

CONNECTION

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Community Homes & Services

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The Dog Days of Summer

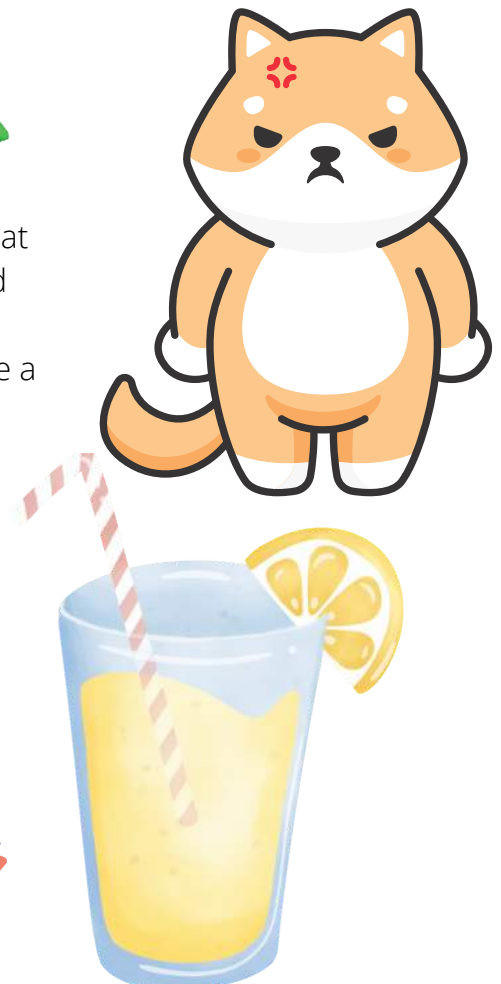
According to the Farmer's Almanac, the "Dog Days" of summer are July 3rd to August 11th each year. They're usually the hottest and most unbearable days of the season. We don't know where the expression originated; some think it's a reference to the hot, sultry days that are "not fit for a dog" while others suggest it's the time of year when the extreme heat drives dogs mad.

SUMMER

But there's another possibility, too. Most dogs seem to know just what to do when it's hot: they plop down in the coolest place they can find and ride out the heat by moving as little as possible. Maybe that's a good way to think of the *dog days of summer* - the days when we take a cue from our canine friends and relax. Such days pair well with a tall glass of lemonade and a good book.

...Or a good monthly magazine

So join us for this *dog days of summer* edition of Connection (shade and cold beverage not included).



Dog Idioms: We're All Going to the Dogs!

by Darnell with help and fun commentary
from students Nino , Andrew, Iris, and Connor

Okay, that's not really true, since this idiom means things are getting worse than they have been , and here at CH&S things get better and better. But idioms are fun to say! Here are some dog-flavored idioms, brought to you by some of our staff's favorite dogs:

Here is Gingi (right), Russell's little lady. She wants to tell you that you **CAN teach an old dog new tricks**. "Maybe you can't teach old humans new tricks, but we can always learn new tricks!



Willow (left), my future DIL's (daughter-in-law's) pup wants you to know she's **dog tired**. She's really tired. She is somewhere near the Arctic circle, where the sun won't set pretty much all summer! She's never sure when to sleep... so we know why she's dog-tired.

Say hello to good dog Zeke. Better known Jennifer's very own Meatball. He wants to tell you that **his bark is worse than his bite**. In other words, he is more likely to drown you with kisses than to be mean. That is what makes him "Good Dog Zeke" (left).



A very young and adorable Chris (right) and his puppy Sadie are having their very own **dog day afternoon** (the hottest time of a summer's day). She's darn cute, that's all I know!



(Bottom right) Here is Harold with Charlie. Charlie's got a great sense of humor and just said to Harold "Hey, are you **barking up the wrong tree**! Get it? Barking? Bwahahaha!" He is quite a character!



This happy pup (left) is Snuggles who is pals with Thea. Perhaps the reason why Snuggles is so happy is that she is **like a dog with two tails**! Which pretty clearly means very happy!

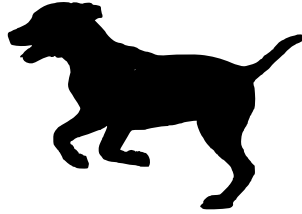


More Doggone Idioms!

by Darnell, Nino , Andrew, Iris, and Connor

An idiom is defined as: a group of words established by usage as having a meaning not deducible from those of the individual words (e.g., rain cats and dogs, see the light). Here are some more dog-related idioms:

- "Let sleeping dogs lie."
- "It's a dog-eat-dog world."
- "Sick as a dog."
- "Hair of the dog."
- "The tail wagged the dog."
- "Puppy dog eyes."



