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As New York State's largest health care provider and private employer, Northwell Health's mission is to improve the health of our communities. Our focus is on prevention, wellness, and providing the full continuum of diagnosis, treatment and after-care services to all those we serve.

Navigator News supports the ongoing mission of **Nicholas Center, Ltd.**, a Port Washington based nonprofit that helps individuals with autism lead productive and meaningful lives within the community. This entire paper is developed by people on the Autism Spectrum and seeks to foster inclusion and bring awareness to the capabilities of people with disabilities. We hope you enjoy this complimentary monthly publication of fun, feel-good news...for a good cause! Learn more about us and affordable advertising opportunities at www.navigatornews.org



That's Incredible!

Most animals like to be around other animals but not Fungie "The Dingle Dolphin". Fungie is a solitary bottlenose dolphin who lives in Dingle, Ireland and was first discovered in Dingle Harbor in 1983. That's why he is called the "Dingle Dolphin." Fungie is over 40 years old and weighs up to 500 lbs., and measures up to 13 ft. Fungie likes to seek out human contact and interact playfully and nicely with other swimmers, surfers, kayakers, and drivers in the water. Fungie has been observed eating garfish, something not previously known to be eaten by dolphins. Fungie is Ireland's first recorded occurrence because Dingle Harbor is a restricted area with no other whales or dolphins. This is why Fungie has the world record for being the first solitary dolphin.

That's Trendy!

In Paris, France, there is a special raincoat that will debut this spring. French fashion designers have created a raincoat that will include a hooded umbrella on top of it. This raincoat is set to trend for the 2020 spring season, consumers can be excited about not having to carry an umbrella with them. Other special details are two sided pockets on the bottom of the raincoat. As the saying goes, "April showers bring May flowers!". This raincoat will be a lifesaver for many people who struggle in the rain.

That's Funny!

When do people use their trampoline the most?

- Spring-Time.

What's the biggest difference between Thanksgiving and April Fool's Day?

- On one you're thankful but on the other you're prankful.

Which monster plays the most April Fool's jokes?

- Frankenstein.

That's Twisted!

Five frantic frogs fled from fifty fierce fishes.

That's Inspirational!

"Try to be a rainbow in someone's cloud." - Maya Angelou

Pet of the Month!



Juniper is a young German Shepherd that was found tied up at the gate of the shelter. She is a sweet girl with a lot of love to give, but can be nervous meeting strangers at first. She is very smart and is learning her commands like a pro! Juniper would do best in a shepherd-savvy home without young children.

Take me home today!

75 Marino Avenue
Port Washington, NY 11050
theshelterconnection.com

In The Stars

ARIES (Mar 21-Apr 20) This month's energy will create a loving atmosphere to give back. Express some warmth and gratitude to the special people in your life for their support — or, a simple random act of kindness to a stranger can also make your inner light shine. Lucky Day: Monday
TAURUS (Apr 21-May 21) Changing things up by spending time with a few close friends can bring you a rejuvenated sense of purpose along with the good company. A great book that takes you to a far-away place or that can teach you something new might be right up your alley. Lucky Day: Tuesday
GEMINI (May 22-June 21) Finding the answers to some of life's most pressing questions by simply listening to that little voice coming from your soul might not be as hard as it seems. Staying grounded in what matters most to you can be your compass. Lucky Day: Thursday
CANCER (June 22-July 22) You're ready to hit the ground running! This is a great time to tackle ambitious fitness goals, as long as you're realistic about how sustainable these lifestyle changes are. Your friends will want to be around you a lot during this time. Lucky Day: Wednesday
LEO (July 23-Aug 22) For the next four weeks, you're the life of the party on Zoom, and you add the color and fun that's been missing from your loved ones' lives. This will be the best month at your job. Lucky Day: Friday
VIRGO (Aug 23-Sept 23) You will get good outcomes regarding your prosperity, happiness, and from your maternal side. You are also in an excellent position to make positive changes to your life during this period. Lucky Day: Saturday
LIBRA (Sept 23-Oct 22) Work extra hard during this time because you will get great results. This time will be a great time for your career perspective. Lucky Day: Sunday
SCORPIO (Oct 23-Nov 21) This change is going to be very important for your success because here you will be able to channel all the energy inside you. You will have more energy and be happier this year, so make sure to take advantage of it. Lucky Day: Tuesday
SAGITTARIUS (Nov 22-Dec 21) It can be challenging to stay grounded and centered—but it's more important than ever. You're on the right track, forge ahead. Lucky Day: Saturday
CAPRICORN (Dec 22-Jan 19) Capricorns will set high standards for themselves, but their honesty, dedication and perseverance will lead them to their goals. You will reach the top and achieve your goals. Lucky Day: Tuesday
AQUARIUS (Jan 20-Feb 18) You're in particularly good shape for pursuing goals that involve creating and sharing. You may be able to smooth over differences through the power of touch or your physical presence. Lucky Day: Friday
PISCES (Feb 19-Mar 20) Pisces are selfless, they are always willing to help others, without hoping to get anything back. It's a terrific time for sharing, networking, connecting, and group zoom activities or teamwork. Lucky Day: Monday

Answers to Who Knows: #1. An Echo #2. Silence
#3. A Promise



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COMMUNITY CHEST OF PORT WASHINGTON

Established in 1949



The Community Chest is a nonprofit organization whose mission is to provide funds and below market rate rents to charities dedicated to improving the Port Washington community for ALL residents.

5 Mile Winter Run - March 8, 2020
Citizens of the year - April 20, 2020
Alper's Karmaca - May 17, 2020
Golf & Fitness Outing - June 1, 2020
Manhasset Bay Kayake - July 25, 2020
Thanksgiving Day Run - Nov 26, 2020

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