

# CONNECTION

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## AUGUST 3 - NATIONAL WATERMELON DAY

Some of us love watermelon and consider it one of the most delicious summer fruits. Others disagree. "I've been given watermelon, I don't like the taste that much," said Andrew N.

Watermelon has been around for a good long time, in fact, there is evidence from seeds in Pharaoh tombs of watermelon cultivation in Ancient Egypt.

Watermelon is one of the fruits lowest in calories — only 46 calories per cup. That's lower than other low-sugar fruits such as berries. One cup of watermelon has many other nutrients as well, including these vitamins and minerals:

- Vitamin C: 21% of the Recommended Dietary Allowance (RDA)
- Vitamin A: 18% of the RDA
- Potassium: 5% of the RDA
- Magnesium: 4% of the RDA
- Vitamins B1, B5 and B6: 3% of the RDA



Seedless watermelons were initially developed in 1939 by Japanese scientists. Farmers of the Zentsuji region of Japan found a way to grow cube-shaped watermelons by growing the fruits in metal and glass boxes. Cube watermelons are common in Japan, but they are essentially ornamental and expensive, with prices as high as \$100. Since the advent of the cube watermelon, other watermelon shapes have been introduced, such as hearts and pyramids. Square melons are also available in other countries now, and there are Youtube videos showing how to grow a square watermelon if you are interested in learning how it is done.

Watermelons are called "watermelons" for a reason—they're 92% water, which makes them the perfect refresher for hot summer days. The heaviest watermelon to date was grown by Chris Kent, of Sevierville, Tennessee, in 2013. It weighed in at 350.5 pounds!



# AUGUST 2021 NATIONAL DAYS

**August is named after Augustus Caesar, founder and the first emperor of the Roman Empire. It was originally 30 days in length, but an extra day was added so that it would equal the number of days in July, which was named after Julius Caesar.**

- 8/1 - Respect for Parents Day
- **8/3 - National Watermelon Day**
- 8/4 - National Chocolate Chip Cookie Day
- **8/7 - National Lighthouse Day**
- 8/9 - National Book Lovers Day
- 8/15 - World Honey Bee Day
- 8/16 - Elvis Presley died at his Graceland estate in Memphis, Tennessee, at age 42 on August 16, 1977. Fans of Elvis Presley mourn each Aug. 16th
- 8/17 - National I LOVE My Feet Day! and Black Cat Appreciation Day
- **8/19 - National Aviation Day**
- 8/22 - National Tooth Fairy Day
- **8/26 - National Dog Day**
- **8/30 - National Beach Day**



## MOURNING THE LOSS OF THE KING-8/16

We all know that Elvis was called the King of Rock 'n' Roll, but did you know that Elvis has been inducted into five Halls of Fame? He was inducted into the Rock 'n' Roll, Country, Gospel, Rockabilly and R&B Halls of Fame! Timeless Elvis still holds the record for Most Top 40 hits at a 114 total.

Elvis was born in Tupelo, Mississippi and he received his first guitar on his 11th birthday. Elvis' first movie was "Love Me Tender" and was released in 1956. That same year, Elvis received his first gold record for "Heartbreak Hotel."

Professional Elvis impersonators work all over the world as entertainers, and such tribute acts remain in great demand due to the unique iconic status of Elvis. In the mid-1970s, Andy Kaufman made an Elvis impersonation part of his act. He is considered to be one of the first notable Elvis impersonators and even Presley himself supposedly said that Kaufman was his favorite impersonator.





# Our Phase 1 Students Returned to In-Person Classes Last Month - It Feels So Good to be Back!





# CH&S August Birthdays



8/2 - Tess  
8/7 - Bruce  
8/8 - Arthur  
8/11 - Jonas

8/13 - Yvette  
8/17 - Melissa  
8/25 - Zayde

## 8/22 - National Tooth Fairy Day



[@Communityhomesandservices](https://www.instagram.com/Communityhomesandservices)

Special thanks to  
Andrew N. who was a  
BIG help with the  
research and writing  
that goes into putting  
this newsletter  
together!

In 1927, Esther Watkins Arnold printed an eight-page playlet for children called "The Tooth Fairy." This was the same year Sir Arthur Conan Doyle "proved" his claim that fairies and gnomes are real and "verified" with pictures of two little girls surrounded by fairies (right).