(Top right) This is Osita Herrera. She resides with Zayde and her family. She wants to know what's up with the term **dog-eared**. It means a bit worn, like an old book. She wants to know what *that* has to do with dogs, and she is currently lobbying to have the term changed to "cat-eared." She says "dogs rule and cats drool," whatever that means!

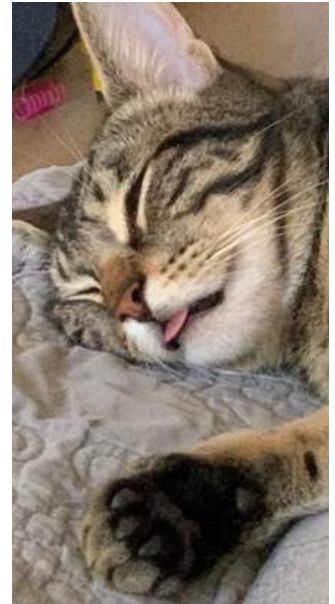
(Below) Louie is also Chris' dog and he is channeling his inner Snoopy when Snoopy was geared up to fight the Red Baron—he is a Beagle, after all. He says to tell you all that **every dog has its day**, but *he* takes issue with the word "*it*."



(Right) It's Willow again! She is enjoying the **dog days of summer** which means nearly the same thing as **dog day afternoon**, referring to the hottest days of summer.



(Furthest right) Joe's cat, Woody, would like to give his opinion on this whole article. He says dogs are just stupid and he's going to bed.



Chicago Dogs

by Jennifer

We made Chicago Dog bookmarks after our Chicago Armchair Travel class. The anatomy of a proper Chicago dog (from bottom to top): poppy seed bun, all-beef hotdog, yellow mustard, sweet relish, tomato slices, diced onions, kosher pickle spear, sport peppers, and celery salt.

CH&S August Birthdays



8/2 - Tess
8/7 - Bruce
8/8 - Arthur
8/11 - Jonas
8/13 - Yvette
8/17 - Melissa

12 Questions with Mike

1. **What is your favorite color?** Red, like the old fashioned cinnamon candy.
2. **If you had to eat one meal every day for the rest of your life what would it be?** Pepperoni pizza from Round Table.
3. **What breed of dog would you be?** A German Shepherd.
4. **What is your theme song?** "Fingertips" by Stevie Wonder.
5. **What is your favorite ice cream flavor and topping?** Orange sherbet.
6. **What is your favorite holiday?** Christmas.
7. **What is your favorite time of day?** Nighttime.
8. **What is your favorite movie?** *Sister Act*
9. **What is your favorite way to stay in shape?** I like to use the elliptical machine at the YMCA
10. **What is your favorite sandwich?** Salami, jack cheese, and mustard on French bread.
11. **What is your favorite place to visit and why?** Hawaii. I like to spend time with my family and friends there.
12. **What is the favorite thing you've purchased this year?** A cup of coffee with cream and sugar!



Mr. Happy Face

Last June, the New York Times announced: "Mr. Happy Face, a Chihuahua Mix With a Mohawk, Crowned World's Ugliest Dog." When we learned about Mr. Happy Face's big win, we fell instantly in love!

The Times went on to say that "Mr. Happy Face emerged [. . .] as the foulest of them all, winner of the 2022 World's Ugliest Dog contest." We disagree with the adjective "foulest"; we believe that beauty is in the eye of the beholder.

When he learned that Mr. Happy Face hailed from nearby Petaluma, Chris taught an art class where we beheld and payed homage to Mr. Happy Face. Check out the drawings by Cindy, Jian, and Chris!

