

CONNECTION

Sharing the day-to-day learning experience

at

Community Homes & Services

PO Box 744, Novato CA 94948

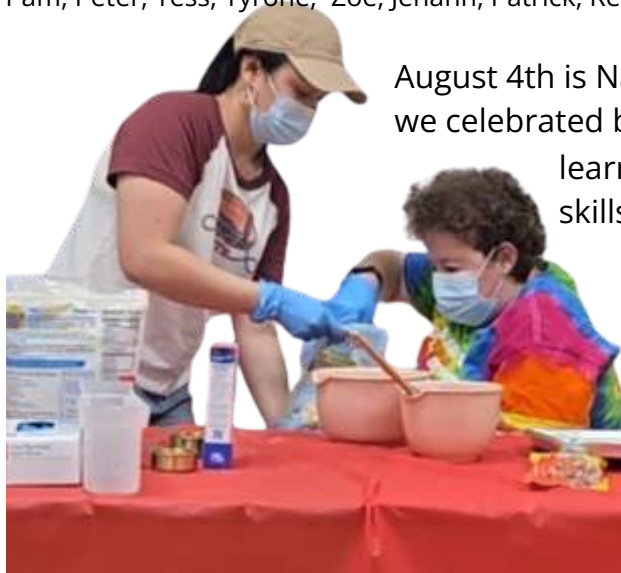
415-408-3604

www.communityhomesandservices.com

National Chocolate Chip Cookie Day

with Courtney, David F, David G, Gregory, Jake, James, Jason, Justin, Meredith, Mike M, Nino, Pam, Peter, Tess, Tyrone, Zoe, Jehann, Patrick, Rebecca, and Zayde.

August 4th is National Chocolate Chip Cookie Day, and we celebrated by making a batch of our own while learning some kitchen safety and social skills along the way.



Ruth Graves Wakefield accidentally invented the chocolate chip cookie at the Toll House Inn, a popular restaurant in Massachusetts that she co-owned. She was making a batch of cookies that called for baker's chocolate, ran out, and chopped up a semi-sweet chocolate bar instead. She



Learning Cooking Safety Skills



expected it to melt into the dough, but it didn't—and the chocolate chip cookie was born. She later sold the recipe to Nestlé, which began producing Toll House Real Semi-Sweet Chocolate Morsels, and the cookie became a popular treat.

During our class, Jehann explained how to make chocolate chip cookies. We sat and waited (some of us more patiently than others) while she explained each step. Then we washed our hands and put on gloves before taking our turn helping with the cookie-making process. We gave each other space and did not crowd around the bowl. When someone needed a hand, we helped each other out.

By the end, we had a fresh batch of cookies and a good reminder that patience, hygiene, and teamwork are just as important as the recipe itself. Teamwork not only makes the dream work, teamwork also makes delicious cookies!



AUGUST 2026 NATIONAL DAYS

**Dog Month, Wellness Month, Sandwich Month,
Crayon Collection Month, Golf Month**

- 8/1 - Water Balloon Day, Disc Golf Day
- 8/2 - Coloring Book Day, Sandcastle Day, Sunflower Day
- 8/3 - Friendship Day, Watermelon Day
- 8/4 - Chocolate Chip Cookie Day, International Clouded Leopard Day
- 8/5 - National Underwear Day, Work Like a Dog Day
- 8/7 - Sea Serpent Day, Lighthouse Day
- 8/8 - International Cat Day, Pickleball Day, Happiness Happens Day, Garage Sale Day
- 8/9 - Book Lovers Day, Bowling Day
- 8/10 - World Lion Day, Lazy Day, S'mores Day
- 8/11 - National Face Mask Day, Mountain Day
- 8/12 - World Elephant Day, Middle Child Day, World Calligraphy Day, Vinyl Record Day
- 8/13 - Left Handers Day
- 8/14 - Love Your Bookshop Day, World Lizard Day, Kool Aid Day
- 8/15 - Lemon Meringue Pie Day, Relaxation Day, National No Sponge Bob Day
- 8/16 - Roller Coaster Day, Tell a Joke Day
- 8/17 - Thrift Shop Day, Black Cat Appreciation Day, Non-Profit Day
- 8/18 - Bad Poetry Day, Fajita Day, Serendipity Day
- 8/19 - World Photography Day, Intl Orangutan Day, Potato Day, Aviation Day
- 8/20 - World Mosquito Day, Radio Day, Bacon Lovers Day
- 8/21 - Hawaiian Shirt Day, Senior Citizens Day
- 8/22 - Folklore Day, Bao Day, Tooth Fairy Day
- 8/23 - Find Your Inner Nerd Day, Cuban Sandwich Day
- 8/24 - Waffle Day, Peach Pie Day, Pluto Demoted Day
- 8/26 - Dog Day, Cherry Popsicle Day, Toilet Paper Day
- 8/27 - Burger Day, Rock Paper Scissors Day, Peach Day
- 8/28 - Power Rangers Day, Bow Tie Day
- 8/29 - Sports Day, International Bat Night
- 8/30 - Frankenstein Day, International Whale Shark Day, Beach Day, Grief Awareness Day
- 8/31 - Eat Outside Day, Trail Mix Day



HOT DOGS, BAY SHRIMP, AND CHINA CAMP MEMORIES

with Amy and Thea

China Camp has changed over the years, but for many Marin families, the memories are still vivid. For Amy, the park is tied closely to childhood weekends, family stories, and a simpler time along the bay.

