



A ROCKIN' PROJECT • PAGE B1
Somerset Berkley student creates rock painting kits for kids.



3 times higher
Pandemic disproportionately affects people of color in Mass. **A7**

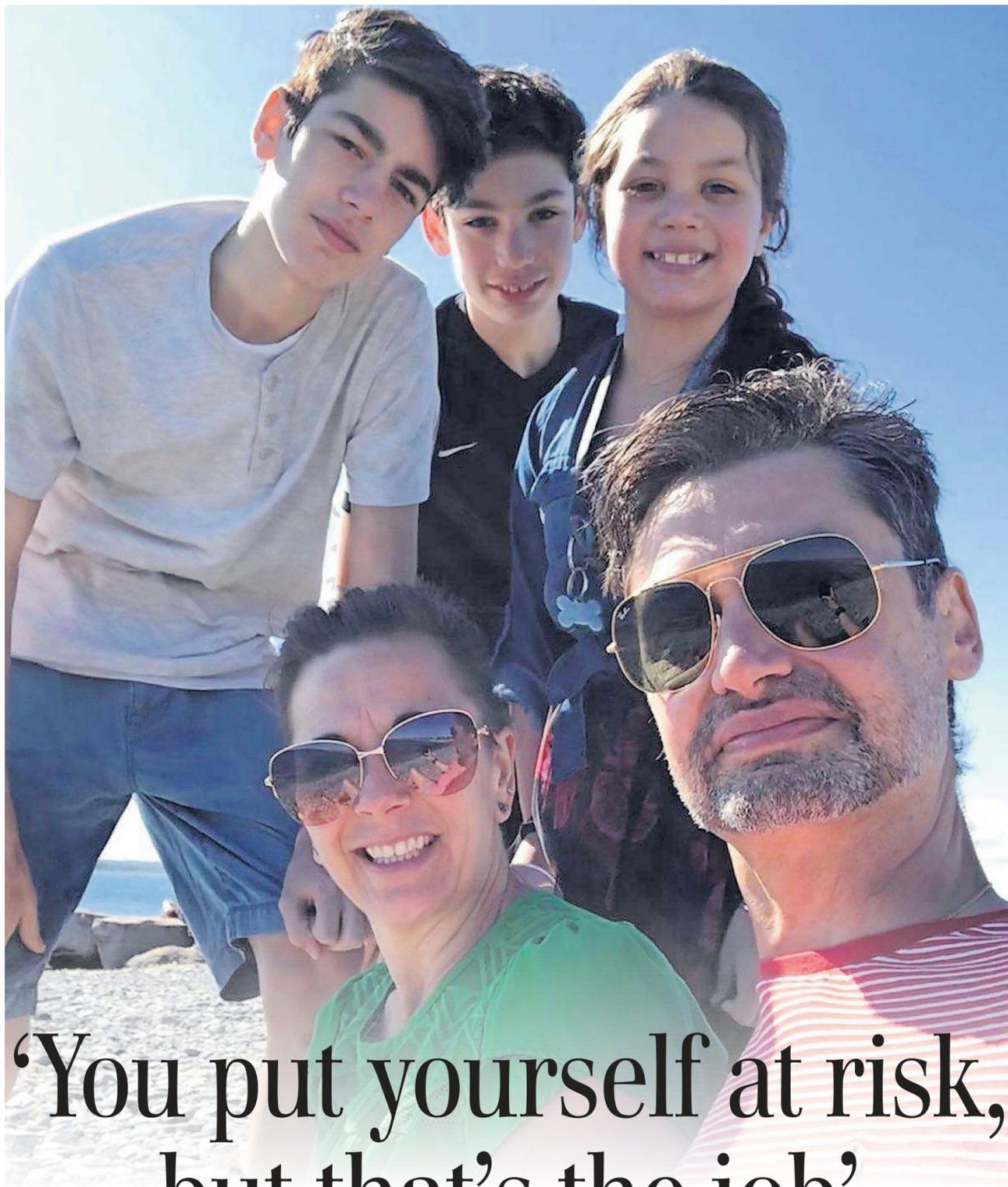
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'You put yourself at risk, but that's the job'

Fall River doctor on front line of covid fight home for Father's Day

Linda Murphy
Herald News Lifestyle Editor

FALL RIVER — For weeks, Dr. Daniel Sousa slept in the “she shed.” Then he moved into the sunroom. But now the physician who has been on the front lines of treating COVID-19 patients is back in the house and ready to enjoy Father's Day with his family.

