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Why is allergy season longer and more intense lately? - Sneezing in Snohomish

During springtime, many people develop a series of symptoms generalized as seasonal allergies: coughing, sneezing, itchy eyes and congestion, just to name a few. These symptoms are widespread; in 2024, the Asthma and Allergy Foundation of America reported that some 81 million people in the U.S. suffer from seasonal allergies. This number is growing as symptoms are becoming more intense and allergy season is getting longer.

The cause of these allergies comes down to one product of flowering plants: pollen. This substance becomes more prevalent during the springtime, when the warm weather triggers flowers to open up. When pollen accumulates to high levels in the air, humans can develop an immune system response that leads to a physical reaction. The problem is that the air is getting warmer, and plants are producing pollen for a longer duration and in larger amounts than before. "A longer growing season means the plants have more time to produce pollen," says Dr. Rana Misiak, an allergy specialist at Henry Ford Health. "And that results in pollen circulating in the air for a longer period of time." In addition, droughts and dry weather can cause more pollen production, along with higher levels of carbon dioxide in the atmosphere. Air pollutants such as carbon

dioxide damage the surface of the pollen, making it more allergenic.

Pollen production is heightened by climate change. Human activities are causing global temperatures to rise, subsequently worsening allergy season for many. "To me, [worsening allergies] highlight the fact that our health—even if you just have a pollen allergy—is being impacted by climate change," says Mary Margaret Johnson, MD, PhD, a research scientist of environmental health at Harvard T.H. Chan School of Public Health. "And some have much more severe health consequences from climate change." This means that the health of an individual is somewhat out of their hands—it is up to climate change to determine the severity of their allergies.

Taking action to reduce collective carbon emissions and effectively slow the rise of global temperatures will help minimize symptoms felt by allergy season. There are also many studies now being conducted, like the Citizen Science HD's Pollen Nation Project at Emory University or the National Phrenology Network, that allow civilian participation. If you are interested, you can learn more about these studies and contribute data towards their findings. In addition, any action to reduce your personal carbon footprint or advocate for pro-climate legislation will help to improve the current conditions of seasonal allergies.

EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek/, or e-mail: earthtalk@emagazine.com.



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Guess This Familiar Place in Nassau County

April 29th Answer:
Floral Park Library

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Local Events & Happenings

TAI CHI IN THE GARDENS OLD WESTBURY GARDENS

5/6, 5/13, 5/20, 5/27 10:30-11:30am. With professional instructor, Linda Cafiero. All levels welcome. \$32. Weather permitting. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: www.OldWestburyGardens.org



SKETCH & WATERCOLOR WESTBURY GARDENS

5/6, 4-5:30pm. Adult program. Explore your creativity in this hands-on adult education program with our Education Manager! Participants will use a sketch pad, pencil, watercolor set, and brush provided during class while learning techniques for sketching from observation. At the end, take home your finished artwork to display—supplies are for use during class only. Rain or shine. \$27. Register in advance. 71 Old Westbury Rd., Old Westbury. 516-333-0048. www.OldWestburyGardens.org

ADULTS ONLY NOSTALGIA NIGHT AT LICM

5/6, 6:30-9pm. Long Island Children's Museum. An adults-only evening where your favorite childhood moments come to life (with a grown-up twist). Dig out your best retro outfit (bonus points for butterfly clips, denim-on-denim, or boy band tees) and come relive the magic. Explore the museum after hours while dancing to a live DJ, snapping fun photos and challenging your friends to classic games. Enjoy light bites. \$45.p.p. includes 2 drinks (beer or wine) Reserve your spot: www.licm.org 11 Davis Ave., Garden City

SKETCHING/WATERCOLOR OLD WESTBURY GARDENS

5/6, 4-5:30pm. Hands on adult education. Rain or shine. \$27 p.p. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: www.OldWestburyGardens.org



PHOTOGRAPHY HIKE AT JONES BEACH

5/6, 1:30-3pm. All experience levels invited to hike the West End. Bring your own camera or cell phone camera. \$4.p.p. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. RSVP required: www.jonesbeachenc.org

