

CONNECTION

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at

Community Homes & Services
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We Are the Champions!

This is truly a winning situation.
Congratulations to all of our
Sonoma County Fair art winners!

(Top row, from left) Andrew, Devlin,
Iris, Colleen, and Zachary.
(Bottom row, from left) Yvette, Katie,
Nino, Martha, and Cathryn!

We have many talented artists in
our student body, so it was no
surprise when we OWNED the 2023
Sonoma County Fair Art
Competition!

Competition is considered a driving
force that motivates individuals

to strive for excellence and achieve their full potential. According to a study conducted by the National Institutes of Health (NIH) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4554955/>, competition is not only a source of excitement but also a powerful tool for enhancing effort-based learning and attention.

Competition boosts our motivation. We were definitely excited and motivated to create art and compete for prizes. It's pretty well known that the prospect of achieving victory or recognition prompts us to put forth our best effort, which can lead to exceeding our perceived limits and pushing us to reach new heights in learning and skills-building! Yay us!



CONGRATS!



We had fun at the Sonoma County Fair, a time-honored tradition for our neighbors to the north. The Fair began in 1936, when local leaders joined forces to create a race track and exposition center to showcase the abundance of Sonoma County.

This year was the Fair's 84th year and it was high time for us to participate by entering the Fair's art competition! We were surprised/not-that-surprised by all of the blue ribbons! And some prizes included cash money! Congrats to everyone who entered!





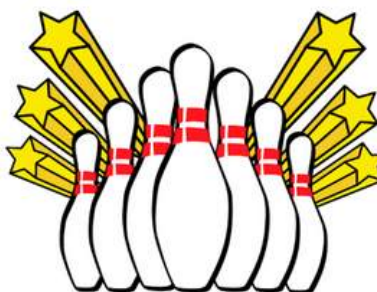
AUGUST 2023 NATIONAL DAYS

National Happiness Happens Month
National Sandwich Month

with Jennifer



- 8/1 - National Spiderman Day
- **8/3 - National Watermelon Day**
- **8/4 - National Water Balloon Day**
- **8/5 - National Sunflower Day** and National Disc Golf Day
- 8/6 - National Friendship Day
- **8/7 - National Sea Serpent Day**
- **8/8 - National Cat Day and Happiness Happens Day**
- 8/9 - International Day of the World's Indigenous People and Book Lovers Day
- 8/10 - World Lion Day
- **8/12 - World Elephant Day, Bowling Day and Vinyl Record Day**
- 8/13 - International Left Handers Day
- 8/14 - World Lizard Day
- 8/15 - National Relaxation Day
- 8/16 - National Roller Coaster Day and National Tell a Joke Day
- 8/17 - National Thrift Shop Day
- 8/19 - World Honey Bee Day, World Photography Day and Aviation Day
- 8/21 - National Senior Citizens Day
- **8/24 - National Waffle Day**
- 8/26 - National Women's Equality Day and National Dog Day
- **8/27 - World Rock Paper Scissors Day**
- 8/30 - National Beach Day
- **8/31 - National Eat Outside Day**



Bruce's Bee Knowledge Class



Bruce has had as many as six bee hives operating on his property in Point Reyes. He brought in an old bee box, some honeycomb, and beeswax to show us, and we are looking forward to taste-testing some bee pollen! Here are some facts we learned about bees:

- 50,000 bees can live in a single hive
- Most bees in a hive are female—those are the worker bees. Male bees are called drones
- The queen bee is much bigger than the worker bees. She can lay 2500 eggs a day. It takes an egg only 21 days to be a working adult
- One bee can visit between 50 and 100 flowers per day
- Bees have 5 eyes! They can see all colors except red
- Bees communicate by doing a little dance—they can tell each other when and where they've found a good source of pollen
- Bee boxes have empty frames inside, like vertical drawers, for bees to build their honeycombs in. When it's time to harvest the honey, you pull the frames out and use a heated electric knife to cut out the combs. They get put into a centrifuge, either electric or hand-cranked, that spins it and throws the honey out against the wall, then down into a container with a spigot for dispensing.



