

liwomanonline.com

August 2017

Long Island WOMAN

FREE

exclusive interview with
**Mackenzie
Phillips**

FYI • Book Corner • Health • Carol Silva • What to Do Calendar • Support Groups • Good Advice

Special Guide Inside: MEET THE HEALTH PROFESSIONALS

Odes to Summer FW

Some people may think of late summer as the dog days, but distinguished writers, poets, and other notable figures have penned contemplative images of the season for decades, encouraging us to slow down and savor the fair weather. Here are a few of their accolades. From F. Scott Fitzgerald's *The Great Gatsby*: "And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

From Ralph Waldo Emerson: "Live in the sunshine. Swim in the sea. Drink in the wild air."

From Sylvia Plath: "If I tried to describe my personality, I'd start to gush about living by the ocean half my life and being brought up on *Alice in Wonderland* and believing in magic for years and years."

Also from Sylvia Plath: "My childhood landscape was not land but the end of the land—the cold, salt, running hills of the Atlantic. I sometimes think my vision of the sea is the clearest thing I own."

From Henry James: "Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language."

From Audrey Hepburn: "To plant a garden is to believe in tomorrow."

Water, Water Everywhere

Many Long Islanders keep extra supplies of bottled water on hand to prepare for storms, floods, and other emergencies. That's probably especially important this year: Meteorologists are predicting an above-normal Atlantic hurricane season—17 named tropical storms and two to four major hurricanes—between August and October. Commercially manufactured, unopened bottled water can be stored safely for years, as it has an indefinite shelf life when stored in a cool place away from sunlight (manufacturers' expiration dates are voluntary). A normally active person needs at least a three-day supply of two quarts (a half gallon) of drinking water daily, according to the Federal Emergency



Management Agency (FEMA), plus one gallon per person per day for food preparation and hygiene. Store a two-week supply of water for each family member if possible. Hot weather increases the amount needed, as do children, nursing mothers, babies, ill people, and pets. Before an emergency, you can prepare your own drinking water by filling clean, sanitized empty plastic soda bottles—not juice or milk containers—with chlorinated tap water; replace every six months. Find out more about emergency water, food, and first aid supplies at fema.gov.

Training for Support Volunteers

Breast cancer doesn't discriminate: It affects people of all ages, races, genders, and ethnicities. To reflect the diversity of men and women who seek assistance and support, the Adelphi NY Statewide Breast Cancer Hotline and Support Program will be training a group of volunteers to reflect the different types of people who call. Nurse navigators and social workers will present information on basic breast cancer education, active listening skills, and tips on engaging the community. The in-depth training takes place on three Tuesdays from September 12–26, 9 a.m.–4 p.m. at Adelphi University, 1 South Avenue, Garden City. To interview to become a hotline volunteer, contact Hotline Coordinator Alida Rubenstein at 516 877-4315 or arubenstein@adelphi.edu. To reach the hotline, call 800-877-8077.

The Chips Are Coming

Long Island Rail Road riders may think that they've reached the height of technological travel advances since being given the options of using their smart phones and mobile devices to purchase MTA eTix mobile tickets or swiping their MetroCards to catch a train. But when the MetroCard is put out to pasture in 2020, a more futuristic method will likely come rolling down the tracks. It's already in use by SJ, North Europe's largest rail company, where train conductors are scanning biometric chips implanted into passengers' hands in lieu of paper tickets. Some 2,000 Swedes, most of them employed in the tech industry, are scannable, having had the surgi-

cal implant. The implanted biochip uses the same technology as contactless bank cards. Take one more giant step into the future with Finnair, Finland's flag carrier: The airline is now using biometric facial recognition at check-in. The facial scanning technology is also being tested at JFK Airport as well as by Jet Blue and Delta carriers. In the meantime, train tickets and subway tokens are entering antique status: People are already offering them as antiques for sale on eBay.

Bang Your Drum All Day (or from 6-7:30 pm)

You don't have to be a professional musician to play in this community drum ensemble. All you're asked to do is to bring your enthusiasm as you join others to learn traditional West African hand drumming and chanting in the drum circle setting. Master drummer Matt Gardiner will guide participants, teaching them proper hand use and technique, to coax different sounds from the single-skinned djembe drum. Drums will be provided or you are invited to bring your own. The programs are free (donation suggested) and drummers ages 12 through adult are welcome. The East End Arts Summer Drum Circle will take place every Wednesday evening from August 2 through August 30, from 6-7:30 p.m. at the East End Arts Carriage House behind the EEA School, 141 East Main St., Riverhead. Curious? Find out more at eastendarts.org or call 631-369-2171.