Dog Breed Word Scramble

By Jennifer with students Dave, Tess,
Devlin, Aidan, and Nino

NMERGA DEERPSHH _____

BULGLDO _____

BAEIIRNS YKUSH. _____

LEODOP _____

HHUUAHCIA _____

HAUECZSRN _____

ITNOERP _____

DLARABOR _____

UPG _____

REXBO _____

UHDNASCHD _____

CLOEIL _____

PITULLB _____

COGRI _____

VALCIARE IGKN RLHEASC _____

NGOELD RERRTEVIE _____

AANMDTIAL _____

WIREOTRTEL _____

ST RAEDNBR _____

TUTM _____



Canine A.I.: Dogs From the Past (as Imagined by a Robot)

by Joe



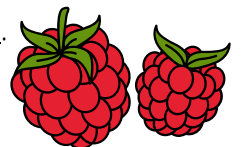
Bert: "A realist painting of a black dog named Rascal eating raspberries in Redwood City"

Artificial intelligence, or "AI" has made some big leaps recently. Here at CH&S we've been having a fun time using a program called DALL*E to create images based on written prompts. Since we're talking about the dog days of summer in this issue my group (Bert, Mike, Phoebe, Tyrone) took a shot at describing memories (and sometimes fantastical situations) that involve dogs we've known/would like to know.

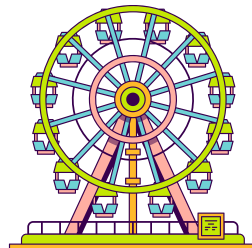
To determine the art style that DALL*E would use for each image we wrote down six popular techniques (impressionism, surrealism, expressionism, realism, cubism, and watercolor) and rolled the dice. Check out the images, as well as the written prompts that we gave to the AI to get them.

And for fun we gave it the list of ingredients that go in Bert's signature burrito (bottom right): "A surrealist painting of a burrito filled with cheese, mushrooms, tuna salad, stuffing, ketchup, mustard, peppers, mayonnaise, corn, and salad."

A.I. is quite intelligent and a great artist! Check it out!
Dall*e at <https://openai.com/dall-e-2/>.



Phoebe: "A watercolor painting of a big brown dog riding a Ferris wheel in a backyard in Oregon"



Mike: "An impressionist painting of a black dog named Tippy with a white tail eating popcorn"



YOU'VE HEARD OF CATFISH, BUT WHAT ABOUT PUPFISH?

Following our dog theme this month, we had a class on the the Devils Hole pupfish, so named because their faces are kind of puppy-ish. (Use your imagination on this one.) There is no apostrophe in "Devils Hole." They are the smallest pupfish species and grow to an average length of 0.9 inches. Yes, these iridescent blue puppies are tiny!



Life and Love

A poem by Meredith

My story is about...

Eat

Lunch

Cook

Toys

Ring

Make Bed

Back

Girl

Cake

Car

Sun

Run

Ride

Fire

We

I

Love

Get

Boy

The Devils Hole pupfish (*Cyprinodon diabolis*) has less than 100 individuals left in existence; they all live in an area less than 0.39 sq mi. It is one of the most unique habitats of any known vertebrate species on earth.

Devils Hole is 0.98 ft deep on one side, but on the other side, it branches into several caverns about 430 ft deep! It's so deep that the bottom has never been mapped.

Devils Hole pupfish are located in southwestern Nevada, east of Death Valley and they have been isolated 10,000 to 20,000 years. With such a small population, when the Endangered Species Preservation Act of 1966 was passed, the Devils Hole Desert Pupfish was the first to be labeled endangered.

Today, Devils Hole is protected by fences and cameras. In 2016, three men rammed the fence and broke in. To find out what happened, we listened to episode 192 of the Criminal podcast "The Devil's Hole Pupfish":

<https://podcasts.apple.com/us/podcast/criminal/id809264944?i=1000569243454>

Without giving anything away, let's just say, our actions may have wider repercussions than we think.

Work Like a Dog

By Jennifer with students Devlin, Connor, Nino,
Aidan, Yvette, and Andrew

For many households, a dog's job consists of companionship, home protection, and cleaning up the occasional dropped food off the floor. And these are all noble jobs, to be sure. While snuggling, barking at the mailman, and lurking under the kitchen table are time-honored dog gigs, some dogs have jobs that are a bit more unusual.

Detection Dogs: These dogs train to sniff out specific substances, ranging from drugs to explosives. Tracking dogs, firehouse dogs, police dogs, and military dogs may all learn to track missing individuals. Others could detect diseases, changes in blood sugar levels, or signs of seizures.

Delivery Dogs: Many remote places still rely on sled dogs to deliver food, medicine, and supplies to remote regions. Some popular breeds of dogs, such as collies and St. Bernards were bred specifically for pulling carts.

