

FREEZIN' FOR A REASON



13th Annual Town of North Hempstead

Polar Plunge and Winter Festival

Saturday, March 4th, 2017

North Hempstead Beach Park - Port Washington

Check In: 10:00 - 11:30am / PLUNGE: Noon

Benefiting Special Olympics New York — Long Island Region!

Last year over 600 Plungers braved the chilly waters while hundreds of spectators watched on. Help raise money for the athletes of Special Olympics New York by asking your friends, family, co-workers, etc. to support you in taking the PLUNGE!

Every Plunger that raises \$150 receives an official Plunge sweatshirt! Raise more money and receive more great prizes!

How do I get started?

Log onto www.polarplungeNY.org/northhempstead and click the Register Here button. You can start a team, join a team or join as an individual.

Set up your Personal Plunge Page and you are on your way to "Freezin' for a Reason"!



TOO CHICKEN TO PLUNGE?
JOIN THE CHICKEN COO!



Don't want to plunge??? Support the cause by purchasing a \$20 "TOO CHICKEN TO PLUNGE SHIRT" !!

SIGN UP TODAY: WWW.POLARPLUNGENY.ORG/NORTHEMPSTEAD



@NHPolarPlunge

@NHPolarPlunge

For more information & sponsorships contact: Rebecca Strickland
rstrickland@nyso.org or 631-254-1465 x4203

SCHOOL NEWS



An INN Effort

Members of the Key Club at Carle Place High School recently volunteered at the Interfaith Nutrition Network (INN) in Hempstead, which addresses hunger and homelessness on Long Island by providing food, shelter, long-term housing and supportive services in a dignified and respectful manner for those who seek help. The club sorted donations and helped with meal preparations as part of the effort.