

Wyandanch

Community Advisory Board

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NYSCHECK Summer Academy
Internship (HS & college
students). Click link!

Wyandanch Day: June 11th

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NYSCHECK website



The Love Revolution: An Interview with Dr. Scott Carlin

- Zahra Choudry, Walt Whitman High School, Huntington Breast Cancer Action Coalition EH ambassador, Wyandanch Community Advisory Board member.

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Dr. Scott Carlin is a professor at Long Island University and the coordinator of the Wyandanch Community Advisory Board, **an initiative of the Long Island Chapter of NYSCHECK**. The project was formed under the vision of "Total Wellness" — ensuring a holistic approach to health and wellbeing of Wyandanch youth.

As an intern under Dr. Carlin and the Wyandanch Community Advisory Board, I have the privilege of assisting him in his community efforts and campaigns. Beyond his dedication to the Wyandanch cause, Dr. Carlin is dedicated to ushering in a revolution. Not the bloody political ones of the French or the Bolsheviks. He wants to usher in a Love Revolution.

(cont on pg 2)

I began my call with Dr. Carlin on a Friday afternoon after a tumultuous day. Despite my intention to focus my mind on love that day, I was overcome with quite the opposite - a strong sense of hatred. The first fifteen minutes of the call were an entirely one-sided rant about my proclaimed "arch-nemesis" always managing to succeed despite his creative moral choices. However, Dr. Carlin quickly assured me of my own strengths, advising me to "focus on my path towards success."

This exchange made me feel as though there was no more of an appropriate question to ask than: "Do you believe our society places an excessive emphasis on hate?"

After a brief moment, Dr. Carlin affirmed that "our society is quite reactive." In response to "our own unresolved traumas," we tend to use anger as a coping mechanism. This initial reaction creates a chain reaction for more hate. In our environment, we exploit our landscapes for resources, seemingly working against the grain of the natural processes. As we degrade ourselves and our world with anger, an absence of love is left in its wake. Consequently, imbalance plagues our society. Humanity and nature are struggling more and more to coexist as we take on a more destructive approach.

It is precisely this lack of love that led Dr. Carlin to begin abiding by the ideals of The Love Revolution. As he puts it, this revolution is dedicated to "finding balance and nurturing ourselves while becoming harmonious with each other and nature." It is about being less reactive and more proactive towards our surroundings and undertaking a "regenerative" approach to the natural world so that we may grow alongside Mother Nature.



source: birdwatching.org

For this important concept, Dr. Carlin introduced an analogy: The Condor and The Eagle. As I began my own research into this analogy, I learned of an ancient indigenous prophecy from the Amazon rainforest. The prophecy spoke of a time when humankind was at a series of crossroads, where the Eagles- strong, powerful, intelligent, and dominating creatures- had to learn to be in balance with the Condors: intuitive, regenerative, and nature-orientated. At this crossroads, the Eagle and Condor must learn to tie strength and power with compassion and wisdom in order to re imagine our relationship with nature with greater consciousness. The prophecy of the Condor and the Eagle echoes the ideals of this love revolution.

So what can we do to begin the love revolution? Initiating a massive paradigm shift is an "inter-generational effort," as Dr. Carlin establishes. We must begin with baby steps, learn to nurture ourselves and evolve past our easiness with anger. Then, we must go past what we were conditioned to think and ponder how to break past cycles of trauma. We can examine our own cultural hearths, like community centers, churches, mosques, or synagogues. Working together, we can examine what impedes love from truly seeping into our lives.

Today is a time of profound change — more change at one time than ever before. Vulnerability with others and authenticity with ourselves is more vital than ever before. As Dr. Carlin puts it, "being honest with ourselves is the first step to rejecting complacency with inadequate change." It did not take too long before I realized the destructive nature of my own hatred that I was desperately clinging onto. I realized that the intensity of my anger was a result of my own dissatisfaction and contributed to dissonance in my efforts. Thus, the first step we can take is to be vulnerable with our pitfalls and translate them to a revolutionary love mindset.