The world was ripe with imagination and primed to have a tooth fairy about to come collect the lost teeth of little boys and girls then leave a coin or two behind.

Arnold's play began to be performed in schools the following year, and the tooth fairy has been slipping into homes ever since. She (or he) started leaving nickels and dimes under the pillows of sleeping children.

Research finds that belief in the Tooth Fairy may provide such comfort to a child experiencing fear or pain resulting from the loss of a tooth. Some families leave a note with the payment, praising the child for good dental habits.

It's believed that the Tooth Fairy uses these teeth to help build the fairy community where she lives. Other times she will make jewelry for herself and her friends.

Is that cool or kind of creepy?



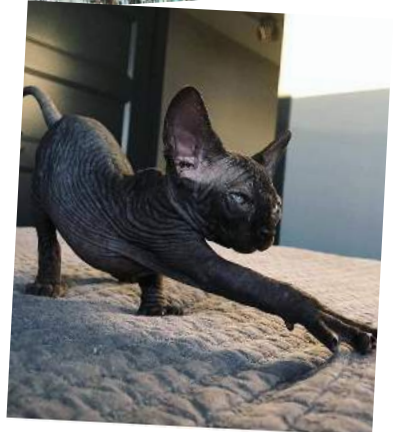
The Cottingley Fairies appear in a series of five photographs taken by Elsie Wright (1901–1988) and Frances Griffiths (1907–1986), two young cousins who lived in Cottingley, near Bradford in England.

Check out  
the CH&S  
online class  
schedule

[http://communityhomesandservices.com/whats\\_new.html](http://communityhomesandservices.com/whats_new.html)

# 12 Questions with Harold

1. **Name/job title:** Program Manager at Enterprise
2. **What is your favorite color?** Dark blue
3. **What is your favorite magical or mythological animal?** Dragon
4. **If you had to eat one meal every day for the rest of your life what would it be?** Mom's lasagna
5. **What would your superpower be and why?** The ability to fly cause I want to travel, but I'm afraid of airplanes.
6. **What is your theme song?** "Big Poppa" by Biggie Smalls.
7. **If aliens landed on earth tomorrow and offered to take you home with them, would you go?** No way.
8. **What is your favorite ice cream flavor and ice cream topping?** Mint chocolate chip and hot fudge.
9. **What is your favorite time of the day and why?** Late night—it's my alone time.
10. **What fruit or vegetable would you most want to be?** Pineapple
11. **60s, 70s, 80s, 90s: Which decade do you love the most and why?** 90's—I was still athletic
12. **What's your favorite sandwich and why?** Salami and pepper Jack cheese. Love me some salami.



## 8/17 - Black Cat Appreciation Day

Have you ever feared a black cat crossing your path? This is from ancient superstitions where people thought this meant bad luck. National Black Cat Appreciation Day was created to dispel these negative ideas. Today, pop culture loves black cats: There's the sarcastic Thackery Binx in "Hocus Pocus", Salem in "Sabrina, the Teenage Witch," Pyewacket in "Bell, Book and Candle," and the cartoon black cat, Luna, in "Sailor Moon."

For many cultures and historical settings, black cats were seen as positive things. Black cats were seen as loyal companions. Some people believed that a visit from a black cat means good luck, and for others it meant prosperity or romance. In some cultures black cats were even worshipped.

So, what's to blame for this negative black cat spin? Superstition! During the Middle Ages, the Catholic Church saw witches as shape-shifting black cats. From then on, black cats were seen as evil entities. But we need not see black cats this way. Check out these cuties (left). Yes, the one on the bottom is a black, hairless, sphynx cat.



# Andrew's Corner

## Baby Seagulls



<https://wildlifeambulance.org/advice/gulls/>



The seagulls and babies that Andrew saw in Santa Cruz.

Seagulls range in size from the little gull (which is the smallest of seagulls) to the great black-backed gull (which is the largest of seagulls). The tails of seagulls are usually rounded except for Sabine's gull and swallow-tailed gulls, which have forked tails, and Ross's gull, which has a wedge-shaped tail.

Seagulls put their nests in sea-cliffs, sand dunes, islands on the coast and inland and other inaccessible locations. Seagull chicks had different feathers than their parents as first year juveniles have blotchy grey, black and white feathers (above).

Second year juvenile seagulls have more white feathers than the brown flecks they used to have and they also have a more pink colored beak.

