

# GOOD NEWS SUNDAY FAIRFIELD

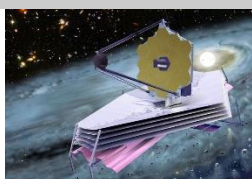
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55<sup>th</sup> edition – January 23, 2022



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This is our 55<sup>th</sup> edition, bringing you good news, inspiring stories, and useful information.

You may recall Al's Angels from our [52nd edition](#). This week, we had the chance to interview Mr. Al DiGuido, the founder of Al's Angels.

First you need to know a little about Al's Angels. Al's Angels is a local organization that helps families whose younglings have life-threatening illness and they are in financial hardships. It all started when Al went to an event to help families whose children were sick and they did not have enough money. After he heard their stories, he was determined to help. He thought that instead of families needing to ask for help they should always have someone who would be ready to help them. He wants all families to be safe and healthy.

Al's Angels started-out as parties where you would bring money to donate to Tomorrows Children's Fund or <https://www.childfund.org/>. Al's Angels has expanded and grown more in the past 25 years. They now have helped over 3,200 families. Last year they donated 20,000 toys to kids. Al's Angels has around 8,000 people involved including local groups, clubs, Boy Scouts and Girl Scouts. "Everyone is getting involved." Al says.

"I wish I did not have to do what I am doing; I wish there were no children having to battle cancer and other diseases." Al said. "As long as there are kids who need help, I will continue to do what I do." Al told us. "My greatest success is to help other people. I think it is important for people of all ages to spend some of their own time helping other people. You can always find time to help others."

To donate, volunteer, and to learn more go to [www.alsangels.org](http://www.alsangels.org).

### James Webb Telescope

The Hubble telescope is one of the most famous telescopes. It orbits the earth and takes pictures of outer space. We have probably seen at least one photo taken by the Hubble telescope. Well, now NASA has launched a new telescope called the James Webb telescope. This new telescope is more advanced and will start being operational soon.

James Webb was launched on December 25<sup>th</sup> on a Ariane 5 rocket into an L2 orbit which is at about 1 million miles away from earth. It is orbiting around the sun and staying close to earth. At full orbit it will be almost four times the distance from earth than the moon is. The moon, earth and telescope will stay in line.

The way it orbits helps with running the telescope. The side that faces the sun is heated to around 185 degrees Fahrenheit while the side facing away is at about -388 degrees Fahrenheit. Separating these two is a sunshield that gives the cold side the equivalent of 1 million SPF protection. The reason that the shield is there is because the telescope mostly measures infrared light that can sometimes read as heat so the instruments have to be protected from all heat even from the satellite itself. On the hot side, there are the rockets that make adjustments to the course of the telescope. There is a solar panel and a communication antenna because that side points to the sun and the earth. The communication antenna downloads and sends data to and from Earth through the Deep Space Network which is a network of antennas around the world that can communicate with satellites. And lastly the computer that runs the satellite is on the hot side. On the other side there is a big array of mirrors and lenses that redirect infrared light from distant objects into a set of instruments that capture the image.

The James Webb telescope is almost done with deploying the equipment. It will reach its final orbit soon and will start to be operational. This telescope is a big leap in our capabilities to study space and will help us understand more about our universe. The details about the telescope are very interesting so to learn more go to [Webb's Launch GSFC/NASA](#).

### Fun Facts

- The James Webb weighs 14,000 pounds which is as much as a full sized school bus
- There are rubber shock absorbers that cushion the main mirror
- The mirrors on the telescope have a thin layer of gold on them to improve the reflection
- It is roughly the size of a tennis court
- Even the smallest of tremors in the telescope will cause blurry photos
- The main mirror is made of beryllium which is light and can withstand the below freezing temperatures

Thanks to [James Webb Space Telescope Facts | UArizona Research, Innovation & Impact](#) for the fun facts.

**Quote of the week.**

“You are never too young to help.”

