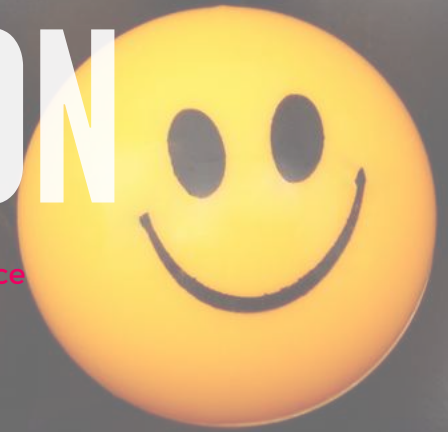


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## POSITIVE PERSONAL PROFILES!

People believe messages about themselves that they receive from their environment, and they behave consistently with messages about themselves that they believe. For each student at CH&S, there is an official informational packet that comes from the State defining them by their diagnosis, limiting conditions, and “problematic” behaviors.

Oftentimes, this comes to be the main message they believe about themselves and therefore the main message by which they live. It is a powerful self-fulfilled prophesy.

Our formula is quite simple, albeit not always that easy. Remodel that main message and create a competing self-fulfilled prophesy. Because we are an environment full of messages, we are in an actual position to build credibility into positive self-images.

(Left to right)  
Morning PPPs  
with Jenet, Gina,  
Jehann, Mike,  
Gregory, and  
Dave.



**POSITIVE  
VIBES!**

# THE PPP



With this in mind, Chas wrote the first Positive Personal Profile (PPP) way back in 1984. Since then, thousands more have come into existence, all pretty much in the same format. The PPP is a compelling one-page narrative that clearly, simply, and lyrically describes, highlights, and defines the person strictly in terms of his/her/their positive attributes and prospects.

At every morning meeting, each student's PPP is read and performed, and every day, with our schedules, our projects, our curriculum, and our vibes, we are structured and scripted to make that PPP live and breathe!



Last summer, one of our incredible instructors, Jehann Fernandez, began creating exquisite video montages of each person's PPP. To say they are very nice would be very true... and to say they are kind of magical would be no exaggeration. We think you just have to see them, so, for the foreseeable future we'll be featuring a PPP for each month's magazine. Here is the first... and don't forget to click the link for our very first video PPP!

[https://www.instagram.com/reel/CxqT2DNnrk/utm\\_source=ig\\_web\\_copy\\_link&igsh=MzRIODBiNWFIZA==](https://www.instagram.com/reel/CxqT2DNnrk/utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==)





# TESS GAUDRY

Tess is an unforgettable and remarkable woman.

She is intelligent, creative, and enthusiastic.

Tess loves and cares about other people.

She has an amazing memory and  
never forgets a name or an experience.

Tess is a great performer!

Her style and sense of humor are on the cutting edge.  
Just to know Tess is to expand your mind and to round  
out your character. When Tess joins in, she shines, and  
the world is a better place.

Tess is learning in leaps and bounds to be a responsible  
and professional citizen.

Tess is:  
a very interesting  
a reliable person  
a fast learner  
devoted to her family  
respected & respectful  
a lover of life and  
beautiful

# March 31st - Easter Sunday

with Amy and Thea

Easter is a special time of year when we celebrate the arrival of spring and all the fun activities that come with it. One of the most exciting parts of Easter is the tradition of hunting for colorful Easter eggs. Whether they're hidden in the backyard or scattered around the house, searching for eggs is a thrilling adventure that brings friends and family together.

Another cherished Easter tradition is decorating eggs. From simple designs to elaborate creations, decorating eggs allows us to express our creativity and add color to the holiday.

Amy remembers using Paas's Easter egg dye to color her eggs pink or blue. She doesn't remember boiling the eggs, but she certainly remembers dying the eggs—which made the kitchen smell of vinegar. Amy also remembers singing in the choir on Easter morning and then participating in the kids' Easter egg hunt after church. "Did you search for chocolate eggs or boiled eggs?" asked Thea as she remembered finding melted, mushy chocolate eggs during the Easter egg hunts of her childhood.