The father of three children, daughter Scarlet, 8; sons Skiler, 12, and Sidney,

14, said his wife, Theresa, a stay-at-home mom, has been doing double duty as teacher since the schools closed, while he's been focused on treating COVID-19 patients.

Though it's been a challenge he never imagined when he decided to become a

pulmonologist — and it's far from over — the first couple months were filled with uncertainty, recalled Sousa.

As one of the partners with Southcoast Health Pulmonary, Sousa and the

TURN TO **SOUSA**, PAGE A5

COURTESY PHOTOS

TOP: Dr. Daniel Sousa, a physician with Southcoast Health Pulmonary, enjoys a day at the beach with his family, sons Sidney, 14, and Skiler, 12, and daughter Scarlet, 8, and his wife, Theresa. RIGHT: Sousa takes a break to be with his kids, from left, Scarlet, 8, Skiler, 12 and Sidney, 14, at home in Fall River.



'I've never been closer to my family'



COURTESY PHOTO

Nick Freitas, Somerset Berkley Regional High School teacher and coach, with wife **Stephanie**, daughter **Stellah** and son **Emmett**.

Fall River area dads find blessings amid lockdown

Greg Sullivan
Herald News Staff Reporter

Mark Silveira was not happy when his world, due to COVID-19 concerns, went into lockdown. Owner of two Flawless Cutz barber shops (Fall River, Somerset), a landlord and an assistant pastor at Victory Church in Tiverton, the Westport resident was a busy man, the family's sole provider, with bills to pay.

But even before Gov. Charlie Baker announced stay-at-home in late March, Silveira had sensed that he was, perhaps, a tad too busy. He had been praying to God for a way to be able to spend more and higher quality time with his family — wife Desiree and children Alana, 8, Jackson, 5, and Alivia, 2.

The pastor admits, “I didn't know God could answer prayers in such unorthodox ways.”

Governor decrees shut down his barber shops for two months. It also turned loose a man passionate about daddying.

“I would say I've never been closer to my family,” Silveira said on Friday between haircuts. “It's a new level of closeness. It was answered prayer. I got to spend every day with my wife and children. Not to say I didn't know (the children) before, but it's just different. I saw their personalities shine even more.”

“A negative situation, and so much positive came out of it.”

The director of athletics and head football coach at Joseph Case High School in Swansea, Anthony Palladino, thanks to shutdown of schools and his wife's essential

TURN TO **DADS**, PAGE A5

Lawmakers use protest momentum to push state racial reforms

Adam Beam and Farnoush Amiri
Associated Press

SACRAMENTO, Calif. — The racial reckoning sweeping the country after the killing of George Floyd in

police custody has generated momentum at state capitols for widespread reforms addressing a range of inequities.

Lawmakers have floated proposals to address affirmative action, racial disparities

in school funding and health care, criminal justice reforms and even study reparations for slavery.

The efforts go beyond policing reforms to focus on systemic racism that has stubbornly pervaded public

life for decades. They are prompting “very real conversations I didn't think the country has ever really had because none of them are comfortable,” said Sydney Kamlager, a member of the Legislative Black Caucus in

the California state Assembly.

“If you're just talking about police and you're not looking at the rest of the spectrum, then you're really not focused on change,” she said.

Success has been mixed. While advocates in California

have celebrated a string of recent legislative victories, lawmakers in New Hampshire refused to make an exception to their rules for a Democratic lawmaker who sought to

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SUNDAY Clouds & sun, humid. 87° / 62°	MONDAY Partly sunny, humid. 87° / 61°	TUESDAY Partly sunny, humid. 86° / 64°
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HAPPY FATHER'S DAY!

FROM PAGE ONE

DADS

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worker status in the medical field, has lived a new life these last three months, at home with son Mason, 4, and daughter Abigail, 9 months.

"It has definitely been a change of pace," the North Providence, R.I., resident said in an email. "I have always been on the go, but I have shifted to stay at home dad. . . . There have been good days and tough days but I am lucky to spend time I wouldn't normally get to with them. Entertaining a 4-year-old all day is difficult at times but I have become a diaper changing expert."