Up in the Air! It's a Bird! It's a Plane! It's a Dog!?: If you remember Darren's interview from last month's issue of Connection, you will know that he loves to skydive. And we are sure he appreciates dogs that jump out of planes for a living. There are skydiving rescue dogs that are flown into remote locations, and paratrooper military dogs. If you are wondering how one trains a dog to jump out of an airplane, it involves throwing treats out of the plane.

Show Biz: Devlin is a fan of dogs that have that Hollywood lifestyle of stardom! Dogs can be actors in tv and films, models for dog fashions, mascots, circus performers, and even hypnotists in magic acts. What show biz job do you think Devlin's dog Romeo Mike should get?

Critter Control: On a farm, herding dogs keep sheep, cattle, and other animals in line. Some dogs have been trained to hunt for rats. On a smaller pest scale, many museums employ dogs to sniff out beetles and moths that can damage priceless art. And airports have dogs patrol the runways to keep them clear of wildlife that might interfere with planes taking off and landing.

The Dog Will See You Now: Therapy dogs are specially trained to visit hospitals, retirement homes, and schools to offer emotional support. Is there a dog you know who would make a good therapy dog?

Has My Vote: Politics may be considered a dog-eat-dog world, and in some cases, that means a literal dog is elected mayor. Small towns in California, Minnesota, Kentucky, and Colorado have all had dog mayors. San Francisco even elected a chihuahua named Frida for one day in 2014.

Fetching for a Living: A London tennis club is training "ball dogs" to retrieve tennis balls at Wimbledon. The dogs were tested for their speed, agility, ability to jump over the net, and retrieval. Unfortunately, the one aspect of the job the test dogs were not too keen on was giving the ball back. Players reportedly had to play a bit of tug-of-war in addition to tennis.

SUMMER WORD SEARCH

WITH RIDDLE

Find the words in the Word Search. Color each word a different color. When you have found them all, go across the rows and write the letters that are left on the lines below. This will give you the answer to a summer riddle.



beach



waves



sand



popsicle



shells

f	p	s	w	b	e	a	c	h
l	i	p	h	h	e	n	s	s
i	n	o	y	e	o	u	a	u
p	e	p	a	r	l	e	n	n
f	a	s	e	a	t	l	d	g
l	p	i	i	n	g	a	s	l
o	p	c	w	a	v	e	s	a
p	l	l	w	a	t	e	r	s
s	e	e	m	e	l	o	n	s
s	u	n	s	h	i	n	e	e
s	a	i	l	b	o	a	t	s



sunshine



flipflops



sailboat



pineapple



sunglasses

When should you go at red and stop at green?

Answer: _____

8/12 IS NATIONAL VINYL RECORD DAY

by Joe

National Vinyl Record Day is August 12th. The celebration of plastic music was first proposed by a guy named Gary Friberg as a way of honoring the format, as well as the recording artists, record collectors, and record manufacturers. "The objective of Vinyl Record Day is to remember that, whatever we go through on a personal or national level, life has its goodness. Music is the primary vehicle to our fondest memories, Vinyl Record Day is to celebrate and remember them," Friberg said.

Music is a pretty honest artform. People know what music they like or don't like just by listening—no context required. This means that any music can be enjoyed by anyone, regardless of age, location, or background. Because of this, music can bring us together in unique ways. If you like "Lean on Me" and I like "Lean on Me," how different can we be, really?

We surveyed a few students at CH&S to find out what kind of music they like, and the results weren't surprising—we have *great* taste! Do you share any favorites with us?

- Tess loves Pink Floyd.
- David Friedlander can't get enough of Guy Lombardo and his orchestra.
- Steve Fine Can't Drive 55.
- Phoebe can pick out a Stevie Wonder tune before the singing even starts.
- Frank has become a big Bonnie Raitt fan over the past few months. "I Can't Make You Love Me" on repeat!



Tess and John, Paul, George, Ringo, Mae West, Aldous Huxley, Marlon Brando, Shirley Temple, Marilyn Monroe, etc...