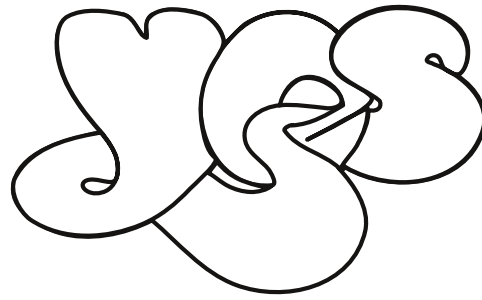
By the third winter, Seagulls will appear more like their parents as they have a whiter head and neck with less brown streaks, a light grey wing with some brown dark grey feathers and a yellowing beak.

The reason I chose to write seagull facts is because we saw lots of seagull parents with their cute babies on a wharf in Santa Cruz.

*Bio: Andrew Newson is a student at Life College and is 23 years old. He likes comic books, video games, hiking, exploring new places with his mom.... and babies. He is an authority in all things Star Wars, Star trek and great places to go in the Bay Area. He is currently learning Mandarin and loves learning new things*

# Philosophy Class: Who Are You?

## (aka The Ship of Theseus or The Band Yes)



[https://commons.wikimedia.org/wiki/File:Yes\\_logo.svg](https://commons.wikimedia.org/wiki/File:Yes_logo.svg)

We began our philosophical inquiry with the age-old question, **"Who am I?"**



Turns out the question "Who am I?" is not so easy to answer—but we gave it our best shots. Here are some of our answers/ideas:

- Carolyn's parents both worked in service industries and Carolyn sees herself as a wife, mother, and a caregiver.
- Yvette's grandma was an artist and Yvette is a prolific and inventive artist.
- Pam is a gardener. She is a kind person who loves to talk, exercise in the outdoors, and to help others.
- Meredith is a good person. She is honest, beautiful and a good artist.

- Connor is a student, a questioner, a pilot who is a deep thinker, and wants to find answers.
- Jake is a superhero, an animal lover (especially of dogs). He is gentle, kind, and a ladies man!
- New Katie is a new, revised personality who is calmer, more patient, and less angry than the old Katie. Katie is a masterful apologizer—girl could teach classes in how to give an apology!
- Zayde is a daughter, sister, mother, and wife. She considers herself a shy person and she is the VP of her women's church group.
- Andrew N. is smart, funny, caring and inquisitive.
- Darnell is a wife and mother who gets along well with people, treats people fairly, and she is a very thoughtful and considerate person!

We also discussed the thought experiment known as the Ship of Theseus, which asks the question, if Theseus's ship was around for 1000 years and over the years each and every part was replaced, is it the same ship?

The same question can be asked of the band Yes, which started in 1968. Yes is still touring, but none of the original members are in the band. So is that band still Yes? Or is it now a cover band? Opinions poured in from a variety of perspectives from the genealogical to the legal to "if it sound like Yes, it's Yes." We love philosophical discussions!



# Nutrition Class: Arugula, Blueberry, Toasted Walnut Salad with Corn (and More)



Alison taught us how to make a delicious salad chock full of healthy ingredients. We were a mixed audience—some students joined the Zoom class from home while some students joined from Enterprise and Life College.

Alison was inspired by this recipe:

[www.daisybeet.com/blueberry-basil-salad-with-avocado-and-farro/](http://www.daisybeet.com/blueberry-basil-salad-with-avocado-and-farro/)

"I forgot to get an avocado," said Alison, "I also used red wine vinegar instead of balsamic and quinoa instead of farro. 'Use what you have,' I call it!! I added some cabbage and corn too!"

(Left) Arugula is a leafy green with a distinctive, peppery flavor that originated in the Mediterranean regions of Morocco, Portugal and Turkey. It is also called rocket, rucola and Italian cress.

This delicious green is nutrient dense, high in both fiber and beneficial phytochemicals, which are compounds in plants that contribute to their color, taste and smell. Arugula is also full of antioxidants, which can reverse damage to your cells.

*Ocimum basilicum* (the scientific name for basil) grows in many places around the world. Many people grow basil in their kitchens or gardens. There are more than 60 varieties of basil, with sweet basil being one of the most widely used.

(Left) Alison's salads are beautiful, delicious, and healthy!!



