

# Stay Cool

## Members Choice

See how members across the region are finding unique ways to stay cool this summer. [Add your favorites to the list at wcn.org/staycool.](http://wcn.org/staycool)

### Make a Splash

Cascades Indoor Waterpark at Greek Peak  
2177 Clute Rd.  
Cortland, NY 13045  
855-950-7233  
[cascadesindoorwaterpark.com](http://cascadesindoorwaterpark.com)

Need a break from the sun? Make a splash with 84-degree weather year-round at Cascades Indoor Waterpark, featuring 500 feet of water slides, a wading pool, indoor and outdoor hot tubs, and a three-story tube water slide.



### Visit Sylvan Beach

Sylvan Beach  
112 Bridge St.  
Sylvan Beach, NY 13157  
315-762-5212  
[sylvanbeachamusementpark.com](http://sylvanbeachamusementpark.com)

Enjoy a day full of swimming, relaxation on sandy beaches, picnics, boating, camping facilities, marinas, restaurants, shops, and more. Children will especially enjoy the Sylvan Beach Amusement Park nearby which features water games like the Frog Bog, Fishy Fishy, and bumper boats.



### Rock Climb

The Ledge at Pacific Health Club  
604 Old Liverpool Rd.  
Liverpool, NY 13088  
315-396-0455  
[Pacifichhealthclub.com](http://Pacifichhealthclub.com)

Rock climb indoors at The Ledge with a 5,000-square-foot indoor climbing area featuring 12 auto-belays, a freestanding tower, multiple climbing walls, overhangs, slabs, arêtes, and more.



### Swim at Sandy Island Beach

Sandy Island Beach  
3387 County Rte. 15  
Pulaski, NY 13142  
315-387-2657  
[nysparks.com/parks/153](http://nysparks.com/parks/153)

Take a swim across this 1,500-foot natural sandy shoreline. Sandy Island Beach is part of the 17-mile Eastern Lake Ontario Dune and Wetland System, and is the only significant freshwater dune site in the Northeast. Other outdoor activities include fishing. Picnic tables are available.



### Visit the Sprayground

Seneca Lake State Park  
1 Lakefront Dr.  
Geneva, NY 14456  
315-789-2331  
[nysparks.com/parks/125](http://nysparks.com/parks/125)

The Sprayground at Seneca Lake State Park is the first of its kind built in the New York State Parks system with more than 100 water jets that spontaneously spray water. The park also offers two marinas, with a total of 132 electric slips and 84 non-electric slips. Transient slips are available at both marinas. Camping is not permitted.



### Swim in a Natural Pool

Buttermilk Falls State Park  
112 E. Buttermilk Falls Rd.  
Ithaca, NY 14850  
607-273-5761  
[parks.ny.gov/parks/151/](http://parks.ny.gov/parks/151/)

Buttermilk Creek descends more than 500-feet in a series of cascades and rapids. A natural pool at the base of Buttermilk Falls provides swimming with the feel of an old swimming hole. Upstream, a scenic trail circles Lake Treman. For those who enjoy hiking and walking, the park features five trails that wander through a remarkable variety of landscapes.



### Cool Off with Ice Cream and Wine Ice Cream

Mercer's Dairy  
13583 State Rt. 12  
Boonville, NY 13309  
866-637-2377  
[mercersdairy.com](http://mercersdairy.com)

Stop by Mercer's to cool off with an ice cream cone, or try wine ice cream. In 2006, Mercer's mastered the art of blending ice cream with wine to create an elegant adult dessert. Each wine is blended with fresh ingredients. Flavors include Peach White Zinfandel, Strawberry Sparkling, Chocolate Cabernet, Cherry Merlot, and many more!





## Travel the Water

Waters Edge Kayaks  
5807 E. Main St.  
Verona, NY 13478  
315-762-2728  
atwatersedgekayaks.com

Visit some of the most beautiful waterways in the Northeast. Travel the water in the kayak of your choice: single recreational, single touring, tandem recreational, tandem with toddler or angler-fishing kayaks. Guides are available to help you plan your day trip on the water.



## Take a Train Ride

Adirondack Scenic Railroad  
321 Main St.  
Utica, NY 13501  
800-819-2291  
adirondackrr.com

Climb aboard the (climate controlled) Adirondack Scenic Railroad, or sit outside in an open car and enjoy a breeze. The Adirondack Railway Preservation Society (ARPS) aims to preserve and restore rail service between the High Peaks region, Central New York and beyond via rail connections. ARPS partners with communities and businesses along the line to promote the railway and destinations along the routes.