Amy's connection to China Camp began when she was young. Her father worked as a bus driver for Trailways, and her mother had grown up in Terra Linda. On weekends, the family would sometimes head to visit Amy's grandparents. If her grandparents weren't home, they knew exactly where to find them.



Marthature, CC BY-SA 4.0
<<https://creativecommons.org/licenses/by-sa/4.0/>>, via
Wikimedia Commons



Sanfranman59, CC BY-SA 3.0
<<https://creativecommons.org/licenses/by-sa/3.0/>>, via
Wikimedia Commons

"Then we'd go to China Camp (above right), and there they would be," Amy recalled. Amy's grandma often visited her friends, the Quans, at China Camp.

Back then, a trip to China Camp meant simple pleasures. Amy remembers getting a hot dog and a grape Shasta soda from the snack shop near the beach (above left). She also remembers her grandmother, Maisie, taking a photograph from the hillside overlooking the water. While Grandma Maisie admired the view, Amy was hanging on tightly, convinced she might slide all the way down the hill.

At the time, Amy had no idea that China Camp State Park was once a bustling Chinese fishing village where families lived and worked along the shoreline. The village became home to Chinese shrimp fishermen in the late 1800s, many of whom faced intense discrimination elsewhere in California.

Amy later learned more about the people who shaped China Camp's history. Her grandmother was friends with Georgette (whom she called *Getty* "jetty"), cousin of Frank Quan, one of the most recognized figures connected to the village. Amy visited with Georgette, but does not remember meeting Frank.

FAMILY DAYS AT CHINA CAMP

Amy and Thea later read a 2016 San Francisco Chronicle article explaining Quan's deep family roots at China Camp: "Quan was born in 1925 to a family with deep California roots. His grandfather, Quan Hong Quock, was one of the founders of China Camp. He was born in China near the Pearl River Delta, and came to California as a young man. Like many other Chinese, he had a difficult time in this country. Violent anti-Chinese prejudice convinced him to move out of San Francisco."

China Camp was also woven into Amy's family traditions in other ways. Her father's parents used to go there to waterski and fish. Amy remembers her grandmother Maisie returning home with large bags of fresh bay shrimp and teaching her how to shell them by hand at the kitchen table.

"Now you have to pay to get down to the beach where the snack shop used to be," Amy said. That change didn't sit well with Amy's father. When entrance fees were introduced, he even wrote a letter of protest to the Marin Independent Journal.

Today, visitors come to China Camp for hiking, biking, picnics, and beautiful bay views. But for longtime Marin families like Amy's, the park is more than a scenic destination. It's a place layered with family history, local tradition, and memories that stretch across generations. Amy's family friend Frank Quan was born in August 1925, and he passed away in August 2016.

For more information on Frank Quan check out the Friends of China Camp website:

<https://friendsofchinacamp.org/wp-content/uploads/2016/08/Frank-Quan-0828.pdf>



Georgette Kuan (Frank's cousin) with Maisie (Amy's grandma)



Nine-year-old Amy at China Camp

Healthy Choices: Our Pop-Up Store

Is Back!

with Billy, David M, Frank, Linda, Mike, Steve, Val, Zoe, and Rebecca

Choice is at the heart of everything we do at CH&S—and what's more basic than choosing how to spend your own hard-earned money? We reinstated our pop-up store, and when we asked our students what they thought about re-opening, the answer was a resounding yes.

All treats are sugar-free. And along the way, we practiced skills that matter in public: waiting patiently in line, making decisions, counting change, and budgeting—all while enjoying the reward of spending money we earned!





Serena Brosz

Former CH&S student, Serena Brosz, passed away peacefully on June 26, 2026, at St. Anthony's Home in San Bruno, California. She was born in Billings, Montana with Downs Syndrome, and it never once slowed her down. She rode horses, drove ranch pickups and four-wheelers, went fishing, took public transportation, and boarded planes to fly between California and Montana by herself. She was a graceful student of karate. She lived at home with her mother for 35 years in a world they built together, sleeping in, gardening, dressing for dinner — and then, in 1997, Serena surprised everyone by moving back to California to start a new chapter of her life.

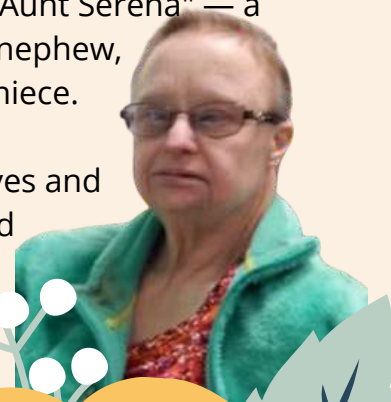
For 13 years, Serena had a supported apartment through Journeys and attended CH&S day program, where she served as the program's librarian, answered phones, and prepared students' weekly payroll.

She had turquoise eyes, a bright smile, and no patience for anything she didn't care for — a jacket she disliked once went out a bus window. Her sayings became legend around her: "That's jus' what I was thinkin'." "No way, Jose." "YOU are violatin' my civil wights."

She was also an artist and spent hours over abstract paintings full of color, with a coffee always close by. For 24 years she was "Aunt Serena" — a fixture at holidays, a playmate on the floor with her nephew, a familiar face waiting at the preschool gate for her niece.

In her final years, she communicated through her eyes and a raised eyebrow, radiating a peace everyone around her could feel.

Vaya con Dios, Serena.



A Fish As Long As a Bus!

Every year on August 30, people around the world celebrate Whale Shark Day. Whale sharks are amazing because they are the largest fish on Earth. Even though they can grow as long as a school bus—whale sharks are humongous!

