



Volume I Issue 6

Town of Bethlehem e-Newsletter

July 2007

445 Delaware Avenue, Delmar, NY 12054
518.439.4955

www.townofbethlehem.org

Town Board

Jack Cunningham, Supervisor
Dan Plummer, Board Member
Sam Messina, Board Member
Kyle Kotary, Board Member
Joann Dawson, Board Member

July Meeting Schedule

All meetings are held at the Town Hall unless otherwise indicated

Zoning Board of Appeals
Wednesday, July 6, 7:00 p.m.

CACC
Monday, July 9, 7:30 p.m.

Planning Board
Tuesday, July 10, 7:00 p.m.

Town Board
Wednesday, July 11, 6:00 p.m.

Industrial Development Agency
Tuesday, July 17, 8:00 a.m.

Planning Board
Tuesday, July 17, 7:00 p.m.

Zoning Board of Appeals
Wednesday, July 18, 7:00 p.m.

Route 9W Advisory Committee
Thursday, July 19, 5:00 p.m.

Waterfront Advisory Committee
Thursday, July 24, 5:00 p.m.

Town Board
Wednesday, July 25, 6:00 p.m.

For agendas, please see:

www.townofbethlehem.org/pages/agenda/agenda.asp

Please note: Town Board meetings now begin at 6:00 p.m.

From the Supervisor

There have been many events around the Town of Bethlehem during the month of June in which we have been participating. We started the month with the Bethlehem Chamber of Commerce's 50th Anniversary celebration at the Elm Avenue Town Park Pavilion. The Chamber of Commerce has played a key role in community activities and has been instrumental in ensuring the economic vitality of our Town. We look forward to many more years of our partnership with the Chamber and those businesses that choose Bethlehem as their place to do business.



Flag Day was commemorated here at Town Hall with a brief look back at the 1860 Flag that is displayed at the back of our Auditorium. The flag was handmade by Leah Slingerland and was flown by the Town of Bethlehem over our common during the Civil War, the Spanish American War and World War I. It is another example of the rich heritage of our town. Flag Day was also commemorated by the Hamagrael first grade and as Town Supervisor I was invited to attend this ceremony celebrating the history of our flag.

The Selkirk 3 Fire Company also marked their 50th anniversary this month with a barbeque and time capsule ceremony. The Town of Bethlehem gave the Fire Company a new flag that was flown over our nation's Capitol Building in honor of their anniversary. The event was an opportunity to remember how far the company has come and recognize some of the charter members who are still active in the community.

The Garden Club held their annual Garden Tour and Plant Sale this month and by all accounts it was a great success. One of the newest gardens on this tour is the one in front of Town Hall that was recently dedicated to Ruth Voorhees. This magnificent garden was created by our Garden Club and we are fortunate to have it grace the front lawn of our Town Hall.



The Tri-Village Little League closed out the season with their annual Closing Day Ceremony. As Town Supervisor, I was invited to give some closing day remarks along with County Executive Mike Breslin. We both had the opportunity to award trophies to some of the players. As I commented during the ceremony, this program has been in place for over 50 years and has helped to launch the successful careers of many college and minor league player's careers. Some of our participants have even gone on to play in Major League Baseball. This is an all-volunteer organization that runs 12 months per year and is another example of the strength of our community and its volunteer network. Pictured are County Executive Mike Breslin, Retiring Tri-Village Board Member Ken Umina and Town Supervisor Jack Cunningham

We closed out June with another Community Clean-up event. The Bethlehem Neighbors for Peace sponsored the event and many of the members joined Supervisor Cunningham, Councilman Kyle Kotary and Zoning Board of Appeals member Mark Hennessey to clean-up trash from a section of Route 32 in Glenmont. The Town will continue to hold these clean-up days and community groups who wish to sponsor these events can contact the Supervisor's office to volunteer.



