

NEWS FROM Legislator

Lou D'Amaro



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On Your Mark, Get Set, Go Meet Your Goals! South Huntington 5th Graders Run in Annual Minithon



Legislator Lou D'Amaro (far right) and Huntington Councilwoman Susan Berland (back, center) join teachers, coaches, administrators and students from Birchwood and Maplewood Intermediate Schools in the South Huntington School District for the 2013 Minithon. The annual one-mile run for 5th graders is a non-competitive event that emphasizes personal goal-setting and achievements rather than focusing on individual winners.

(more)

(HUNTINGTON STATION, NY... May 20, 2013) – In what has become a rite of spring, 5th graders in the South Huntington School District joined together with the common goal of achieving personal best times in the annual Minithon Prediction, a one-mile distance event recently held at Memorial Field behind the South Huntington Library. Legislator Lou D’Amaro (D-Huntington Station) and Huntington Councilwoman Susan Berland joined the students from Birchwood and Maplewood Intermediate Schools to help a host of South Huntington teachers and administrators kick-off the always-exciting event.

A tradition since 1978, the Minithon is both a culmination of a year-long fitness training program for the students and an opportunity for them to meet their future classmates as they prepare to enter Silas Woods Sixth Grade Center in the fall.

“An event like the Minithon Prediction where each participant strives to be the best that *they* can personally be reminds us all that when we look beyond winning and instead focus on individual fitness goals, we take giant steps towards a lifetime of improved health,” D’Amaro said. “I thank the South Huntington School District for setting the students on the right path and applaud all of the Minithon participants for their hard work, determination, perseverance and winning attitude.”

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Suffolk County Legislator Lou D’Amaro represents the 17th Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Ways & Means committee and vice chairman of both the Parks & Recreation and Economic Development & Energy committees of the Suffolk County Legislature.