By video grab, Fair use,  
<https://en.wikipedia.org/w/index.php?curid=17072514>

"Just the eggs we colored," said Amy who told Thea about one Easter egg hunt where her dad asked her uncles to hide the eggs, and they were so hard to find because those pesky uncles hid them so well! "But the hunt was still fun!" said Amy whose dad helped her find some of those well-hidden eggs.

Amy also remembered enjoying the movie *It's the Easter Beagle, Charlie Brown*. She especially loved the part where Marci made many mistakes after Peppermint Patty told her to cook the eggs. Frustrated, Peppermint Patty finally said, "These eggs are not to be fried nor are they to be roasted, toasted or waffled [. . .] these eggs gotta be boiled." But Peppermint Patty forgot to tell Marci that she needed to put the whole entire eggs into boiling water to cook them, so Marci cracked open each egg before putting them into boiling water.

# Easter Traditions: The Bunny Cake

Here is the clip of Marci and Peppermint Patty cooking eggs. Amy and Thea both thought it was odd that Marci called Peppermint Patty "sir."

## Coloring Eggs - Peppermint Patty & Marci - It's The Easter Beagle, Charlie Brown

<https://youtu.be/MErYmVOsFHA?si=kffBu4m9JP8Kxzlt>

Of course, Easter wouldn't be complete without indulging in sweet treats like chocolate bunnies and marshmallow peeps. Amy said she used to eat them, but no more. Amy and Thea got to talking about those unusual Cadbury chocolate eggs (with the runny, slimy yolk stuff inside)—they both did NOT like those and wondered why in the world they still make them. Someone must be eating them, right?

When she was growing up, Amy's parents provided healthy meals, and things like chocolate Easter eggs or popcorn or Sprite were treats for special occasions. Since Easter was a special occasion, Amy's mom used to make a rabbit cake using two 9" cake pans (one for the head and one for the ears and bow tie). Amy and her sister helped their mom make the bunny cake, but Amy doesn't remember using coconut to make the bunny cake look furry (see pic below). Amy remembers using white frosting and lots of gum drops and M&Ms much like this recipe:

<https://www.allrecipes.com/recipe/263058/bunny-cake-with-round-cake-pans/>

But Easter isn't just about eggs and candy – it's also a time for spending quality time with loved ones. Amy remembered having family over every year. Amy's maternal grandma used to bring over jello salad, which is *not* Amy's favorite thing. The jello salad was served in a square baking dish, and it was filled with "pineapple chunks and other stuff," according to Amy. Thea remembers her mom making jello salad in a ring mold, usually lime jello with fruit cocktail and some Cool Whip on top—it was as delicious as it sounds!

Whether gathering around the dinner table for a festive meal or enjoying outdoor activities together, Easter is a time to create happy memories that will last a lifetime!



Here is how to make a bunny cake out of two 9" circular cake pans: <https://www.housewivesoffrederickcounty.com/easter-bunny-cake-recipe-like-mom-used-to-make/>





