



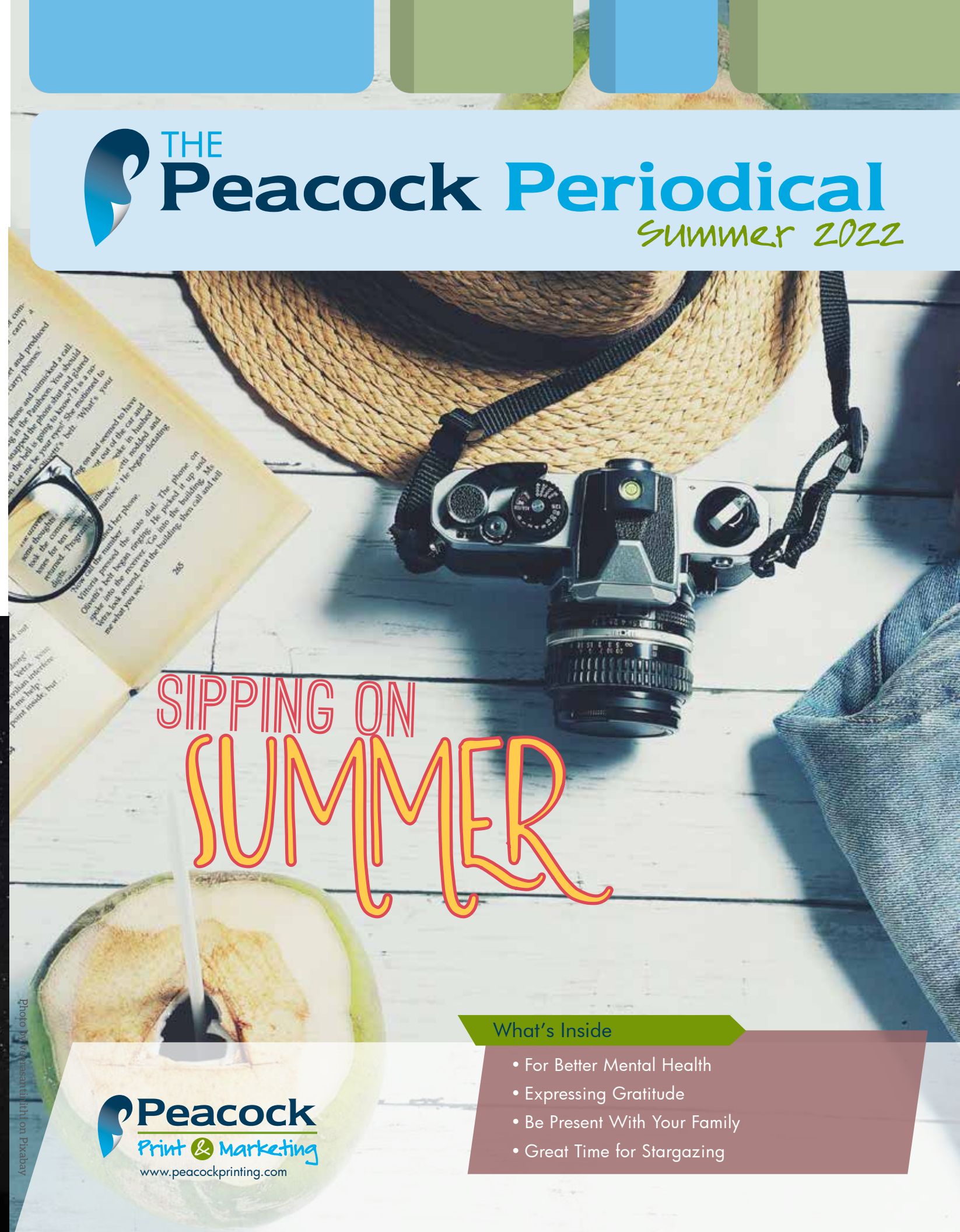
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THE Peacock Periodical

SUMMER 2022



SIPPING ON SUMMER

What's Inside

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Great Time For STARGAZING

Here's something to do that costs almost nothing and carries the promise of awe: Look at the sky.

Humans have been stargazers forever, wondering in ancient times if the points of light were holes in the heavenly veil, offering a glimpse of the light of heaven. But even ancient civilizations knew the paths of the stars and were guided by the North Star (Polaris).

Today, light pollution from cities means that your yard might not be the ideal spot to watch the heavens, so you might need to pack up a blanket and some snacks, throw the kids in the car and drive to a good dark sky location. Visit www.darksky.org/our-work/conservation/idspfinder/ to look for a good spot near you.

