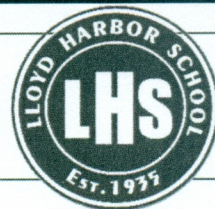


THE

## FRIDAY

## NOTES



**ISSUED:** September 9, 2016

**UPCOMING LHTV REPORTERS:** Jordan Wolf (6O'R), Ethan Iglesias (6C)

**LHTV MUSICIAN:** Gabby Emsden (6O'D), Anabelle Bryant (6OR)

**BUS CALLERS:** Gabby Emsden (6O'D), Carly Bruderman (6C)

**WORDS OF WISDOM ("WOW"):** "Peace begins with tolerance and respect for everyone". Unknown

**"WOW" THEME:** Peace

<b>Monday</b> 9/12	Wear Red, White and Blue in honor of our heroes! Sport Court Ribbon Cutting
<b>Tuesday</b> 9/13	Board of Education Meeting - 8PM
<b>Wednesday</b> 9/14	
<b>Thursday</b> 9/15	LHSPTG Welcome Back Tea - 9:30AM
<b>Friday</b> 9/16	Summer Reading Celebration

### TABLE OF CONTENTS

Menu .....	P3
CSH Lasting Legacy field Hockey Club .....	P4
Whit Whit Walk .....	P5,6
Special Olympics.....	P7
NS Hockey .....	P8
CSH Lions Club Fishing Derby.....	P9
The WaterFront Center.....	P10
LIU FamFest .....	P11

### THE SPOTLIGHT

**W**elcome back! After enjoying so many wonderful experiences this week, it's hard to believe that we are still in the first few days of school! Students appear acclimated to new classrooms, schedule, and friends. Our LHTV Morning News Crew was ready to broadcast live on our first day. Although we had difficulties with our sound, our message wasn't lost. This year, we've introduced a new segment entitled *Words of Wisdom* ("WOW"). Every Monday, a staff member will read a short passage communicating a powerful message that gives children "something to think about" and serves as a springboard for classroom discussions. This week, our theme was "Choices" and the message encouraged good decision making and taking a 'meta moment' when in difficult situations. There is a corresponding quote, which will also be used throughout the week to continue the spirit of the message. Each WOW segment ends with the phrase "With something to think about... Make it a great day... The choice is yours", which is why we selected "choices" as our first theme. I encourage families to use the quote for discussions at home and ask children to share the message from each Monday's broadcast. During our opening grade-level assemblies ("town meetings"), we reviewed how the Words of Wisdom will support our SEL work. Next week, our theme will be *Peace*, as we think about our heroes, togetherness, and patriotism. The quote, as well as activities planned, will foster discussions that are rich and meaningful. - Mrs. Massimo



### **EARLIEST ARRIVAL**

Please do not bring your children to school before 8:20AM. At that time, they will wait until 8:30 before going to their classrooms. Teachers are not required to be here until 8:30AM.

### **SWITCHING BUSES FOR PLAYDATES**

As a reminder, when setting up playdates, the maximum number of additional children riding the bus with your child must be TWO. Our buses are full and we do not have the room to accommodate large numbers of playdates or parties. Thank you for your support.

### **FROM THE LHS/PTG**

The LHSPTG is looking forward to a great 2016/2017 school year! If you would like to receive our Week Peek email blasts, which is filled with the latest happenings at the school, please email lanalorusso@gmail.com to be added to the list!

### **Welcome Back Tea**

The Tea is Thursday, September 15th at 9:30am. This is the first PTG meeting of the year. (PTG meetings are the second Thursday of the month, 9:30, in the Little Theater). Parents are encouraged to attend this meeting, meet the PTG board, and sign up for committees.

### **Class Parents**

\*If you would like to be a class parent, please go to the link below and print, fill out the form and return to the Main Office, Attn: Carol Kessler, by Friday, September 9th.

<http://lhsptg.org/class-parent-letter/>

### **Thank You**

Thank you to all the families who donated to the Sport Court Fundraiser! A special thank you to the Booster Club for their generous donation. The Sport Court was installed over the summer. The donor plaque will be installed in late Fall.

### **School Supplies**

Thank you to Augusta Reese for organizing school supply orders and distributing supplies to the classrooms over the summer.

### **Brick Sale**

Thank you to Kelly DeGennaro for organizing the Brick Sale. If you purchased a brick for your child, let them know they can find their brick in the Peace Garden.