In other news here at Town Hall, Oliver Holmes, Commissioner of DPW retired this month. He is being replaced on an interim basis with George Leveille who will add this responsibility to his list of duties.

Kate Powers was appointed to our Town Planning Board this month. She will fill the vacancy created with the resignation of Tom Cotrofeld. Kate will serve the remainder of Tom's term, which ends in 2011.

Paul Sieloff accepted an appointment to the CACC (Citizens Advisory Committee on Conservation) and will serve through 2008.

Sadly, we have to report several deaths that have had an impact on Town Hall in one way or another during the month of June.

Joe Baldwin, our Carpenter/Head of Maintenance and long time Town employee passed away after a brief battle with cancer. Joe was a dedicated employee who worked extraordinarily hard to keep the Town Hall operational and clean. Joe had just welcomed his first grandchild into the world several months before his death. Joe will be missed a great deal here at Town Hall.

Ray Houghton, our Town Historian passed away after a long battle with cancer. Ray was involved in information technology and ran a computer training company here in Bethlehem. He served as Town of Bethlehem Historian for the past two years, including serving as a guide on our Bethlehem Trolley Tours this past spring.

Bill Johnston passed away at age 89. Bill served the Town of Bethlehem in many capacities including Town Planning Board and as Town Councilman.

We closed the month of June with the funeral of Marine Sgt. Shawn Martin who was killed in Iraq earlier this month. Sgt. Martin was a 1995 graduate of Bethlehem Central High School and a member of the Elsmere Fire Company. He leaves behind his parents, Dawn and Paul, his sister Nicolle, and his widow Marianne.

We look forward to the beautiful weather this season brings and wish all of you a safe and restful summer. Please be aware that our Police Department does offer property checks to our vacationing residents. You may to call 439-9973 to arrange a check while you are away from home.

Jack Cunningham

Economic Development and Planning News

Planning Board Activity

Jericho Ice Cream Stand. There is only one remaining drive-in movie theatre left in Albany County and it is located on Jericho Road in the Town of Bethlehem. This year the Jericho Drive-In celebrates its 50th year of operation. On April 4, 2007 the Planning Board approved a new 576 square foot ice cream concession stand on the site. Construction began in mid April and the building is now complete and open for business. The ice cream stand is open to the public.

New mixed use project approved at 7 Elm Avenue, Delmar. At its April 17th meeting, the Planning Board approved the redevelopment of the property located at 7 Elm Avenue, adjacent to the Stewarts Shop. The project calls for the construction of a 4,250 square foot office building located along Elm Avenue with an eight (8) unit apartment building located at the rear of the site. Construction on the office building began on June 19th and is expected to be completed by early Fall. Completion of the apartment building will follow shortly thereafter.

Capital Communications Federal Credit Union is coming to Bethlehem! At its June 5th meeting, the Planning Board approved a new 3,093 square foot federal credit union building for Capital Communications. The one story brick building will be located on the south side of Bender Lane, across from Bethlehem Town Center. The project involves the demolition of an existing residential structure and the redevelopment of the site, as an alternative to development of a "Greenfield" site, a stated goal of the Town of Bethlehem's Comprehensive Plan. The project is also consistent with the Comprehensive Plan as it provides for tax base expansion and diversification while providing high quality services to Town residents. The credit union is scheduled to open in the Fall of 2007.

Town Board appoints Kate Powers as newest member of the Planning Board. At their June 13, 2007 meeting, the Town Board appointed Kate Powers to the Planning Board to complete the term vacated by Tom Cotrofeld.

Bethlehem Supervisor Unveils New Online Assessment Roll System

On June 27, 2007, Bethlehem Town Supervisor Jack Cunningham announced the unveiling of the Town's new [Online Assessment Roll System \(OARS\)](#) that allows residents to directly access real property data, view sales and tax bill information, and perform comparable property assessment and property sales searches.