And if you want to know when certain planets are visible, when you can catch a good meteor shower, whether the moon is doing something spectacular or if you're just curious about what you might see, there's a tool for that, too. Visit www.space.com/33974-bestnight-sky-events.html to see a calendar of night sky events and stargazing maps. The website includes handy visuals, so you know what to look for when you scan the horizon.

If you're rusty on your constellations or never took the time to learn them, there are more free tools that can help you and your family get the most out of your stargazing excursion. Download the free Star Deck constellation and astronomy flash cards (https://facstaff.bloomu.edu/mshepard/star_deck/star_deck.htm). The Star Deck is available in both English and Spanish.

There are also a number of free apps available to help walk you through your journey to the stars. Try SkyView, available from the Apple and Google app stores. Of course, be aware that with your phone lighting your surroundings, your eyes might not adjust to the night sky as well, and you might miss the show.

Photo by Ilya Panasenko on Unsplash

Photo by vjanesathithi on Pixabay

FOR BETTER MENTAL HEALTH:

Do Housework, Gardening Or Play A Sport

Digging in the dirt has long been known as a way to relax and "let the world go away." The great thing about fooling around with plants: If it's your yard or garden, you can do whatever you want whenever you want and as fast or as slow as you want.

Now, researchers at the

University College in London say organizing your space (not dishwashing or other routines) for about 20 minutes can have the same stressbusting effect. They found that engaging in a domestic project for just 20 minutes at a time on one to three days a week reduced the odds of psychological distress by 24 percent.

Sports activities showed the greatest psychological benefits and the clearest relationship between increased activity time and greater mental well-being.

Whether a physical activity is on the tennis court, in the garden, or in the house, it reduces mental distress.

Photo by cottonbro on Pexels

EXPRESSING Gratitude

How much does recognition and reward matter in business?

According to research by consultant O.C. Tanner, 79 percent of employees who quit their jobs say their work was unappreciated. And, about two-thirds of Americans say they weren't recognized even one time in the previous year.

These numbers suggest a huge deficit in the need for their work and efforts to be appreciated.

There may be times when zipping a memo to employees about their good work is needed. But here are the best ways for employers to express gratitude, according to Fortune.

1. Make it personal. Notes to a group are nice, but a specific note to a person who contributed something especially helpful is best.

2. Make it timely. A pat on the back for work done during the last five years is nice. But what would be great is thanks for a difficult job completed just now.

3. Make it sincere. Tell how a contribution contributed to the company success or culture. Tell why it meant something.

4. Make it relevant. One company, recognizing that employees have struggled to home school, created complimentary tutoring programs.



Photo by George Podeltch on Pexels

Be Present With Your Family

People can be so busy, with complicated lives and many obligations that they forget to enjoy the present and the little moments that matter.

So much of the time that parents spend with their children has a habit of becoming a chore. Feeding, changing diapers, tantrums and late nights becoming grueling tasks and not special moments. This is especially true if your mind is at home during work and at work while at home.

According to AFineParent.com, there are lots of ways to stay in the present with the family:

Enjoy the messes: Children often learn by making messes and exploring the world in their own way. They are still delighted by new feelings such as squishy mud and smells in the garden

Help when asked: When a child asks for help it is because they consider that thing to be crucial. Learning when to say no is also important, but recognize that this is how they feel.

Accept the bad times: Holding a sick child at 3 a.m. can be dreadful for a parent. Accept the situation and don't ask for a cosmic answer about why this is happening now.

Put away your toys: Putting away the phone allows for engagement with the kids -- and even pets, who are also abandoned by technology.

Keep the conversation going: Talking to children is one of the best ways to help them learn and grow so don't be afraid to chat, even in public.

Relive it through writing: Tiny little events and moments are something to be cherished later. Why not write down just one sentence a day to capture the highlights.

Photo by Vitoldia Klein on Unsplash

PRINT CORNER

COPY EDITING MARKS

SO SERIOUSLY, WHAT DO THESE WEIRD SQUIGGLES MEAN?

They aren't long-lost decedents of another language, they are symbols developed to make text and punctuation edits highly visible and concise.

delete 
Remove unneeded letters or ~~superfluous~~ words.

capitolize =
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add comma ^
Think of it of a comma with a little, ^cute roof.

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No need to memorize these marks - Adobe Acrobat provides great comment tools, try one today!

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