



Notes from Northview

July 12-18, 2020



301 E. Talmage St ▪ 837-5808

NVC@springfieldmo.gov ▪ ParkBoard.org/Northview ▪ Facebook: Northview Center

Note from the Northview Staff,

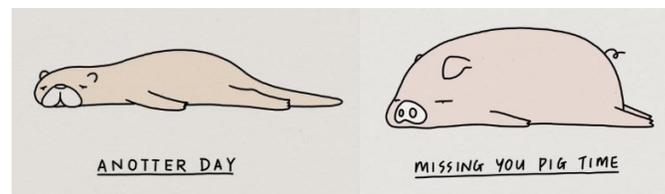
July is heating up! Keep cool and stay hydrated! Phone a friend and share a fun summer memory! Send your favorite fun summertime picture to NVC@springfieldmo.gov! Keep up with the Road to Recovery on the Health Department's website!

Re-Opening . . . We will abide by the Centers for Disease Control (CDC) and health department guidelines, as well as our Parks department, for the best protocol to re-open. We will rely on you to do your part to follow those protocols when you return!

Weekly flyers can be viewed at ParkBoard.org/Northview or emailed (if we have your email address) to help provide the most up-to-date information. As you know, things are changing daily. Call Northview if you have any questions.

SeniorAge News

- ◆ **SeniorAge Alert Program** will provide you with important information, notices and alerts. Sign up for Text or E-mail alerts. For questions about SeniorAge Alert program, call 862-0762.
- * **Farmers Market Voucher** - for questions regarding program registration, call SeniorAge at 862.0762.
- * If you need to schedule frozen meals for pickup or delivery, call 864-8606.
- * If you need to schedule frozen meals for pickup or delivery, call 864-8606.
- * SeniorAge needs assistance delivering meals. If you are able to assist, call 864-8606
- * Income tax or property tax credit, call SeniorAge Office at 862-0762
- * Foot Clinic questions, call Grace Health at 417.705.1586



Ceramics!

If you would like to paint a **ceramic project**, call 837-5808 to order and schedule your pick up time. Cost: Small \$6, Medium \$8, Large \$10. (Paint is not included in take out project)

Fun things to celebrate at home:

National Pecan Pie Day Sun., July 12
The earliest pecan pie recipe dates back to 1898, found in a church charity cookbook in St Louis.

National French Fry Day Mon., July 13
Did you know, Americans eat an estimated 29 pounds of fries per person per year.

National Mac and Cheese Day Tues., July 14
During the Great Depression in America, Mac and Cheese became popular. It was inexpensive (about 19 cents). Kraft sold 8 million boxes of macaroni and cheese in 1937.

National Hot Dog Day Wed., July 15
Hot dogs are center stage on the grill, at picnics and at ballparks all across America. They are sold from carts on street corners in every city. They're not hard to find. Millions of hot dogs are consumed on the Fourth of July alone.

World Snake Day Thurs., July 16
A little Snaky Trivia:

- There are over 3400 species of snakes.
- Snakes are on every continent, except Antarctica.
- Snakes eat insects, rodents and frogs. Large snakes can even eat small animals.
- Snakes swallow their food whole.
- The longest snakes are a species of python, which can reach 30 feet in length.
- The heaviest snake, an Anaconda, weighed 550pounds.
- The smallest snake is just 4 inches long.
- Snakes shed their skin 3-6 times per year.

World Emoji Day Fri., July 17
Emojis have their roots in the yellow smiley of the 1960s and 1970s. Harvey Ball, a commercial artist from Worcester, Massachusetts created the smiley face in 1963. Harvey's smiley also gained world-wide popularity. Emojis were first used in Japan in the late 1990s on mobile phones.



Toss the "Could Have" & "Should Have" Day

In short, ditch the regrets. . . Don't live in the past. Enjoy today, Sat., July 18 and every day!

Riddle of the Week

Q. What can you hold in your right hand, but not in your left?

A. Your left hand

11th Butterfly Festival at Nathanael Greene-Close Memorial Park

Organizers will take the free festival online **July 13-18**, providing a virtual educational and interactive space for the public to enjoy and learn about butterflies, the Roston Native Butterfly House and the Springfield Botanical Gardens. “This has been a disappointing year for many of us,” said Trysta Herzog, executive director of Friends of the Garden (FOG), the organization who oversees the event. “We didn’t want this to be just another thing that was cancelled, especially since so many kids across our region look forward to it each year.”

