

# CONNECTION

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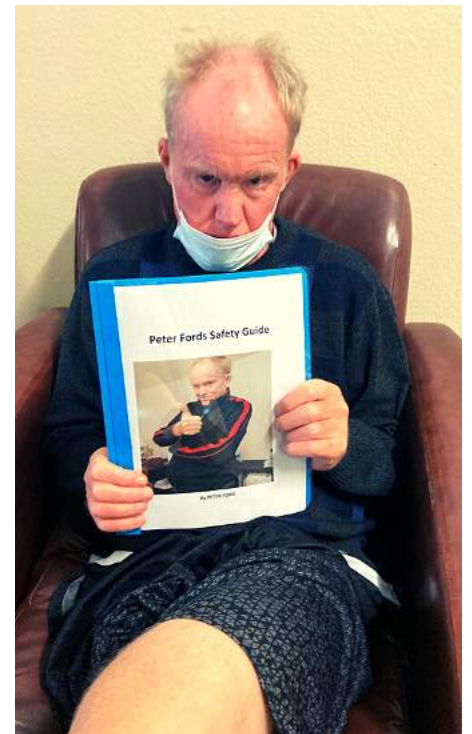
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## Student Projects: Peter's Safety Guide

with Melissa

Peter Ford has always been passionate about safety. So it came as no surprise when he chose to rewrite our own rather dry and generic Health and Safety Manual in his own inimitable voice. Imagine a health and safety manual that is also a real page-turner!

With help from Melissa, Adara, and Shirley, Peter turned out a finished product that is clear, comprehensive, and very cute. Here are a couple of snippets:



- **Don't put water on a grease fire.** If you have a grease fire, put baking soda on it. According to the National Fire Protection Association (NFPA) even a small amount of water dropped into a pan filled with hot oil will sink to the bottom. The water will vaporize instantly into steam and expand /erupt. [Yikes!] Small oil fires can be put out with salt or baking soda or a class B fire extinguisher.
- **Don't get too close to a rattlesnake.** Peter says rattlesnakes can bite you with their venom and kill you. These snakes are known for their rattling tails, but they may not warn you ahead of time. Rattlers can be found near open space when it's hot- they like to come out and be in the sun. If bitten, get immediate medical attention because severe or even life-threatening symptoms may occur within minutes (or hours) after the bite. More on rattlesnake bite info:  
<https://health.ucdavis.edu/news/headlines/what-to-do-if-you-are-bitten-by-a-rattlesnake/2022/07>



# JULY 2023 NATIONAL DAYS

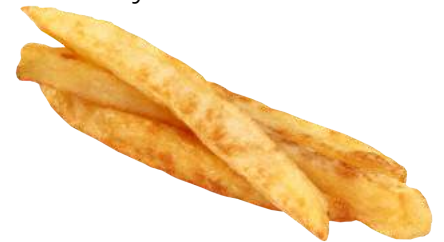
National Anti-Boredom Month

National Picnic Month

with Jennifer



- **7/1** - National Play Outside Day and **Creative Ice Cream Flavors Day**
- 7/3 - Compliment Your Mirror Day
- **7/4 - Independence Day - HOLIDAY**
- **7/5 - National Hawaii Day**
- **7/10 - National Kitten Day**
- **7/11 - Cow Appreciation Day**
- **7/12 - Eat Your Jell-O Day**
- 7/13 - Barbershop Music Appreciation Day
- **7/14 - French Fry Day** and Mac N Cheese Day
- **7/15 - Gummi Worm Day** and Tapioca Pudding Day
- 7/16 - National Ice Cream Day
- **7/17 - World Emoji Day**
- 7/19 - National Hot Dog Day
- **7/20 - Moon Day** and **Fortune Cookie Day**
- 7/22 - National Rat Catcher's Day and National Hammock Day
- 7/24 - International Self-Care Day
- 7/26 - National Disability Independence Day and Bagelfest Day
- 7/27 - National Chili Dog Day
- 7/29 - National Lasagna Day
- 7/30 - National Cheesecake Day
- 7/31 - National Avocado Day and National Mutt Day





# Class Project – palooza

with Joe

Here at CH&S we've been hard at work on our knowledge classes over the last few weeks, but it's not always easy to pick a subject. In our group Bert wanted to learn about Yosemite, Mike wanted to learn about the band Three Dog Night, Phoebe wanted to learn about Tigers, and Tyrone wanted to learn about professional wrestling. We were at an impasse. After a bit of deliberation we decided to just split off and write the four knowledge classes concurrently. Phew! Luckily each subject is close to its given student's heart, so the classes flowed smoothly and were very engaging.

