



Notes from Northview

July 19-25, 2020



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Note from the Northview Staff,

Treat others with respect and kindness! As the City moves to Road to Recovery Plan Phase 3A, remember to wear your mask if you are out in public places! Stay safe and healthy!

Tasia will return to the office for short days next week! Call to say "Hi!" and welcome her back!

Re-Opening . . . We will continue to abide by the guidelines from Centers for Disease Control (CDC), Greene County health department, City of Springfield and our Parks department for the safest re-opening protocol. We will rely on you to do your part following these 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

- ◆ Call 864-8606 (SeniorAge at Northview):
 - * To schedule frozen meal pickup or delivery.
 - * If you, or someone you know, are able to assist with meal delivery.
- ◆ Call 862-0762 (SeniorAge Main Office) for:
 - * **SeniorAge Alert Program** will provide Text or E-mail containing important information, notices and alerts.
 - * Register for the **Farmers Market Voucher** program.
 - * Income tax or property tax credit questions.
- ◆ Call Grace Health at 417-705-1586 about Foot Clinic questions.

Enjoy your local park for Parks and Recreation Month!



DECLUTTERING TIPS:

- #1: MAKE PILES AND THEN ORGANIZE THOSE PILES.
- #2: KEEP EVERYTHING VERTICAL - SEE IT ON A SHELF!
- #3: LABEL EVERYTHING
- #4: CLEAR PLASTIC BOX/ BINS ARE YOUR FRIEND.
- #5: KEEP DAILY USE ITEMS IN AN EASY TO REACH SPOT
FREQUENTLY USED ITEMS WITHIN REACH
LESS USED ITEMS STORED HIGHER
- #6: KEEP A DONATION BOX HANDY ALL YEAR 'ROUND

Riddle of the Week

There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Fun things to celebrate at home:

National Ice Cream Day **Sun., July 19**
The holiday was an official proclamation by President Ronald Reagan in 1984. At the time, the holiday was supposed to be only celebrated once - on July 15, 1984. The ice cream industry decided to continue the tradition every year since. In addition, the proclamation designated July as National Ice Cream Month. This too is now a tradition. Enjoy!

Moon Day **Mon., July 20**
The annual holiday commemorates the anniversary of the first manned mission to the Moon. On July 20, 1969, Americans astronauts Neil Armstrong and Buzz Aldrin became the first humans to step foot on the surface of the Moon. In 1984, the day was proclaimed a holiday by President Ronald Reagan. Moon Day encourages people to learn more about space exploration and inspire young adults to consider space sciences and space exploration as careers. (see back of page)

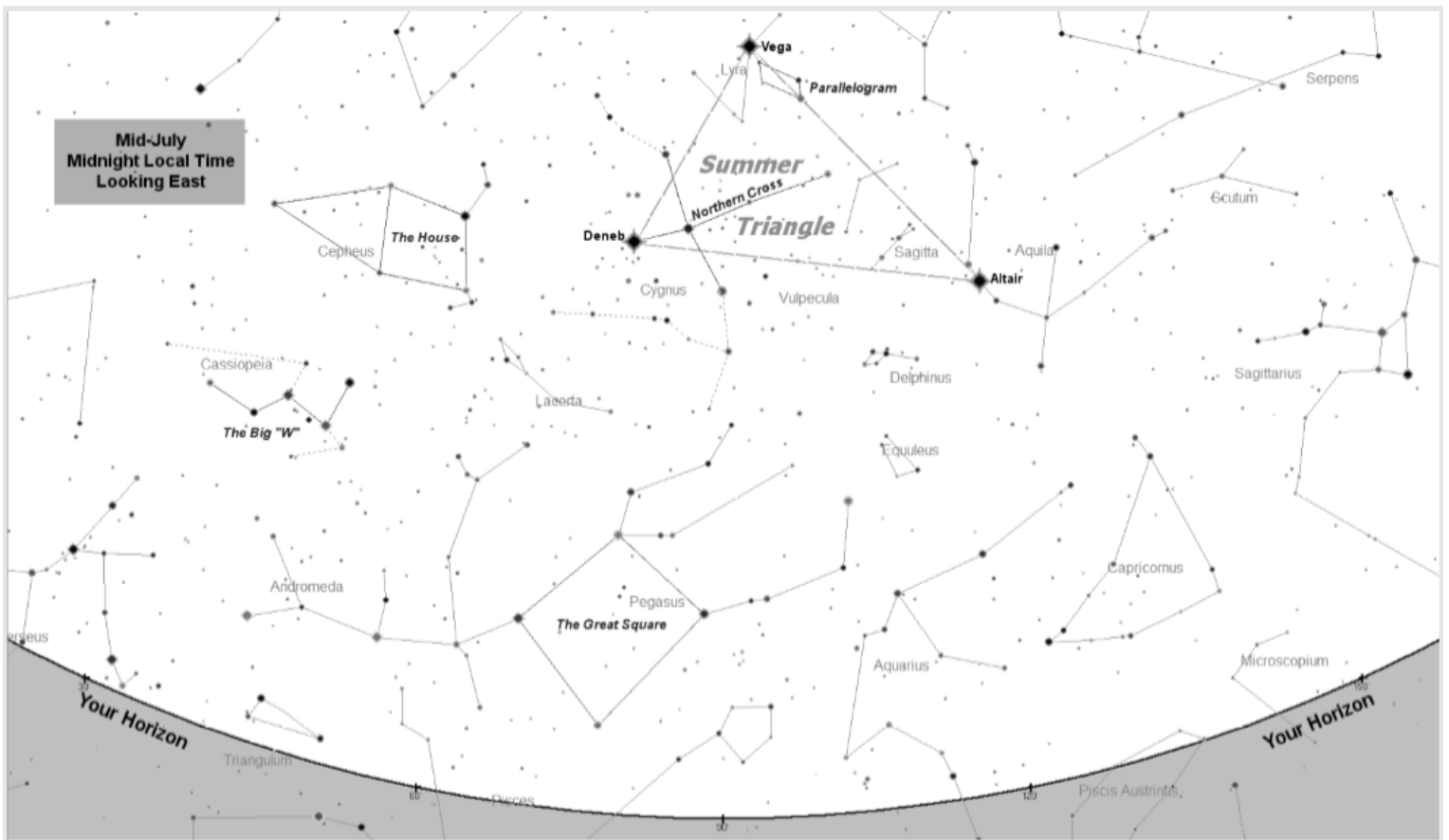
National Be Someone Day **Tues., July 21**
This day challenges each of us to take ten seconds to make a difference. What can you do in ten seconds? We can praise and honor someone who deserves it.