Bruce's Bee Knowledge Class

More Facts with Jennifer

- Honey tastes different depending on the type of flowers the bees used to make it. Eucalyptus honey has a hint of menthol flavor. Orange blossom honey tastes floral and citrusy. Blueberry or blackberry honey will have a fruity flavor
- Honey is the only food in the world that can't spoil. Honey was discovered in King Tut's tomb that was 3,000 years old, and it was still edible!
- Bees fly as fast as 15 miles per hour. Their wings flap 200 times per second—that's faster than hummingbirds



Randall and Sunflower Day



Randall's Sunflower Selfie for Sunflower Day Aug. 5

Did you know sunflowers are often associated with positive traits like happiness, loyalty, and vitality? That is a timely topic for National Happiness Happens Month!

We love sunflower seeds, but did you know sunflowers have uses beyond food and oil production? They can be used to extract phytochemicals and biofuels, and their strong, lightweight stems have been used to make paper and building materials. Who knew?



Gregory Hall is back!

As his PPP states, Gregory IS more good-looking than the last time we saw him! (PPPs are students' Positive Personal Profiles—we read them every morning). Gregory loves arts and crafts (especially things circular), and building Lego towers. We are enjoying making more happy memories with him!

Nino Surveys the Situation

The loquacious Nino makes good use of his outgoing and questioning nature when he served fellow students:

What makes you happy?

Randall: My dog Archie

Zachary: Singing songs, like the Backstreet Boys

Cat: Life College, my staff, and everybody

Andrew: Babies, comic books, and going to the movies

Connor: BART and the Muni Subway

Iris: My cat Sweetie Pie

What's your favorite sandwich?

Aidan: Calzones

Justin: Pesto turkey

Connor: Ice cream sandwiches

Jennifer: French dip because it's a sandwich and an activity

Yvette: Ham and swiss with lettuce, tomato, dijon and mayo

Colleen: Italian with salami and cheese



Roller Coasters: Yep or Nope?

The majority of Life College students said “nope” to roller coasters. They are fun to virtually ride for Armchair Travel, though!

*Do you like Nino's new tiny microphone?!

loquacious adjective

[Definition of loquacious >](#)

- as in *talkative*
fond of talking or conversation

August 16 is National Tell a Joke Day

Here are Some Dad Jokes with Harold

Q: Did you hear about the limo driver without any customers?

A: He had nothing to _____ it!

Q: What do you call a cow that shakes?

A: Beef _____ !



We Explored Florence Avenue

with Joe



In the town of Sebastopol, just past the fire station, not far from Ives Park, sits an unassuming little thoroughfare named Florence Avenue. It's short - only about three blocks long - but it contains some of the most outrageous pop art Bert, Joe, Mike, Phoebe, and Tyrone have ever seen!

The metal sculptures that dot the public spaces of Sebastopol are the work of local artists Patrick Amiot and his wife Bridgitte Laurent. He constructs 'em, she paints 'em. The couple moved to Sebastopol in 1997, and began putting the sculptures up in their yard as a way to encourage community interaction. On their website Patrick writes:

"The whole purpose of my work is to glorify these objects, because they have their own spirit," Amiot enthuses. "When a hubcap has traveled on a truck for millions of miles, and has seen the prairies in the winter and the hot summer asphalt, when it's done traveling with that truck and finds itself in the scrap yard and I find it, I kind of like to use that. This hubcap, or whatever piece of metal, from the day it was manufactured until now, has an important history. And I like to think the spirit of all these things lived incredible lives. If they could talk to you, they could tell amazing stories. That's something I don't want to hide."

Answers to Dad
Jokes on
previous page:
1. chauffeur
2. jerky



There is a Lot to See on Florence Avenue!