### **School Beautification**

Thank you to Shalini Schetty, Grounds Committee Chair, for keeping the front of our school beautiful.

### **Opening Day Volunteers**

Thank you to all who helped to make the first day of school a great day : Gloria Godsell (chair), Mel Saladino, Maureen Chapey, Erin Amadori, Ivy Kleinberg, Jill Seiman, Melissa Leopard, Jen Cahn, Lisa Smith, Adam & Lisa Lesser, Lisa Olson, Nancy Worden, Grace Wu-Hsu, Yasmin Springer, Meredith Kravitz, Purvi Ghandi and a huge Thank You to Leo the Lion!

### **Photo Day**

Photo Day is on Tuesday, September 27th with a rain date of Wednesday, September 28th. All individual and class photos will be taken. The 6th grade group yearbook photo will be taken first thing in the morning on photo day so please make sure all 6th graders are on time for school. Order forms will be coming home in back packs in the next few weeks. Any questions, please contact Alex Maiorino at [osortho@aol.com](mailto:osortho@aol.com) or Erica Giarraputo at [ericag717@aol.com](mailto:ericag717@aol.com).



**AVAILABLE DAILY: \$ 2.75**  
**SERVED AS COMPLETE MEALS**

CHEESE SANDWICH  
 PIZZA SLICE  
 BAGEL W/YOGURT OR CHEESE  
 TOSSED SALAD BOWL

ALL SERVED WITH  
 MILK, JUICE  
 FRESH OR CUPPED FRUIT  
 SIDE SALAD OR VEGETABLE

**BREAKFAST AVAILABLE DAILY**  
**8:30 - 8:45am \$1.75**

AVAILABLE DAILY - BAGELS AND CEREAL  
 INCLUDES MILK, JUICE AND FRUIT  
 BREAKFAST IS AN IMPORTANT START TO EVERY DAY



**SERVED DAILY**  
 MILK CHOICES: 8oz  
 WHITE SKIM or 1%,  
 FAT FREE CHOCOLATE  
 100% FRUIT JUICE - 4oz  
 APPLE OR ORANGE  
 FRESH FRUIT BOWL  
 CHILLED CUPPED FRUIT  
 BABY CARROTS DAILY  
 2 VEGETABLE CHOICES  
 FRESH GREEN SALAD  
 HUMMUS CUP  
 WHOLE GRAIN BREADS

**MONDAY**

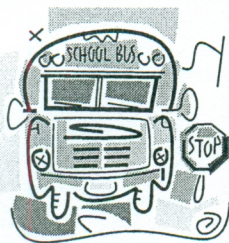
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

NEW ONLINE PAYMENT  
 SEE DISTRICT WEBSITE  
 FOR FULL DIRECTIONS  
[www.myschoolbucks.com](http://www.myschoolbucks.com)  
 ALL BALANCES ROLLED  
 OVER TO NEW YEAR  
 QUESTIONS??  
 CALL THE LUNCH OFFICE  
 631-367-6970



**SUPERINTENDENT'S  
 CONFERENCE DAY  
 NO  
 CLASSES**

**1  
 SUPERINTENDENT'S  
 CONFERENCE DAY  
 NO  
 CLASSES**

**2  
 BEEF (B)  
 TURKEY (T)  
 PORK (P)  
 CHICKEN (C)  
 GERRI TIGER  
 LUNCH DIRECTOR  
 631-367-6970  
 WHOLE  
 GRAIN MONTH**

**5  
 LABOR DAY  
 NO CLASSES**

**6  
 CHICKEN NUGGETS  
 ALL WHITE MEAT  
 SEASONED RICE  
 GREEN BEANS  
 SALAD CUP  
 CHILLED APPLESAUCE  
 MILK CHOICE**

**7  
 ITALIAN STYLE  
 ROTINIMARINARA  
 WITH CHEESE  
 GRAIN GARLIC  
 BREAD  
 CAESAR SALAD  
 SLICED PEACHES  
 MILK CHOICE**

**8  
 BBQ MEATBALL(C)  
 GRINDERS  
 HOAGIE ROLL(WG)  
 POTATO SALAD  
 BAKED BEANS  
 CHILLED PEARS  
 MILK CHOICE**

**9  
 PIZZA PARTY  
 PIZZA SQUARE  
 ANTIPASTA STYLE  
 GARDEN GREENS  
 FRESH FRUIT BOWL  
 MILK CHOICE**

**12  
 "CSH SPECIAL"  
 CHICKEN BREAST  
 GRAIN BUN  
 LETTUCE & TOMATO  
 SWEET POTATO TOTS  
 FRESH FRUIT  
 MILK CHOICE**

