



NEW YORK STATE SENATOR

Patty Ritchie

## Gov Orders Beaches and Pools to Stay Open to Help Beat the Heat

PATTY RITCHIE July 22, 2011

| ISSUE: **ENERGY, RECREATION AND TOURISM, STATE PARKS**

Thanks Senator Ritchie for “leadership” for New Yorkers looking for relief

Gov. Andrew Cuomo has ordered State Parks, beaches and pools in Central and Northern New York to offer extended hours this weekend to help New Yorkers beat the heat, and he praised Senator Ritchie for staying on top of the issue.

The Governor ordered Parks in the region, including Green Lakes, Verona Beach, Delta Lake and Sandy Island Beach State Parks in the Central Region, and Westcott Beach, Southwick Beach, Pt. au Roche, and Robert Moses, as well as the pool at Keewaydin all to remain open until 8 PM tonight and Saturday.

“Keeping these beaches and pools open for extra hours will mean more New Yorkers will get to enjoy some relief from the sweltering heat at some of the most beautiful spots in the country,” said Senator Ritchie. “I want to thank Gov. Cuomo for his responsiveness and concern for New Yorkers who are all suffering through this heat, and looking forward to a break soon.”

Senator Ritchie reached out to the Governor to ask his help at a time when every county in her district and throughout Upstate are under high heat warnings.

“One way to stay cool during this severe heat wave is to visit one of our beautiful state beaches, pools and parks. These high temperatures can be dangerous if New Yorkers don't take the proper precautions. Offering these extended hours will help New Yorkers beat the heat," Governor Cuomo said. “I want to thank Senator Ritchie for her leadership on this issue.”

Senator Ritchie has been urging New Yorkers to be aware of the dangers of high heat—the number one cause of weather-related injuries and death—and to take precautions.

The combination of soaring temperatures and high humidity can make it feel even hotter than the actual temperatures, with heat effects of up to 110 degrees, according to the National Weather Service.

She has urged New Yorkers to take special care with their pets, making sure they receive extra water and limit exercise, and has called on residents of Northern and Central New York to check frequently on elderly neighbors, relatives and friends. The elderly are more susceptible to heat-related illness.

Senator Ritchie has posted tips from the Office of Emergency management at website, [www.ritchie.nysenate.gov](http://www.ritchie.nysenate.gov), including:

- Limit strenuous activity and exercise, especially during the sun's peak between 11 AM and 4 PM
- Eat less protein and more fruits and vegetables. Eat small meals, but eat more often. Do not eat salty foods.
- Drink at least two to four glasses of water per hour during extreme heat, even if you do not feel thirsty. Avoid beverages containing alcohol or caffeine.

· If possible, stay out of the sun and stay in air conditioning. If you must go outdoors, wear sunscreen.

· Make sure there is enough water and food for pets and limit their exercise.