

CH&S MAGAZINE



# CONNECTIONS

Community Homes & Services  
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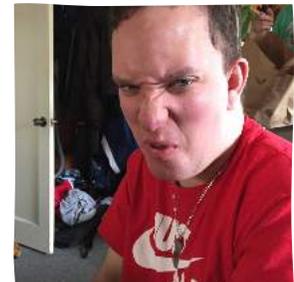
## WE'VE BEEN BUSY!



Jen taught a flower arranging class.



Connor rode a zipline.



Zachary ate a sour gummy worm.



Susie shot a Valentine flower with a Nerf gun.



Seeing double... (double trouble!)

## ALL ABOUT LEPRECHAUNS

Leprechauns are a type of fairy, but please note that the fairies of Irish folklore were not cute pixies– they could be lustful, nasty, impulsive creatures whose magic might delight you one day and kill you the next, if you displeased them.

Factoid: While leprechauns are mythical beings, a rare type of insulin resistance, sometimes called *leprechaunism*, is very real.



# MARCH HOLIDAYS AND NATIONAL DAYS

March 2: National Banana Cream Pie Day

March 6: National Dress in Blue Day

March 8: Daylight Savings Time – Second Sunday in March

March 9: National Napping Day

March 11: National Johnny Appleseed Day

March 13: National Earmuff Day

March 14: National Potato Chip Day and Pi Day

March 16: National Panda Day

March 17: National Corned Beef and Cabbage Day, and St. Patrick's Day

March 21: National Corn Dog Day

March 23: National Chia Day and National Puppy Day

March 25: Manatee Appreciation Day

March 30: National Pencil Day

March 31: National Crayon Day



## ELEPHANT SEALS AT DRAKE'S BAY, POINT REYES

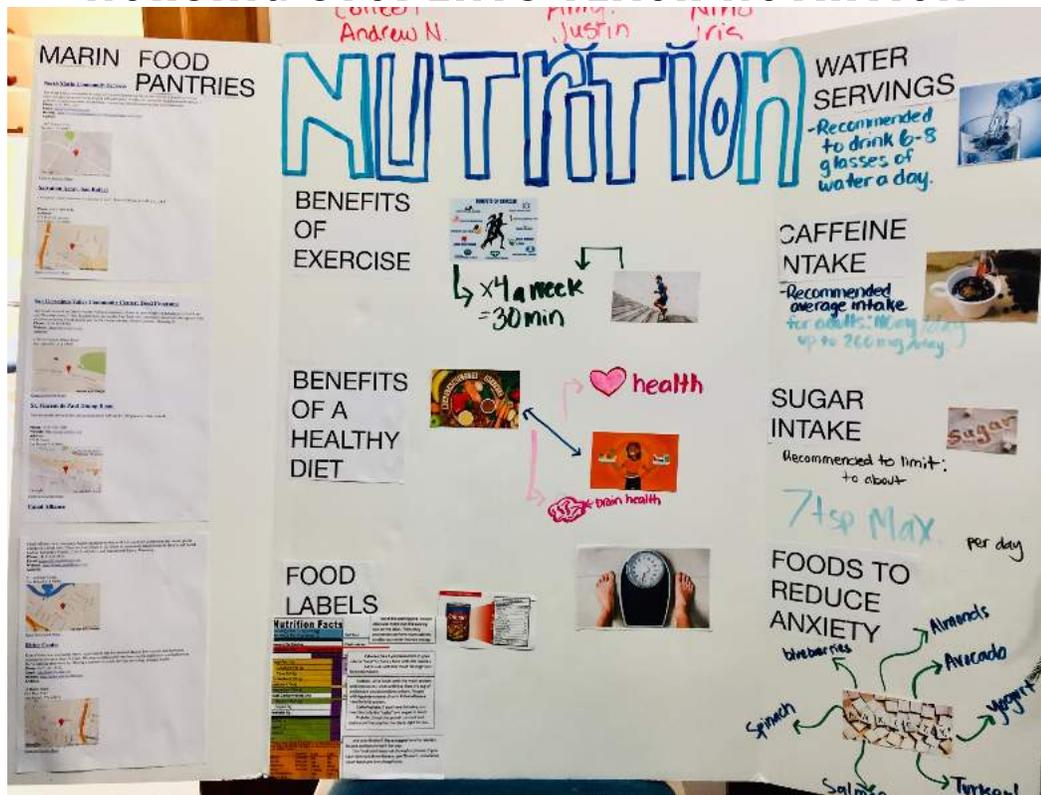


# ART SHOW OPENING AT HONEY BADGER COFFEE!



The art show ended on February 28th. Congratulations to all artists who displayed and/or sold pieces at the show!

# NURSING STUDENTS TEACH NUTRITION



Leo wears his big sister's pink fleece to keep warm while viewing art.

What we learned:

- We should all be exercising for at least 30 minutes per day, 4 days per week.
- Good foods to reduce anxiety are: blueberries, salmon, almonds, avocados, yogurt, turkey, and/or spinach.
- The average person should consume *about* 2000 calories per day (depending on your height and weight).

# SNAPSHOTS

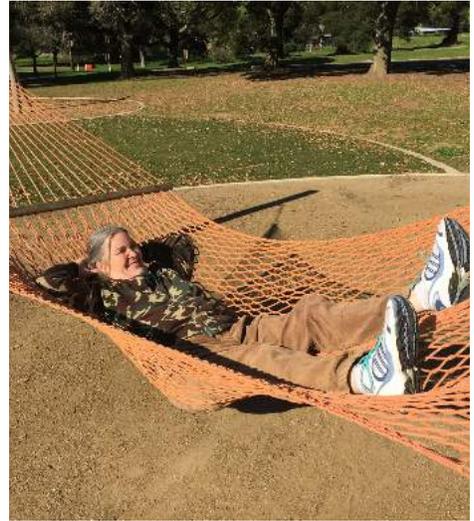


