

FOOD FOR THOUGHT

SPORT ISLAND PUB

108 Riverside Blvd, Northville, NY 12134 - 518-863-2003

July 2008

FIRST ANNUAL

North Eastern Beach Wrestling Championships

Sport Island Pub, Northville, N.Y.
Saturday August 16, 2008



Registration

Saturday 8/16/08 9:00a.m – 9:30a.m. for all school age competitors
Saturday 8/16/08 1:00pm -- 1:30pm for all adult competitors

Pre registration before 8/10/08 receive a free tee-shirt

Divisions

Kids Division – ages 4 – 13 starts at 10:00am

High School Division – grades 14-18 (must be enrolled in HS for the 2008-2009 season)
starts at 10:00am

Girls Division – ages 4 -- 17 starts at 10:00am

Open Division – open to any one up to 29 years old starts at 2:00 pm

Veterans Division – 30 years and older as of August 2008 starts at 2:00 pm

Women's Division – open to all ladies 18 and up starts at 2:00 pm

Weight Classes: Participants are divided into two or more weight categories depending on the amount of entries in each category.

Seeding: Blind Draw

Affiliation: all contestants must sign a liability waiver the day of the tournament

Entry Fee: \$25 Make checks payable to **Amsterdam Wrestling Booster Club**

Awards: for places 1st through 4th in all divisions. Also there will be a **King of the Beach Champion** in each category. All the Champions in each of the categories will wrestle each other at the end of the tournament as long as time allows.

Food- will be for sale in the restaurant and on the beach

We will also be doing a pig roast the day of the event

T-Shirts -will be for sale at the tournament

Directions: go to mapquest.com and follow directions to Sport Island pub 108 riverside blvd. Northville, NY 12134

More Information: call Jim Lapi @ (518) 922-9135 jameslapi@frontiernet.net or Joe Lanzi @ (518) 843-5067

Competition Dress - trunks for men and swimsuits or trunks and tee shirt for women with no accessories

Come join us for a day filled with lots of fun, excitement, and laughs on the great Sacandaga!!!

Spectators are more than welcome to come eat, laugh and have fun!!

Putting Pedal to the Metal will Cost You

Aggressive driving will cost you—at the gas pump. Speeding, rapid acceleration, and last-minute braking can lower your gas mileage by 33 percent when you're driving at highway speeds. For each 5 MPH that you drive over 60 MPH, you'll be paying about 20 cents more per gallon.

—www.fueleconomy.gov

Preventing the AFTERNOON SLUMP

Dr. Jerry Teplitz, author of *Managing Your Stress: How To Relax and Enjoy*, offers these suggestions on how to avoid the dreaded afternoon slump:

☉ **Drink water.** Drink at least eight glasses a day, and keep a water bottle at your desk so that you can sip throughout the day.

☉ **Avoid sugar and simple carbohydrates.** You might get a quick boost from a candy bar but, over time, it will make things worse. Instead, choose lunch and snacks with whole grains, fruits, and protein.

☉ **Eat small meals.** Your body has to work hard to digest food. Instead of three meals, spread out six small meals over the course of the day.

☉ **Avoid standard fluorescent lights.** If you can replace the bulb in your office with a full-spectrum fluorescent tube, you may find yourself feeling less tired in the afternoon.

☉ **Move around.** Take a walk outside for 5 or 10 minutes a day to get your blood circulating, or at least run up and down the stairs for two minutes.



Join us every Friday during the month of July when we will be serving our Kids Meals on Flying Discs.

And, hey, the kids can take home with them!

FREE DINNER!

Each month we give you a new trivia question. Bring in your entry, or fill one out while you are here. The first one drawn at the end of the month with the correct answers will win a FREE Dinner valued up to \$15.00. Here is this month's trivia question:

In July 1776, what was the estimated number of people living in the newly independent nation?:

- a) 1 Million
- b) 2.5 Million
- c) 3.25 Million
- d) 900 Thousand
- e) 1.75 Million

The first 10 people to answer correctly will be in the drawing to WIN!

Name _____

Email _____

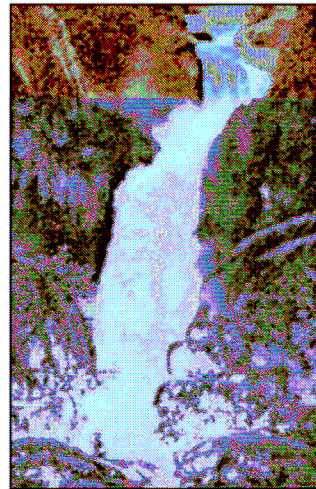
Address _____

City, State, Zip _____

Phone _____ Birthday: Mo _____ Day _____

My Answer: _____

You could be the Winner of a FREE Dinner!



WHERE IN THE WORLD?...

The first 5 people to bring in this newsletter and tell us the correct answer to what country this is in wins a **FREE Appetizer** valued to \$5.00. And

if you can tell us specifically **what** and **where** this is, you win a **FREE Dinner** on us, valued up to \$10.00.