"Bethlehem's new Online Assessment Roll System is a perfect example of local government using technology to improve service delivery", said Supervisor Cunningham. "After last year's reassessment, residents said they wanted more assessment-related information online and OARS delivers that right to your home computer."

"Our new online assessment system is the latest in a long line of technology upgrades the Town has made, and will continue to make, to provide greater public access to information, communicate better and more frequently with residents and allow for more interaction between Town government and taxpayers," continued Cunningham.

The Town's web-based system, which was demonstrated at the June 27th Town Board meeting, not only allows residents to view information but also provides interactive capabilities that allow users to gather, sort and compare data. Those tools include comparable property sales and assessment searches, residential property inventory characteristics for comparable searches, current tax rates, parcel level details and aerial photos.

"In the past few years, we provided online access to assessment information including residential parcel and sales data information," said M. David Leafer, the Town's Assessor. "That information, however, was in a PDF form that was not interactive. OARS takes our previous capability to a whole new level by allowing residents, and Town staff, to quickly sort through data, pull appropriate comparable information and do other research in a fraction of the time."

In November 2006, the Town received a \$12,112 state grant to pay for the new system. The money came from the New York State Real Property Tax Administration Technology Improvement Grant program, created to help municipalities implement a comprehensive web-based assessment lookup tool to enable taxpayers to gain access to assessment data with greater ease and efficiency.

"There's no question that our new OARS system will save residents time and effort in researching and preparing for meetings with our staff," said Leafer. "With residents and staff basically getting the same access to information, we can all truly work from the same page."

To access the OARS system, a new link was created on the top of the Town's website main page, www.townofbethlehem.org, called "[Online Services](#)". On the left-hand side of that page is the link to the OARS system, as well as links to other online services and forms including the town's monthly e-Newsletter, Water/Sewer Billing Automatic Bill Payment, Tax Bill Automatic Bill Payment and a sign-up page for the Town's new monthly Community Clean-up Days.

"The OARS system is one of several web-based technology improvements the Town has made over the last few years," said Jeffrey Dammeyer, Bethlehem's Director of Management Information Services. "We also set up a public computer station in the Assessor's Office at Town Hall to provide access to OARS for residents who do not have a home computer or Internet connection."

"The Town Board and I have made a commitment to using technology to improve town services, making them more user-friendly and cost-efficient," said Supervisor Cunningham. "But part of our mission in providing more online services is also providing more access to those online tools."

The Town Supervisor also thanked Mr. Leafer and Mr. Dammeyer for managing the OARS project and leading their award-winning departments. The Town of Bethlehem Assessor's Office was presented with an award for "Excellence in Equity" by the New York State Office of Real Property Services (NYSORPS) in recognition of the town's efforts to provide property owners with fair and equitable assessments in the 2006 reassessment process. Mr. Dammeyer won the 2007 Frank C. Moore award from the American Society for Public Administration.

"We have excellent leaders managing our Town government departments," said Supervisor Cunningham. "Dave, Jeff, their departments and this OARS project are prime examples of the innovative and award-winning services our Town government provides; a major factor in Bethlehem being recognized as one of America's most desirable communities."



Did You Know?



With summer storms upon us, power outages can occur. The Bethlehem Police Department will not know the scheduled return of power to areas within town, only National Grid can answer those questions. National Grid's web site has a link designed specifically for this, see <https://www1.nationalgridus.com/niagaramohawk/storm/storm.aspx>. On that page are such helpful items as what to do in a power outage, how to prepare your home for possible power outages, storm safety and recovery and a list of frequently asked questions. If you have access to the Internet (for example, from work, by calling a friend with power or via a wireless connection to your battery powered PC), **you can even report a power outage from that same page as well view your estimated restoration date and time.**



If you cannot access National Grid's web site, call 1-800-867-5222 for the quickest, most reliable responses to your power outage questions.

Senior Services News

Town Encourages use of Special Needs Registry for Persons on Life Support or Life Assist Equipment

The Albany County Sheriff's Department has a program designed to assist our special needs community during an emergency within Albany County, whether manmade or natural.