Many whale sharks are in danger because it is easy to get hit by a boat, fishing, and accidentally eating plastic pollution. Whale Shark Day reminds us to keep our oceans clean and protect these peaceful giants for the future.

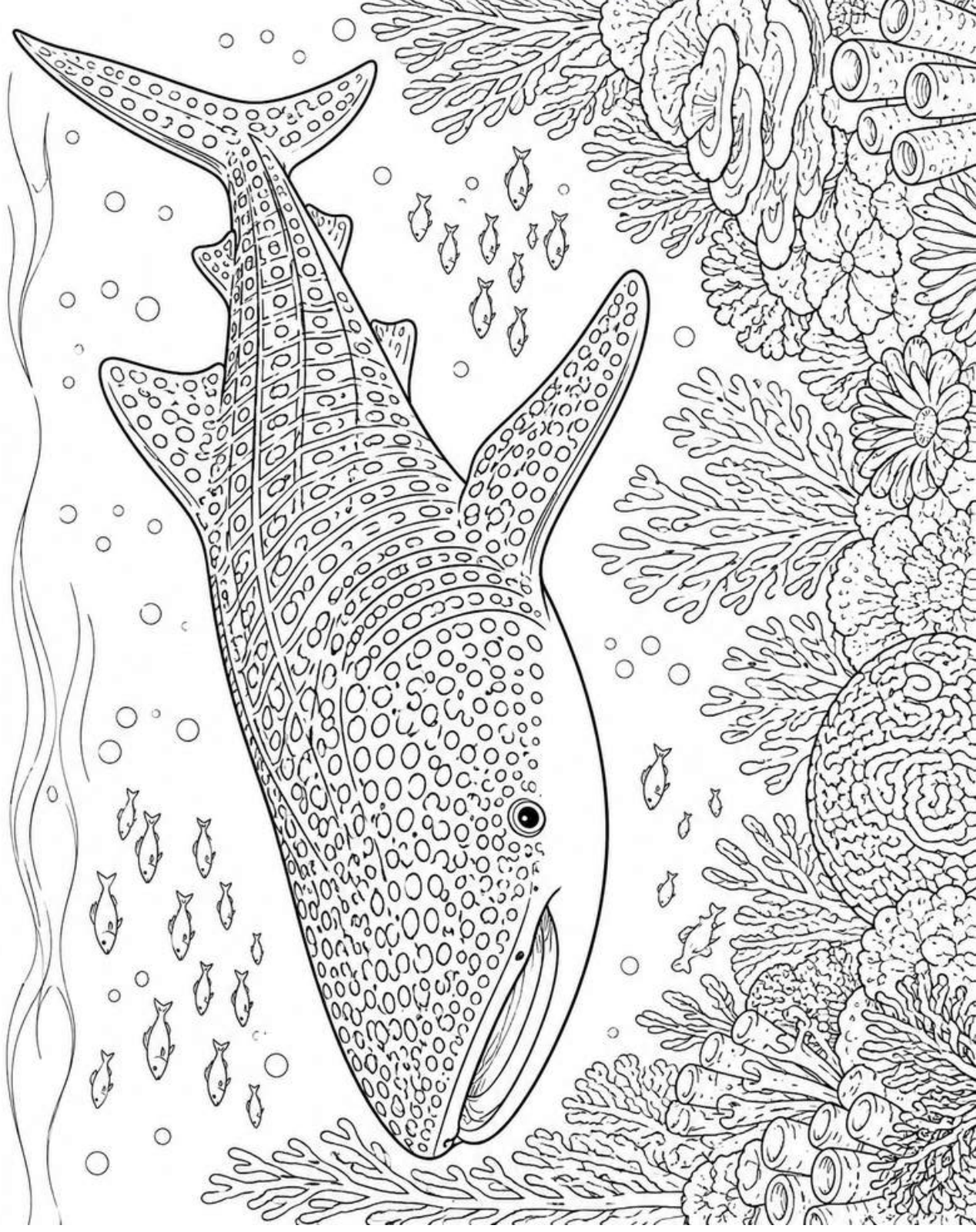
Is a whale shark a whale, a shark, or a fish? A whale shark is both a shark and a fish, since sharks are fish. They are NOT whales.

Unlike dolphins and whales, whale sharks breathe with gills, not lungs, and they spend their whole lives in the water. Their white spots are as unique as fingerprints, so scientists can tell one whale shark from another.

We learned about these gentle sharks which helped us understand why every animal in the ocean is important and worth protecting.



Whale Shark Adult Coloring Page



Toilet Paper: A Brief History and User Guide

with Amy, Connor, and Thea

National Toilet Paper Day is celebrated annually on August 26, marking the date the first rolled toilet paper was sold in the U.S. in 1871. According to Cottonelle, the average person uses 85 rolls of toilet paper per year (based on regular rolls of 150 sheets), or nearly 13,000 sheets. The website states: 93% of women and 89% of men claim toilet paper as their go-to wiping material during toileting needs.

Thea: That means 7% of women and 11% of men use *something else*.

Amy: Miss DeeDee told us that in the olden days people used to use corn cobs.

Thea: Yikes! It gives me a rash just thinking about that.

Connor: I wouldn't want to use a corn cob.

B.T.P. (Before Toilet Paper)

Before toilet paper, humans used whatever was at hand — water, leaves, moss, and corn cobs, and in wealthier households, wool, lace, or hemp. Ancient Romans favored a shared sponge on a stick (*torsorium*) rinsed in saltwater.

Amy: Ickblechk! (As she made a gagging face.) That gives me the willies!

