

THURSDAY'S THOUGHTS

From Suffolk County Legislator

William R. Spencer, M.D.



GREETINGS 18TH LEGISLATIVE DISTRICT RESIDENTS!

– Greenlawn – Centerport – Northport – Asharoken – Eaton's Neck – Huntington – Halesite –
– Huntington Bay – Huntington Station – Lloyd Harbor – Cold Spring Harbor – East Northport –

Dear Neighbor,

This week's Thursday's Thoughts puts a focus on physical activity events and opportunities. The negative impacts of sedentary lifestyles that include hours of sitting and poor eating habits have brought us to a place where childhood obesity rates have tripled and many suffer from problems like heart disease, high blood pressure, cancer and asthma.

For a healthy lifestyle, one that will prevent disease, I encourage everyone to make time in their day to exercise. Physical activity will pay off in helping to control your weight, reduce fat, stimulate muscle growth and decrease all the risks associated with obesity. So challenge yourself to get out and walk, run, ride a bicycle, find an activity that you enjoy, develop a routine that works for you and stick with it!

~Legislator William R. Spencer, M.D.



2nd Annual Suffolk County Marathon
10.30.16

Registration is now open for the Suffolk County Marathon, Half Marathon and 5k! All proceeds from this event will be used to enhance services for veterans throughout Suffolk. For more information, or to sign-up, visit

<http://suffolkmarathon.com/>.



SCPD 2nd Precinct Community Meeting



Wednesday, August 10th at 7:00PM

At the South Huntington Public Library, 145 Pigeon Hill Rd, Huntington Station, NY 11746

For more information, call (631) 854-8200

Blue Devil Athletes & Coach Honored for Qualifying to Compete in the International Special Olympics



From left to right: Mrotzek Family, Rob, Aidan, Shamus and Laura; Coach Linda Costello-Roth; Legislator Spencer; athletes Liam Mrotzek and John Cronin; and John's parents, Carol Schlitt and Mark Cronin.

Recently Huntington High School students Liam Mrotzek and John Cronin, along with their coach Linda Costello-Roth, were honored by Suffolk County Legislator William R. Spencer, M.D. at the General Meeting of the Legislature for their significant achievement in qualifying to compete in the International Special Olympics World Winter Games in Austria in March of 2017. Both Liam and John met the required times in the 200m, 400m and 4x100m snowshoe relay events. Liam will be joining 3,000 other athletes from 110 nations for the games, and John has been named an alternate.

“Congratulations to Liam, John and their coach Linda; your hard work and dedication has truly paid off!” said Legislator Spencer. “I wish you the best of luck and look forward to hearing more great news about your future successes.”

Northport “Musical Happenings on Main Street”

**Every Friday night through September 4th, stop by the Village Park at the end of Main Street in Northport to enjoy live music! Performances begin at 7:00PM!
FREE Admission. Chair or blanket suggested.**

Upcoming Shows

August 5: The Feinberg Brothers - Bluegrass

August 12: Rob Irie - Solo Jam Band of Reggae & Rock

August 19: Tommy Santoriello - Folk, Americana

August 26: Directors' Choice

Sept 2: Glenn Baldwin & Friends of Jazz - Festival of Jazz

3rd Annual Coral Park Co-Ed Basketball Tournament Brings Community Together!



For the third year in a row Suffolk County Legislator William R. Spencer and Town of Huntington Councilwomen Tracey A. Edwards and Susan A. Berland have worked with the community to host the ***Coral Park Co-Ed Basketball Tournament***. “In 2014, I was approached by community leaders who wanted to host a basketball tournament at Coral Park. It made total sense to work together, highlight this great neighborhood park and give young people a positive, fun and structured day of basketball. The kids love it and now look forward to it every year,” stated Legislator William R. Spencer.

The tournament drew over 70 athletes from the Town of Huntington, ranging in age from 12 to 15. Nearly 30 half-court games were played throughout the day and a competitive final championship full-court game was played at the end of the tournament. Vernon Lowe, the lead tournament organizer stated, “This was the best year yet! It was well organized, action-packed and went off without a hitch. I look forward to next year.”

The tournament was supported by local businesses including Spuntino’s and Giuseppe’s who provided pizza, 7-Eleven provided water and Gatorade, Suffolk County PAL provided medals for the athletes, Vision Long Island provided ice and Mercurio Basketball Camp in Greenlawn provided 2 free vouchers for their basketball camp; the recipients of the vouchers were picked at an opportunity drawing at the end of the day. The Suffolk County Police Explorers, 2nd Police Precinct and the Town of Huntington Parks Department were also on hand for support throughout the day. Luckily, the rain came late enough to complete the tournament.

Quote of the Week...

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear”

~Buddha

Sincerely,

William R. Spencer, M.D.

**Suffolk County Legislator
18th Legislative District**

Feel free to stop by my office or contact me by e-mail, william.spencer@suffolkcountyny.gov, or by phone at (631)854-4500. Like receiving Thursday’s Thought? Be sure to tell your friends about it!

If you would like to be removed from our mailing list, e-mail jennifer.mish@suffolkcountyny.gov.