## Whitewater Raft on Moose River

ARO Adventures  
2752 NY-28  
Old Forge, NY 13420  
800-525-7238

Take on a new adventure along the Moose River. Rafting beginners can get an introduction to the whitewater when the water slows in July and August. Wetsuits are required, and are available for rent. After a busy and adventurous day on the river, enjoy a BBQ dinner.



## Enjoy a Play

Hangar Theatre  
801 Taughannock Blvd.  
Ithaca, NY 14850  
607-273-8588  
hangartheatre.org

**Constellations | Aug. 4-13** A spellbinding love story between a beekeeper and a quantum physicist, *Constellations* defies the boundaries of the world we think we know. This heartfelt look at relationships as they might exist across parallel universes explores the boundless potential of a connection between two people.



## Learn How to Scuba Dive

Aquatic World  
114 Kreisler Rd.  
North Syracuse, NY 13212  
315-458-1955  
aquatic-world.com

Learn how to scuba dive and discover new adventures. The PADI Open Water Diver course is the world's most popular scuba course, and has introduced millions of people to the adventurous diving lifestyle. Learn the basic principles of scuba diving, use water divers to practice your new skills, and take a real open water dive to test your skills.



## Go Karting

Pole Position  
9090 Destiny USA Dr.  
Syracuse, NY 13204  
315-423-7223  
polepositionraceway.com/syracuse-ny

Spend a few hours go-kart racing inside with Pole Position's Arrive & Drive program (the raceway is air conditioned). Racers can race individually or in small groups. Each race is scored on the single-fastest lap time, which is shown in real time on large projector screens and supplied after the races on a results sheet.



## Wakeboard on Canandaigua Lake

Roseland Water and Wake Park  
250 Eastern Blvd.  
Canandaigua, NY 14424  
585-396-2000  
roselandwaterpark.com

Roseland Wake Park is the first full-sized cable wakeboarding park in the Northeast. The system pulls riders in a continuous loop that stretches more than 2,100-feet long. After wakeboarding, try an inflatable obstacle course and an area for stand up paddle boarding. The Lil Bro Practice Cable is perfect for beginners because of its one-on-one coaching environment.



## Play in the Water

Enchanted Forest Water Safari  
3183 State Rte. 28  
Old Forge, NY 13420  
315-369-6145  
watersafari.com

Cool off this summer on one of the 32 water rides at Enchanted Forest Water Safari. From relaxing tube rides to high-speed slides there's fun filled action for all ages. Featured rides include the Amazon, a family tube ride that takes you through the jungle, a tidal wave pool, lazy river, and more!





# 10 ways to cool your home

with the pros from



## Cook Smart

Any appliance that generates heat adds to your cooling load. An oven baking cookies can easily raise the room temperature 10 degrees, which in turn jacks up overall cooling costs two to five percent. Save cooking (especially baking) for cooler hours, or cook outdoors on your grill. It is also a good idea to run the dishwasher and clothes dryer at night.

**Cost:** \$0

**Benefit:** 2-5% off your cooling costs



## Install a Thermostat

A programmable thermostat lets you preset temperatures for different times of the day, so air-conditioning is working only when you are home. The least expensive thermostat models (\$30) let you set four cycles that, unless manually overridden, repeat every day. Higher-priced models (\$50 and up) allow you to create settings for each weekday and for each weekend day.

**Cost:** \$30 to \$50

**Benefit:** Up to 20% off your cooling bill



## Practice "Texas Cool"

"Texas cool" is a morning and evening routine that takes advantage of cool outdoor temperatures at night and keeps the heat at bay as much as possible during daylight hours. At night when the temperature drops, open windows and bring in cool air with window fans or a whole-house fan. As soon as the sun comes up or the air starts to heat up, shut the windows and shades and keep doors closed.

**Cost:** \$0 (plus minimal fan use)

**Benefit:** 20-50% off your cooling bill



## Get Cooler Lights

Incandescent bulbs don't contribute as much heat as unshaded windows, but they do add heat to a house and can raise the perceived temperature, sending you to the thermostat to seek relief. To reduce this hot-light effect and save lighting costs year-round, replace incandescent bulbs with compact fluorescents or LED bulbs. They use about 75 percent less energy and emit 90 percent less heat.