Dad is proud to announce that his son has happily assumed important roles during stay-at-home.

"Mason loves helping with anything," Palladino said. "He has also become our lookout for the Amazon truck that comes daily. My son is a little version of me, so I am sure we are getting on each other's nerves at times. My daughter has me wrapped around her finger already and sometimes I have to remind myself my son is only 4 and not 10."

Nick Freitas, social studies teacher and head football coach

at Somerset Berkley Regional High School, hasn't had to officially become a Mr. Mom. His wife is also an SBRHS teacher.

But the last three months have been unlike any other in his life. Those home projects which he would habitually leave at 85 percent complete before moving onto the next one, are now getting done, helping maintain his wife's sanity. More importantly, he's been able to observe his children, Stella, 9, and Emmett, 4, like never before.

They "have become more attached to each other," Freitas said in a text. "I am grateful they are young enough to still have imaginations to play games and stay active outside. My son yearns for the rainy days so he gets to use the Kindle (only time they are allowed to play them).

"Pluses are I think the time has allowed us a chance to slow down and enjoy life more regularly. Big negatives is that I miss my students, my football players, and the weight room."

Part of the Freitas' outdoor life involves ducklings purchased a month ago. Freitas said the children were legitimately excited to paint the coop, for about five minutes. They are responsible for letting the ducklings and the longtime resident chickens in and out of their coops, and Emmett is responsible for collecting the



COURTESY PHOTO

Flawless Cutz owner Mark Silveira and wife Desiree with, left to right, daughters Alanna and Alivia and son Jackson.

eggs.

"They both like to help which makes any project 3 times longer," Freitas said. "Stella usually is a great help and Emmett has his moments. They were sick of me before the lockdown. They have good places to hide! Discipline and structure has been more consistent, still trying to get them to pick up after themselves though... I've been working on this myself for almost 40 years."

A Diman Regional social studies teacher, Nick Santos two years ago stepped down as boys' basketball and track and

field coach "so I could spend more time with Olivia, 12, and Violet, 7."

That precious family time, of course, received a boost this spring. "The biggest challenge," the Swansea resident said in a text, "has been helping the girls with their work while running my own classroom online. . . . The girls have resumed dance and softball this week so that has been good to return to a routine."

For B.M.C. Durfee High School vice principal and head football coach Taylor Brown, the stay at home has given him

a new perspective on the family dynamic.

"Lockdown has made me realize that my wife is a superhero and has given me a greater appreciation of what she does for our family every day," he said in a text. "It has been difficult to balance the kids while trying to be productive at the same time during your regular scheduled work day, especially when you have kids the ages of 14 years, 5 years, and 11 months.

"Lockdown has been different for me as well as my kids. We are a family that is

SOUSA

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other pulmonologists in the practice have been taking turns rotating shifts covering the ICU unit at Charlton Memorial Hospital, Tobey Hospital in Wareham and occasionally at St. Luke's Hospital in New Bedford.

Sousa said they had been watching what was going on in China and then it came on in this country at an exponential rate, well before the medical field was prepared for it. Suddenly their nerves were up as they saw the rates rising and then the closings started to happen mid-March. They started to realize they didn't have good therapy for it, as it was truly a novel coronavirus that was also extremely contagious, he recalled. "We all started to think we're going to be at risk to our families. Potentially we're going to spread it to our loved ones: wives, children. And then a lot of us thought, OK, we're in the thick of it, we signed up for this but it's probably a matter of if not, when we get it, but please don't let me get it now because I'm needed.

So we kind of had that mentality," said Sousa.

Then their colleagues — nurses and doctors — started getting sick and Sousa said they had to intubate a doctor who contracted it. "That really hyped up your perception of this," he recalled.

That's when his thoughts turned to staying in the "she shed" in the backyard as a way of keeping his family safe during those uncertain early days of COVID-19. Sousa moved into the shed, which also doubles as a mini pool house, outfitted with a futon, cable television, a refrigerator and an electric fireplace. "I would eat dinner away from them and then when it was time to go to bed I would go hit the shed. After about three weeks I got sick of it, it was getting pretty lonely so then I started sleeping in the sun-room on an air mattress and I did that for about a week and then that got old," he recalled.

After a while he started going back into the house when he was five days clear of potentially dangerous situations, like his shifts covering the ICU.