MOBILE PASSPORT DAYS

5/6 or 5/20, 5-7pm. Sponsored by the Town of North Hempstead. The town is extending their hours for you to sign up for your passport and passport photos also taken. Call 516-869-6311 to make your appointment. Town Clerk's Office. 200 Plandome Rd., Manhasset

MONTHLY MEDITATION

5/7, 6-7pm. at Sands Point. Led by Hildur Pallsdottir. Held in the beautiful Mansion or Garden weather permitting. Register online. Planting Fields. \$17 per class, non members, \$25. 12 Middle Neck Rd., Sands Point. www.SandsPointPreserveConservancy.org

LITTLE LEARNERS ART LAB AT LICM, GARDEN CITY

5/7, 11:30am-12pm. Long Island Children's Museum. Weekly workshop for ages 2-5. Hands on art making using various mediums and techniques. This week is decorating birdhouses. \$4 with museum admission. Reserve your spot: www.licm.org 11 Davis Ave., Garden City

SPRING PLANT SALE- CLARK BOTANICAL

5/8, 10am-6pm & 5/9, 10am-4pm Annuals, perennials, veggies, herbs & art sale. Garden gift shop open. Expert advice on hand from Master Gardeners. On Friday, May 8th, free native tree seedling giveaway while supplies last. 193 I.U. Willets Rd., Albertson. For more info: 516-869-6311.

BELLMORE CAR SHOW

5/8, 5-10pm. Then Every Friday night until Oct. 30th. Weather permitting, at the Bellmore LIRR lot on Broadway. Free admission, \$5 to enter your car. For more info: 516-679-1875 or www.bellmorechamber.com

LITTLE LEARNERS PLANTING FIELDS

5/8, 10am-11am. Ages 2-5. Garden Friends at the Education Center for a fun, hands-on, nature-inspired program designed just for young children and their grown-ups. Each session brings a new theme to life through nature stories, creative crafts, and outdoor play – perfect for making lasting memories together in the beautiful gardens and grounds of Planting Fields. 1395 Planting Fields Rd., Oyster Bay. \$15 per child. Parent free. For more details & tickets: www.plantingfields.org

EMBROIDERY CLASS OLD WESTBURY GARDENS

5/8, 4-6pm. Adults & kids age 12+ Learn basic stitches and make a design to take home. All supplies included. \$30 p.p. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: www.OldWestburyGardens.org

ASTRONOMY NIGHT AT JONES BEACH

5/8, 8:30-10pm. Join guest AOSNY for an evening of night skies on the back deck using multiple telescopes. Free. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. RSVP required: www.jonesbeachenc.org

MOTHERS DAY CELEBRATION VNHP

5/9, 10am. All mother figures join the village for a cup of tea or coffee and some sweet treats. Entertainment. Free. New Hyde Park Village Hall. 1420 Jericho Tpke. New Hyde Park. For more info call 516-354-0022.

PRINCIPALS OF IKEBANA JAPANESE FLOWER DESIGN

5/9, 4pm. Rain-date 5/16. Learn technique and theory of flower arranging and Japanese culture. At John P. Humes Japanese Stroll Garden. 3 Dogwood La., Locust Valley. \$15, free for members. Register in advance: 516-922-1029. www.northshorelandalliance.org

FAMILY ARTMAKING AT THE MANES CENTER

5/9, Drop in between 12-3pm. Children ages 2-14 and their adults. Get inspired by the art and objects in the galleries and then join at The Manes Art Education Center to explore and discover different materials to create your own original artwork. This weeks' theme, Rothko Sunset Kites. Kids \$10, adults \$20, members are free. Price includes museum and supplies. Pre-register online. www.nassaumuseum.org One Museum Drive, Roslyn.