FOG will partner again with Young Sprouts in the Garden to host a series of online livestream events, tours, activity videos, social media costume contest and more on the FOG Facebook and Instagram pages, as well as the FOG website, with the hopes to generate excitement about our local pollinators and what we all can do to help preserve their habitats. *Young Sprouts is a Master Gardeners of Greene County educational program for children.*

“The Butterfly House is a cornerstone of the gardens and of our mission,” Herzog said. “We have a wonderful opportunity, and frankly a duty, to instill in the next generation an appreciation for just how necessary butterflies and bees are to our world.”

The Roston Native Butterfly House is open 10 a.m.-6 p.m. daily (schedule depends on volunteer staffing availability). Call 891-1515, ext. 2, to confirm hours. Admission is free, but capacity inside the Butterfly House is limited, based on current city orders.

The Butterfly Festival schedule of events will be posted on the [Friends of the Garden](#) Facebook page and at friendsofthegarden.org/butterflyfestival. You may also call 417-874-2952 or e-mail info@friendsofthegarden.org for more information.

How to Feed and Water Butterflies: Butterflies are picky about their diets and different types of butterflies have different preferences, but in general, they require a liquid or semi-liquid diet. Most are happy with the sweet nectar in flowers, but others like foods that humans find unpalatable, such as rotten fruit, animal manure or tree sap. If you want to attract a variety of butterflies it’s a good idea to provide a variety of food. Sweet, gooey foods are especially effective – the smellier and goopier, the better. For example, think mushy apples or overripe bananas mashed with a little molasses. Many butterflies also enjoy sliced oranges. Some people have excellent luck with sugar water or a little sports drink, but not the artificially sweetened type!

Create a Butterfly Feeding Station: This doesn’t need to be involved, fancy or expensive, just accessible. For example, use a metal pie pan or plastic plate, Drill three holes equidistant in the plate, then hang the plate from a tree branch with string, wire or a pretty macramé-type hanger. You can also use a shallow dish placed on a stand, among some rocks in the garden, or even on a tree stump. As long as these are in a shady location with some of their favorite nectar-rich flowers nearby, they will come.

Butterfly Water Feeder (“Puddlers”): Butterfly “puddling” provides the critical minerals that butterflies require. To create puddlers, spread a thin layer of dirt in the bottom of a shallow pie pan or dish. Arrange some rocks in the pan so the butterflies have a place to land. Cut a kitchen sponge into various shapes and arrange the sponges between the rocks, or put one large sponge in the center of the plate. Keep the sponges damp so the water slowly seeps to keep the soil moist. Place the puddler in a sunny, protected area near butterfly-friendly flowers where you can keep an eye on the visitors. A similar version of a puddler is to bury a shallow plate or bowl in the ground so the lip of the container is even with the surface of the soil. Fill the container with sand, then arrange a few rocks or wood chunks on the soil for landing spots. Add water as needed to keep the sand consistently wet. Butterflies will love it!

Read more at Gardening Know How: Butterfly Garden Feeding: How To Feed And Water Butterflies In Gardens <https://www.gardeningknowhow.com/garden-how-to/beneficial/butterfly-garden-feeding.htm>

4	3	2	8	1	7	5	6	9
8	9	6	3	5	2	7	1	4
7	5	1	9	4	6	8	2	3
6	7	3	2	8	4	9	5	1
2	8	5	7	9	1	4	3	6
1	4	9	5	6	3	2	8	7
5	6	4	1	2	9	3	7	8
3	1	8	4	7	5	6	9	2
9	2	7	6	3	8	1	4	5



Sudoku Answers from last week!

Puzzle 1

Puzzle 2

8	4	6	7	3	9	2	1	5
7	2	1	5	6	8	3	9	4
5	3	9	1	2	4	6	7	8
9	8	7	4	5	3	1	2	6
2	6	5	8	1	7	4	3	9
3	1	4	6	9	2	5	8	7
4	5	8	3	7	1	9	6	2
1	7	2	9	4	6	8	5	3
6	9	3	2	8	5	7	4	1