**Cost:** \$2 to \$25 per bulb

**Benefit:** Up to 5% off your cooling bill



## Seal Air Leaks

The places where cold air infiltrates in winter are routes for hot air in summer. And what's worse, hot air is often accompanied by high humidity, making you even more uncomfortable. Armed with a flashlight, exterior-rated silicone caulk and a couple cans of expanding foam insulation, hunt down and seal all leaks. Concentrate on the attic, basement and crawl space; pay close attention to anything that passes through a ceiling or wall, such as ductwork, electrical or plumbing conduits and kitchen and bath vents. Other common leaky spots are around windows and doors. If you can rattle a window, it's leaking. Seal it with weather stripping.

**Cost:** \$6 to \$25

**Benefit:** Up to 10% off your cooling bill



## Set the Dial Higher

If you have central air, set your thermostat above 78 degrees. You'll save five to eight percent on cooling costs with each degree above that mark. For a typical household, setting the thermostat at 80 degrees saves ten to fifteen percent; raising it to 85 degrees will save thirty-five to fifty-five percent.

When you leave home for more than one hour, set the thermostat to 85 or 90 degrees. Reset it upon your return, and the room will cool down in only 15 minutes. The system will use less energy during the cool-down period than if you had left it running at a lower setting while you were out.

**Cost:** \$0

**Benefit:** 15-20% or more off your cooling bill



## Use a Fan

A fan, which costs two to five cents per hour to operate, will make a room feel four to six degrees cooler. Also, a fan works well in tandem with an air conditioner because the dehumidifying action of the air conditioner provides drier air that the fan can then move around.

In frequently used rooms, install a ceiling fan (set it to spin counterclockwise in summer). You'll save the most money by running the fan only when you're in the room. A motion-detector switch (around \$20), which turns the fan on when you enter a room and off when the room is empty, is a good addition.

**Cost:** Ceiling fans range from \$40 to \$300 or more.

**Benefit:** Ceiling fans can decrease your cooling bill by up to 15%, while a whole-house fan can slash it by 50%!



## Snug Up the Ducts

Leaky ducts can cut into air-conditioning efficiency. Ductwork must be balanced between the supply and return sides of the system in order for it to work safely and efficiently, so making a repair in one section can cause a problem in another. Leak-prone areas include the return plenum; where branch ducts meet the trunk line; and where ducts attach to outlets. Also, insulate ducts that run through a hot attic with a blanket of R-11 fiberglass insulation.

Unless the duct repairs are minor, it's wise to leave them to a HVAC pro. While the contractor is on site checking your ducts, have him tune up the air-conditioning unit by cleaning filters, unplugging coils, unblocking drains and lubing the fan.

**Cost:** \$75 to start for a service call

**Benefit:** Up to 40% off your cooling bill



## Defeat Attic Heat

The temperature in your attic can reach 150 degrees on a summer day, a situation that can drive up cooling costs by as much as 40 percent. If your attic has less than R-22 insulation, you should add more. Before insulating, seal around recessed lights, vents, and plumbing and lay down a six-mil polyethylene vapor barrier. When insulating, place boards across the tops of the joists to walk on, and as you insulate, don't cover or pack insulation around a bare stove pipe, electrical fixtures, or any other equipment that produces heat. Otherwise you risk fire. Also make sure your attic is ventilated. Gable vents can lower attic temperatures about 10 degrees; a ridge-and-soffit ventilation system will reduce attic temperature to around 100 degrees.

**Cost:** Approximately \$25 each for gable-end vents; \$200 for ridge-and-soffit ventilation in a new roof

**Benefit:** Up to 20% off your cooling bill



## Use Sunblockers

As much as 20 percent of summer heat enters your home as sunlight shining through windows. To cut "solar gain," add curtains or blinds to rooms that get direct sun and draw them in daylight hours. With the shades drawn, a well-insulated house will gain only 1 degree per hour when outdoor temperatures are above 85 degrees.

Pay special attention to west-facing rooms late in the day. Shades and blinds to consider include roller shades (the least expensive option), venetian-type micro-blinds, reflective curtains and insulated curtains (the most expensive, at \$100 per window). Two exterior options are to install awnings or plant shade trees.

**Cost:** \$8 to \$100 per window

**Benefit:** Up to 20% off your cooling bill

