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Navigator News

"Discovering Fun News and Friendly Facts"

Port Washington, NY

March 2020

Volume 3, Issue 3



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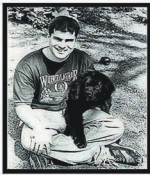
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Where in the World...

In Mexico, many native traditions and cultures are being kept by their current generation. Most people are aware that the main language spoken in this country is Spanish, but did you know that there are many different indigenous languages? Six percent of Mexicans continue to speak in their native languages that originated centuries ago. These languages are Maya, Pima, Otomi, Teenek, Ayapaneco, and Zoque. Indigenous Mexican words have even become common in other languages, including English. Food that is popular with Americans, are considered traditional foods in Mexico, chocolate, coyote, tomato, and avocado all came from the Nahuatl people, also known as the Aztecs. Native Mexicans drink chocolate because it symbolizes royalty. It is tradition to give their friends or family chocolate as a way to say thank you. Native Mexican culture is also displayed in clothing. Women wear embroidery often including images and patterns that have symbolic meaning attached to them. Men wear a large blanket cape called a sarape, and boots as a wardrobe staple. No matter what part of the world you are from, it is amazing to see cultures and traditions passed down from generation to generation.

What's Going on Here...

March 19th: Spectrum Designs Foundation and the Nicholas Center will host its annual rock n' roll fundraiser "A Night of Classic Rock." The event will be held at My Father's Place at the Roslyn Hotel 1221 Old Northern Blvd, Roslyn New York from 6:30 PM -10:30 PM. Tickets can be purchased at https://tix.spectrumenterprises.org

March 7th: The 16th Annual Town of North Hempstead Polar Plunge at North Hempstead Beach Park in Port Washington. Registration is from 10 AM, The plunge is at Noon. The event is to help raise money for athletes of Special Olympics. For more information contact Rebecca Hoffman- (631) 254-1465 x 4203

We are so excited to announce that the Nicholas Center Navigator's and Spectrum Designs will be expanding to Westchester NY in Spring 2020. We continue to strive towards providing amazing opportunities for individuals on the spectrum and the Westchester expansion allows us to continue our mission.

How's it Possible...

Did you know corned beef and cabbage is not a traditional Irish dish? It was started by Irish Americans in the 19th century. After immigrating from Ireland to the United States, the Irish had a hard time in their new country. Pork in the United States was far more expensive than in Ireland and being poor and in a new country, the Irish had to adapt. The Irish started frequenting the Jewish food establishments in their neighborhoods and found corned beef to be similar to the pork they ate at home. They used corned beef with cabbage instead of potatoes because cabbage was more cost-effective. Corned beef and cabbage was not only a cheap dish but was also incredibly difficult to mess up. Because of this, it took off outside the Irish communities and bustled around the United States. It became so popular that it was eaten at Abraham Lincoln's inauguration dinner in 1862.

When Did That Happen...

In February 1980, president Jimmy Carter issued the first presidential proclamation declaring the week of March 1980 as National Women's History Week. Women's History Month began as a local celebration in Santa Rosa, California. The month is set aside to honor women's contributions in American history. In 1903, Marie Curie became the first woman to receive a Nobel Prize. The chemist and physicist is most famous for her pioneering work in the field of radioactivity. In 1932, Amelia Earhart flew solo across the Atlantic. Amelia Earhart set many aviation records and became the first woman to receive the distinguished flying cross. A ten minute flight in 1920 forged her passion for flying. In 1955, Rosa Parks helped to achieve equal rights for all women.

Who Knows...

1. I fall, but I don't get hurt. I pour, but I'm not a jug. I help plants grow, but I'm not the sun. What am I?
2. A teacher and a student were counting puddles. The student was the teacher's daughter, but the teacher was not the girl's mother. Who was the teacher?
3. What do you call a leprechaun's vacation home?

(Find the answers on the back, under "In The Stars")



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Navigator News supports the ongoing mission of **Nicholas Center, Ltd.**, a Port Washington based nonprofit that helps individuals with autism lead productive and meaningful lives within the community. This entire paper is developed by people on the Autism Spectrum and seeks to foster inclusion and bring awareness to the capabilities of people with disabilities. We hope you enjoy this complimentary monthly publication of fun, feel-good news...for a good cause! Learn more about us and affordable advertising opportunities at www.navigatornews.org

That's Incredible!

J. R. R. Tolkien wasn't just an author but a lover of languages. So much so, he created many of his own languages for his books *The Hobbit* and *The Lord of the Rings*. He felt that myth and language went hand in hand, you couldn't have a language without a story behind it. Even as a boy, Tolkien went beyond real world (natural) languages, constructing the fake languages Nevbosh and Naffarin. His fascination with language continued into adult life. He became a philologist by profession. Philology is a field of linguistics that focuses on how languages and words develop. This means that Tolkien studied old documents in dead languages to see how those languages turned into modern languages. This love of languages leads him to create one of the greatest fantasy series of all time, which now spans many forms of media.

