



NEW YORK STATE SENATOR

Joseph E. Robach

July 19, 2013 Community Connection

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- Limit strenuous activity and exercise, especially during peak hours of 11:00am to 4:00pm.
- Drink at least 2-4 glasses of water per hour to stay hydrated. Avoid beverages containing alcohol or caffeine if possible.
- If outside, always wear sunscreen of at least SPF 15, loose-fitting and light-weight clothing and a hat to protect your face and head.
- Make an effort to check on your neighbors regularly, especially the elderly and young children.
- Never leave your children, pets or those requiring special needs in a parked car.
- Make sure your pets have plenty of food and water at all times, and limit their exercise.

It's also important to remember to try to limit energy usage as much as possible to help prevent power outages. By working together, we can ensure that everyone stays healthy and safe during these hot summer months.

SUNY COLLEGE OF NANOSCALE SCIENCE & ENGINEERING OPENING FACILITY IN THE TOWN OF GREECE

Earlier this week, I had the privilege of joining Lt. Governor Duffy and other local officials in announcing that the SUNY College of Nanoscale Science & Engineering (CSNE) would be opening a new facility in

Center—150 FRANK DIMINO way in the Town of Gates:
*Friday, 7/19 and Saturday, 7/20 from Noon-Midnight
*Sunday, 7/21 from Noon-7pm.

Free Movie Showings:
*Skyfall—Tuesday, 7/23 at 8:30pm at Ontario Beach Park
*Les Miserables—Thursday, 7/25 at 8:30pm at the Highland Bowl
*Escape from Planet Earth—Friday, 7/26 at 8:30pm at Basil Marella Park in the Town of Greece.

The Wegmans Concert by the Shore series continues with the entertaining Skycoasters on Wednesday, July 24 at 7pm at Ontario Beach Park.

Read this week's Community Connection for helpful health and safety tips during the hot summer months, and upcoming events in the 56th Senate District.