## We Do So Many Different Activities!



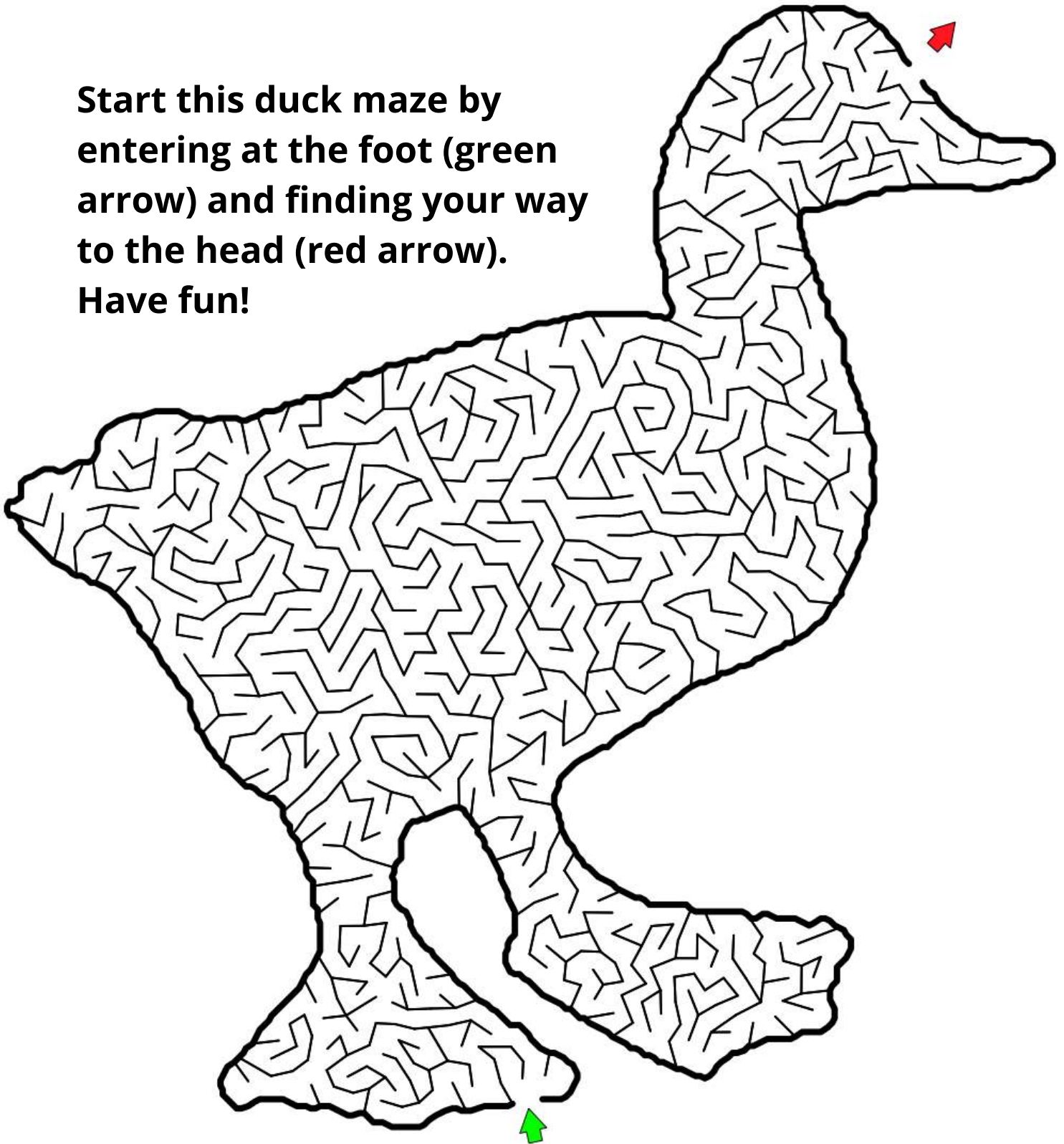
## We are looking for instructors!

Our non-profit organization provides unique and valuable resources to people who have intellectual/developmental disabilities and/or other complex issues. We are looking for people who are just right: intelligent, creative, stable, organized, funny, enthusiastic, personable, poised, dedicated, etc., etc., etc., etc.!

Experience with teaching is a plus. Experience with working in developmental services is a plus. Appreciation and grasp of Positive Behavioral Support is a plus. A sense of humor is a big plus and a must! Work hours are Monday-Friday, 8:00 am – 4:00 pm.

Send resume and cover letter to [cwalker@communityhomesandservices.org](mailto:cwalker@communityhomesandservices.org) or call (415) 408-3604.