# MARCH 2024 NATIONAL DAYS

From Jennifer

**Developmental Disabilities Awareness Month**

**Women's History Month**

**National Craft Month**

**National Sauce Month**



- 3/1 - Dr Seuss Day and Employee Appreciation Day
- 3/2 - National Old Stuff Day
- 3/3 - National Anthem Day
- 3/4 - Marching Music Day and National Grammar Day
- 3/6 - National Oreo Cookie Day
- 3/7 - National Cereal Day
- 3/9 - National Barbie Day and National Meatball Day
- 3/10 - Daylight Savings Time Begins and National Mario Day
- 3/11 - Johnny Appleseed Day
- 3/12 - National Working Moms Day and National Plant a Flower Day
- 3/13 - National Good Samaritan Day and Open an Umbrella Indoors Day
- 3/14 - National Pi Day and National Learn About Butterflies Day
- 3/16 - National Panda Day
- 3/17 - Saint Patrick's Day and National Corned Beef and Cabbage Day
- 3/18 - National Sloppy Joe Day
- 3/19 - First Day of Spring
- 3/20 - National Comfy Day and National Muffin Day
- 3/21 - California Strawberry Day
- 3/23 - National Puppy Day and National Chip and Dip Day
- 3/24 - National Chocolate Covered Raisin Day
- 3/25 - Tolkien Reading Day
- 3/26 - Epilepsy Awareness Day
- 3/27 - National Joe Day and Little Red Wagon Day
- 3/28 - Something on a Stick Day
- 3/29 - Good Friday
- 3/30 - National Virtual Vacation Day
- 3/31 - Easter Sunday



# Happy BIRTHDAY



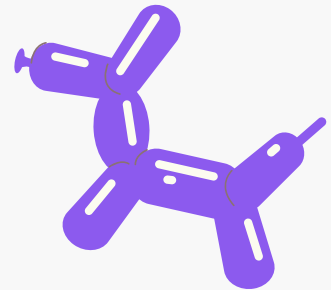
## March Birthdays

3/10 - Cathryn

3/18 - Gina

3/19 - Rickina

3/20 - Aidan and Devlin



## March 21 is National Strawberry Day!

Some strawberry facts

- Strawberries are the only fruit with seeds on the outside!
- Strawberries are powerful teeth whiteners. They contain Vitamin C which helps fight plaque.
- The fear of strawberries (is real) and called *fragariaphobia*.



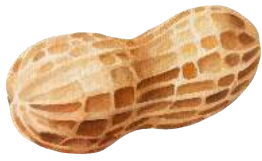
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# March is National Peanut Month

with Amy, Katie, and Thea

According to Mental Floss, just because the word “nut” is in “peanut” doesn’t make them nuts. Peanuts are actually legumes. Peanuts are little legumes that grow underground and not on trees like real nuts such as chestnuts, hazelnuts, and acorns. Peanuts are edible seeds inside pods and are part of the *Leguminosae* family along with soybeans, chickpeas, peas, clover, licorice, and lentils.

There were two presidents who were peanut farmers. Can you guess who the peanut farming presidents were?

**Amy:** Jimmy Carter.

**Thea:** I can’t remember the other one.

So Thea Googled it and the other peanut farmer was Thomas Jefferson.

Did you know that Jimmy Carter’s connection to peanut farming dates back to his parents’ 360-acre farm? That is a lot of peanuts! Carter himself began selling peanuts on the streets when he was only five years old!



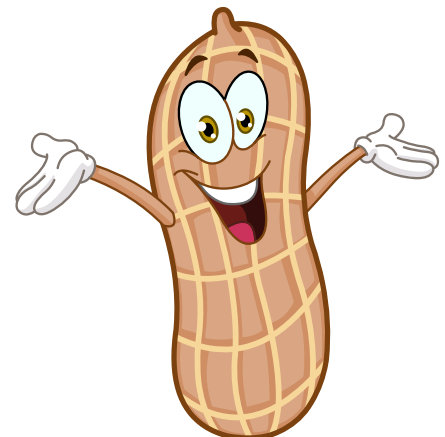
"Peanut butter is one of Jason’s favorite foods," said Katie. In fact, Katie made a chocolate peanut butter cheesecake for Jason’s birthday!

"That sounds good!" said Amy, "fork over the recipe, sister!"

Katie told us that she also makes a lovely chocolate peanut butter bundt cake!

Americans eat approximately 3 pounds of peanut butter per person per year. That's about 700 million pounds per year, enough to coat the floor of the Grand Canyon!

Did you know that it takes almost 850 peanuts to make an 18 oz jar of peanut butter?