In talking to his kids about the virus, he said statistically speaking, the risk to children is small and most children

who get it have symptoms that are so mild they don't even know they have it. "I said, you're going to be OK. If you get it, you'll be fine it's just your dad has to do this. I could get sick, but I'll be alright," he said. "And then I said, you know what I do for a living, I take care of sick people."

Eight of the doctors at Southcoast Health Pulmonary rotate through the ICU at Charlton Memorial Hospital, meaning they do one week every eight weeks. They also do one of 16 weeks at Tobey Hospital and a smattering at St. Luke's Hospital when they need help. Additionally each partner covers the COVID-19 ward every eight weeks at Charlton. "When you're in the hospital, every day is different — you don't know what you're going to see," he said.

Sousa joined the practice in 2004. A native of Lisbon, he immigrated to Providence when he 7 seven years old. Even as a kid he said he knew he wanted to be a doctor and having asthma as a child made him empathetic to people with breathing problems leading to his specialty as a pulmonologist. He moved to Fall River in 2004,

when he joined Southcoast Health Pulmonary. Being fluent in Portuguese has been extremely handy in caring for patients, especially in this area of the state, he said.

Dealing with COVID-19 has been by far the toughest part of his career. "I never want to go through this again. It's not just the medical part, it's like one eye is closed and one hand is tied behind your back. The eye closed is that early on we couldn't get the testing done and when we did it took forever to get it back. And the hand behind your back is you're running as you go. You don't have a good attack plan. It takes a lot of supportive care to get people through but we've been through this to a lesser extent before in 2008/2009 when we had H1N1," he said. "And during my residency training, AIDS was a terminal illness and we were taking care of AIDS patients and even then, you put yourself at risk, but that's the job. You signed up for it."

As a support system, the doctors at Southcoast Health Pulmonary have been texting each other, bouncing ideas back and forth as they set out to treat patients with COVID-19. First they tried hydroxy-

chloroquine because they were desperate, though they found it out didn't work. Then they turned to convalescent plasma, which was somewhat effective and now remdesivir is the latest treatment, he said.

Adding time to patient care, they have to do what's called "donning and doffing," gowning up and putting on a vented hood for each patient visit. But the toughest part, he said, is the fact that families can't be there. "It's hard that you're trying to express everything by a telephone call and you just don't have that face-to-face. It's hard to tell people that your loved one isn't doing well. Only when they're dying are they allowed to come in the hospital to spend their last moments with them," said Sousa.

The most heartbreaking, he said, is seeing loved ones FaceTiming each other before the patient is put on a ventilator. "At that moment they're looking at each other and they know, that could be the last time I see you alive. That's hard, probably the hardest part," he added.

But at the same, he said they've had some great moments when they've had a patient pull through after

usually on the go all the time with football and baseball but we all had to slow down for a minute. It has given me and my family an opportunity to slow down and get to appreciate one another and also has given us the opportunity to enjoy the outdoors. (Taylor Jr. caught his biggest fish yet during the pandemic).

"The negative piece to this is that my kids and a lot of others were stripped of their spring and summer seasons."

Though not a Greater Fall River resident, Anthony Field of the internationally famous Australian children's song-and-dance group The Wiggles, has a solid regional connection as a two-time guest on this reporter's Ten from the Line video series. The lone founding member of The Wiggles still performing regularly, Field is the father of three and has embraced his extra parenting opportunities this fall (remember, it's Down Under).

"Been great as a dad," he said in a Twitter message. "Bike riding with the kids, driving them around, eating dinner together.... wow, what a positive flow on from the terrible virus. Negatives too much time to eat and maybe have a tiple or two!"

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weeks of being in the ICU. One of those patients was Somerset resident Robert Ledo, who Sousa met a couple weeks into Ledo's lengthy stay in the ICU with an extreme case of COVID-19. "I did a telehealth visit with him afterward and here he is sitting at his table at home and I said, I can't believe how good you look; you look amazing. That gives you the push that this is what you want to do for a living," said Sousa.