POETICA MUSICA OLD WESTBURY GARDENS

5/9, 8pm-9:30pm. The Enchantment of Strings. In the intimate and elegant Red Ballroom. The Poetica Musica Quartet will perform a captivating program featuring works by Ravel, Mendelssohn, and Dvofak. The ensemble includes Eric Wyrick, violin; Eugene Moye, cello; and guest artists Janey Choi, violin; and Michael Roth, viola. \$30, \$25 for seniors & members. Pre-concert discussion at 7:30 and after concert refreshments. 71 Old Westbury Road, Old Westbury. 516-333-0048. Purchase online: www.oldwestburygardens.org

VET TECH 101 AT ALLEY POND PARK

5/9, 11am-12:00pm. Ages 5-7 Drop off program, students learn the nutritional needs of the animals. \$22.p.p. Register: www.alleypond.org 229-10 Northern Blvd., Douglaston

REST & RELAX YOGA AT JONES BEACH

5/9, 2pm. Adults and teens 12+. Basic level yoga to restore calm & balance. Yoga mats provided. Free. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. RSVP required: www.jonesbeachenc.org



More Local Events

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BUG BUDDIES

QUEENS COUNTY FARM

5/10, 2-3pm. 11am-12:15pm. Calling all curious kids! The other Arachnids. Get ready for a hands-on learning adventure with our bugs. \$12. p.p. reserve your spot:

www.queensfarm.org

73-50 Little Neck Pkwy, Floral Park.

YOGA IN THE GARDENS

5/11, 5/18, 5/25. 10:30-11:30am: Old Westbury Gardens, With Marilyn Ashley \$32. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register:

www.OldWestburyGardens.org



ROBERTO FABBRI MADISON THEATRE

5/13, 7pm. Fine performer, composer, teacher and writer. Tickets start at \$40. Madison Theatre at Molloy U. 1000 Hempstead Ave., Rockville Centre. Tickets call 516-323-4444 OR

www.madisontheatre.org

BROWN BAG LECTURES AT THE MANES CENTER

5/14, 6/18, 1pm. Join Museum Docent Riva Ettus for her popular Brown Bag Lecture. Explore NCMA's exhibition, *250 Years of Art on Long Island*, through a lively and informative presentation. Participants will have the opportunity to ask questions following the talk. Free with museum fee. www.nassauuseum.org One Museum Drive, Roslyn.

LITTLE LEARNERS ART LAB AT LICM, GARDEN CITY

5/14, 11:30am-12pm. Long Island Children's Museum. Weekly workshop for ages 2-5. Hands on art making using various mediums and techniques. This week is making under the sea environments. \$4 with museum admission. Reserve your spot: www.licm.org 11 Davis Ave., Garden City

BROWN BAG LECTURES WORKSHOP AT NCMA

5/14, 1pm. Nassau County Museum of Art. Adults & teens 16+. Join Museum Docent Riva Ettus for her popular Brown Bag Lecture. Explore NCMA's exhibition, *250 Years of Art on Long Island*, through a lively and informative presentation. Free with museum admission. No reservations needed. www.nassauuseum.org One Museum Drive, Roslyn. 516-484-9338



FAMILY NIGHT HIKE

5/15, 7:30pm. Center For Science, Teaching & Learning. What lives in the woods? Bring a flashlight on this guided walk. \$5 p.p 1450 Tangelwood Rd., Rockville Centre, www.cstl.org

FAMILY ARTMAKING AT THE MANES CENTER

5/16 Drop in between 12-3pm. Children ages 2-14 and their adults. Get inspired by the art and objects in the galleries and then join at The Manes Art Education Center to explore and discover different materials to create your own original artwork. This weeks' theme, **Wire Celebrity Portraits**.. Kids \$10, adults \$20, members are free. Price includes museum and supplies. Pre-register online. www.nassauuseum.org One Museum Drive, Roslyn.

SHEEP SHEARING FEST QUEENS COUNTY FARM

5/16, 10am-5pm. Celebrate Spring on the farm at Queens only sheep shearing festival. Fiber artisans, classes for adults, teens, and kids, livestock breed chats, and sheep shearing demonstrations connect visitors to life on the farm. \$17. p.p. reserve your spot: www.queensfarm.org 73-50 Little Neck Pkwy, Floral Park.