# It's Goober Month!

## What is your favorite way to eat peanut butter?

- Carolyn's, Pam's, and Joe's favorite jelly is strawberry, but sometimes Carolyn has fluffernutter with her peanut butter (see picture below).
- Katie's favorite jelly is boysenberry.
- Amy's favorite PB&J is made with blackberry jam. And Amy prefers chunky peanut butter.
- Thea loves peanut butter, honey, banana on an English muffin. Thea prefers super chunky.
- Jason's favorite jelly is blackberry and he loves everything Reese's. Jason also loves peanut butter ice cream or sliced apples with peanut butter. And he prefers chunky peanut butter.
- Pam eats her peanut butter with honey and banana.



By Fluffernutter\_before.jpg: Keiteiderivative work: Hic et nunc - This file was derived from: Fluffernutter before.jpg; CC BY 2.5, <https://commons.wikimedia.org/w/index.php?curid=18716453>



## Did you know?

- The nub between two peanut halves is called an *embryo*?
- There are six cities in the U.S. named Peanut: Peanut, California; Lower Peanut, Pennsylvania; Upper Peanut, Pennsylvania; Peanut, Pennsylvania; Peanut, Tennessee; and Peanut, West Virginia.
- Cookie bakers use about 230,000 pounds of peanut butter per week to bake Girl Scout's Do-si-dos and Tagalongs.
- *Goober*—a nickname for peanuts—comes from “nguba”, the Congo language name for peanut.
- In a high-pressure environment, peanut butter can be turned into diamonds:  
<https://phys.org/news/2014-11-geo-researchers-diamonds-odd-materials-peanut.html>

Join us in celebrating National Peanut Month—peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins! Peanuts and peanut butter are not only yummy, but good for you too!



# We are Craft Crazy!

with Jennifer

The Project Center is transforming to the Peeps Gallery this Easter week to showcase our entries for our first Peeps diorama contest. For St. Patrick's Day, we went both big and small with Lucky Charms—giant marshmallows to hang from the front porch (pool noodle rainbow and pot o' gold to follow), and itty bitty clay charms for cute lucky charm bracelets!





# More Craftiness!



## DO YOU REMEMBER WHEN?





# MEMORIES





# National Panda Day - March 16th

with Amy and Thea



Amy and Thea have a new routine—at the beginning of each month, they decide which topic(s) would be most interesting to explore and most enjoyable for you to read. When they read that March 16th is National Panda Day, Amy said, "I love pandas—they eat bamboo."

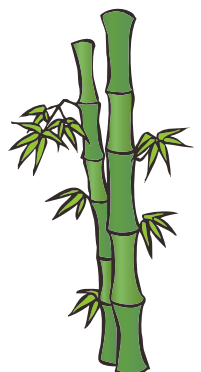
Pandas are some of the most adorable creatures on the planet and March 16th is a day for conservationists and animal lovers (and us) to spread the word about the importance of protecting these vulnerable and endangered animals.

There are three kinds of pandas: The giant panda, the Qinling panda, and the red panda. Some panda species are listed on the IUCN's Red List. For more info on the IUCN panda ratings, click here for the **red panda**: <https://www.iucnredlist.org/species/714/110023718> and here for the **giant panda**: <https://www.iucnredlist.org/species/712/121745669>.

This article will focus mainly on the black and white giant panda. Here are some fascinating facts about the giant panda that will make you love them even more!

1. **Black and White Magic:** Giant pandas have a unique black and white coat that makes them stand out in the crowd. This special coloration helps them hide in the shady bamboo forests where they live! Who hunts giant pandas? Snow leopards, yellow-throated martens, eagles, feral dogs, and the Asian black bear.
2. **Bamboo Buffet:** Giant pandas munch on bamboo all day long, chomping down up to 40 pounds of it every single day. That's like eating a whole refrigerator full of bamboo!
3. **Nature's Architects:** Giant pandas use their strong jaws and sharp teeth to break bamboo into little pieces, and then they stack it up like building blocks to make cozy nests for sleeping.
4. **Cute Cubs:** Baby giant pandas, called *cubs*, are born tiny (about the size of a stick of butter) and helpless.
5. **Snooze Specialists:** Even though they're playful, pandas can spend up to 12 hours a day snoozing in their comfy bamboo nests.
6. **Endangered Beauties:** In 2016, giant pandas were moved from the endangered list to the vulnerable animals list because their numbers have been increasing. This is due to the hard work of people all over the world who work to protect pandas and their homes. After a significant increase in recent years, China now boasts a network of 67 panda reserves, which safeguard more than 66% of the giant pandas in the wild and almost 54% of their existing habitat.

