

'Free Fishing Day,' Saturday, Sept. 26

New Yorkers fish without a license on National Hunting and Fishing Day

Freshwater fishing in New York generates estimated \$2.14 billion in economic activity annually, supports nearly 11,000 jobs statewide

Gov. Andrew Cuomo on Friday announced New York residents can fish for free on Saturday, Sept. 26, which is National Hunting and Fishing Day, celebrated each year to promote outdoor activities like hunting, fishing, and target shooting.

"It's no secret that early autumn offers some of the best fishing opportunities on the calendar, and New York is teeming with some of the best lakes, ponds, rivers and streams in the Northeast just waiting to be explored," Cuomo said. "Fishing is a tradition in my family and in families across New York state, and I encourage everyone from experienced anglers to those who have never fished before to participate in this 'Free Fishing Day' and spend some time together outdoors."

"Free fishing days give all New Yorkers a chance to enjoy fishing and outdoor activities," Lt. Gov. Kathy Hochul said. "As we continue to grapple with challenges due to the COVID-19 pandemic,

this will give individuals and families an opportunity to enjoy all that New York state has to offer. We are committed to promoting all of the great things to do outdoors in New York during the summer and fall and to enhance quality of life for New Yorkers in communities across the state."

The New York State Department of Environmental Conservation's "Places to Fish" webpages are a reliable source for those ready to plan their next fishing trip. For beginning anglers interested in getting started, the "I FISH NY Beginners' Guide to Freshwater Fishing" provides information on everything from rigging up a fishing rod to identifying your catch and understanding fishing regulations.

DEC Commissioner Basil Seggos said, "Free fishing days allow expert and novice anglers alike to take advantage of the many fishing opportunities in New York state. As we all try to remain vigilant during the COVID-19 pandemic, more New Yorkers are heading outdoors in search of fun activities close to home. A day on the water is fun for the entire family and will lead to more people joining our state's

hunting and fishing community."

With New Yorkers looking for more ways to enjoy the outdoors during the COVID-19 pandemic, DEC is experiencing record-breaking sales of hunting and trapping licenses. Sales for big game hunting and trapping licenses and deer management permits (DMPs) were nearly triple prior years' sales on opening day, more than double on the second day of sales, and nearly double the first two weeks. Fishing licenses are up, as well, increasing 15% since this spring. Fishing, hunting and trapping are outdoor activities that can be practiced safely during the COVID-19 pandemic as they are often perfectly suited for social distancing.

On free fishing days, New York residents and non-residents may fish for free without a fishing license. "Free Fishing Day" participants are reminded that, although the requirement for a fishing license is waived during free fishing days, all other fishing regulations remain in effect. The final "Free Fishing Day" for 2020 will take place on Veterans Day, Nov. 11. When not participating in "Free Fishing Days,"

anyone 16 years of age and older must have a current state fishing license to fish in New York. Fishing licenses are now valid for 365 days from the date of purchase. More information on purchasing a fishing license can be found on DEC's website.

Fishing and hunting in New York build a sense of stewardship of fish and wildlife resources and habitats, provide an opportunity for experienced hunters and anglers to share their knowledge with others, and promote participation in hunting, fishing and recreational shooting through the mentoring of young hunters and anglers. New York's hunters and anglers contribute an estimated \$4.9 billion to the economy in spending, which supports more than 56,000 jobs and \$623 million in state and local taxes.

New York continues to encourage people to engage in responsible recreation during the state's ongoing response to COVID-19. This fall, anglers should be mindful in taking precautions to stop the spread of COVID-19 while enjoying the outstanding salmon and trout fishing on Lake Erie and Lake Ontario tributaries, including the Niagara River, among

other locations throughout the state. At popular angling destinations, especially the Salmon River in Oswego County, angler density can become high enough to make social distancing difficult. DEC is placing signage at popular locations reminding anglers to be SMART when fishing this year:

Socially distance at least 6 feet apart;

Mask - Wear one when you cannot maintain social distancing, especially in parking lots and along footpaths;

Avoid sharing gear when possible;

Respect your fellow anglers and the resource by providing space and practicing ethical angling; and

Take out what you bring in or place trash in receptacles.