**13  
 TACO TUESDAY  
 MEAT(C) & CHEESE  
 LETTUCE & TOMATO  
 SIDE OF SALSA  
 BROWN RICE  
 & BEANS  
 CINNAMON  
 APPLESAUCE  
 MILK CHOICE**

**14  
 PASTA SPECIAL  
 CHICKEN & BROCCOLI  
 WITH GARLIC &  
 CHEESE  
 OVER SPAGHETTI  
 FRUIT COCKTAIL  
 MILK CHOICE**

**15  
 STADIUM DAYS  
 HOT DOGS  
 SAUERKRAUT  
 BAKED BEANS  
 FRENCH FRIES  
 FRUIT BOWL  
 MILK CHOICE**

**16  
 PIZZA PARTY  
 PIZZA BAGEL  
 VEGETABLE SALAD  
 GARDEN GREENS  
 SLICED PEARS  
 MILK CHOICE**

**19  
 CHICKEN FRITTERS  
 BONLELESS  
 CHICKEN BITES  
 FLUFFY RICE  
 SWEET CORN  
 RED GRAPES  
 MILK CHOICE**

**20  
 SANDWICH SHOP  
 TURKEY BLT  
 MACARONI SALAD  
 BAG OF CHIPS  
 BABY CARROTS  
 CHILLED PEACHES  
 MILK CHOICE**

**21  
 "CSH" BURGER  
 W OR W/O CHEESE  
 OVEN FRIES  
 PICKLE CHIPS  
 SALAD GREENS  
 MIXED FRUIT  
 MILK CHOICE**

**22  
 BRUNCH FOR LUNCH  
 FRENCH TOAST  
 STICKS  
 SAUSAGE LINKS(P)  
 BABY POTATO CAKES  
 PETITE BANANA  
 MILK CHOICE**

**23  
 T.G.I.F. PIZZA  
 FRENCH BREAD  
 STYLE PIZZA  
 CAESAR SALAD  
 ORANGE SLICES  
 MILK CHOICE**

**26  
 CHICKEN TENDERS  
 ALL WHITE MEAT  
 STEAMED BROCCOLI  
 WITH HERBS  
 TOMATO SALAD  
 SLICED PEARS  
 MILK CHOICE**

**27  
 HOMEMADE FAVORITE  
 MACARONI & CHEESE  
 GARLIC  
 GREEN BEANS  
 DINNER ROLL  
 CHILLED PEACHES  
 MILK CHOICE**

**28  
 LITTLE ITALY  
 LASAGNA ROLLS  
 MARINARA SAUCE  
 TEXAS GARLIC TOAST  
 CAESAR SALAD  
 FRESH APPLE  
 MILK CHOICE**

**29  
 COUNTY FAIR  
 MINI CORN DOGS  
 FRENCH FRIES  
 CORN ON THE COB  
 FROZEN FRUIT ICE  
 MILK CHOICE**

**30  
 MY PIE  
 INDIVIDUAL ROUND PIE  
 W OR W/O PEPPERONI  
 SPINACH SALAD  
 MIXED FRUIT  
 MILK CHOICE**



# *Lasting Legacy Field Hockey Club*

## *Cold Spring Harbor Junior Seahawks*

### *Fall Program 2016*

LEARN TO PLAY LIKE AN INTERNATIONAL PLAYER



#### **GRADES 3 - 6**

Sundays

September 18<sup>th</sup>, 25<sup>th</sup>    October 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

Cold Spring Harbor High School Upper Turf Field

10:00am - 12:00pm

*The Fall Program is designed to teach players a variety of skills used by international field hockey players in a fun and nurturing environment.*

*Sessions include dribbling, passing and receiving, and shot selection. Players will be introduced to 1v1 offensive and defensive skills with a gradual buildup to small-sided games.*

*Players will be coached by Cold Spring Harbor players who are members of Lasting Legacy's Nationally Ranked #8 club team.*

*Website: [www.lastinglegacyfh.com](http://www.lastinglegacyfh.com)*

*Inquiries: [lastinglegacyfh@gmail.com](mailto:lastinglegacyfh@gmail.com)*

*Lasting Legacy Field Hockey Club 501(c)(3) Corporation*



**Lasting Legacy Field Hockey Club**  
**Cold Spring Harbor Junior Seahawks**

Fall Program 2016

**Grades 3-6 Registration**

Please Print:

Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Field Player \_\_\_\_\_ Goalkeeper \_\_\_\_\_

Parent Names \_\_\_\_\_

Home # ( ) \_\_\_\_\_ Email address \_\_\_\_\_

Cell # ( ) \_\_\_\_\_ Cell# ( ) \_\_\_\_\_ Emergency # ( ) \_\_\_\_\_

Emergency Contact (name) \_\_\_\_\_ Relationship \_\_\_\_\_

USFHA Membership Number \_\_\_\_\_ Field Hockey Club Affiliation \_\_\_\_\_

**Fall Program**

Practice Times: 10:00am to 12:00pm

September 18<sup>th</sup>, 25<sup>rd</sup>

October 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

**Submit Registration Form and Check Payable to:**  
**Lasting Legacy Field Hockey, PO Box 564, Huntington, NY 11743**

Fall Program Fee: \$150.00

**Practice Site: Cold Spring Harbor High School**  
**Jim Amen Upper Turf Field, Lawrence Hill Road**

Questions: [lastinglegacyfth@gmail.com](mailto:lastinglegacyfth@gmail.com) Website: [www.lastinglegacyfth.com](http://www.lastinglegacyfth.com)

**Waiver/Release of Liability Agreement**

I understand that Lasting Legacy Field Hockey does not provide medical insurance for players in the event of illness or injury requiring medical treatment. I hereby accept any and all responsibility for, and assume the risk of any and all injury and damages to the above named player, which may arise directly or indirectly as a result of and or participation in Lasting Legacy Field Hockey Spring Program.

Lasting Legacy Field Hockey and its employees, coaches, and officers cannot be held responsible for any and all injuries that may occur. If medical attention is required in any Lasting Legacy Field Hockey activity, I give permission for such medical care to be administered.

I hereby consent to the use of above named player's image by Lasting Legacy Field Hockey for any and all purposes including without limitation, video, still photographs, publications, and any trade or advertising purpose.

I also understand that there are no refunds or credits for any reason. I certify that I am familiar with the contents of this release, that I have read and understand the same, and that it is my intention by signing this release that the same is binding not only to me, but my heirs, administrators, executors, successors and assigns.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



## JOIN US!

### **Come walk/run with us!**

September is **Childhood Cancer Awareness Month** so help us in the fight to raise funds and awareness! This year the Whit Whit Walk is honored to celebrate **Will Benjamin**, 17-year-old Leukemia survivor and friend.

Invite your family and friends for a fun-filled morning!

- The Caumsett loop is 3 miles.
- Snacks and beverages at the finish line.
- Great raffle prizes!
- Receive a Whit Whit Walk t-shirt with pre-registration.
- Credit card use will be available.
- Strollers, wheelchairs and bicycles are welcome.
- No pets allowed.

\$30/person  
\$75 for a family of 3 or more

SIGN UP AT:  
**WHITWHITWALK.ORG**

## PAST WALKS

The 1<sup>st</sup> Annual Whit Whit Walk was planned in just a few short weeks and was a success. We wanted to celebrate Whitney's life as well as raise funds and awareness for Childhood Cancer. Over 200 friends and family walked, and together we raised more than \$40,000!

A year later, the 2<sup>nd</sup> Annual Whit Whit Walk was another great achievement raising more than \$50,000.

At the 3<sup>rd</sup> Annual Whit Whit Walk, we celebrated Leukemia survivor and friend, Colin Bowles, with 530 walkers and raised over \$82,000.

Thank you to our friends, family, community and sponsors for your support in helping to make this event so successful.

Since Whitney's diagnosis, we have raised over \$400,000 for Childhood Cancer research!

