

# PRESSRELEASE

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## For Immediate Release

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## Cooling Centers Open Again

**Michigan City, IN** (June 08, 2005) – With extreme hot and humid weather conditions in our area, Mayor Chuck Oberlie announced that several cooling centers will be open again this summer.

“The Senior Center is open to people of all ages,” Mayor Oberlie said, “and anyone who needs immediate relief from the heat can go there or to City Hall. We are concerned about the safety of our citizens, and we’ve taken steps to make cool areas available to them during these extreme weather conditions.”

Mayor Oberlie urges residents to continue checking on the elderly to make sure they are healthy, hydrated and cooled. “Call or visit your elderly family and neighbors to make sure they are able to get cool. Drinking lots of water during high heat index days helps keep the body hydrated,” Mayor Oberlie said.

“Public health officials recommend that people spend at least part of the day in an air-conditioned environment. If they don’t have air conditioning or can’t get to an air-conditioned location, they should take a cool shower or bath during the day,” John Jones, Emergency Management Director said. “Health officials say that even a brief spell in air conditioning allows the body to recover from the cumulative effects of high heat indexes such as we’ve been having.”

The Senior Center is open until 4p.m. daily; City Hall is open 8:00 a.m. until 4:30 p.m. daily.

For more safety tips on dealing with very hot weather, please log on to our website:  
[www.emichigancity.com/cityhalldepartments/ema/Inclementweather](http://www.emichigancity.com/cityhalldepartments/ema/Inclementweather).

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