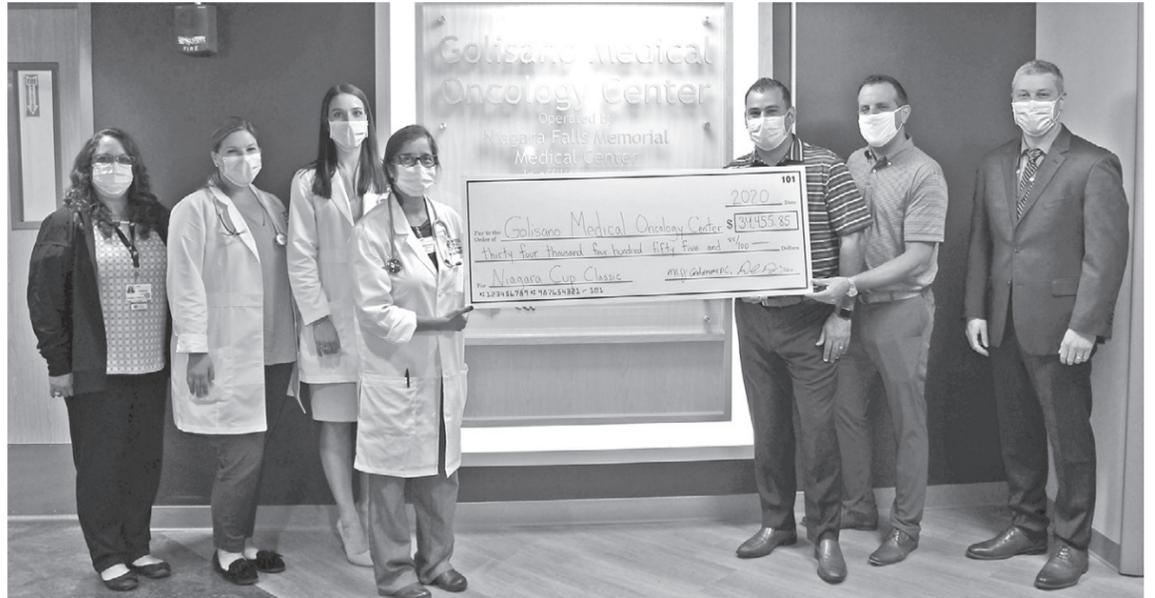
Anglers fishing from a boat should make sure it's large enough so persons on board are at least 6 feet apart from one another. For more information on boating guidelines and safety, go to State Parks website and for more information about how to "PLAY SMART * PLAY SAFE * PLAY LOCAL," visit DEC's website.

Niagara Cup golf tournament raises more than \$34K for Golisano Medical Oncology Center

Niagara Cup Classic co-chairs David DeMizio of Com-Doc and Dr. Michael Cardamone of Cardamone Chiropractic present a check for \$34,455 to, from left, practice manager Denise Hickey; Rachel Utzig, NP; Samantha Morreale, NP; Dr. Bhuvana Ramkumar, medical director; and far right, Russell E. Gaiser III, director of practice administration at the Golisano Medical Oncology Center.

The check represents proceeds from the Memorial Medical Center Foundation's 29th annual Niagara Cup Classic golf tournament, held recently at Niagara Falls Country Club. Funds will benefit the Golisano Medical Oncology Center.

The new center opened in July at Memorial and is a member site within the Roswell Park Care Network.



Mount St. Mary's Hospital adds cardiology care to Lockport Health Center

Mount St. Mary's Hospital has expanded services at its Lockport Health Center with the addition of two cardiac specialists. Cardiologists Benjamin Rueda, M.D.,

and Arif Syed, M.D., have joined the Health Center, located at 6000 Brockton Drive, Suite 106.

Rueda is the head of cardiology at Mount St. Mary's Hospital, and board-certified in internal medicine, cardiovascular disease, nuclear cardiology and cardiovascular tomography. He joined Mount St. Mary's in 2009. Syed is board-certified in internal medicine, cardiology, echocardiography, nuclear cardiology, advanced

heart failure and transplant cardiology. He has been with the hospital since 2011.

"Bringing cardiology services to eastern Niagara County means people don't have to travel outside the community to receive this needed care," said C.J. Urlaub, Mount St. Mary's Hospital president and Catholic Health senior vice president of strategic partnerships, integration and care delivery-Niagara County. "We are

committed to providing the highest standard of care across multiple specialties. Dr. Syed and Dr. Rueda have been with Mount St. Mary's for a combined 20 years, and their knowledge and expertise are a welcome addition to our Lockport Health Center.

Both cardiologists are accepting new patients.

The addition of cardiology care is another enhancement to services currently in place at the

center, including primary care and OB/GYN services. Primary care physicians Dr. Rajinder Basra and Dr. Nicholas Varallo are accepting new patients, along with Dr. Gianna McEvoy, Dr. Joseph Andrzejewski, and Andrea Rosati, N.P., the center's OB/GYN team. Mount St. Mary's Lockport Health Center has been in operation since 2018. To schedule an appointment, call 342-3026.

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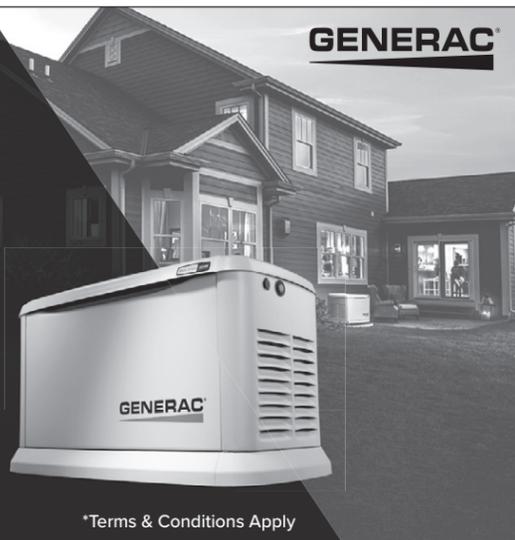
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