*The 2016 4<sup>th</sup> Annual*  
**WHIT WHIT WALK**  
*Celebrating Will Benjamin*



**SUNDAY, SEPTEMBER 18<sup>TH</sup>**

**CAUMSETT STATE PARK 8:30 AM**

**WHITWHITWALK.ORG**



## SPONSORSHIP OPPORTUNITIES

### DIAMOND LADYBUG- \$5,000

- Signage in Garden Area
- Logo on t-shirt
- Logo on signage at refreshment booths
- Logo on website for a year
- 10 registered walker

### PLATINUM LADYBUG- \$2,500

- Signage in Parking Area
- Logo on t-shirt
- Logo on signage at refreshment booths
- Logo on website for a year
- 8 registered walkers

### GOLD LADYBUG- \$1,500

- Logo on poster at mile marker
- Logo on t-shirt
- Logo on signage at refreshment booths
- Logo on website for a year
- 6 registered walkers

### SILVER LADYBUG- \$1,000

- Logo on t-shirt
- Logo on signage at refreshment booths
- Logo on website for a year
- 4 registered walkers

### BRONZE LADYBUG- \$500

- Logo on signage at refreshment booths
- Logo on website for a year
- 2 registered walkers

CONTACT TRACY POSILLICO:  
[WHITWHITWALK@GMAIL.COM](mailto:WHITWHITWALK@GMAIL.COM)

## DONATIONS

Checks should be made payable to MSKCC. Write memo as: "Whit Whit Fund".

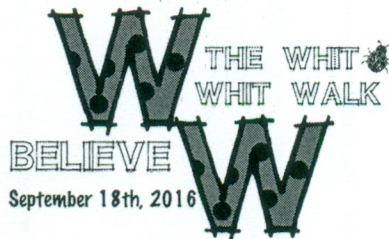
Checks can be mailed to:

Memorial Sloan Kettering Cancer  
Center  
Office of Development  
Attn: Kirstin Burdett  
885 Second Avenue, 7th Floor  
New York, NY 10017

Or pay by credit card at:  
[WhitWhitWalk.org/donate](http://WhitWhitWalk.org/donate)

Tax ID is 13-1924236.

*100% of the proceeds go to the Whit  
Whit Fund at MSKCC to research  
Childhood Cancers*

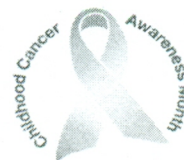


## RESEARCH

With the generous money you have given, researchers have been able to make good progress in their proposed research to find new therapies against tumor cancers. They are using therapies that are currently FDA approved. Therefore, if they are able to identify a reduction of growth in tumors of laboratory models, they could potentially move a corresponding FDA approved drug into clinical trials in an efficient and rapid manner.

From their initial screen of tumor cell lines, they identified several candidates which demonstrated selective inhibition against tumors as compared to non-cancer cell lines. They then validated all of the "hits", with the expectation that only some of them would truly show activity. Those that showed activity against tumor cell lines were moved into mouse models to study the activity in animal xenografts. The mouse models are currently being tested.

You are making a difference! Thank you!







**Special  
Olympics**  
New York

# 4th Annual 5k Zombie Race & Fall Family Festival

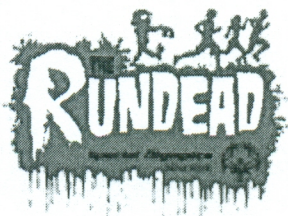
Saturday, October 22, 2016

Massapequa PAL Field

Registration begins at 8:30am / Race begins at 10:30am

## What is the 5k Zombie Race?

It is a 5k trail run with obstacles on this run... *zombies*. Each runner will start off with a flag belt and three flags. *These flags represent runner lifelines*. Zombies throughout the course will be attempting to take these one at a time. If a runner finishes the race with at least one flag, they've survived, *but if zombies have taken all of a runner's flags, while the runner can still complete the race, they will not be eligible for awards.*

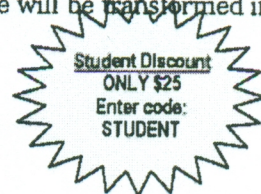


Escape the Virus! There are two runner divisions, "All You Can Eat," a non-competitive flight and "Fast Food," a competitive flight.

Join the Mob! Zombies can be "Hunters" who are allowed to chase runners for a short distance or "Crawlers" who can walk, stumble, shuffle or band together to strategically remove flags. Each zombie will be transformed in our Mob Tent.

## How do I get started?

Log onto [www.therundead.org/longisland](http://www.therundead.org/longisland) and click the **Register Here** button.



## Did you know?

Special Olympics New York has **67,162 athletes** training and competing year-round in 22 Olympics-style sports. Our athletes and their families are **NEVER CHARGED** to participate! It costs \$400 to support training and competition for one athlete for one sports season.