Gorgeous Grandma Day **Thurs., July 23**
Grandmas are the best! Celebrate each older woman in your life... or celebrate yourself if you are a grandmother! Take a selfie and share with us!

International Self Care Day **Fri., July 24**
This needs to be a priority for each person! Pamper yourself! Replace old habits with new, healthy ones! Check in on your physical health - see your doctor/dentist, take a walk, change your hairstyle!

National Korean War Veterans Armistice Day **Sat., July 25**
Established by President Barak Obama to honor 1.8 million Americans who fought in the Korean War. Honor the memory of those who died in the war and express our gratitude to living veterans and their families.

Riddle: Heroine



THE SUMMER TRIANGLE: HOW LOOKS CAN BE DECEIVING - Star gazers celebrate the **Summer Triangle** each year. At this time, the distinctive three-cornered pattern formed by the bright stars **Vega**, **Altair**, and **Deneb**, is prominent in the southern sky.

MEET THE STARS OF SUMMER - The three stars of the Summer Triangle appear similar in brightness. **Vega** in the constellation **Lyra the Lyre** is the brightest of the trio and the 5th brightest of all stars. In Carl Sagan's novel "Contact," Vega is the source of the first message ever received from an alien civilization. The 1997 movie features actress Jodie Foster's quest for the senders of the Vega message. Back in the real world, we've yet to hear anything from the possible inhabitants of the Vega system, but researchers are listening to Vega and thousands of other stars every day, just in case. **Altair**, in **Aquila the Eagle**, is another Hollywood star. In the 1956 film "Forbidden Planet," the fourth planet in the Altair system (Altair IV) is home to the relics of an ancient alien civilization and to an eccentric Earth scientist and his beautiful daughter (Walter Pidgeon and Anne Francis). Altair is the 2nd brightest of the Summer Triangle and 13th brightest star of all. We don't know if Altair is surrounded by any planets, so Altair IV may or may not exist. Number three in the Summer Triangle and 20th brightest star is **Deneb**, which marks the tail of **Cygnus the Swan**. Alas, Deneb has never starred in a major motion picture, but it has other claims to fame. Whereas Vega and Altair are relatively close to us in astronomical terms - 25 and 17 light-years respectively - Deneb is much farther away, an estimated 2,600 light-years from Earth.

APPARENT BRIGHTNESS - The three stars of the Summer Triangle appear to be about equal in brightness ("**apparent brightness**" is roughly the same). But looks can be deceiving! We know that Deneb is more than 100 times farther from us than Vega or Altair, yet it appears nearly as bright. How can this be? The only way Deneb can be farther away and appear equal in brightness is if its actual ("**intrinsic brightness**") is much greater than the others. In fact, Deneb is one of the most luminous of all stars, an astounding 200,000 times brighter than our Sun! The light seen from Deneb left the star about the time the Pyramids of Egypt were being built.

USING THE SUMMER TRIANGLE - Once you've spotted the Summer Triangle, use it to find other sights. The largest and most prominent asterism (unofficial star pattern) associated with the Triangle is the **Northern Cross**, comprised of the brightest stars in Cygnus. Smaller and less prominent, but quite striking, is the exquisite little **Parallelogram** which hangs just below blazing Vega in Lyra. **Sagitta the Arrow** is a dim but delightful constellation that sits at the upper left of Altair. It's one of the smallest constellations, and it really does look like a little arrow! Just below Sagitta and similar in size is tiny **Delphinus the Dolphin**. Elsewhere on this month's map, you'll find other asterisms of note, including the constellation **Cepheus**, shaped like a house, and **Cassiopeia**, which looks like a big "W." And if your horizon is free of trees and houses, you may glimpse the **Great Square**, the body of **Pegasus the Flying Horse**.

NOTE: HOW TO READ THE SKY MAP - Our monthly sky map does not show the entire sky which would be almost impossible. Instead, the map focuses on a particular region of the sky where something interesting is happening. The legend on the map always tells you which direction you should facing, based on midnight viewing. For example, if the map legend says "Looking Southeast," you should face southeast when using the map. The map is accurate for any location at a so-called "mid northern" latitude (includes anywhere in the 48 U.S. states). The horizon line is curved in order to preserve the geometry of objects in the sky. If we made the horizon line straight, the geometry of objects in the sky would be distorted.