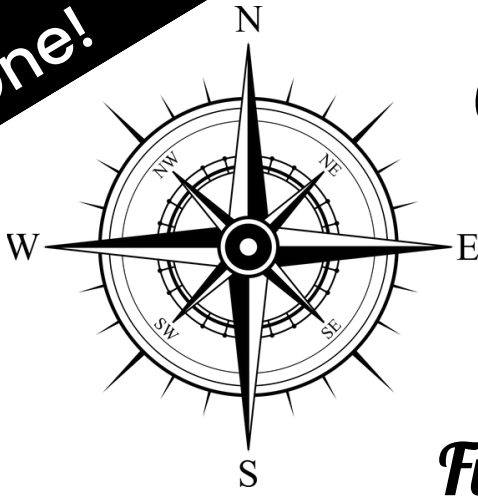


Free!
Take One!



Navigator News

Fun News & Local Events

A publication of The Nicholas Center

September, 2022	Port Washington, NY	Issue: 246
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Upcoming Community Events

September 9th - North Hempstead Beach Park, 6pm-11pm
41st Annual Italian Festival

September 9th - North Hempstead Beach Park, 7pm-11pm
LI Rewind Band

September 9th - Jeanne Rimsky Theater, 7-11pm
Amps Up Stand Up - A Concert for Gun Violence Prevention

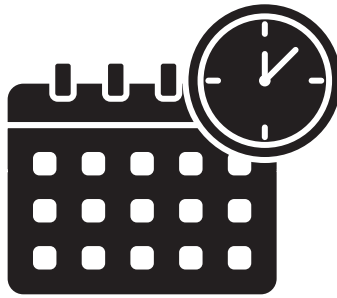
September 9th - Port Washington Public Library, 9:30-10am
Park Story Time

September 11th - Port Washington Public Library - 2:30-4:30pm
Aztec Two-Step 2.0 - Free Concert!

September 23rd - Jeanne Rimsky Theater
Gangstagrass - Hip Hop + Bluegrass

September 28th - Jeanne Rimsky Theater, 7-11pm
Allmost Halloween

September 30th - Jeanne Rimsky Theater
Rufus Wainright: Unfollow The Rules





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

A

YOUR AD SHOULD BE HERE!



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Good Cause

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Artist Spotlight



Tyler A.

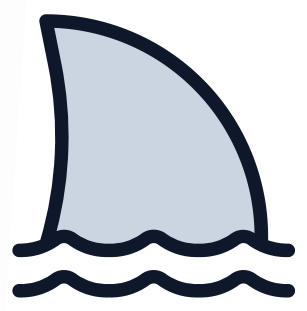
Increased Local Shark Sightings This Summer

By Max C.

A viral video filmed recently shows a man catching and releasing a shark at a beach on Fire Island. The man was fishing when he accidentally caught a shark. After he fought the shark, he sent it back into the ocean. According to the New York Post, the shark appeared to have been a sand tiger shark, a species of shark that only attacks humans when triggered.

There have been more shark sightings than normal at New York beaches throughout this summer - at least five confirmed experiences where sharks had bitten swimmers and surfers. On July 22, a 16-year old surfer was bitten by a shark in the waters off Kismet Beach on Fire Island. On July 20, the body of a dead Great White Shark washed on the shore of a beach in the village of Quogue. On July 13, a surfer was bit by a sand tiger shark in the water off Smith Point County Park in Suffolk County.

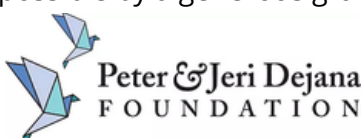
While shark attacks are rare, this is a reminder to stay safe and always listen to the instructions of lifeguards and community officials when entering our island's beautiful oceans!



The Nicholas Center
Innovate, Inspire & Include

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

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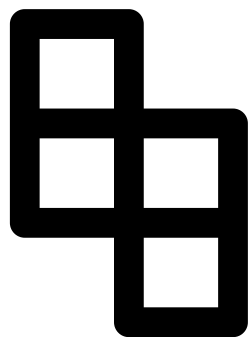


Block By Block - The Tetris Effect

By Natalya F.

A game I like to play is the famous and iconic Tetris. I play it on both Gameboy, computer, and phone. I would love to discuss this game and what makes it great.

Tetris was first developed in the year 1985 by Soviet Software engineer Alexy Pajitnov. The game's objective is to stack different shaped pieces onto one another thus creating a line going across. Once the line is made, it will disappear and grant the player points. The more lines, the more points. However, if the shapes build up too high and out of bounds, the game ends, causing you to lose points and start over again.



This game is known to affect the brain in positive ways which we call "The Tetris Effect" (also known as Tetris Syndrome). The Tetris Effect can help with memory, reduce anxiety and stress, helps you focus on more positive ways and solutions, treat people with ADHD or PTSD, and many other ways.

I find this game very fun and time-consuming. It helps strengthen my mind and thoughts when it comes to problem-solving. It also helps me keep my mind off of negativity and focus more on the positive things in my life. Tetris is more entertaining when you have a favorite song playing along. I highly recommend you play Tetris if you are looking for a fun puzzle game.

Night In White 2022

By Sara C.

On Thursday July 21, 2022 The Nicholas Center program and Spectrum Designs Foundation had their fundraiser at 6pm. There were about 40 people all together and everyone wore white including white dresses and white Tuxedos. There were 40 prizes to donate in the prize room to give away to supporters.

My Dance friend Eva was there with her friend and her mother Julie. Eva's mother took a two group picture of Me and Eva before Dinner sitting on the Dinner table wearing white dresses and looking beautiful. Eva and Julie and her best friend wore white dresses and gowns. I painted my Nails Pink and Purple for Night and White that day with my Aide Alina!.

See more from the event by following The Nicholas Center on social media!

Pet Of The Month - Natalie

Our pet of the month is Natalie, a pitbull who some call the "class clown!"

She loves people and other dogs, and tends to make everyone smile.

Natalie doesn't seem interested in learning commands, but is definitely interested in sleeping on the couch!

If you are interested in learning more about Natalie, 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?

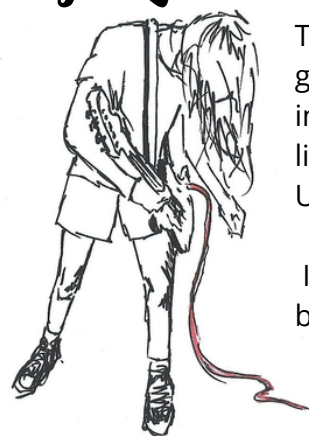
Email Us:

Community@NicholasCenterUSA.org



Why I Love Nirvana

By Jon O.



The band Nirvana really was really one of the best bands because it was very unique in the way that they portrayed their grunge music. I also liked his lyrics because of how deep they were and how people easily connected to it. Kurt Cobain really inspired people with his music. My dad got me into them when I was 16 going on 17 which was a very important time in my life. At this point of my life I was finding my sound in music. People say I look a little bit like him which is funny. Unfortunately, Kurt Cobain passed away on April 5th, 1994.

I'm dressing like him for halloween! The drummer David Grohl from Nirvana is now the singer of the world famous pop rock band, Foo Fighters. Overall, Dave Grohl and Kurt Cobain really inspired me with their music.

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