The process involved a lot of one-on-one research and writing, but by the end we had our workflow figured out. The key, as I saw it, was to first identify what each student already knew about their subject. For example Bert named all the kinds of animals that live in Yosemite, Mike knew when Three Dog Night's albums came out, Phoebe knew about some of the different kinds of tigers, and Tyrone knew all the wrestlers and the names of the Pay-Per-View wrestling events. From there Joe filled in the missing pieces...

Bert wanted to make sure we mentioned the first people to live in Yosemite.

## Yosemite / Facts & Talking Points

Yosemite is a National Park located in the state of California. Here are some interesting facts about it:

- The first people to live in the Yosemite Valley were the Ahwahnechee people. It is believed they may have lived in the area for 7,000 years.
- The park occupies 1,187 square miles, making it larger than the state of Rhode Island (1,545 sq. miles)
- It occupies four counties: Tuolumne, Mariposa, Mono, and Madera. The populations of these four counties combined (244,614) is less than Marin County alone (260,206).
- Abraham Lincoln signed the Yosemite Land Grant on June 30th, 1864. It was the first time the government had protected a piece of land for the sole purpose of public enjoyment.
- The park supports over 400 different animal species, including: 12 amphibian, 22 reptiles, 150 types of native birds (plus 80 additional species having been spotted there over the years), and over 90 species of mammals.
- Yosemite Falls is the 22nd tallest waterfall in the world. At a height of 2,425 feet, it's 800 feet shorter than the world's tallest waterfall - South Africa's Tugela Falls.
- Yosemite is home to many giant sequoias, which are the largest living thing on the planet. The oldest and largest giant sequoia in Yosemite is named Grizzly Giant. It is the 26th-largest living sequoia.

# Class Project–palooza

with Joe

At one point Mike and I realized that neither of us know what “Three Dog Night” means.

- The origins of the name Three Dog Night are disputed. June Fairchild, then-girlfriend of singer Danny Hutton, claims she came up with the name after reading that aboriginals in Australia will invite dogs onto the bed when it’s cold outside. In 2018 Van Dyke Parks, an arranger at Warner Brothers who worked with the band tweeted ““I wuz [sic] nuts about Hutton’s girlfriend. Quite a dancer. Yet, she didn’t read Mankind magazine, nor have an inkling of anthtopology [sic] and the cold aboriginal nights that inspired my suggestion.”



Now we know!

Phoebe and I learned a new word:

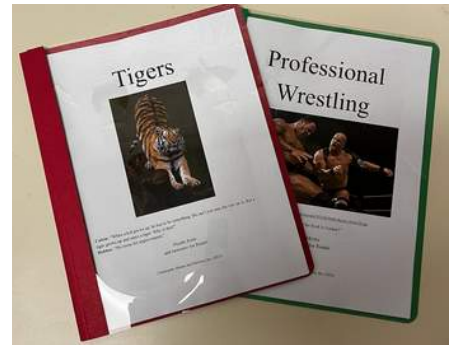
**Bengal tigers are sometimes born with a leucistic pigmentation that causes their fur to be white. The black stripes remain.**





# Class Project–palooza with Joe

Tyrone and I discussed the three kinds of gimmicks used in professional wrestling:



- Most professional wrestlers employ what's known as a "gimmick" - or an in-ring persona. There are three kinds of gimmicks: babyfaces, tweeners, and heels. Babyfaces are the "heroes" (think Hulk Hogan, John Cena, Rey Mysterio), heels are the "villains" (Ric Flair, The Undertaker, Kane), and tweeners are somewhere in between. Many wrestlers, such as The Rock, will transition from one role to another as needed.

It was both fun and educational to work on these four knowledge classes together! These classes are now complete—we'll keep you posted about our next projects.

## Katie's Journal Project



At CH&S our students' days are project-driven, after all, we are an institution of higher learning! We collaborate with each of our students based on what *they* are interested in.

Katie loves wellness journals, but soon realized that some of the journals she bought were sometimes great, but sometimes missed the mark. So Katie wanted to create a journal that would meet her needs and the needs of women with developmental disabilities (her target market).



Katie has been working one-on-one with Thea to design the journal and yes, the wellness journal will be full of Katie's flowery flair and positive zest for life (her brand)!

**On the following page is a preview of the birthday calendar Katie designed. Feel free to print it out and you'll never miss a birthday again!**

# Birthday Calendar

A background image of pink cherry blossoms on thin brown branches, with some flowers in sharp focus and others blurred.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

# Andrew's Corner

## Mochi Facts



Mochi is a Japanese rice cake made of Mochigome, a short-grain Japonica rice. The rice is pounded into paste and molded into its desired shape. Mochi is also a traditional food of the Japanese New Year.