Dave and some Guy

VINYL RECORD DAY CONTINUES

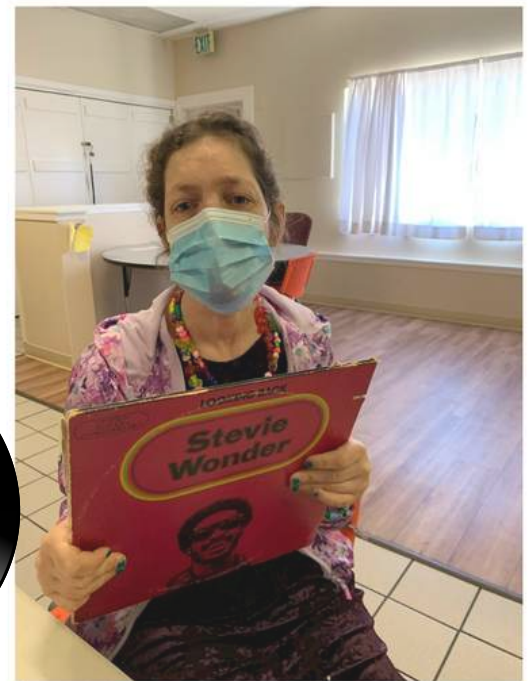
by Joe

- Bert has seen Thriller more times than anyone, probably.
- Valerie likes everything from Kenny Rogers to Madonna, but reserves a special place in her heart for 80s soundtracks.
- Karen is our resident Beatles expert.
- Tyrone, a patron of several record stores in the Marin County region, spends his hard earned money on albums by NSYNC, Al Green, Tupac, and Seal (just to name a few).
- Jake can't help but wonder why there are so many songs about rainbows.

So how are we supposed to celebrate Vinyl Record Day? By listening to records, probably!



Mer and Engelbert



Phoebe and Stevie

WELCOME TO NEW INSTRUCTOR JEHANN!

Jehann joined the Enterprise Day Program staff last month so let's all gather 'round to give her a warm welcome!

Here's some interesting facts about Jehann:

- Her favorite color is pink.
- She says that she is not a good cook, but that she *loves* to cook. Her favorite dish is *sinigang* which is tamarind soup with pork!
- Lately, she's been watching *Stranger Things*, *Schitt's Creek*, *Big Bang Theory*, and *Friends*.
- She has a pet choweenie (chow dog + dachshund) who lives in the Phillipines. We love choweenies!



Bay Model Visitor Center

The U.S. Army Corps of Engineers Bay Model in Sausalito is a working model of the San Francisco Bay and Sacramento-San Joaquin River Delta System. While the Bay Model is no longer used for research, it is open to the public alongside educational exhibits about Bay hydrology.

We had lunch in front of the Bay Model which has a great view of the 132-foot wooden tall ship Matthew Turner which was completed in 2013. We ate while watching stand up paddle boarders and kayakers, then we walked through the Bay Model Visitor Center to learn about the hydrology and geology of the Bay.



Courtney with one of her favorite dogs...



Facts about the SF Bay:

- The Bay stretches up to 13 miles side-to-side and 40 miles top-to-bottom.
- How many islands are in the Bay? 18 to 48 depending how you count. (Who knew island counting was so subjective?)
- At the highest tide, a quarter of the Bay's volume—500 billion gallons—flows in and out of the Golden Gate.

Remember when...?

Remember Annual HotDOG Day?



Taking a Beach Break and Making Some Four-legged Friends

with Carolyn, Tyrone and James



On hot days we can't resist going to the beach. Dillon Beach is located at Bodega Bay (near the mouth of Tomales Bay). The area includes a public access beach, as well as a private beach resort—the *only* private beach in California.

In the 2010 census, Dillon Beach had a population of 283 and in 2020, the population dropped to 246.

Since there is no place Tyrone enjoys more than the beach AND James is part jellyfish—a good time was had by all!



And yes, picking up a jellyfish is usually not a great idea, but since James is part jellyfish AND because moon jellyfish are generally harmless to people (according to this [NBC Bay Area webpage](#) which contains a video showing a reporter picking up a moon jelly), here's *James and the Jellyfish* (middle right)—that sounds like a great book title, doesn't it?

Overall, we highly recommend beach fieldtrips and fieldtrips in general—we've been indoors for far too long and it is so nice that the new normal includes parts of the old normal.

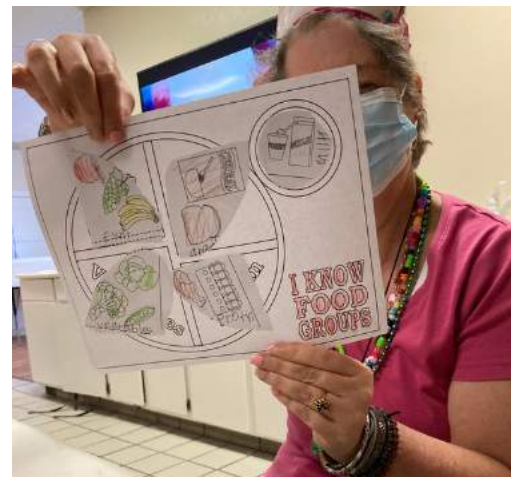


Food groups

There are five food groups: Fruits, vegetables, grains, protein, and dairy. Food groups simplify dietary recommendations by focusing on foods instead of nutrients. We cut out and colored examples from each food group and glued them onto our healthy plates.