Registrants should be physically or mentally unable to evacuate themselves from their residence without assistance. Applicant information is entered into the County's E-911 system for retrieval during an emergency. Local police departments will have the information, as well, and this information allows emergency responders to instantly identify the special needs of callers from their residences. In situations like this, prior medical knowledge of the needs of the caller enhances the response time and efficiency of medical care.

"We are particularly concerned about identifying residents on life support or life assist equipment", said Albany County Sheriff James L. Campbell. Life support equipment is generally limited to the following devices: apnea monitors, kidney dialysis units, continuous ventilation devices and suction/aspiration equipment."

Applications are available on line at www.albanycountysheriff.com or by calling Linda Nash at the Albany County Sheriff's Department Office at 720-8030; on the Town of Bethlehem's website, www.townofbethlehem.org, Emergency Management Office, Special Needs Registry Program. Written forms are also available in the Bethlehem Senior Services Office, 445 Delaware Ave., Delmar, New York 439-4955 x 4.

To see all of the interesting activities, events, programs and services provided by Town's Senior Services department, pick up a copy of the bi-monthly Senior Services newsletter at the Senior Services Department, Room 110 at the Town Hall, on Senior Services transportation vehicles or on the Town's web site at <http://www.townofbethlehem.org/pages/depServices/seniorServices.asp#Brochures>.

Some programs may have age restrictions, many do not (for example, Food Pantry, LawHelp/NY, volunteers, Caregiver programs), please call for specifics, 439-4955. In order to participate in any programs or to volunteer, an [Intake Form](#) MUST be filled out first. Intake forms are available in the Senior Services office or [on the Town's web site](#).

Be sure to look for the program, "It's an Age Thing: Our Communities", on [WMHT](#). This program features the Town of Bethlehem Senior Services program, staff and volunteers and will be broadcast every Wednesday night for 13 weeks. The program offers feature stories from around our community and expert interviews that highlight the creative and caring ways people in our Capital District are making a difference in the lives of their fellow citizens. Remaining broadcasts are as follows (per WMHT's web site): Sunday, July 1, 7:30pm, Wednesday, July 4, 7:30pm, Saturday, July 7, 4:30pm and Sunday, July 8, 7:30pm.

Department of Public Works News

NOTICE MANDATORY WATER CONSERVATION TOWN OF BETHLEHEM, WATER DISTRICT NO. 1

The use of water for sprinkling of lawns and shrubs, filling pools, etc. shall be allowed only before 10:00 a.m. and after 6:00 p.m.

Water Conservation – Saving Water Makes Cents!

Although the northeast is considered to be water-rich compared to other areas of the country, careful conservation and efficient use of our water resources is very important. Using less water around your home saves money and protects our water resources by reducing demand.

Did you know that irrigation of lawns and landscaping during the summer increases the Town of Bethlehem's water consumption by as much as 20 percent? One of the many ways you can conserve water is by gardening smartly:

- 8 Follow the Town of Bethlehem Water Conservation requirements
- 8 Water during the coolest part of the day and avoid windy days
- 8 Water deep-rooted trees and shrubs longer and less frequently
- 8 Water shallow-rooted flowers with less water and more often
- 8 Use mulch to keep soil moist and cut weed growth
- 8 Raise mower cutting height and minimize lawn fertilizer
- 8 Remove thatch and aerate turf to move water to the root zone
- 8 Consider using landscaping techniques and plants that demand less water

For more information on water-wise landscaping techniques, like Xeriscaping, go to the following web address:
<http://wateruseitwisely.com/outdoor/xeriscape/index.shtml>

For more information on low water use plant materials suitable for our region go to the following website:

http://www.bbq.org/gar2/topics/sustainable/2002su_drought.html#plants

Department of Public Works Construction

Under an emergency declaration of the Town Board, the Engineering Division of the Department of Public Works is replacing approximately 900 feet of sanitary sewer main near the wastewater treatment plant. The existing elevated sewer main is grossly misaligned and quickly approaching the failure limit of the pipe couplings. The new 36-inch diameter PVC sewer main will run parallel to the existing main below the ground, and the existing main will be demolished once the new main is in service. Using fast-track construction delivery methods, the new sewer main is expected to be in service in mid-August. The design engineer is Clough Harbour & Associates LLP, construction manager is CHA Tech Services and the general contractor is Wm. J. Keller & Sons Construction Corp.



