, balancing economic development with environmental preservation. As with many other issues, we can only effectively care for our environment with the full cooperation of our northern neighbors. I am honored to chair the Assembly Task Force on New York-Canada Relations, which is helping strengthen economic and cultural relationships with our region's most important trade partner.

Please do not hesitate to contact my office with questions, concerns or suggestions for community improvement. I'm here to work for you!

Sincerely,

Assemblyman Michael S. Cashman  
Member of the state Assembly, 115<sup>th</sup> Assembly District



### IMPORTANT PHONE NUMBERS

*courtesy of*

## ASSEMBLYMAN MICHAEL S. CASHMAN

### EMERGENCY PHONE NUMBERS

Emergency ..... 911  
Suicide Helpline ..... 988  
Poison Control ..... 800-222-1222

### LOCAL UTILITIES

NYSEG Automated Support ..... 800-600-2275  
NYSEG Customer Service ..... 800-572-1111  
Northern Power and Light ..... 518-293-4075  
National Grid Upstate:  
Gas Emergencies ..... 800-892-2345  
Report an Outage ..... 800-867-5222  
Customer Service ..... 800-642-4272  
Spectrum ..... 833-949-0036  
Verizon Fios ..... 800-837-4966  
T-Mobile ..... 800-937-8997  
AT&T ..... 800-288-2020 or 611

### CLINTON COUNTY

Sheriff's Office ..... 518-565-4300  
Civil Enforcement ..... 518-565-4320  
Emergency Services ..... 518-565-4791  
Office for the Aging ..... 518-565-4620  
County Clerk ..... 518-565-4700  
Health Department ..... 518-565-4840  
Mental Health and Addiction Services ..... 518-565-4060  
Veterans Services Agency ..... 518-565-4720  
Dept. of Motor Vehicles ..... 518-565-4785

### FRANKLIN COUNTY

Sheriff's Department ..... 518-483-3304  
Civil Enforcement ..... Contact Sheriff's Office  
Emergency Services ..... 518-483-2580  
Office for the Aging ..... 518-481-1526  
..... 518-481-1660  
County Clerk ..... 518-481-1681  
Public Health Services ..... 518-481-1710  
Community Services ..... 518-891-2280  
Veterans Services Agency ..... 518-481-1540  
Dept. of Motor Vehicles ..... 518-481-1606

### ESSEX COUNTY

Sheriff's Office ..... 518-873-6970  
Civil Enforcement ..... 518-873-6907  
..... 518-873-6908  
..... 518-873-6909  
Emergency Services ..... 518-873-3900  
Office for the Aging ..... 518-873-3695  
County Clerk ..... 518-873-3600  
Health Department ..... 518-873-3500  
Mental Health Services ..... 518-873-3670  
Dept. of Veterans' Services ..... 518-873-3488  
DMV Elizabethtown ..... 518-873-3620  
DMV Ticonderoga Satellite ..... 518-585-2511

## GUIDED TOURS OF THE CAPITOL

Free guided tours of the Capitol are available Monday through Friday. Reservations are recommended but not required for groups of less than 10. Groups of 10 or more must contact the Plaza Visitor Center at **518-474-2418** to schedule their tour. For more information on departure times and location tours, visit [empirestateplaza.ny.gov/tours/new-york-state-capitol](http://empirestateplaza.ny.gov/tours/new-york-state-capitol) or call **518-474-2418**.



### My Office is Here to Help

**DISTRICT OFFICE**  
202 U.S. Oval  
Plattsburgh, NY 12903  
518-562-1986

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Legislative Office Building, Room 628  
Albany, NY 12248  
518-455-5943

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