Thea: Me too! What would you use before tissues or toilet paper were invented?

Connor: I wouldn't mind using the sponge.

The Goose Interlude

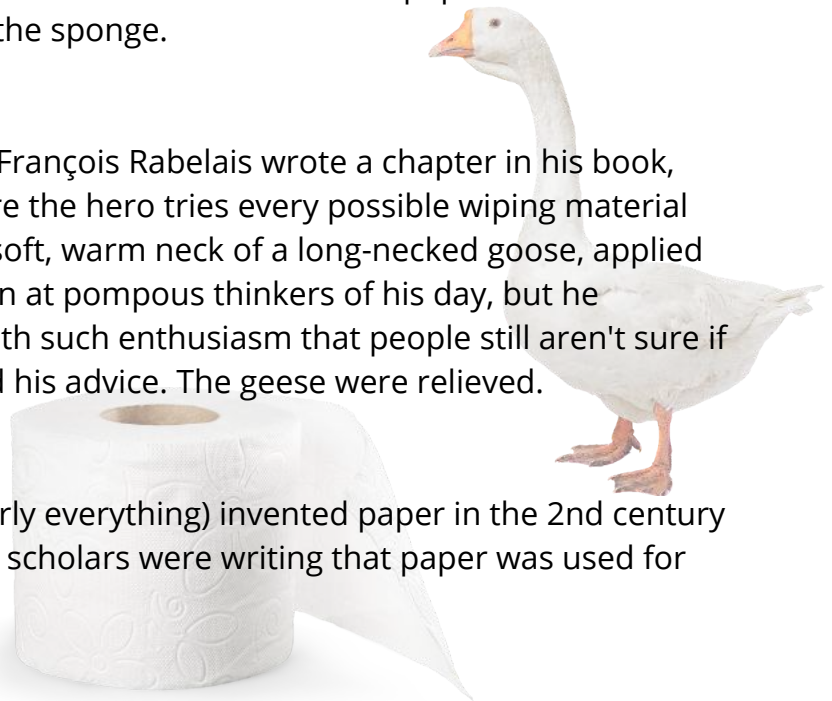
In the 1500s, the French writer François Rabelais wrote a chapter in his book, *Gargantua and Pantagruel*, where the hero tries every possible wiping material before declaring a winner: the soft, warm neck of a long-necked goose, applied directly. Rabelais was poking fun at pompous thinkers of his day, but he described the goose method with such enthusiasm that people still aren't sure if he was joking. Nobody followed his advice. The geese were relieved.

China Gets There First

The Chinese (who invented nearly everything) invented paper in the 2nd century BCE, and by the 6th century CE, scholars were writing that paper was used for personal hygiene.

Modern Toilet Paper Is Born

- 1857 — Joseph Gayetty of New York commercializes "Medicated Paper," selling flat sheets infused with aloe. He was so proud he watermarks each sheet with his name.
- 1867 — Seth Wheeler patents perforated, rolled toilet paper on a spool — the design we still used today.



Toilet Paper: A How To Instruction Manual

- 1890s — Scott Paper Company begins mass-producing and popularizing toilet paper rolls for American households.
- 1973 — Johnny Carson jokes about a toilet paper shortage on *The Tonight Show*, accidentally triggering a real shortage — shelves cleared within days.
- 2020 — The Covid-19 pandemic produces the Great Toilet Paper Panic, baffling sociologists for years afterward.

Basic Operation

- Grasp the hanging sheets between thumb and forefinger.
- Pull gently and steadily until the desired length is reached.
- Tear along the perforation using a clean downward or sideways motion.
- Fold or bunch toilet paper according to personal preference.
- Wipe your bottom. Repeat as necessary with more clean toilet paper.
- Dispose of used paper into the toilet—not the trash can unless the plumbing system is old or weak.
- Flush please.
- Wash your hands after you finish.



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

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.

Happy August Birthday!

8/2 - Tess

8/7 - Bruce

8/9 - Hayley

8/11 - Jonas

8/25 - Zayde

8/26 - Michelle



HOW DOES OUR GARDEN GROW?



Back in May (to see the May Magazine which featured our spring garden, check out our Connection Magazine archive here:

<https://www.communityhomesandservices.com/newsletters.php>.



We planted a garden in the backyard at Enterprise and since then, our students have been working hard to help it grow strong.

Last week, the students got to work on a big job: mulching the garden.

What is mulching?

Mulch is a layer of material — like wood chips or bark — that goes on



MULCHING TOGETHER



top of the soil around plants. Mulch helps the garden in a few important ways:

- It keeps the soil moist, so plants don't dry out as fast
- It helps stop weeds from growing
- It protects plant roots from getting too hot or too cold
- As it breaks down, it adds good nutrients back into the soil

In short, mulch helps our garden stay healthy with less work down the road.

Everyone helped in their own way

Some students got their hands right into the mulch, scooping and spreading it around the plants. Others sat nearby and offered encouragement and support the whole time. Everyone played a part, and everyone should be proud of the work.

Why this matters

Projects like this are about working together, being part of a team, and feeling proud of something you helped build. Next time you're here, stop by the backyard and see how our garden grows!



Love is the Air—If You're a Tarantula

with Connor and Thea

One of our students, Connor, recently asked a great question: ***Do tarantulas live in Marin County?*** That's exactly the kind of curious question we love! Here's what we learned:

Every fall, from roughly August through November, male tarantulas across California emerge from their underground burrows and go on the move—sometimes traveling up to 20 miles—in search of a mate. This is the only time most people ever see one. The rest of the year, tarantulas live quietly below the surface, rarely venturing out.