Remember, pandas are not just cute and cuddly – they're important members of our planet's family. Let's do our part to help them thrive!





# Women's History Month

Women's History Month is a time to reflect on the contributions of women to U.S. history. We asked our resident women's empowerment enthusiast, Katie Church, for her take on Women's History Month.



The celebration of Women's History Month grew out of a weeklong observance of women's contributions to culture, history and society organized by the Sonoma school district, in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest. A parade was held in downtown Santa Rosa as well.

Yes, the beginning of Women's History Month was LOCAL!

A few years later, the idea caught on within communities, school districts and organizations across the country. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

The 2024 theme celebrates "Women Who Advocate for Equity, Diversity and Inclusion." This theme recognizes women who understand the need to eliminate bias and discrimination from individuals' lives and institutions.

Here are the women Katie looks up to the most:

## America Ferrera

America is known for her work as an actress and author, but she also champions women's and Latino rights. She co-founded Harness—a community of artists, activists, and leaders who use storytelling to power social change. America also co-founded Poderistas (formerly known as She Se Puede), a digital platform that empowers and encourages voting within the Latina community.

America has been an active participant in the #MeToo movement and the Times Up campaign. In 2017, she was the opening speaker for the Women's March in Washington, DC. She regularly participates in Get Out the Vote campaigns across the country. Katie admires America's talent and activism!



Scott Saldukas, Public domain,  
via Wikimedia Commons



# Women's History Month

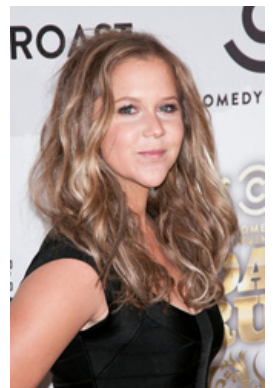
with Katie and Thea

## Amy Schumer

What makes Amy Schumer very special to everyone impacted by multiple sclerosis (MS) is that her father, Gordon Schumer, has MS and currently resides in an assisted living facility. Amy wrote and stars in a funny yet touching film, *TRAINWRECK*, which draws on her life as a child with a parent who has MS. Amy credits her dad for shaping her sense of humor.

Amy is deeply committed to the MS movement and support of the National MS Society's efforts to help people with MS live their best lives while striving to end MS forever. Most recently, she and her director, friend Judd Apatow helped to raise over \$176,000 through the *TRAINWRECK* Comedy Tour event held in New York City. She continues to leverage the promotion of the film with the help of Universal Trainwreck to raise funds to support the Society.

Katie is a big fan of *Amy Schumer Learns to Cook*, a cooking show Schumer started with her husband during the pandemic. Katie has not learned to cook anything from the show, but she still recommends it because Schumer is very funny!



Photograph by Mario Santor, CC BY-SA 3.0  
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## Mariska Hargitay

Hargitay is the founder and former president of the Joyful Heart Foundation, an organization established in 2004 to provide support to survivors of sexual assault, domestic violence, child abuse, elder abuse and human trafficking.

According to Hargitay, she was inspired by an encounter with a pod of dolphins that surrounded her while she was swimming off the coast of Hawaii at the age of 15. The encounter ignited profound spiritual feelings and Hargitay hoped to share the experience with others. As of November 2010, the Joyful Heart Foundation has sent over 5,000 women and children on therapeutic programs in New York, Los Angeles, and Hawaii, which combine yoga, meditation, massage, journaling, and swimming with dolphins.

