

A South Nassau Salute to Martin Luther King Jr.



“... I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal ...”

–Martin Luther King Jr.

On January 19, South Nassau staff members gathered in Conference Center A to commemorate the life of the great civil rights leader and Nobel peace prize winner Martin Luther King Jr. who was assassinated in 1968.

The ceremony, led by Althea Williams, administrative director of the Family Medicine Center, featured an overview of Dr. King's accomplishments presented by fourth-grader Emma Fonte, daughter of Maria Fonte, Family Medi-

cine social worker. Darius Jones, a fifth-grader from St. Mary's Star of the Sea School in Far Rockaway, recited Dr. King's iconic “I Have a Dream” speech. Darius's grandmother, Blanche Jeffrey of Merrick Park Baptist Church in Jamaica, provided solemn organ music for the event.



From left, Maria Fonte, Family Medicine social worker; Joseph Lamantia, executive vice president and chief operating officer; Blanche Jeffrey, of Merrick Park Baptist Church in Jamaica; Sheila D'Nodal, M.D., vice president of Ambulatory Services; Talitha Jones of Far Rockaway (Darius's mother); Althea Williams, administrative director of Family Medicine; and Joseph Quagliata, president and chief executive of South Nassau. Front: Maria Fonte's daughter, Emma, a fourth-grader at Rockville Centre School No. 5; and Darius Jones, a fifth-grader at St. Mary's Star of the Sea School in Far Rockaway.

A Green Tip

This is a regular column on living green.

10 Ways to Be Green at Work

By now you've learned that being “green” on the job doesn't always mean you're inexperienced. It's about reducing your carbon footprint. Being green requires thought, creativity and often it means breaking old habits. For example, instead of clicking the “print” button on your computer for a hard copy of that e-mail, ask yourself first if you really need it.

Here are some tips to help you reduce your carbon footprint in the office:

- Be sure you shut down your PC and monitor when you leave work
- Switch off unnecessary lights and use natural daylight (if possible)
- Instead of using paper or Styrofoam cups, switch to reusable mugs or travel mugs
- Rather than throwing away empty ink and toner cartridges, send them to Materials Management for recycling
- Rather than printing and photocopying multi-page documents on single sheets of paper, set the photocopier or printer to double-sided copying and you'll save half the amount of paper the hospital would use. (The average U.S. worker consumes 10,000 sheets of copy paper a year.)
- Instead of printing e-mail, create a folder on your computer and organize it into subfolders by name or subject
- Use recycled and not fresh paper for your fax machine
- Try to purchase fair-trade and organic coffee and tea and buy organic and locally grown food for lunch meals
- If possible, take public transportation and leave the car at home
- Make sure you unplug your coffee pot. Leaving the appliance plugged in wastes energy and money