Did you know...?

- Popeye was wrong! Spinach is NOT extraordinarily rich in iron. The misconception stems from a misplaced decimal point in 1870 that showed spinach had 35 grams of iron instead of its actual 3.5 grams. So we now know that spinach contains about the same amount of iron as other leafy vegetables.
- One cup of kale has more vitamin C than one whole orange! Vitamin C is an important water-soluble antioxidant that serves many vital functions in the body's cells. Kale is much higher in vitamin C than most other vegetables. Kale is also high in vitamin A, vitamin K and calcium. Pass the kale chips, please!
- Strawberries aren't technically berries! Strawberries are an aggregate fruit because they come from a flower with more than one ovary (berries come from flowers with one ovary). Berries also have their seeds on the inside of the fruit, so blackberries and raspberries aren't berries, while bananas, kiwis, and cucumbers are true berries!



Food Group	Subgroups	Sample Foods
Fruits	Whole Fruit*	apple, banana, orange, peach, pear, grapes, watermelon, cantaloupe, pomegranate, strawberry, pineapple, mango, raisins, grapefruit, cherries, raisins, 100% fruit juice, etc.
	Fruit Juice*	
Vegetables	Dark Green Vegetables	broccoli, collard greens, spinach, romaine, etc.
	Red and Orange Vegetables	carrots, red peppers, tomatoes, sweet potatoes, etc.
	Beans and Peas**	kidney beans, black beans, chickpeas, split peas, lentils, etc.
	Starchy Vegetables	white potatoes, corn, green peas, etc.
	Other Vegetables	mushrooms, summer squash, iceberg lettuce, avocado, etc.
Grains	Whole Grains	whole wheat bread, brown rice, popcorn, oatmeal, etc.
	Refined Grains	pretzels, English muffins, corn tortilla, grits, regular pasta, etc.
Protein Foods	Seafood	salmon, tuna, trout, tilapia, sardines, herring, mackerel, shrimp, crab, oysters, mussels, etc.
	Meat, Poultry, and Eggs	beef, chicken, turkey, pork, eggs, etc.
	Nuts, Seeds, and Soy	nuts, nut butters, seeds, soy products, etc.
Dairy	Milk and Yogurt*	milk, yogurt, kefir, cheese, cottage cheese, calcium-fortified soymilk, etc.
	Cheese*	

*While the Fruits Group and Dairy Group do not technically have subgroups, the 2015-2020 Dietary Guidelines for Americans recommend that Americans consume more whole fruits than fruit juice and more milk and yogurt than cheese. Whole fruit includes fresh, canned, frozen, dried, cut-up, and pureed fruit.

**Beans and peas can be considered part of the Vegetables Group or Protein Foods Group. They include key nutrients from both food groups.

Note: Americans are encouraged to choose foods in their most nutrient dense forms and to drink and eat less sodium, saturated fat, and added sugars. For example, in the Protein Foods group beef, chicken, turkey, and pork should be lean or skinless. Choices from the Dairy group should be low-fat or fat-free. And for canned vegetables, choose low sodium or no salt added options.



The USDA's Back to Basics: All About MyPlate Food Groups Chart:

<https://www.usda.gov/media/blog/2017/09/26/back-basics-all-about-myplate-food-groups>

Songs About Dogs

by Darnell

There is only one type of animal that has more songs written about them than dogs–human beings!

Here is a small sampling of songs, in no particular order, and all can be found on YouTube (some of the songs below have links, so click below to have fun singing to your favorite pup!)