**Sign up today! [www.therundead.org/longisland](http://www.therundead.org/longisland)**

Like us on Facebook: [facebook.com/rundeadlongisland](https://www.facebook.com/rundeadlongisland)

Follow us on Instagram @rundeadlongisland #rundeadlongisland

Contact Information: Rebecca Strickland at [rstrickland@nysa.org](mailto:rstrickland@nysa.org) or 631.254.1465 ext. 4203

\*THE DISTRIBUTION OF THIS FLYER IS A COURTESY EXTENDED BY THE SCHOOL DISTRICT. THESE PROGRAMS ARE NOT SPONSORED BY THE SCHOOL DISTRICT, NOR DOES THE SCHOOL DISTRICT ACCEPT RESPONSIBILITY FOR ANY OF THESE ACTIVITIES\*



### WHAT IS DEKHOCKEY? NO SKATES!

It's like street hockey -- but without the traffic!  
Dekhockey is a running game similar to ice hockey,  
played on a large rink with a low-impact plastic  
surface. **NO BODY CHECKING ALLOWED.**

Ten-game season and team shirt for only **\$150**  
Schedules and player stats on [nsdekhockey.com](http://nsdekhockey.com)  
Hour-long games - Sat or Sun. (w/ occasional Fri)  
Sat/Sun start times from 9 am-6pm  
Season runs late Sept thru mid-November

**Required equipment: Leg pads, elbow pads, gloves and hockey helmet with cage or a full shield**

**Discounted equipment packages available for \$150 if preordered**

**Registration for ages 5-7, 8-10 & 11-13 now through Sunday, September 18**



A not-for-profit organization

## PAL KIDS DEKHOCKEY LEAGUES

AT

**Nassau-Suffolk**  
DEKHOCKEY  
115 Sherwood Avenue  
Farmingdale, NY 11735

(1 mile south of Adventureland off Route 110)

Leagues also available for 14-17, Adult Men and Women!



**REGISTER TODAY!**

**(631)249-4412 or online at [www.nsdekhockey.com](http://www.nsdekhockey.com)**

### DEKHOCKEY REGISTRATION

Child's name : \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_ Goaltender? Only / Never /Want to try

Address: \_\_\_\_\_ Telephone# ( \_\_\_\_\_ )

E-mail: \_\_\_\_\_ Emergency contact/telephone#: \_\_\_\_\_ / ( \_\_\_\_\_ )

I/we, the parent(s) of the above named child, hereby give my/our consent for participation in the above activity and do claim that he/she is in perfect physical condition to participate in said activity. Furthermore, I/we, the parent(s) of the above named candidate for a position on a league team hereby give my/our approval to his/her participation in all league activities during the current season. I/we, assume all risks and hazards incidental to such participation including transportation to and from the activities; and I/we do hereby waive, release, absolve, indemnify and agree to hold harmless the Police Athletic League, Inc., associated organizations, the organizers, sponsors, supervisors, participants and persons transporting my/our child to or from activities, for any claim arising out of an injury to my/our child, except to the extent and in the amount covered by accident liability insurance.

The Suffolk County Police Athletic League has adopted a zero tolerance policy for violence. This includes physical acts of violence, threats of violence or threatening behavior. A violation committed by any participant (player, coach, referee) parent or fan, will result in immediate expulsion from the League and a fine to the organization to which he/she belongs.

Parent(s)/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Suffolk County PAL is a not-for-profit organization. This notice is distributed to students solely as a community service by the school district. Such distribution should not be considered an endorsement or approval by the district of either the sponsor or the activity.*

[www.nsdekhockey.com](http://www.nsdekhockey.com)



**631-249-4412**





*Cold Spring  
Harbor  
Lions Club  
presents the*

# 12TH ANNUAL

## COLD SPRING HARBOR LIONS CLUB SNAPPER/BLUEFISH FISHING DERBY

The derby is open to children up to and including 16 years old. Awards will be presented in each category: Snapper, Catch-&-Release, and Bluefish  
Raffle Awards: \$500 first, \$200 second, \$100 third  
The first 30 registrants receive a gift!

**Saturday, Sept 17th**

**Rain Date: Sunday, Sept 18th**

Registration from 9 am to 12 noon  
At Seafarer's Parking Lot  
West Main St. (25A)

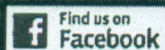
Cold Spring Harbor \$15 Entry fee  
Weigh-In 3:30 - 4:15 pm



[cshlions@gmail.com](mailto:cshlions@gmail.com)

*Awards*

For more information, email us at [cshlions@gmail.com](mailto:cshlions@gmail.com)



'Cold Spring Harbor Lions Club' or call John Messina 516.241.0761





## After School STEAM:



### Wind & Water



Students learn about the power of wind, properties of water, and a lot of fun topics in between. Sessions include indoor and outdoor activities and may include sailing (weather permitting).

