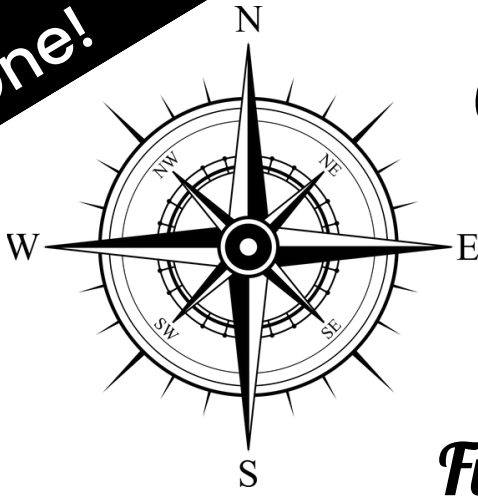


Free!
Take One!



Navigator News

Fun News & Local Events

A publication of The Nicholas Center

August, 2022	Port Washington, NY	Issue: 245
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Upcoming Community Events

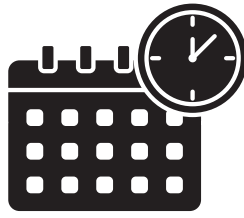
August 1st - North Hempstead Beach Park, 10am-2pm
FunDay Monday 2022

August 4th - Sousa Bandshell in Sunset Park, 7pm-8:30pm
42nd Infantry Division National Guard Band

August 5th - Sousa Bandshell in Sunset Park, 8pm-9:30pm
North Shore Pops

August 6th - Sousa Bandshell in Sunset Park, 3:30pm-5pm
The Stalloners

August 13th - Town Dock, 8am-12pm
Port Washington Farmer's Market



August 14th - North Hempstead Beach Park, 7pm-8:30pm
Sunday Girl

August 18th - Main St., 5pm-10pm
Port Outdoors Dine and Shop

August 19th - Sousa Bandshell in Sunset Park, 8pm-9:30pm
NY Exceptions

August 20th - Town Dock, 8am-12pm
Port Washington Farmer's Market

Would you like your event listed in the Navigator News?
Email us at News@NicholasCenterUSA.org and share the details!

YOUR AD SHOULD BE HERE!



Low Rates



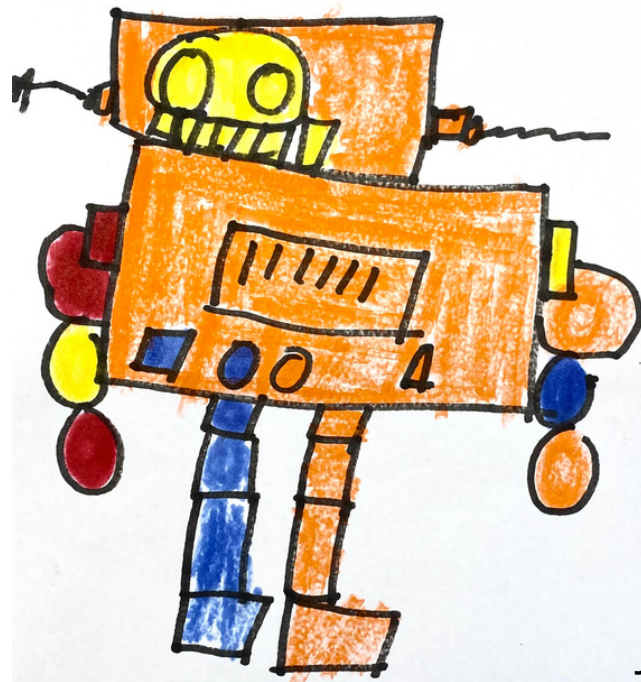
High Visibility



Good Cause

News@NicholasCenterUSA.org

Artist Spotlight



Jimmy M.

The History of Basketball

By Matt N.

Basketball is a well known sport that is played throughout the world today. This sport was first invented by a Canadian clergyman named James Naismith in 1891. The game of basketball was first introduced at Springfield College in Massachusetts. The game consists of various elements from other known sports such as American football, soccer, etc. For example, in the game of basketball two teams of five players was standard in 1897-1898 until the game became widespread. Now, there are 12 players on each team in basketball based on NBA rules and regulations.