"Cracker Jack" – Dolly Parton

"I Love my Dog" – Cat Stephens

"Martha my Dear" – The Beatles

"Little Boys Grow Up and Dogs Get Old" – Luke Bryan

"How Much is That Doggy in the Window" – Patti Page

"Who Let the Dogs Out" – Baha men

"Feed Jake" – Pirates of the Mississippi

"Hound Dog" – Elvis

"Old Shep" – Elvis

"Seamus" – Pink Floyd

"I Love my Dog" – Sublime

"Me and You and a Dog Named Boo" – Lobo

"Buy a dog" – Luce

"Bron-Y-aur Stomp" – Led Zeppelin

Honorable mentions (songs that mention dogs):

"The Weight" – The Band

"Mr. Bojangles" – written by Jerry Jeff Walker



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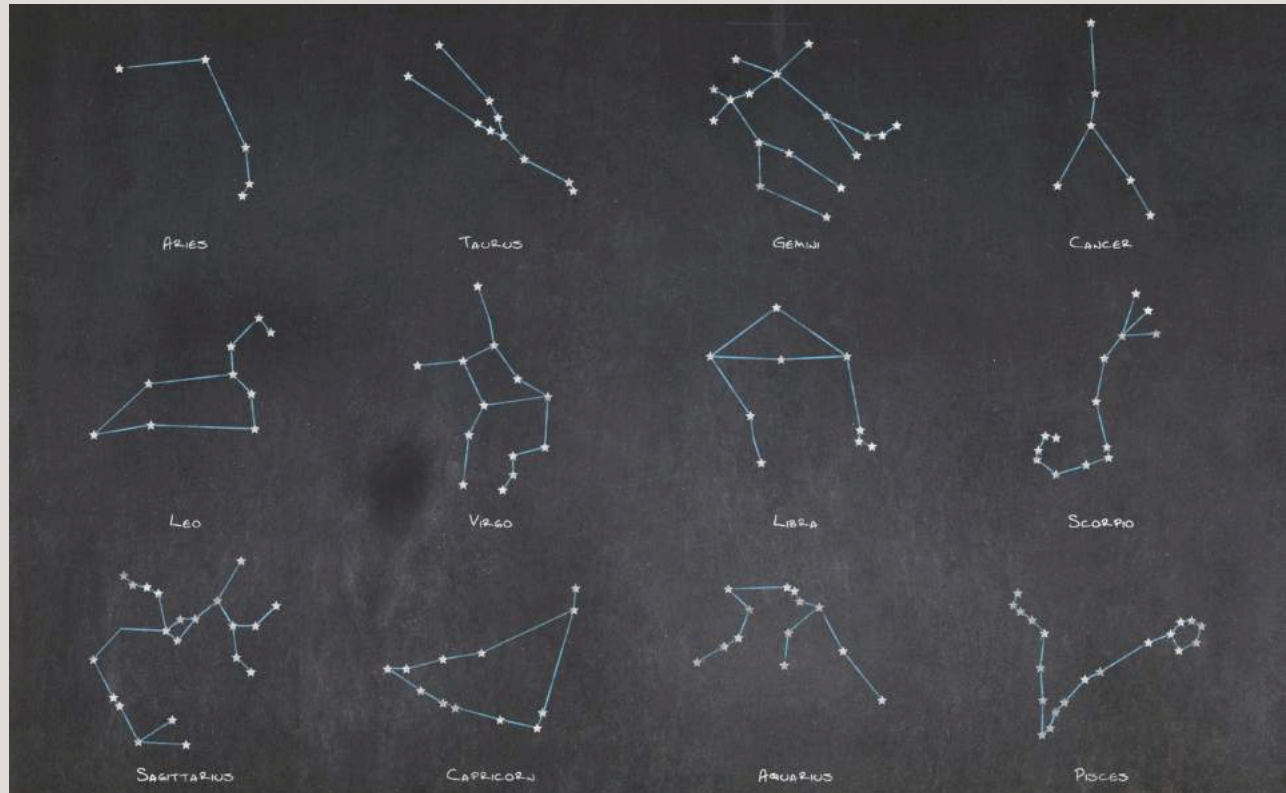


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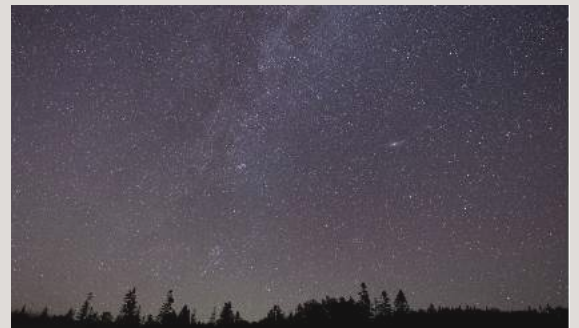
Andrew's Corner

Constellation Facts

Constellations are groups of stars that form images of people or objects in the night sky. Most of the names for constellations are of Latin origin. Some constellations that have Latin meanings include *Auriga*, which is Latin for charioteer (a chariot driver) and *Capella*, which is Latin for small female goat. Did you know that Jennifer's son is named after Leo, the constellation of a lion although his birthday is in February?