**Schedule:** Sept 14 – Nov 10

**Day & Time:** Wednesdays, 3:30-5:30

**Grades:** 5<sup>th</sup> – 8<sup>th</sup>

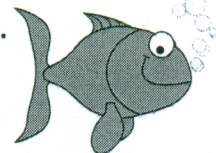
**Fee:** \$150 per session

**Register online:** [thewaterfrontcenter.org](http://thewaterfrontcenter.org)

## After School STEAM:

### Oceanography & Marine Biology

Students explore a variety of marine science topics. Using various techniques and types of equipment, students will engage in the marine environment, both indoors and out.



**Schedule:** Sept 15 – Nov 3

**Day & Time:** Thursdays, 3:30-5:30

**Grades:** 5<sup>th</sup> – 8<sup>th</sup>

**Fee:** \$100 per session

**Register online:** [thewaterfrontcenter.org](http://thewaterfrontcenter.org)



## OPTI BASICS

Beginner & novice sailors learn rigging, basic boat-handling, sail trim & points of sail while building confidence to skipper an 8-foot Opti alone. Continue the fun through the fall!

**Schedule:** Saturdays, Sept 10–Oct 8  
Mondays, Sept 12–Oct 17

**Day & Time:** Saturdays, 1-4pm  
Mondays 3:30-5:30pm

**Fee:** \$300

**Grades:** 4-8

**Recommended weight range:** 50-100lbs

**Register online:** [thewaterfrontcenter.org](http://thewaterfrontcenter.org)



## OPTI INTERMEDIATE & RACING

For intermediate and advanced sailors looking to stay sharp in the “off season.” Practices are skill based and dynamic, providing the perfect opportunity to build racing skills and sailing confidence. Sailors are grouped by skill level.

**Schedule:** Sept 9 – Oct 14

**Day & Time:** Fridays, 3:30-5:30

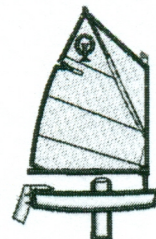
**Fee:** \$300

**Grades:** 4-10

**Prerequisite:** Instructor recommendation

**Recommended weight range:** 50-110lbs

**Register online:** [thewaterfrontcenter.org](http://thewaterfrontcenter.org)



This notice is distributed as a community service by the school district. Such distribution should not be considered to be an endorsement or approval by the district of either the sponsor or the activity. Programs not affiliated or endorsed by the Oyster Bay - East Norwich CSD The WaterFront Center is a Not-For-Profit 501(c)3 Organization Fed Tax Id #11-3539597



# BEST SATURDAY WITH THE FAMILY

**SAT., SEPT 17TH**

**10AM - 3PM**

**Long Island University - Pratt Center  
Brookville**

**LI FamFest**

A NYMetroParents Event



**USE PROMO CODE "FFANT" FOR \$5 OFF YOUR FAMILY ADMISSION**

[LIFamFest.com](http://LIFamFest.com)

Start your school year at LIFamFest, where your kids will have fun and parents will learn. Enjoy Kids Corner, Activity Classes, and meet local family-oriented businesses. It's a fun day for the whole family. Free Gift bag for every family.

**HERE IS WHAT YOU CAN  
EXPECT AT LIFamFest:**

**DIP IN A  
CHOCOLATE FOUNTAIN.**

**CHARACTER MEET  
AND GREETINGS.**

**ALL-DAY  
ARTS & CRAFTS.**

**HANDS-ON WITH LIVE  
REPTILES.**

**OVERCOME A  
ROPE OBSTACLE.**

**CHALLENGE LITTLE  
MINDS WITH STEM.**

**LIVE LIKE AN  
ASTRONAUT.**

**THINK YOU CAN DANCE?  
LEARN HOW!**

**STRIKE A POSE IN THE  
PHOTO-BOOTH.**

**MAKE YOUR OWN  
OREO BITMOJI.**

**GET YOUR  
FACE PAINTED.**

**WIN RAFFLES:**

**SMUGGLERS' NOTCH  
SKI WEEKEND,  
WOODLOCH RESORT.  
WICKED TICKETS.**

**SCHOOL OF  
ROCK TICKETS.  
LOCAL ACTIVITIES  
..... AND MORE!**