The female California Ebony Tarantula
<https://commons.wikimedia.org/w/index.php?curid=46880012>

There are an estimated 29 species of tarantulas in the U.S., with ten found throughout California. The species most commonly spotted in the greater Bay Area is the California ebony tarantula (*Aphonopelma eutylenum*). This species is found in grassy areas from the eastern San Francisco Bay Area south to San Diego. Marin County, with its cooler, coastal climate and dense vegetation, is on the wetter and shadier end of what these spiders prefer—so a sighting here would be uncommon, though not impossible near the drier, open grassland areas of the county's eastern hills.



(Above) Not a tarantula, but check out those enlarged pedipalps!
https://commons.wikimedia.org/wiki/File:Zoropsis_spinimana-pjt2.jpg

As for the courtship itself: It's complicated. Male tarantulas will tap their legs and *pedipalps* into the soil; if a female is receptive, she'll respond by tapping in turn.

Pedipalps are the second pair of appendages on a tarantula's cephalothorax (front body segment), positioned between the chelicerae (fangs) and the first pair of walking legs. They resemble small legs but are not legs.

Spiders vs Insects

If the female is not interested, the male had better make a quick exit because she might eat him. It's not uncommon for females to become peckish after mating—but the risk exists even during courtship if she's unreceptive and turns aggressive. Male tarantulas have evolved tibial hooks specifically to grip the female during mating and make a faster escape. If an unreceptive female becomes aggressive, a male who doesn't read the room quickly enough can become a meal rather than a mate.



The male California Ebony Tarantula
<https://commons.wikimedia.org/w/index.php?curid=46880014>

And while tarantulas look intimidating, **they pose no real danger to people.** They're shy and not aggressive, likely to scamper away from a person; their venom is comparable to a bee sting.

Connor wondered about spiders and insects,
 what's the same and what's different?

Both spiders and insects are *arthropods*—animals with *exoskeletons*, jointed legs, and segmented bodies. They share a common ancestor, breathe through specialized structures rather than lungs, and are *invertebrates*. Both molt as they grow.

SPIDERS vs INSECTS

FEATURE	SPIDERS	INSECTS
Legs	8 legs 	6 legs 
Body Segments	2 segments (cephalothorax and abdomen) 	3 segments (head, thorax, abdomen) 
Eyes	Typically 8 simple eyes 	Usually compound eyes 
Antennae	Do not have antennae 	Have antennae 



(Left) Here are some other ways that spiders and insects are different.



Andrew Newson

CH&S STUDENT PPP

Andrew Newson is the real deal.

He will really impress you as a writer, a student, a friend, and a hard worker.

Andrew is always happy to join in, which makes him a pleasure to be around.

He is intelligent and insightful, kind and caring, and quick on the draw--if you have a question, Andrew has the answer, without an ounce of hesitation.

Andrew is an exemplary professional and a solid citizen.

He works hard and he tries hard, but he has a serious funny bone, too!

Andrew truly appreciates the humor the world has to offer,
and that smile of his is contagious.

Andrew's list of passions and pastimes just keeps growing and growing.

He's a Star Wars & Star Trek super fan, a lover of DC & Marvel comic books,

an action video game enthusiast, a lover of graphic novels,

a movie aficionado, and a foremost authority on the parody music of Weird Al

Yankovic!

Andrew is

Sociable and Friendly

Easy to hang out with

A great listener and understander

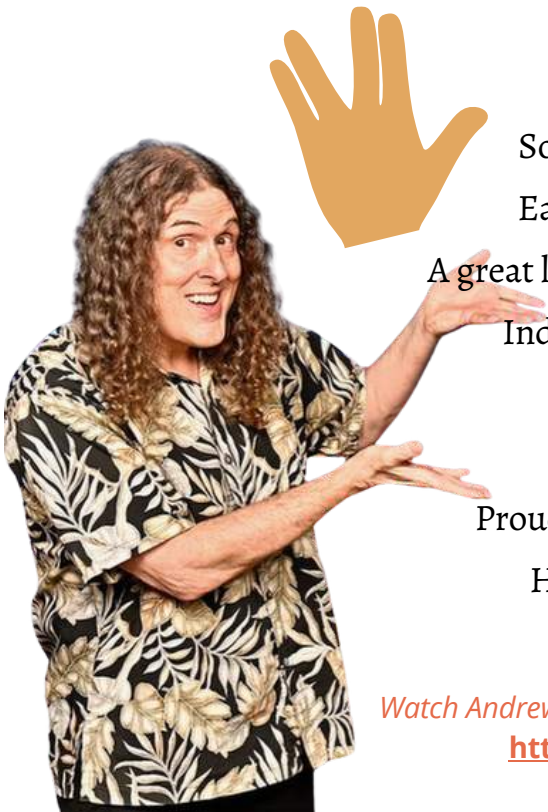
Independent and active

A family man

A gentleman

Proud to be from Belvedere

He makes the world
a better place



Watch Andrew's PPP video on our Instagram account
<https://tinyurl.com/9x2ybaj>

Poem 050: Otherwise

by Jane Kenyon

I got out of bed
on two strong legs.
It might have been
otherwise. I ate
cereal, sweet
milk, ripe, flawless
peach. It might
have been otherwise.
I took the dog uphill
to the birch wood.
All morning I did
the work I love.

At noon I lay down
with my mate. It might
have been otherwise.
We ate dinner together
at a table with silver
candlesticks. It might
have been otherwise.
I slept in a bed
in a room with paintings
on the walls, and
planned another day
just like this day.
But one day, I know,
it will be otherwise.