Though cases seem to be slowing down a bit locally, Sousa said he thinks COVID-19 going to be around for a while. Being a corona class virus it rears up in the winter so it will behave in that pattern, said Sousa, adding a lot will depend on human behavior and the risk of spreading it increases as people get complacent and let their guard down. While he understands the cause behind the recent Black Lives Matter demonstrations, for instance, Sousa said he worries about the crowds spreading the coronavirus. "It's going to be with us through the winter season and it will rotate around the planet, so until we get a good therapeutic or a good vaccine, we've got to hunker down."

REFORMS

Continued from Page A1

introduce a bill examining racial bias and discrimination in the state's corrections, judicial and police systems.

"I think it can wait," said New Hampshire state Rep. Jack Flanagan, a Republican.

State Rep. Renny Cushing wanted to create a commission to collect data and make recommendations in areas such as training for police, prosecutors, defense attorneys, judges, corrections officers and parole officers. He can try again in a few months.

"I grew up in this state and I hear people say, 'We don't have a problem with race in this state because we're all white,'" Cushing said. "That in itself is a problem — that's what unconscious bias is."

Democratic lawmakers in Pennsylvania also are trying to

capitalize on the moment to address racial bias in the judicial system. In Massachusetts, a Democratic lawmaker wants to overhaul state education spending to funnel more money to schools with high numbers of minority students. And in Ohio, separate resolutions would declare racism a public health crisis.

Lawmakers aren't waiting in California, where a number of bills that have struggled to pass for years are suddenly sailing through the Legislature. Last week, the state Assembly overwhelmingly approved legislative that would let voters decide whether to overturn the state's 1996 ban on affirmative action in government and public colleges and universities.

On Thursday, the state Senate passed a bill to make ethnic studies a graduation requirement in the California State University system, the country's largest four-year public university with 23 cam-

pus and more than 481,000 students. The bill had been languishing in the chamber for more than a year.

"Everybody has become a reformer," said state Assemblywoman Shirley Weber, chairwoman of the Legislative Black Caucus.

Weber is the driving force behind another proposal that has received renewed attention — studying how California could offer reparations for slavery. The idea has been debated for decades, mostly at the federal level. Bills proposing a federal study have been in Congress since 1989 but have failed to pass.

California entered the Union in 1850 as a free state, meaning it never had a government-sanctioned system of slavery. But the state allowed slave-owning whites to bring enslaved people to California, and the Legislature passed a law making it legal to arrest runaway enslaved people and return them to their owners.

California's bill would establish an eight-member task force to study the effects of slavery and its "legacy of structural discrimination." The committee would recommend how the state could compensate Black people, which doesn't necessarily mean cash. Weber, the bill's author, said other ideas include paying for college education or helping people buy homes.

"We resisted defining what would happen. That limits the bill itself," Weber said.

Other states have sought to couple their coronavirus relief efforts with racial justice issues. In Pennsylvania, Democratic lawmakers have fused a police reform and racial justice agenda with a pandemic recovery platform under the banner of a "just recovery." While Democrats have a minority in both of Pennsylvania's legislative chambers, they have had success in shaping how the state is spending federal coronavirus

aid.

In Massachusetts, state Rep. Russell Holmes said a priority will be finding an extra \$1 billion over the next few years for struggling school systems.

"From a Black and Latino perspective, that is primarily in our cities," he said.

Ohio could go further by declaring racism a public health crisis.

The Ohio Legislative Black Caucus said resolutions in the House and Senate would officially acknowledge racism in Ohio for the first time. They call for increased spending to address the effects of racism in education, housing, criminal justice and health care.

"We have to look at this resolution as a way of re-educating the public," said state Rep. Stephanie Howse, the caucus president.

The Senate resolution had a hearing earlier this month and has three Republican co-sponsors. But the House resolution, which is cosponsored entirely

by Democrats, has yet to have a hearing in the Republican-controlled chamber.

"(House leaders) have made it absolutely clear they are not on the side of the belief Black Ohioans deserve to be recognized as full citizens of this state," Howse said.

Ohio House Speaker Larry Householder, a Republican, told reporters he agrees racism is a public health crisis and that his chamber is taking the proposed resolution seriously. He pointed to several pieces of legislation passed by the House that he said partly respond to Democrats' concerns, but he agreed it's not enough.

"I think this chamber has been attentive to the needs of Black Ohioans, and we continue to do that and are open to discussion and also trying to pass meaningful legislation that will help the situation," Householder said.

The House failed to act on the resolution before lawmakers left for summer break.

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