Mochi can be made into ice cream. You can make donuts out of Mochi. The word Mochi is also an Italian surname. There is a ceremony in Japan revolving around Mochi called Mochitsuki.



*Bio: Andrew Newson is a student at Life College and is 25 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 to research and learn new things.*

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# National Hawaii Day

According to the National Day Calendar, July 5th is National Hawaii Day

<https://nationaldaycalendar.com/national-hawaii-day-july-5/> and on July 5th we recognized the day that Hawaii became the 50th state. But according to the National Archives, Hawaii became the 50th state on August 21, 1959 <https://www.archives.gov/legislative/features/hawaii>. Hmm, it looks like you can't trust everything you read on the Internet!

Most of us love Hawaii, but did you know we have at least three students who spent some of their childhood in Hawaii? Those students are Adara, Iris, and Linda! Shall we call them the "Hawaii girls"?

## Here is a Hawaii quiz:

- What is the capital of Hawaii? \_\_\_\_\_
- What is the Hawaiian story dance called? \_\_\_\_\_
- "Aloha" is a Hawaiian word that means \_\_\_\_\_ and \_\_\_\_\_



**Happy  
BIRTHDAY**  
to

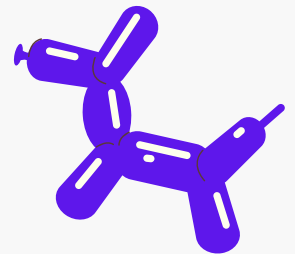
**7/2 - Courtney**

**7/9 - Jake**

**7/10 - Peter**

**7/17 - Justin**

**7/28 - Connor & Darren**





# Us



(Right) Amy writes in her journal while we brainstorm and collaborate about how to put the finishing touches on our new Project Center.



(Left) Do you remember Jackson? Carolyn and Pam ran into him last month! We love seeing old friends!



**Answers to Hawaii quiz on previous page:** 1. Honolulu, 2. hula, 3. hello and goodbye.





# Creative Ice Cream Flavors

with Jennifer's class

If you want to celebrate Creative Ice Cream Flavors day on July 1st, how about ice cream for breakfast? Jeni's has a jelly donut ice cream, as well as a lemon poppyseed muffin flavor. Boom, breakfast of champions!

Some of our students are so passionate about their favorite food that it appears in their Positive Personal Profile. So of course we were thrilled to see Van Leeuwen's ice cream versions of foods we hear mentioned every morning! For Aidan (who, like an exquisite onion, has many layers) we found Glass Onion ice cream, a vanilla base swirled with caramelized onions. And for Nino, (a lover of good food, especially bagels) we found an Everything Bagel ice cream, which is a sweet cream cheese base with what they are calling "everything bagel gravel." Mmm, gravel.

For fans of our Macaroni & Cheese Knowledge/Cultural Literacy class, we need to add an important ice cream addendum–Van Leeuwen makes a Macaroni and Cheese ice cream! Our Sports Talk class had something to talk about that was sports-adjacent/food related: Canes Baseball in Williamsburg, VA serves a vanilla lobster milkshake–a blend of vanilla ice cream topped with vanilla syrup and butter, with a big ol' lobster tail sticking out the top!

Oh, Canada... Apparently there is a Canadian ice cream called Tiger Tail that's orange ice cream with stripes of black licorice syrup. It's lovely to look at but most of us are freaked out by black licorice. And for another striking visual that sounds horrific, we would like to report the existence of Mountain Dew ice cream with (get this...) a crumbled Doritos topping!

When Bruce made us a batch of homemade vanilla ice cream, Jennifer took a leap of food faith and drizzled hot honey on top. But the honey had crystallized, so the drizzle came out as more of a crunch, but she was committed at this point, so chunks got stirred into the ice cream. It was DELICIOUS! Hot and cold, together in weird ice cream harmony.





# Visiting China Camp

China Camp State Park is a 1,514-acre park located along the shoreline of San Pablo Bay in San Rafael, California.

China Camp State Park occupies an area that was inhabited for thousands of years by the Coast Miwok (Native American) people. The Miwok had dozens of small villages scattered throughout Marin and southern Sonoma Counties, including several settlements in the vicinity of China Camp. The Miwok had a subsistence lifestyle and hunted game such as deer and rabbits, harvested acorns, fished, and gathered clams, oysters, and other shellfish. According to the Friends of China Camp website <https://friendsofchinacamp.org/about-china-camp/history/>, "The land was supposed to be returned to the Miwok. Instead, land was seized to enrich those with influence and power, and the Miwok got nothing." And today China Camp is a California State Park.

Here is a map if you'd like to explore like we did:  
<https://friendsofchinacamp.org/park-map/>



Community Homes & Services  
837 Sweetser Ave. Novato CA  
94945  
415-897-8676

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