Fill materials being installed at the new downstream manhole location



Earthwork activities to support the new pipe installation

Do Not Put Fluorescent, including the new Compact Fluorescent, Light Bulbs in regular Trash

Did you know that the CFL light bulbs contain trace elements of mercury that may affect the nervous system if not used or handled properly? Mercury was used in history to cure ills, process felt fiber, fill teeth, make thermometers, medical equipment, and light bulbs work better. Today mercury is being phased out in medicine, dentistry and other applications, because it has been discovered that mercury is toxic.

The Town of Bethlehem accepts spent fluorescent and compact fluorescent light bulbs and old thermometers at the Bethlehem Highway Garage daily during normal working hours, 7:00am to 4:30pm. We also accept these items during household hazardous waste programs. Please keep them in a box or bag or their original container. These items are categorized as "universal waste" which allows the Town to accept these items at all times.

For more information, please contact the [Town's Recycling Coordinator](#) at 439-4955, extension 1510, Monday - Friday, 8:30 a.m. - noon.

Town Offices are Closed on Wednesday, July 4



Parks and Recreation Department News

Summer Program Registration

Summer program registration has begun. Most programs begin this month so don't wait... Register now!! We are currently taking registrations over the phone at 439-4955 option 3. To view the Summer Brochure visit:
<http://www.townofbethlehem.org/images/parks/2007SummerParks.pdf>

Camp Whatablast Registration Continues

You can access a camp registration flyer by clicking the following link: <http://www.townofbethlehem.org/images/parks/2007CampWhatablast.pdf>. Flyers are also available at the Park Office. Camp has already begun and runs until August 10, register for as many weeks as you want. Camp Whatablast is held daily from 9:00 a.m. to 3:30 p.m. at Elsmere Elementary School. Camp Whatablast is inspected twice a season by the Albany County Department of Health.

Vietnam Memorial Wall Replica, "The Wall That Heals", is Coming to Elm Avenue Park

"The Wall That Heals" exhibition features a half-scale replica of the Vietnam Veterans Memorial in Washington, D.C. Like the original Wall, the replica is erected in a chevron-shape and complete with the more than 58,000 names of those killed or missing in action from the conflict.

Volunteer Readers, Security and Escort are needed. Please click on the link, below, for contact information. Sponsored by the Veterans of Foreign Wars Sheehy-Palmer Post 6776, 525 Delaware Avenue, Albany New York.

[For more information or to volunteer, please visit Rolling Thunder's web site at http://www.rollingthunderny5.org/TheMovingWall.html](http://www.rollingthunderny5.org/TheMovingWall.html)

Special Events

Family Fun Day at Elm Avenue Park - July 4 beginning at noon

Wednesday, July 4, Elm Avenue Park

Geurtze's famous chicken barbeque, Mr. Twisty's Super Silly Magic Show, Cranberry the Clown, Bounces by Sunshine, 'About Face' air brush face painting, Linda Brown Jazz Project and free watermelon. See the summer brochure, on-line at <http://www.townofbethlehem.org/images/parks/2007SummerParks.pdf> or the Parks and Recreation web calendar at <http://www.townofbethlehem.org/pages/news/showParksCal.asp> for more information

"Dive-In" Movie, "Open Season" at the Pool - Friday, July 6, 8:15 p.m.