FIDDLER ON THE ROOF PLAZA THEATRE

5/16 thru 5/31. Various times. The award-winning tale of Tevye the Dairyman, with iconic and beloved songs such as *Sunrise, Sunset, If I Were A Rich Man, and Matchmaker, Matchmaker, Fiddler on the Roof* is the perfect mix of audience-pleasing humor and heart. Tickets start at \$50. Purchase online or call 516-599-6870. Elmont Memorial Library Theatre, 700 Hempstead Tpke., Elmont. www.plazatheatrical.com

WAYFINDING AT VANDERBILT

5/16, 2pm. Survival skills with Mike Evans. Learn to navigate using sun, shadows and landmarks. Practice compass and map techniques. \$40p.p. \$36 members. Earn your field navigator micro-certification. 180 Little Neck Rd., Centerport, 631-854-5579. Register online: www.vanderbiltmuseum.org



MINEOLA FOODIE FESTIVAL

5/16, 4-9pm. Food trucks, artisan vendors, beer & wine garden and kids activities. Live music and entertainment. Diverse food options. Wilson Park, 94 Union St. Mineola. Free admission. Rain-date May 30.

BOATER SAFEY COURSES TOWN OF N. HEMPSTEAD

5/16 8am-4pm. NYS requires all operators of boats or personal watercraft to complete this free 8 hr. course. Michael J. Tully Park, New Hyde Park. Must register online for class: www.register-ed.com/events/view/239619

ASIAN-AMERICAN FEST PORT WASHINGTON

5/16, 12-5pm. North Hempstead Beach Park Live cultural performances of music and dance plus a lively market filled with arts and crafts, shopping and a variety of cuisine from many different Asian countries. Free but parking fee \$7 or \$10. 175 West Shore Rd. Call 311 for info.

CRADLE-CON AT CRADLE OF AVIATION

5/16 & 5/17, 10am-5pm. Non-profit comic, collectible, and pop culture convention, presented by the Cradle of Aviation Museum and built by fans, for fans. The event brings together comic readers, collectors, cosplayers, retro gamers, and families for an intimate day of creators, vendors, fandom, and hands-on fun for all ages. Proceeds benefit the Museum's Preservation and Education Programs. Advance tickets: Adults \$25, Kids \$15 or weekend pass \$40 www.cradleofaviation.org Charles Lindbergh Blvd., Garden City.

KIDS NATURE PROGRAM COLD SPRING HARBOR

5/16: 10-11am. Ages 3-5, 3-4pm Ages

6-8. Led by Beth Finger, Instructor.

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ICE HOUSE JAM SANDS POINT

5/17, 12-3pm. Curated by Homebrew Music. Live music each week free with park admission at the preserve's new outdoor gathering space in the woods behind Castle Gould called The Ice House. Relax on the lawn furniture, explore nearby trails and enjoy the music. 12 Middle Neck Rd., Sands Point. www.SandsPointPreserveConservancy.org

ADULT CRAFT-TOTEBAGS AT JONES BEACH

5/21, 1:30-3pm. Adults & teens 12+. Learn a new skill and create your own tote bag. \$4. P.p. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. RSVP required: www.jonesbeachenc.org

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RECIPE OF THE WEEK

Cranberry Strata for Brunch



8 cups crusty French breadcrumbs
1 pkg (18 oz) cream cheese
1/2 cup dried cranberries
6 eggs
2 1/4 cups milk
1/3 cup maple syrup, plus additional,
for serving (optional)
1/2 tsp ground cinnamon or nutmeg

In greased, 2-quart, rectangular
baking dish, arrange about 4 cups
bread pieces.

Cut cream cheese into 8-10
slices and arrange over bread
chunks. Sprinkle cranberries over
bread chunks. Top with remaining
bread pieces.

In medium bowl, beat together
eggs, milk and 1/3 cup maple syrup.
Pour over bread. Sprinkle with
ground cinnamon or nutmeg.

With back of spoon or spatula,
lightly press down to saturate bread
with egg mixture. Cover and chill up
to 24 hours in refrigerator.

Heat oven to 350 F.

Bake, covered, 45 minutes. Uncover
and bake 20 minutes.

Let stand 10 minutes. Serve warm
and topped with maple syrup,
if desired.

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