Hargitay's character on *Law & Order*, Olivia Benson, was involved in rape and domestic violence cases in New York. Some women who watched the show felt a connection with Olivia Benson, which led them to send Hargitay letters. After receiving the letters, Hargitay knew that she had to use her platform to do something meaningful. Hargitay became a certified rape counselor so she would better be able to respond to these women.

Katie admires these talented and influential activists. The activism of Amy Schumer, America Ferrera, and Mariska Hargitay underscores the role celebrities can play in advocating for social change. Through their talent and dedication, they amplify important issues, inspire action, and drive progress towards a more equitable and compassionate society. Their commitment serves as a reminder of the impact individuals can have when they use their platform for good.

# Andrew's Corner

## Cereal Facts

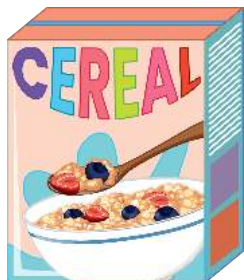
National Cereal Day is celebrated on March 7th. I like eating cereal for breakfast. My favorite cereal is Cinnamon Toast Crunch.

Here are some interesting facts about cereal I learned in my research:

- Froot Loops are not flavored individually. All of the six colors of Froot Loops are actually the same flavor, which is a combination of orange, lemon, lime, apple, cherry, blueberry and raspberry.
- Someone once sued Pepsico because the berry flavor of Cap'n Crunch did not contain actual berries. The judge dismissed the case, saying it was common sense.
- Honey Smacks has as much sugar as Dunkin Donuts.
- Kellogg's Corn Flakes were eaten by Apollo 11 astronauts on the first moon landing.
- Tony the Tiger, the mascot of Frosted Flakes, was voiced by the singer of the songs from "How the Grinch Stole Christmas".
- Many cereals have well-known mascots like Lucky the Leprechaun, Sonny the cuckoo bird, and the Trix Rabbit.

Some cereals only appear in certain seasons, like the monster cereals based on famous Halloween monsters.

**Bio: Andrew Newson is a student at Life College and is 26 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.**



(Right) Trix cereal.  
Th78blue, CC BY-SA 4.0  
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Wikimedia Commons





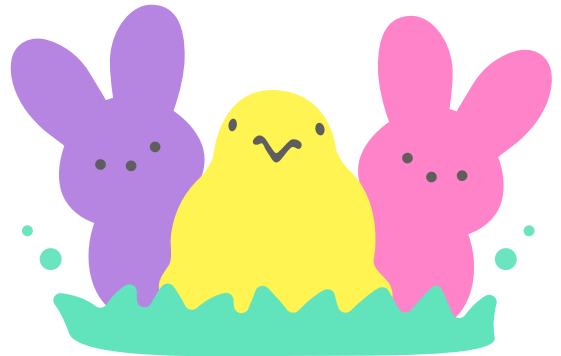
The tiny little microphone is out. The clipboard is at the ready.

# NINO SURVEYS THE SITUATION

with Jennifer

## Do you like Peeps? Yum! -or- Yuck!

We were pretty evenly divided when it comes to Peeps- a few more yums than yucks but it was close!



## What's your favorite GREEN food?

Iris- Peas

Andrew- Fruit Gushers

Justin- Pesto ravioli

Martha- Salad

Zachary- Green beans

n- Peas

Matthew- Avocado

Cat- Kool-Aid

Colleen- Pesto

Bruce- Broccoli

Michelle- Pesto

Kyle- Caesar salad

Katie- Brussels sprouts

Randall- Nada

Devlin- Pesto & caesar salad



## Have you ever found a four leaf clover?

Iris- Yes

Andrew- Yes

Justin- No

Martha- Yes

Zachary- Yes

n- No

Matthew- Yes

Cat- No

Katie- Yes

Colleen- No

Bruce- Yes

Michelle- No

Kyle- Maybe

Randall- No

Devlin- No

Yvette last year-Yes!