Come join us for a late night swim and movie under the stars on the big screen. This year's feature movie will be "Open Season." Just bring your blanket or chair, kick back and enjoy the fun. Snack bar will be open. Sorry, no floats in the pool. Children under 9 years of age must be accompanied by an adult. In case of rain, this event will be held at the Elm Avenue Park large pavilion. Free admission after 7:30 p.m.

"The Near Sighted Knight and the Far Sighted Dragon" - Thursday, July 12, 7:00 p.m.

The Merry-Go-Round Youth Theater will perform a story about an evil Duchess who has seized the throne of a kind-hearted King. To prevent her ultimate control of the Kingdom, an unlikely duo must work together to save the day. Follow along on this comic journey where our heroes learn that clear sight is far and near, short and long. In case of rain, this event will be held at the Elm Avenue Park large pavilion. Free!

Hair of the Dog and Late Night Swim at the Pool - Friday, July 20, 7-9:30 p.m.

Back by popular demand, this famous group will perform poolside. The pool complex and snack bar will be open. NO alcoholic beverages and no glass containers. Children under 9 years of age must be accompanied by an adult. In case of rain, this event will be held at the Elm Avenue Park large pavilion. Free admission after 6:30 p.m.

"Puppet Potpourri" - Tuesday, July 24, 7:00 p.m.

The Puppet People will perform "Puppet Potpourri", an original variety show featuring hand puppets, mouth puppets, rod puppets and trick marionettes. This is an excellent way to introduce audiences to the art of puppetry! In case of rain, this event will be held at the Elm Avenue Park large pavilion. Free!

Did You Know?

- Albany County has passed a law requiring notification when **commercial or residential lawn pesticides** are used whether they are applied by a company, service or by yourself. The Albany County Department of Health has outlined the new pesticide usage law as it applies to you. Please visit their web page http://www.albanycounty.com/departments/health/programs_services.asp?id=641 for more details, printable lawn markers and informational pamphlets.



Tax Office Information

Save Time Paying Bills – Enjoy the Convenience of the Auto-Pay Plan

The auto pay plan makes it easy for you to get your water and/or tax bills paid. All you need to do is fill out the easy enrollment form and submit the form to the Tax Office. About one week before the bill is due, your payment will be deducted from your designated account (checking or savings.) You will continue to receive your tax or water bill, and the bill will indicate the amount to be deducted, and the date the deduction will occur.

The water/sewer auto-pay application form is on the back of each water bill and on the Town's web site, see Online Services, Forms and scroll down to Department of Public Works - Water Division and click on Water/Sewer Bill Automatic Payment Authorization, <http://72.0.130.101/images/pagelimages/DPW/AutomaticBillPaymentAuthorization.pdf>. Automatic Water Bill Payment Forms should be submitted to the Water (DPW) or Tax Office. The deadline to apply is at least one month before a payment is to be processed.

An automatic payment program is also available for taxes. For the 2007 School taxes, the application deadline is **July 31**. The application form is available at the Tax Office or on the Town's website at <http://www.townofbethlehem.org/pages/forms/showforms.asp>, under Tax Department or on the Forms page under Online Services (<http://www.townofbethlehem.org/images/pagelimages/DPW/AutomaticBillPaymentAuthorization.pdf>).

Many residents have already taken advantage of this convenient service, and we encourage you to consider trying the auto-pay program too. Please contact Nancy Mendick, Receiver of Taxes at 518-439-4955, ext 1177 for more details.

