



NEW YORK STATE SENATOR

Thomas F. O'Mara

## Senator O'Mara's weekly column 'From the Capitol' ~ for the week of October 5, 2015 ~ 'Let It Kick You Forward'

THOMAS F. O'MARA October 6, 2015

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Senator O'Mara offers his weekly perspective on many of the key challenges and issues facing the Legislature, as well as on legislative actions, local initiatives, state programs and policies, and more. Stop back every Monday for Senator O'Mara's latest column "From the Capitol..."

This week, "Let It Kick You Forward"

[see attached copy of Senator O'Mara's column in The Leader on October 5, 2015]