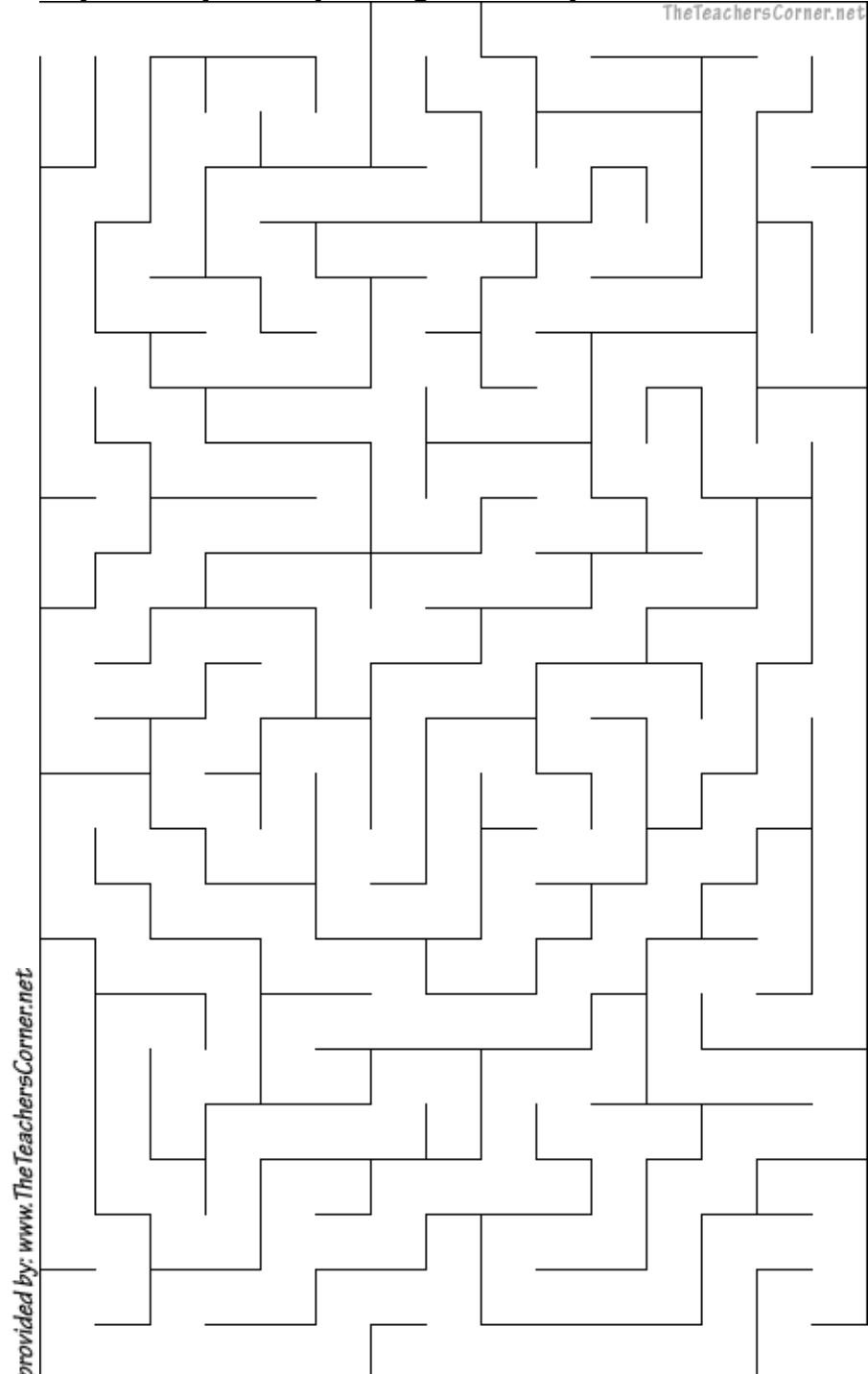
- Al DiGuido

“The world needs more people to help other people.”

- Al DiGuido

**MAZE CRAZE**

Can you find your way through the crazy maze below?



## Announcements



Although resolutions sound like a good idea, people often set themselves up for yet another failure.

Statistics show that somewhere in the vicinity of **97% of New Year's resolutions will be discarded**, about half of them by the end of January! **That's why I say "practice resolution absolutism!"**

There is only one secret to making a change. **Decide whether the commitment is a worthy one.** If making a commitment to getting and staying fit is **important to YOU** (not your spouse, your kids, or your doctor)... then you'll have a better chance of achieving your goal.

Scott Fitzgerald got it right when he said "**Vitality** shows not only in the ability to persist, but in the ability to **start over**." If I can help you get fit (finally) **this year** - all virtual!- Let's chat- no obligation... I've been helping folks figure out fitness for over 30 years, maybe I can help you, too. [Linda@FitTraining.net](mailto:Linda@FitTraining.net) - [FitTraining.net](http://FitTraining.net)

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### Thank you!

We want to thank Brenda Kupchick for writing about us in her weekly update which is at [First Selectwoman News - Town of Fairfield, Connecticut \(fairfieldct.org\)](http://FirstSelectwomanNews-TownofFairfieldConnecticut.fairfieldct.org).

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### **ABOUT US**

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Have a great Sunday!