On our trip to Florence Avenue we saw a ton of interesting sculptures! A dog grilling hot dogs on the grill, a frog king, a squat little Boba Fett, a big pink pig that also doubled as a mailbox, Batman (and Robin), A "Crow Bar", a pair of large owls, The inevitable Tin Man, A cow driving a tractor, a truck transporting a cow, a frazzled waitress with too much on her plate, several cats (including a real one!), a garden gnome, a surfing dog, a food truck, a used car salesman, a hockey fight between two players, a gigantic soccer player, and a genie emerging from a lamp.



Andrew's Corner

Spider-Man



Spider-Man is one of the most beloved and iconic superheroes of all time. Spider-Man first appeared in Amazing Fantasy issue number 15, which was released August 1962. That makes your friendly neighborhood Spider-Man 61 years old! He was the first teen superhero to work on his own—before then, teenagers had strictly been sidekicks to adults.

Spider-Man was created by Stan Lee and Steve Ditko. (You might recognize Stan Lee from his many cameo appearances in Marvel movies.) The head of Marvel Comics at the time disapproved of Spider-Man's concept because of people's fear of spiders. In fact, Stan Lee originally considered basing the comic hero on a fly or another insect before settling on Spider-Man.

It is Spider-Man, not Spiderman or Spider Man—Stan Lee specifically placed a hyphen between Spider and Man to avoid confusion with another superhero: Superman! Spider-Man's real name is Peter Parker. He got his powers from being bitten by a radioactive spider. Spider-Man's powers include superhuman strength, speed, and reflexes, superhuman durability and healing powers, "Spider-Sense" alert, heightened senses, as well as wall-crawling and web slinging.

Spider-Man's love interests are Black Cat, Gwen Stacy and Mary Jane Watson. Some of Spider-Man's enemies include Venom, Doctor Octopus and the Green Goblin. Spider-Man has appeared in over a dozen movies! There has even been a Spider-Man musical. It was called "Spider-Man: Turn Off the Dark" with music and lyrics by U2's Bono and The Edge. It ran from 2011 to 2014, and was the most expensive musical in Broadway history, with a running cost of over \$1 million per week.

The Spider-Man balloon floats in the Macy's Thanksgiving Day parade measures 78 feet long by 36 feet wide, weighs 400 pounds, and takes 90 balloon "handlers" to walk the parade route.

The most famous quote from the Spider-Man series is "with great power comes great responsibility."

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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Creature Tails

with Iris and Jen

With so many national days centered around animals this month, we turned to our resident zoologist, Iris, who grew up on a nature preserve in Malawi, for some creature tales!

Cat Day (8/80) and Lizard Day (8/14): My cat, Sweetie Pie is always a lizard eater! There was one in the house the other day and I told the lizard to run for it—if Sweetie Pie gets him, all that'll be left is a tail! Once she brought me a baby lizard and put it right on my shoe—a tiny little thing about 2". I'm like, "What am I supposed to do with that, Sweetie Pie?"

Lion Day (8/10) and Elephant Day (8/12): My friend from Kenya worked on an elephant preserve. There were whole families of elephants—moms and dads and little babies. He fed them hay, and they would lift up lumber. He would call me to help look for poachers. I told him he should put electric barbed wire around his preserve to keep poachers out—I had it around mine, and if anyone got past it, the lions would eat them! The kudus were like my alarm system, too—if anyone was around they'd make noises to let us know someone was there. My family would whinny at them so they knew it was them! One day on the lion preserve, I was going to get the little baby lions from my dad's nursery to bring them back to the game reserve. They kept escaping! "Your two rascals are here," my dad told me on the walkie-talkie. I was tired of walking back and forth all the time—I was holding the rope and I rode on Simba's back—I was lazy!