WHY FOOD CHOICES MATTER

with Courtney, Dave, Meredith, Suzie, Tess, and Jehann.



(Above) the USDA's original food pyramid

Research consistently links diets rich in vegetables, fruits, and whole grains to lower rates of heart disease, type 2 diabetes, and some cancers. The government's food guides—from the pyramid to the plate and back to a pyramid again—were built to make good nutrition science simple enough to picture on a dinner table.

Where It Started

The idea of a "food pyramid" wasn't originally American. Sweden published the first one in 1974, a simple way to show which

foods were cheap, filling, and nutritious. The USDA's Food Guide Pyramid didn't arrive until 1992.

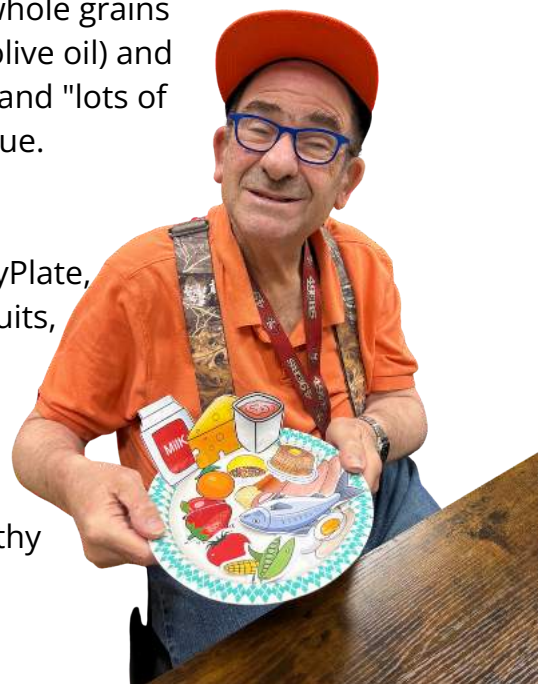
What do you see on the top of the pyramid (above left)?
Do you think sweets like donuts belong on a food pyramid?
Is eating a donut a day healthy for us?

The old pyramid made no distinction between whole grains and refined flour, or between healthy fats (like olive oil) and beef fat. It effectively told people "all fat is bad" and "lots of starch is fine"—and we now know that is NOT true.

The Shift to a Plate, Then Back to a Pyramid

In 2011, the USDA replaced the pyramid with MyPlate, a simple dinner plate divided into vegetables, fruits, grains, and protein, with a small circle for dairy. It made things simple: fill half your plate with vegetables and fruit, $\frac{1}{4}$ grains and $\frac{1}{4}$ protein.

Our students make their own versions of a healthy dinner plate. Check out Dave's well-rounded plate (right).



PYRAMIDS AND PLATES

On January 7, 2026, USDA and HHS retired MyPlate for a new inverted pyramid, part of the 2025–2030 Dietary Guidelines. Protein, dairy, and healthy fats now sit at the wide top tier alongside fruits and vegetables, while whole grains narrow to a smaller bottom tier, and the recommended protein target roughly doubled. This change is only months old, and some nutrition scientists—including some well-respected researchers at Yale—have raised concerns about the heavier emphasis on red meat and full-fat dairy, so how it plays out is still an open question worth watching, even as the anti-processed-food message lines up with longstanding evidence.

So, for now, we're sticking to our MyPlates (which are more fun to eat off of than a pyramid anyway).



What Has Stayed Consistent

Despite the different shapes and names, the core, evidence-backed guidance hasn't changed much in over a decade:

- Make plants half your plate.
- Choose whole grains over refined ones.
- Choose fish, beans, nuts, and poultry over bacon, bologna, or hamburgers.
- Limit sugar and ultra-processed snacks (like Pringles or fruit rollups)—these have been linked to higher risk of obesity and metabolic disease.



EVERYTHING IN MODERATION

Why This Still Matters

Speaking of sugar: August 4 is Chocolate Chip Cookie Day, and it's a good moment to talk about moderation. The research on this is consistent: it's the overall pattern of what someone eats regularly that drives long-term health risk, not one single treat.

One cookie enjoyed every now and again fits comfortably within a healthy pattern. Four cookies at once or eating cookies every day, adds too much unhealthy sugar and refined carbs to a person's diet.