All the members of the zodiac are constellations. The closest constellation to us is *Centaurus* because *Alpha Centauri* is the nearest system to our solar system. There are references to names of stars in science fiction. One notable reference is in the show *Star Trek* where it is known that the Klingon homeworld, *Qonos*, is in the constellation of *Sagittarius*.



Bio: Andrew Newson is a student at Life College and is 25 years old. He likes comic books, video games, hiking, and 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 has a curious mind and loves to research and learn new things.

AUGUST 2022 NATIONAL DAYS

National Picnic Month
Peach Month



- 8/5 - Work Like A Dog Day
- 8/6 - **Campfire Day and Mustard Day**
- 8/8 - **Cat Day**
- 8/9 - **Book Lovers' Day**
- 8/10 - Lazy Day and S'mores Day
- 8/12 - Vinyl Record Day
- 8/13 - Left Handers Day and Middle Child's Day
- 8/16 - **Roller Coaster Day**
- 8/17 - Thrift Shop Day
- 8/18 - Bad Poetry Day
- 8/19 - **Aviation Day and Potato Day**
- 8/20 - Mosquito Day
- 8/25 - Banana Split Day
- 8/26 - National Dog Day and Women's Equality Day
- 8/29 - International Bat Night
- 8/30 - **Frankenstein Day**
- 8/31 - National Eat Outside Day



WHAT WE LOVE ABOUT SUMMER

- Valerie loves to go swimming.
- Linda loves to go on vacation to Oahu.
- Frank likes to go to Lake Tahoe.
- Steves likes to exercise (this is good anytime of the year).
- Courtney loves to go to concerts – Tim McGraw is her favorite.
- Linda says she likes to exercise too.
- Phoebe likes to go swimming.
- Bert likes to stay inside where it's cool and watch Ghostbusters.
- Suzi likes shopping (another activity that is good anytime).
- Dave loves swimming.



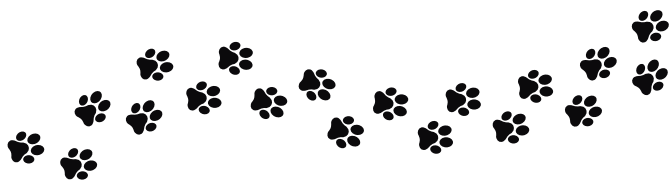
DOG STORY BY COURTNEY



Reily, my German Shepherd, is four-years-old and he is very funny. We have this plastic strip, and he slides and rolls around on it to get attention. Dogs are so smart!

Lola is also a German Shepherd, she is three-years-old and she's our girl! She gets excited when she sees me so she takes her toys out one at a time to show me, but I've already seen them. She's a funny dog.

Mikey is a chubby, Chihuahua mix. He is 12-years-old and wears shirts so we can pick him up by the straps. He loves to sit on my lap when we're on the couch together!



(Above) We added dog-related books galore to our Little Free Library. Check them out at 837 Sweetser in Novato!

OUR LITTLE FREE LIBRARY HAS GONE TO THE DOGS!

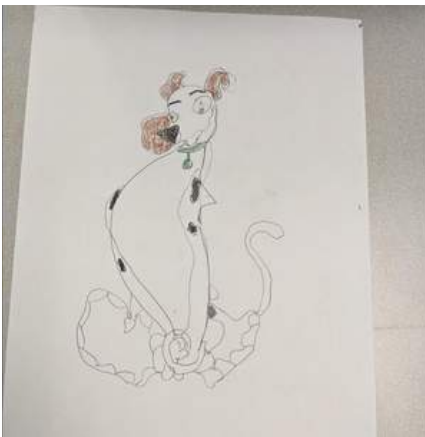
(Right) Darren shows us the dog stick library.



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The Dog Days of Summer

Join us for some doggone fun as we celebrate the dog days of summer!
In Chris's art class, we drew one of our all time favorite canines–Scooby Doo!
Great job (left to right) Cindy, Chris, and Jian!



**August
Connection
Magazine**