That's Trendy!

As we roll into spring and warmer weather, it will be a great time to shop for a new vehicle. For 2020 automakers have released the coolest, fastest and safest cars in the world! The Electra Meccanica and Tesla Roadster are a sneak peek into the future as these cars run on both electric and gas. Futuristic and luxurious are the trending styles this year. The Volvo Polestar, Toyota Supra, and Aston Martin DBX will feel as if you are in the year 3000! Look out for many cool interior features like heated steering wheels, remote folding seats, clear-sight ground view cameras, and intercom systems in family SUVs. Ford Explorer, Hyundai Palisade and Land Rover Evoque all have safe new features for your future family road trips. Have fun picking out a new vehicle of your choice and remember to drive safely!

That's Funny!

What is a sea monster's favorite meal?

- Fish and Chips!

What kind of bow is hard to tie?

- A rainbow!

Why did the donut baker quit?

- She was fed up with the "hole" business!

That's Twisted!

Frivolously fanciful Fannie fried fresh fish furiously

That's Inspirational!

"Even when the dark comes crashing through, when you need a friend to carry you, when you're broken on the ground, you will be found."
-Dear Evan Hansen on Broadway.

Pet of the Month!

Colby

Colby is 100% mutt with a fun-loving and goofy personality! Colby loves chasing the ball, going for long romps on our nature trail, but then will settle for a nice petting session. Colby gets along well with other dogs but would need a canine companion that can match his exuberance. Colby would thrive in an active household dedicated to continuing his training.

Take me home today!

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In The Stars

ARIES (Mar 21-Apr 20) Letting go will likely be part of your cosmic theme this month. You will have the vibe to attract wonderful new things and experiences which means "out with the old" for you! Lucky Day: Tuesday

TAURUS (Apr 21-May 21) Your Taurus tenacity can lift up your vibe and push you to rise above any hurdles in your way. Keeping balance and fairness at the forefront of your mind can help you keep your energy amazing through it all. Lucky Day: Wednesday

GEMINI (May 22-June 21) If you ask yourself the harder questions about where you are in regard to yourself and your intentions and what you have to do to get where you want to be, you could be surprised by your own answers. Lucky Day: Tuesday

CANCER (June 22-July 22) Cancers everywhere may ask themselves some deep questions. This month be open to what resonates with your soul and allow it to bring peace and love to you. Lucky Day: Friday

LEO (July 23-Aug 22) You do not have to fear the land of the unknown because there you are only a step away from learning something fantastic and new. Cross the bridge of discovery with a brave heart and a curious mind. Lucky Day: Tuesday

VIRGO (Aug 23-Sept 23) This March, little things that you might normally let slide could ruffle your feathers more than usual. If you can avoid sweating the small stuff, you can ease the frustration by focusing on that, which truly matters. Lucky Day: Thursday

LIBRA (Sept 23-Oct 22) Trust your intuition the first strong answer probably comes along may very well be the best one, so don't waste a lot of time second-guessing your gut. You can get a lot accomplished with this energy! Lucky Day: Wednesday

SCORPIO (Oct 23-Nov 21) Scorpions will likely look for ways to adjust something that isn't working for them. The slightest adjustments can bring ease and comfort to your life with this vibe. Lucky Day: Saturday

SAGITTARIUS (Nov 22-Dec 21) A little tenderness and intuition will go a long way. It can be a month for healing, getting back on track, and for connecting on a higher level as long as you're open to it. Lucky Day: Monday

CAPRICORN (Dec 22-Jan 19) Not everything is as it seems, but if you pull on that Capricorn practicality, you may find that the most obvious solution is the right one. Trust your common sense and you will likely see the results you are looking for. Lucky Day: Friday

AQUARIUS (Jan 20-Feb 18) You can shine your light in dark places and light up entire rooms with your optimism and personal power. Success can be yours, as long as you stay engaged in the moment and don't get bogged down in the little stuff. Lucky Day: Wednesday

PISCES (Feb 19-Mar 20) This month get comfortable in your own private dreaming space. Retreat into an oasis of imagination and you will produce amazing results. Lucky Day: Wednesday

Answers to Who Knows: #1. Rain #2. Her father
#3. A Lepre-condo

H

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5 Mile Winter Run - March 8, 2020

Citizens of the year - April 20, 2020

Alper's Karmaca - May 17, 2020

Golf & Fitness Outing - June 1, 2020

Manhasset Bay Kayake - July 25, 2020

Thanksgiving Day Run - Nov 26, 2020

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