**Start this duck maze by entering at the foot (green arrow) and finding your way to the head (red arrow). Have fun!**





# We Are in Need of a Used Van or Car

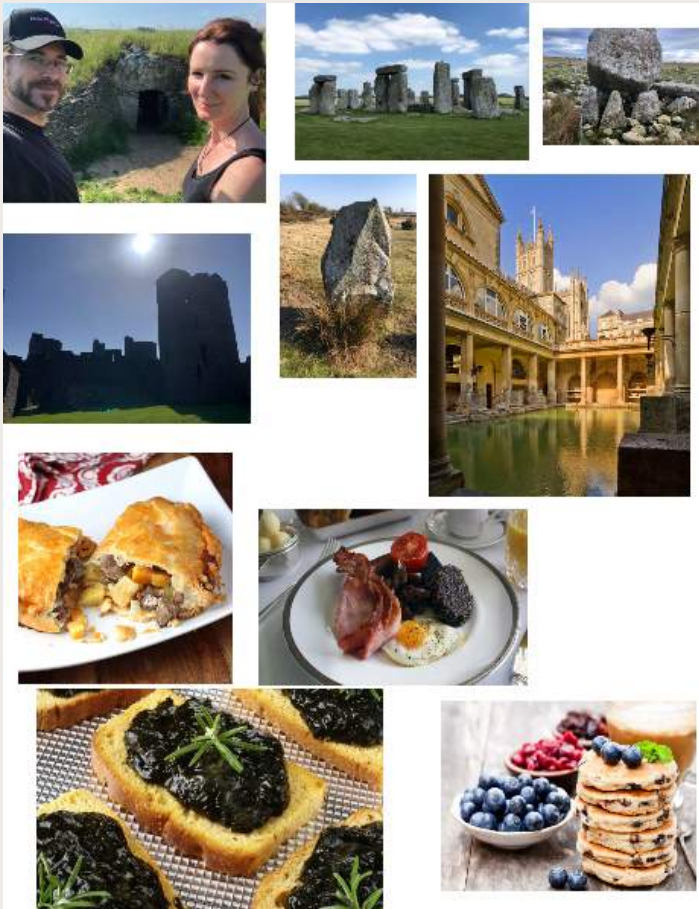
Going from place to place in vans packed with people is just not a good look for us, especially in Covid times. We are looking for used cars or vans to add to our fleet. They don't have to be pretty... but safe and reliable... yes! We purchased "Old Blue" (right) in 1998 when we first opened. While it has become a little less trusty and a lot more rusty over the years, it is still dearly loved.

All donations to CH&S are tax-deductible. CH&S is a 501(c)(3) non-profit organization. If you have an operable vehicle that you would like to donate, please call Chas at (707) 953-3852.



## Instructor Matthew Taught Via Zoom From Wales For Most Of The Pandemic!

**Here he has written his own travel brochure...**



Wales is a wonderful place with so much history that you would be hard pressed to turn any direction without seeing or, in some cases, tripping over it. With Neolithic (Stone Age) stone circles and standing stones, Bronze Age burials, Celtic cairns, Roman cities, Nordic long-house settlements, and the numerous castles built during the 12th and 13th centuries constructed by the English and Normans as they invaded, you can visit something new every day for a year and still have plenty to see three years later.

In complete continuation with Welsh history, the country, today, continues to be a diverse population making it a treasure trove of a cultural hub in the British Islands. Restaurants galore with cuisine from the world over can be found in every major city and you'll never be searching far for any Mediterranean eats, but the local foods are nothing to pass by. From their pastries to their pasties, from breakfast to dinner, Welsh dishes are hearty meals any time of the day.

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# August 2021 Connection Magazine

## National Smile Week The Second Week of August

The second week of August marks National Smile Week. Your face has 44 muscles that can form up to 5000 expressions, and many of those expressions incorporate smiles!

Smiling has been shown to:

- Reduced blood pressure
- Increased endurance
- Reduced pain
- Reduced stress
- Strengthened immune system

Idea: *Post-It-Note Challenge* – Gather 10-20 colorful post-it notes and write down people, places or things that make you smile. Stick the post-it-notes someplace you'll see every morning to start your day.

We accept and appreciate donations of any size or kind. All donations to CH&S are tax-deductible. CH&S is a 501(c)(3) non-profit organization.