The Wyandanch Community Advisory Board, under Dr. Carlin's vision, enacts this vision of **revolutionary love** in terms of **total wellness**.

How can you take action to issue your "love revolution?"

(According to Dr. Scott Carlin)

Personal Actions:

Invest time each week on healthy activities you love. In addition: meditate, journal, and be honest with yourself about your needs and wants. Chat with mental health professionals. As you celebrate and love yourself, you also love others more deeply.

Make Community Change:

Spread love, not hate: volunteer at local community centers, comfort a friend in need, and stay away from toxic people and situations. Share from your heart: be vulnerable. To make community change, talk about love with friends and family.





The Risk of Gas Stoves



Gas stoves are widely used in many American households. Despite their popularity, gas stoves can actually be harmful to our health.



Children living in homes with gas stoves have a **42% increased risk** of having current asthma.



and a **24% increased risk** of being diagnosed with lifelong asthma.

International Journal of Epidemiology, 2013. "Meta-analysis of the effects of indoor nitrogen dioxide and gas cooking on asthma and wheeze in children"

What does this mean?

The air pollutants that gas stoves emit into the environment have serious health repercussions.

Nitrogen Dioxide (NO₂)

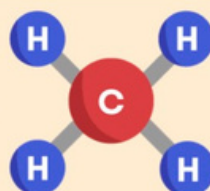
Gas stoves emit a significant amount of Nitrogen Dioxide, a known pollutant that can cause **extensive damage** to the human respiratory tract, and increase a person's vulnerability to (and the severity of) respiratory infections.

The Environmental Protection Agency has one-hour outdoor exposure limit of 100 parts per billion for nitrogen dioxide

However, Americans regularly over-expose themselves to Nitrogen Dioxide and harm their health.

Methane (CH₄)

Methane is a greenhouse gas that traps heat in the atmosphere and warms the planet, ultimately contributing to a hotter Earth.



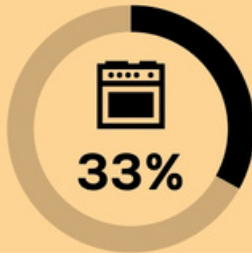
Measured NO ₂ Emissions from Gas Stoves	Peak (ppb)
Baking cake in oven	230
Roasting meat in oven	296
Frying bacon	104
Boiling water	184
Gas cooktop - no food	82-300
Gas oven - no food	130-546

Rocky Mountain Institute (RMI), 2020. "Gas Stoves: Health and Air Quality Impacts and Solutions"



When gas stoves consistently emit NO₂ at dangerously high levels, there is a higher chance of developing asthma.

High concentrations of nitrogen dioxide enter the respiratory system and trigger asthmatic symptoms, like coughing or wheezing as well as lung irritation.



of Americans use a natural gas stove, according to a 2015 report from the U.S. Energy Information Administration.

Proper Ventilation

To prevent the fumes from the gas stove from infiltrating our lungs, a proper exhaust is necessary.

A properly installed overhead exhaust will ensure all emissions are removed and replaced with clean air

When cooking, *always* use your exhaust fan!



A properly ventilated kitchen



Aerosol and Air Quality Research, 2019. "Review of Effluents and Health Effects of Cooking and the Performance of Kitchen Ventilation."

The Disproportionate Impact

Vulnerable Homes

Families who don't use their range hoods or who have poor ventilation can surpass the one-hour outdoor standard within a few minutes of stove usage, particularly in cramped kitchens, which are **more common in rentals and older dwellings**.

Without proper ventilation and limited ability to switch to electric appliances, low-income households are **more susceptible** to the respiratory risks of gas stoves. *The Atlantic*, 2020. "Kill Your Gas Stove."



Children

Children are **more likely** to suffer the health consequences of gas stoves as they "breathe more frequently than adults, have a higher ratio of lung surface to body weight, and have immature respiratory and immune systems."

The Atlantic, 2020. "Kill Your Gas Stove."