# Knowledge Class: Sauciness

with Jennifer

## March is National Sauce Month (who knew?!)

\*Ketchup and Mustard History: Mustard was one of the first crops ever grown--it dates back to China 6,800 years ago. Mustard is the same species of plant as brussels sprouts, kale, cabbage and broccoli.

\*Original recipes for ketchup used egg whites, mushrooms, oysters, grapes, mussels, or walnuts. The first ketchup in the US was made in 1837 by farmers trying to use up extra crops of tomatoes. People thought tomatoes were poisonous for much of history--it is related to a plant called nightshade, which can be deadly. The Heinz company was founded in 1876. Banana ketchup was invented by food technologist Maria Orosa in the Philippines during World War II, due to a lack of tomatoes and an abundance of bananas in the Philippines.

\*Ketchup Oddities: Ketchup leather is a recent invention--think fruit strips but it's made from ketchup. People are putting it on their burgers and calling it fancy? Would you eat ketchup flavored potato chips? They are very popular in Canada. Did you catch our Macaroni & Cheese Knowledge class? We learned Canada calls Kraft Macaroni and Cheese "Kraft Dinner" AND (wait for it....) they put ketchup on it. It's all coming together...

\*Ranch Dressing History: In 1954, Steve Henson opened The Hidden Valley Guest Ranch in Ojai, CA. He served visitors homemade "ranch" dressing. It became so popular that by the 1960's he was selling packets of Hidden Valley Ranch to a local grocery store. What started as a small mail order business was bought by Clorox in 1972 for \$8 million.

\*Riffs on Ranch and Ranch Weirdness: Cool Ranch Doritos were introduced in 1986, and remain a popular flavor. Ranch is an unknown flavor internationally, so the chips are called "Cool American" in other countries! In 1993, Taco Nacho Cheese Doritos and Pizza flavored ranch were introduced, but they were duds. 20% of pizza menus in the US offer ranch. How about a ranch flavored soda to wash that down? And a ranch flavored mint to top off the meal? Not enough ranch for you? There is a restaurant in St. Louis called "Twisted Ranch" with 39 twists on ranch flavor--field trip! Want a ranch dressing fountain? That'll set you back 100 bucks. Other weird ranch stuff that exists: ranch pool float and matching beach towel,



# Sauciness

with Jennifer

earrings that are little HVR bottles, and a flask that makes it look like you are swigging ranch dressing. You can buy HVR Christmas ornaments, wrapping paper, Christmas cards, and clothing for that hard to shop for ranch lover on your list.

\*Hot Sauces: Buffalo sauce (it has butter in it!), Tabasco sauce, Sriracha, chili sauce, horseradish, wasabi, cocktail sauce, enchilada sauce, salsa, pico de gallo, polynesian sauce, hot sauce

\*More Sauces: BBQ, honey mustard, gravy, steak sauce, soy sauce, Worcestershire, peanut sauce, hoisin sauce, oyster sauce, plum sauce, ponzu sauce, teriyaki sauce, sweet and sour sauce

**\*What do you dip your chicken nuggets in?  
What do you put on your hot dog?  
Burger? Fries?**

**\*What's your go-to salad dressing?**

**\*You can only have one type of pasta sauce for the rest of your life. Choose!**

**\*Pick a sauce to swim in.**

\*Hold the mayo... Chas HATES mayonnaise with a fiery passion.

## Review/Post-Test Questions

How much money do Americans spend on ketchup and mustard every year?

\$1 Billion!

Oh no, I'm out of Thousand Island Dressing! How do I make it?

Ketchup, mayo, and pickle relish

How does Chas feel about mayonnaise?

He HATES it!

If you call someone "saucy", what does that mean?

Bold and lively, cheeky, stylish





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# March 2024 Connection Magazine