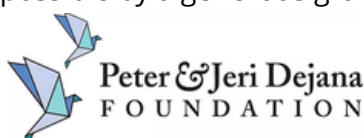
This sport is played by men and women. The basketball game quickly spread nationwide throughout the country. Basketball is also played indoors and outdoors at schools, parks, stadiums, gyms and arenas. There are also fans that sit and watch the game too. Then the announcer speaks the starting lineups for each NBA team. Then the crowd starts the National Anthem for the Star Spangled Banner. The players make baskets and do layups and three pointers.

Basketball is a great way to stay active and spend time with friends and family. Try it out!

The Nicholas Center
Innovate, Inspire & Include

Written, produced and distributed by participants of The Nicholas Center.

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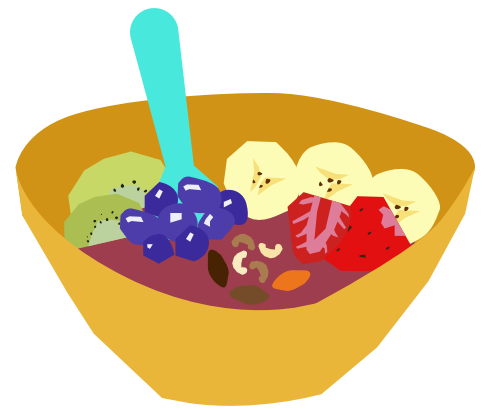
My First Job Experience

By Alyssa W.

This year, I started my new part time job at SoBol. SoBol is a smoothie shop. One of my favorite jobs to do there is make açai bowls. I also like to make smoothies for the customers. I like my manager and my co-workers, they are a lot of fun to be around to work with.

Norma Jean is my job coach. She shows me what to do and we have fun together. Having a part-time job means that I'm starting to feel more independent. I also make my own money so I can buy certain things and go out with my friends. I feel proud of myself for this opportunity because it shows that I'm growing up and have more responsibilities in my life and hopefully one day, I will work full time. Getting to work part-time at a job is important to me because it gives me more opportunities to explore more new jobs in the future that I want to do.

Not only do I work at the smoothie shop, I also volunteer at North Shore Animal League. Volunteering at the animal shelter is fun because I get to play with the dogs and cats. But it's not all about fun, I also help with cleaning the cages after they use the bathroom. Both my work experience and volunteering have prepared me for all the wonderful things yet to come in my life. I'm ready to start a new life for myself, no matter what.



Concert Review: Tedschi Trucks Band

By Jon O.

I got the opportunity recently to see the Tedschi Trucks band in Buffalo, NY.

Derek Trucks and his wife Susan both play in the same band. Derek is a great guitarist and it was cool seeing him in concert. Susan sings and plays guitar, while Derek just plays guitar in the band. Derek has played with Slash from Guns 'n Roses and many other musicians. He was inspired by Duane Allman, Miles Davis, and more.

The band Tedschi Trucks is inspired by rock, jazz and blues. Butch Trucks, Derek's uncle was the drummer for the Allman brothers. I like the way Derek plays guitar using a guitar slide. Derek is one of my favorite guitarists.

My brother Micheal got my younger brother Alex and I into the band. I'm glad I got to see them in Buffalo with brothers and my sister in law. It was a very fun night and an opportunity for my family to bond together over a common interest. What more could you ask for? I would recommend concerts to anyone looking to bring their family closer together.

Pet Of The Month - Bear

Bear is a 1 year old Shepherd mix that was surrendered to us because his owner could no longer care for him.

Bear is a super fun, high energy guy that lives to chase a tennis ball - he will even "throw" it at you to toss it to him! He is working on learning his commands and is getting better every day. Bear loves getting brushed, enjoys being pet, and likes to hang out with other dogs. Bear is fearful of children so he needs to live in an adult only home.



If you are interested in learning more about Bear, please call the shelter at 516-869-6311 or email animalshelter@northhempsteadny.gov to request an adoption application.

It Takes A Village

Thanks To Our Community Partners

Interested in getting involved?

Email Us:

Community@NicholasCenterUSA.org



Words Of Wisdom - John Lennon

By Brandon B.



"Everything will be okay in the end. If it's not okay, it's not the end."

When someone feels sad or feels like giving up, there's always something to help motivate that person to get back on track. John Lennon once said "Everything will be okay in the end. If it's not okay, it's not the end."

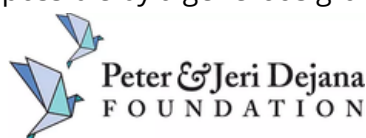
I think this quote is something powerful and inspirational to live by because it reminds us not to give up, and that everything will work out one way or another.

This is something that everyone should live by so that we can all move forward in life, and overcome any obstacle that comes our way.

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