SUN AND WATER SAFETY TIPS

Sun Safety Tips

- Children receive 3 times more ultraviolet (UV) radiation than adults do each year and can benefit most from sun protection. For tips on how to protect kids from the sun, visit <http://www.msnbc.msn.com/id/13151714/>
- Apply sunscreen and lip balm with an SPF 15 or higher at least 20-30 minutes before going outdoors or into the water. Re-apply sunscreen every 2 hours or after swimming or physical activity. No sunscreen provides all day protection.
- The harmful effects of UV radiation accumulate over time; therefore, sun protection should be a lifelong habit, not just an occasional activity.
- Along with sunscreen, wear protective clothing, hat, shirt, shorts or pants, and sunglasses when not swimming. The more cover, the better!
- For sunscreen facts and myths, please visit the American Academy of Dermatology web site at <http://www.aad.org/public/News/DermInfo/DInfoSunscreenFAQ.htm>, the American Cancer Society web site at http://www.cancer.org/docroot/PED/content/PED_11_1_Sunscreen_Once_A_Day_Myth.asp, and/or http://pediatrics.about.com/od/sunscreen/a/sunscreen_myths.htm

Water Safety Tips

- Never leave young children alone – even for one minute!
- Never consider children WATER SAFE despite swimming skills!
- Never dive in shallow water or water of unknown depth
- Never run, always walk, around a pool deck
- Water skiing, tubing or the like requires TWO persons (one driving and one spotting) in the boat or on the personal watercraft doing the towing
- New York State law requires any person between the ages of 10 and 18 to possess a boating safety certificate to operate any mechanically powered vessel, HOWEVER, ALL personal watercraft operators (jet skis, e.g.) MUST possess a safety certificate AND must be at least 14 years of age; for more information, please see <http://www.dec.ny.gov/environmentdec/19127.html>

WEATHER RELATED HEALTH TIPS

When the weather heats up, try to limit heavy physical activities like walking, jogging, or lawn mowing to the cooler hours of the day. Dress appropriately and drink plenty of water. Over-exertion in hot, humid weather can lead to medical conditions related to heat - heat exhaustion and heat stroke. Children, elderly persons and those with weight or alcohol problems along with persons on certain medications or drugs very susceptible to heat reactions.

Never leave children, pets, or those who require special care in a parked car or vehicle during periods of intense summer heat even with the windows partially opened. Temperatures inside a vehicle can reach over 140 degrees Fahrenheit quickly. Exposure to such high temperatures can kill within a matter of minutes.

Recognizing Heat Exhaustion

- Skin - pale, moist, clammy, cool
- Body Temperature - normal
- Other signs - dizzy, nauseated, weak

Treating Heat Exhaustion

- Have victim lie down in a cool spot, out of the sun
- Give the victim plenty of fluids especially water
- Offer a salty snack such as pretzels or saltines

With **heat stroke**, the body loses its ability to sweat even though the body's temperature continues to rise. It is a life-threatening medical emergency, the victim may suffer serious complications or even die if first aid measures are not immediately carried out.

Recognizing Heat Stroke

- Skin - red, dry, hot
- Body temperature - above normal (104+ degrees)
- Other signs - confused, unconscious, convulsions

Treating Heat Stroke

- Call for emergency help at once
- Get the victim out of the sun and in a cool spot
- Remove the victim's clothing
- Cool the victim's body by applying cool water in the

form of wet towels, sponges, spray from a hose or ice packs

- Monitor the victim's body temperature (stop cooling when it reaches 102 degrees F)
- Do not give anything by mouth to an unconscious person

DRINK PLENTY OF WATER!

Drink plenty of fluids, particularly water (at least 2-4 glasses of water per hour during extreme heat), even if you do not feel thirsty. If you wait until you are thirsty, you are already dehydrating. Your body needs water to keep cool. Avoid beverages containing alcohol or caffeine.

For more information on weather safety, see the New York State Emergency Management Office's weather page at <http://www.semo.state.ny.us/info/publicsafety/heataware.cfm>



Did You Know?

- If you have a question that may pertain to Town government or operations, you can visit our [Frequently Asked Questions page](#) on our web site to look for quick references.



We'd like to hear from you

Let us know what you think of this newsletter. Please use the feedback form on the Town's web site, www.townofbethlehem.org/pages/about/contact.asp

[Click here for a printable version of this e-Newsletter](#)

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