Happy BIRTHDAY

to

8/2 - Tess

8/7 - Bruce

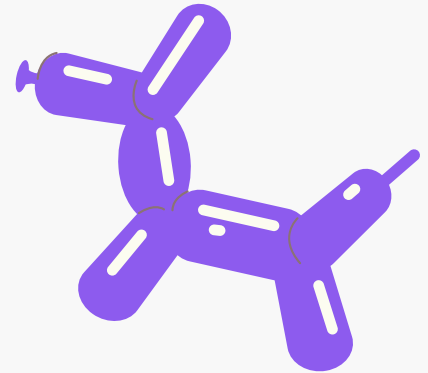
8/11 - Jonas

8/13 - Yvette

8/17 - Melissa

8/25 - Zayde

8/26 - Russell and Michelle



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Disc Golf



By Michelle and Co.

In honor of National Disc Golf Day, the first Saturday in August, Zachary, Aiden, Andrew, Nino and I headed off to Pioneer Park to meet my husband, Zayd, a diehard disc golf player and super fan of the sport. We got the opportunity to interview Zayd about the sport and we got some hands-on coaching too. This is what we learned from our interview:



Zachary: What is disc golf?

Zayd: Disc golf is a sport similar to ball golf, but instead of hitting golfballs into a hole with a golf club, you throw discs to an above-ground target - like the basket I brought.

Andrew: How long does an average game take to play?

Zayd: It takes up to 4 hours for an 18- hole game depending on how many people are playing.

Nino: How long have you been playing disc golf?

Zayd: I've played the game for 25 years with my friends.

Aiden: Can anyone learn how to play?

Zayd: It's easy to learn to play. As long as you can throw a frisbee, you can learn to play the game.



Aiden: Why do people have to focus when playing disc golf?

Zayd: Focusing helps you throw better. So just think about how you will throw the disc in the basket.

Nino: How many discs do you need to play?

Zayd: You only really need three discs- a putter, a mid and a driver to play. I carry about 24 discs in my bags when playing to have a variety to throw.

Michelle: How many discs do you have?

Zayd: Ummmm, about 100 discs.

More Disc Golf

By Michelle and Co.

Zachary: Where can you play disc golf?

Zayd: The Bay Area has a lot of courses such as Stafford Lake in Novato, Taylor Mountain in Santa Rosa, Hans Park in Vallejo, and one in Tilden Park. But you can practice just about anywhere if you have a basket. Like the one I brought for us to use today.

After our questions were answered, we got to try it for ourselves. First, Zayd showed us how to grip the disc, then how to throw. After a few tries, everyone got the hang of it and we think we did pretty well for first-timers! Andrew made one basket, Aiden made two, Zachary made three and Nino made a whopping six baskets. There is nothing more exciting than hearing the chains on the basket clink when making a basket! It was a fun, fun day!



8/14 is World Lizard Day

So what exactly is and what is not a lizard? Lizards are part of a group of animals known as reptiles and they are most closely related to snakes. No surprise there. We did find some surprising lizard facts:

- Some lizards, called *sheltopusiks*, look like snakes because they have no legs!
- Unlike snakes, most lizards have moveable eyelids. Creepers!
- There are currently over 4,675 lizard species, including iguanas, chameleons, geckos, Gila monsters, monitors, and skinks.
- Lizards smell stuff with their tongues! A lizard sticks out its tongue to catch scent particles in the air and then pulls back its tongue and places those particles on the roof of its mouth, where there are special sensory cells. The lizard can use these scent "clues" to find food or a mate or to detect enemies. Wouldn't it be cool if we could do that? "That doesn't taste like a enemy, but..."

Let's celebrate World Lizard Day and acknowledge that lizards are weird and wonderful creatures!

Reptiles Word Search



LIZARD

ALLIGATOR

GECKO

IGUANA

TURTLE

CROCODILE

SKINK

CHAMELEON

SNAKE

TORTOISE

COBRA

TUATARA

ANACONDA

PYTHON



Remember When?



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