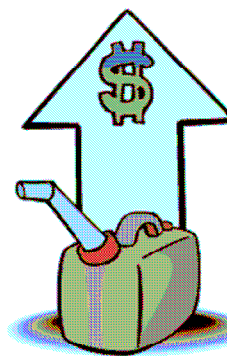
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Have You Seen the Gas Prices Lately?

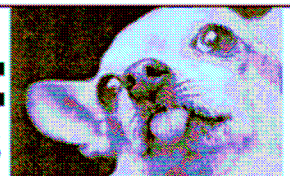
We at Sport Island Pub would like to help!

Come in and dine with us during the month of July and enter into a drawing to win a \$100 gas card. Enter every time you dine with us!

A LIVE drawing will be on Thursday, July 31st. You don't have to be present to win, yet if you are present and win, you will get a bonus \$25 Sport Island Pub Gift Card.

Join Our Royalty Rewards Program and Save Every Time You Dine With Us!

WANTED: Ugly Dogs



July 31st is **Mutt Day**, so we thought we would host an **Ugliest Dog Contest** for kids and their dogs on Sunday, July 27th from 1-4pm in the parking lot. Prizes will be awarded for Ugliest Mutt, Best Dressed (individual and team), and Most Talented. Sign up with the hostess before July 25th to take part.



O Say, Did You Know?

The Star Spangled Banner, the national anthem of the United States, has a range of one and a half octaves, making it difficult for most people to sing. It has 4 stanzas, each containing 32 bars and 101 notes.



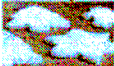






The first time the anthem was played at a baseball game was in 1918 (during a World Series). It was meant as a patriotic gesture during World War I.

According to a Harris survey, nearly two-thirds of Americans 18 and older don't know all the words to the anthem. The National Association of Music Education launched the National Anthem Project in 2005 to raise awareness of the song.

The original poem by Francis Scott Key had four verses, although we usually sing only the first.

The actual flag that flew over Fort McHenry in Baltimore and that inspired Key to pen the anthem is now owned by the Museum of American History in Washington, DC.

JULY CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 International Joke Day 	2 ½ way point 182.5 days left in the calendar year	3 Labatt Blue Night with Tunnel	4 Independence Day Clean Street Band 1-5pm; Skyler's Dream Team 10pm	5 The Shea Man 3pm on the patio; Skyler's Dream Team 10pm
6 Skyler & Buckley 3pm on the patio; Fireworks at dusk	7 Chocolate Day 	8	9 National Sugar Cookie Day 	10	11	12 Different Colored Eyes Day Full Throttle Band
13 Mitch Frasier 3pm on the patio	14	15 Cow Appreciation Day 	16	17	18 Don Wos Project 10pm	19 National Raspberry Cake Day 
20 First Man on the Moon in 1969 	21	22	23 National Hot Dog Day 	24	25	26
27 Parents Day 	28	29	30	31 Mutts Day 		



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WHAT'S INSIDE...

BEACH WRESTLING

Do You Have the Ugliest Dog Around?
Flying Disc FRIDAYS

Preventing the AFTERNOON SLUMP

O Say, Did You Know?
and much, much more!

WORDPLAY

When two words are combined to make a third, the new word is called a **portmanteaux** (French for "suitcase"). Can you choose the words that merge to make the portmanteaux in the first column?

smog	1. chuckle	A. recorder
brunch	2. telephone	B. log
camcorder	3. smoke	C. hotel
chortle	4. camera	D. snort
telethon	5. motor	E. fog
blog	6. web	F. lunch
motel	7. breakfast	G. marathon

Answer Key: smog 3-E; brunch 7-F; camcorder 4-A; chortle 1-D; telephone 2-G; blog 6-B; motel 5-C.

You Can Store Cold Cuts for 2 Months

The Texas Agricultural Extension Service says that unopened processed lunch meats can be stored safely in the refrigerator for up to two weeks and in the freezer for up to two months. One exception: Unopened lunch meats should not be kept in the refrigerator for more than one week beyond their "sell by" date. Opened packages have a shelf life of three to five days in the refrigerator. Fresh-sliced meats from the deli counter can be stored safely for one to three days if wrapped in an airtight bag and kept in the coldest part of the refrigerator.

Avoid Juice Before Exercise



Leslie Bonci, the director of sports nutrition for the University of Pittsburgh Medical Center, says juice is one of the worst beverage choices to make prior to a workout. "Fruit juice is a very concentrated form of carbohydrate," she says. "That means you might get an upset stomach or laxative effect."

Better choices include water, sports drinks, and even chocolate milk, but don't try out something new before a competition. She adds, "The body needs to get used to new fluids, so do it gradually."

Visit us on the web at:

www.sportislandrestaurant.com



Gold Plate Award Winner 2008
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Sport Island Pub • 108 Riverside Blvd. • Northville, NY 12134 • 518-863-2003