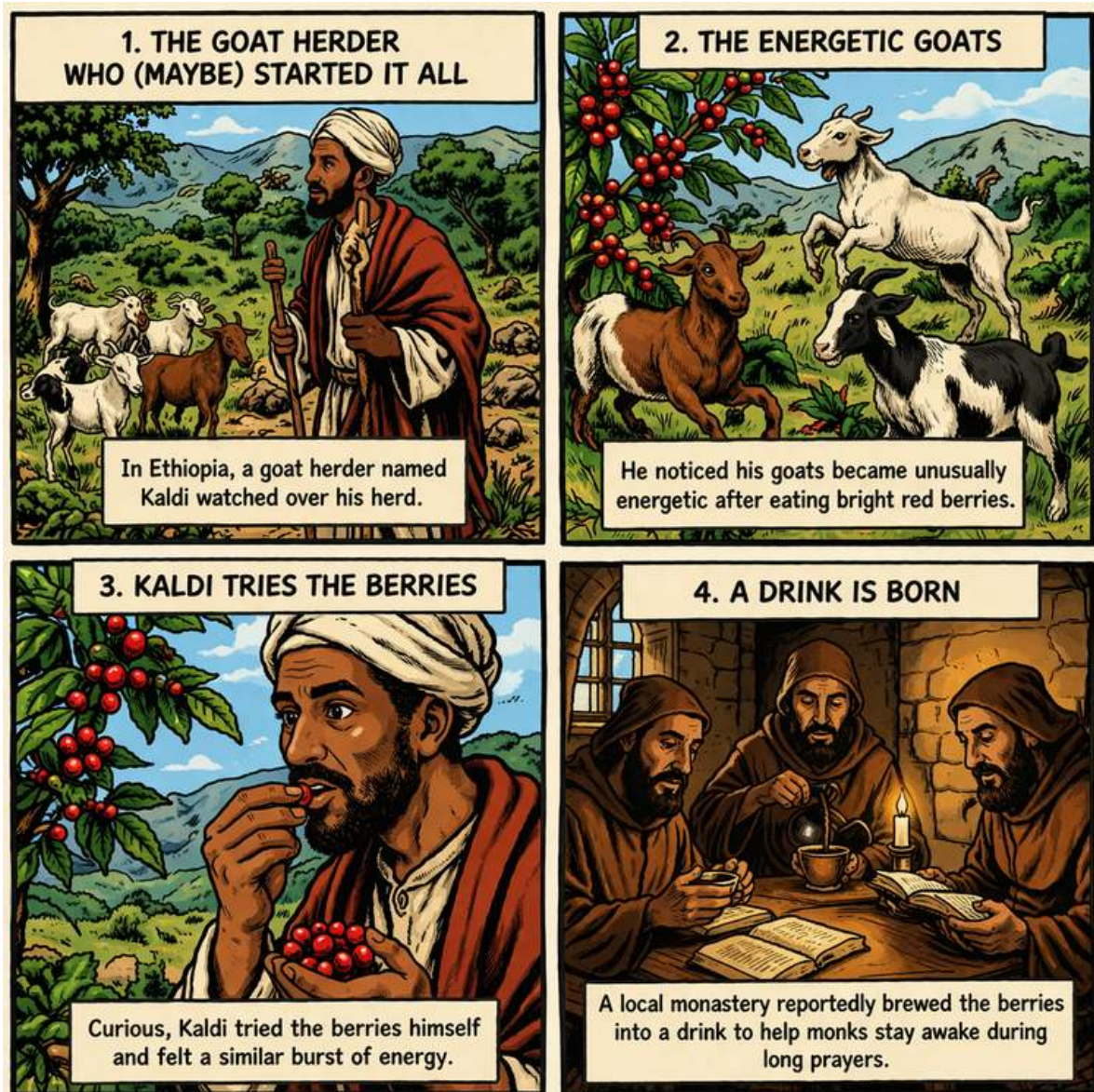
The pyramid and the plate were never really about the picture. They're attempts —imperfect, debated, and evolving—to make the science of eating well usable day to day. And that includes enjoying a cookie on August 4.

CIRCLE THE 2 FRUITS



National Coffee Month

We researched how coffee was discovered



Did this really happen? *Unlikely*. And we'll never know for sure.

But Ethiopia is widely accepted as coffee's birthplace, and written records confirm coffee drinking there by the 15th century. So the magical beans were discovered by Kaldi (or someone else), and thank goodness for that!



Who Is Drinking All Of The Coffee?

WHO LOVES COFFEE MORE THAN ANYONE?



THINK ITALY OR THE U.S.?
GUESS AGAIN!



THE WORLD'S BIGGEST COFFEE DRINKERS LIVE IN...

FINLAND!



ON AVERAGE, FINNS CONSUME ABOUT
12 KG (26 LBS) OF COFFEE PER
PERSON PER YEAR.



THAT'S ROUGHLY **DOUBLE** THE
U.S. AVERAGE.

FINLAND
12 kg
(26 lbs)

U.S.
(6 kg
(13 lbs))

THAT'S ^{2x}
**DOUGHLY
DOUBLED
THE U.S.
AVERAGE.**

FINLAND U.S.



COFFEE BREAKS ARE EVEN BUILT INTO
FINNISH WORK CULTURE, KNOWN AS
KAHVITAUKO. IT'S LESS ABOUT
CAFFEINE AND MORE ABOUT **PAUSING**

WHO LOVES COFFEE THE MOST?



FINLAND IS #1

IN AVERAGE ANNUAL
CONSUMPTION, FOLLOWED BY
NORWAY, ICELAND, AND DENMARK

1. FINLAND
2. NORWAY
3. ICELAND
4. DENMARK



SOURCES: INTERNATIONAL
COFFEE ORGANIZATION;
WORLDATLAS.

Survey Scuttlebutt: Berries and Waffles

with Adara, Connor, and Carolyn



As part of her regular routine, Adara recently made her rounds at the day program with clipboard in hand, surveying staff and students—with Carolyn joining her this time. This month, we looked to the national holidays of August for inspiration. While we discovered there is no general "National Berry Day," we found some specific treats to celebrate: National Raspberries and Cream Day on August 7 and National Raspberry Bombe Day on August 11.

Adara asked everyone, "What is your favorite type of berry?" We got some hilarious responses! Harold and Patrick both quipped that their favorite "Berry" was Halle Berry. As for the fruit, four people voted for blueberries, three chose strawberries, and blackberries and raspberries each earned two votes.

Next, we turned our attention to a breakfast staple: waffles. With National Waffle Day coming up on August 24, Adara asked whether people preferred pancakes or waffles, and what toppings they'd add.



Our Favorite Waffle Toppings

Being her silly self, Adara claimed she'd put mayonnaise on her waffles—do you think this sounds yummy?

