

Handball Days Continued from cover

amateur athletes. His Eastern Regional Team triumphed in Raleigh-Durham, N.C., that year, taking home the silver medal.

Before long his name was circulating around team handball circles, and soon he was invited to try out for the U.S. National Handball Team.

Making the team meant moving to the Olympic Training Center in Colorado Springs, Colo., to train prior to the fall semester of his senior year. Even though he was on track to graduate college the following summer, Mr. Lamantia accepted the challenge.

“You’d get up at 5 a.m. and run 6 or 8 miles, eat breakfast, practice 2-3 hours before lunch and play until dinner, about nine hours a day,” he recalled.



Team USA enjoying down-time in Portugal.

While in Colorado, the rising star was selected to represent the United States on a team that was to compete in the Team Handball World Cup in Valencia, Spain. During

this international tournament, he competed against professional team handball powerhouses from Czechoslovakia, Russia, Romania and Sweden.



Mr. Lamantia, in foreground, plays against Algeria in the World Cup tournament.

At this point in his athletic career, he could have advanced to the Pan-American Games, a multi-sport event that pits competitors from all nations in the Americas. But his thoughts centered on his career aspirations and the future. Instead of shooting for the Olympics, at 22 he enrolled in Hofstra University’s master’s program in health administration. He continued to play the game with the Garden City Handball Men’s Club for at least three more years, but his competitive career had drawn to a close.

“Team Handball was an exciting part of my life and provided me with an experience of a lifetime,” he said. “It’s an amazing action-packed sport that unfortunately never really gained popularity in the states.”

Important Information about the H1N1 Virus

South Nassau Hospital is gearing up for a busy flu season. The staff has been working with local and state health departments to ensure that the hospital is prepared for a potential outbreak of the H1N1 flu virus, a respiratory infection formerly known as “swine flu.” South Nassau will continue to follow both Department of Health and Centers for Disease Control (CDC) guidelines to monitor, prevent and treat suspected or confirmed cases of the H1N1 flu.

The symptoms of the H1N1 flu virus are similar to those of the seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body



aches, headache, chills and fatigue. Most people recover from the flu without requiring medical care. However, if you have a chronic illness or you are at high risk for developing complications of the flu, contact your health care provider who will determine whether flu testing or treatment is necessary.

If you are sick with flu-like symptoms, the CDC recommends that you stay home for at least 24 hours after you have completely recovered.

If you do come to the Emergency Department, you will be asked to wear a mask to prevent transmission of the flu to other patients in the waiting areas.

Continued on page 7