In our survey, waffles beat out pancakes 6 to 4. Favorite toppings included berries, bananas, walnuts, butter, syrup, and whipped cream. Some creative diners even suggested sides like fried chicken, eggs, or bacon (just in time for National Bacon Day on August 20).



This article wouldn't have been possible without Connor. After mentioning he had a fasting lab visit coming up and that wanted to go out for breakfast afterward, we told him he'd have to work for it! He helped compile these survey results to earn his outing. Connor shared that while he likes both, he'd pick pancakes if he had to choose—especially served with his favorite fruit, blueberries. We've agreed his celebratory breakfast must include pancakes or waffles topped with plenty of berries!

Soon after the survey, Connor, Carolyn, and staff visited the locally-loved diner, *Bacon*, in Novato, to celebrate his efforts.



HEY Kool Aid OH YEAH

with Colleen, Darren, Martha, Nino, Jennifer, and Michelle

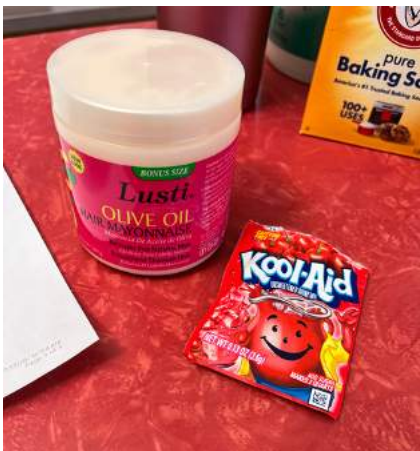
Kool-Aid is one of the most recognizable and enduring beverage brands in American history. From its humble origins in a Nebraska kitchen to its status as a global pop culture phenomenon, this affordable powdered drink mix has spent nearly a century quenching thirsts and shaping marketing history. Kool-Aid was invented in 1927 by Edwin Perkins in Hastings, Nebraska. What started as a liquid concentrate in a family kitchen quickly grew into an international household staple and a pop culture icon.

From Liquid to Powder

Before the powder, Perkins sold a liquid fruit syrup called Fruit Smack. The bottled syrup was popular but presented major business challenges. Glass bottles were heavy, costly to ship, and frequently broke during transit. Inspired by the success of Jell-O powder, Perkins experimented in his mother's kitchen to remove the liquid from Fruit Smack. In 1927, he successfully dehydrated the formula, leaving a concentrated powder that could be packed into lightweight paper envelopes. He renamed the invention Kool-Ade (later changed to Kool-Aid). Edwin Perkins sold the Kool-Aid Brand to General Foods in 1953.

The Kool Aid Man:

It's impossible to talk about Kool Aid without mentioning "The Kool Aid Man" The Kool-Aid Man is one of the most successful advertising mascots in corporate history. Standing as a six-foot-tall talking glass pitcher filled with red cherry drink, he transcended traditional commercials to become a permanent fixture in American pop culture. As the famous mascot for Kool-Aid, he is best known for his destructive antics. The Kool-Aid Man's signature catchphrase is "Oh yeah!" He typically exclaims this after dramatically bursting through a wall or fence in response to parched children shouting "Hey, Kool-Aid!"



A Sugary Paradise

Every August, the small town of Hastings, Nebraska, transforms into a vibrant, sugary paradise to celebrate America's most iconic powdered drink mix. Kool-Aid Days is an annual multi-day summer festival that pays homage to the invention of the famous beverage and draws thousands of nostalgic visitors from across the country

Festival Highlights & Quirky Traditions

The festival, which officially began in 1997, offers an array of unique, family-friendly events. Main attractions typically take place between the Adams County Fairgrounds and the Hastings Museum, where visitors can view extensive historical memorabilia.

World's Largest Kool-Aid Stand: Attendees can sample dozens of classic and rare flavors.

- Kcardboard Boat Races: Participants test their engineering skills in makeshift cardboard vessels.
- Kwickest Kool-Aid Drinking Contest: A high-speed chugging competition for all age groups.
- The Kool-Aid Days Parade: A lively procession featuring community floats and a massive mascot appearance.
- The Mascot Experience: Fans can meet the towering, brick-wall-smashing Kool-Aid Man in person.

Beyond the novelty contests, the weekend features carnival rides, a classic car show, 5K fun runs, and plenty of live music

Did you know Kool-Aid can be used beyond a simple beverage? The highly concentrated citric acid and intense artificial dyes in the powder have given Kool-Aid a second life in DIY culture. Today, millions of people use the packets for:



Beyond a Beverage

- Cleaning: Using the lemon flavor to remove rust and hard-water scale from dishwashers and toilets.
- Crafting: Permanently dyeing wool, yarn, and Easter eggs without harsh chemicals.
- Beauty: Creating temporary, vibrant hair dye tints and DIY tinted lip balms.

Michelle, Nino and Colleen did a little DIY of our own at Life College. Michelle successfully dyed a strip of her hair bright red using Cherry flavored Kool Aid mixed with hair conditioner. A decision she quickly regretted.

Nino, Colleen and Michelle made Kool-Aid water color paint by adding small amounts of water to different flavors of Kool Aid. Not only did the water color paint beautifully, it smelled amazing

Dana also got in on the action and made Kool Aid infused sugar cookies with Zachary. They were surprisingly delicious



Now For Some Sweeties with 0% Sugar



415-897-8676
PO Box 744 Novato CA 94945
Community Homes & Services

August 2026 Connection Magazine

We made chocolate chip cookies!