# VISITING THE SF FLOWER MART



Jennifer took some students to her old stomping grounds—the SF Flower Mart where we were greeted by the delightful aromas of spring flowers. Later, she held a class to show us how to make arrangements for a small wedding and a funeral.

# STAFFORD LAKE PARK



In anticipation of National Napping Day (March 9th), we decided to lounge/nap in the hammocks at Stafford Lake Park.



Some even tried out the zipline. Weeeeeee!!!



# KNOWLEDGE CLASS REVIEW:

## Ancient Civilizations:

- Cities tended to spring up around water sources after the invention of agriculture. For example, Damascus formed around the Damascus spring.
- Jericho was founded 11,000 years ago.

## Cartoons:

- The first cartoon was completed in 1908.
- The first cartoons were surrealistic forms of art.
- Mickey Mouse was originally going to be *Oswald the Lucky Rabbit*.



## Citrus:

- The C in "vitamin C" is from citrus, so we could call it "vitamin citrus."
- Consuming citrus fruits is good for preventing scurvy (symptoms of scurvy include teeth falling out, getting sores, and falling apart sort of like a zombie). Our bodies use citrus to make collagen which forms the outer membrane of a cell and keeps the cell together which makes it harder for diseases to enter.

## Elephant Seals:

- Elephant seals spend about 80% of their life in the ocean.
- Females give birth on land. When elephant seals are born, they can weigh up to 80 pounds and reach lengths up to 4 feet.
- The female nurses her baby for about a month. After a month, the weaned baby weighs about 300 lbs (yes, really!) and the mom heads back out to sea to eat because adults don't eat on while on land. Females leave their weaned pups ("weaners") to survive on their own in weaner pods.



Zachary performs one of his favorite tunes!

# VALENTINES PARTY AT ENTERPRISE



Some students created beautiful V Day art while others shot flowers with a Nerf gun for prizes, and yet others took time to chill out and relax.

# CARNIVOROUS PLANTS – "Feed me, Seymour!"



California Carnivores is a store dedicated to bug-eating plants!



Thea now owns an insectivorous pitcher plant!

## PI DAY AND THE IDES OF MARCH

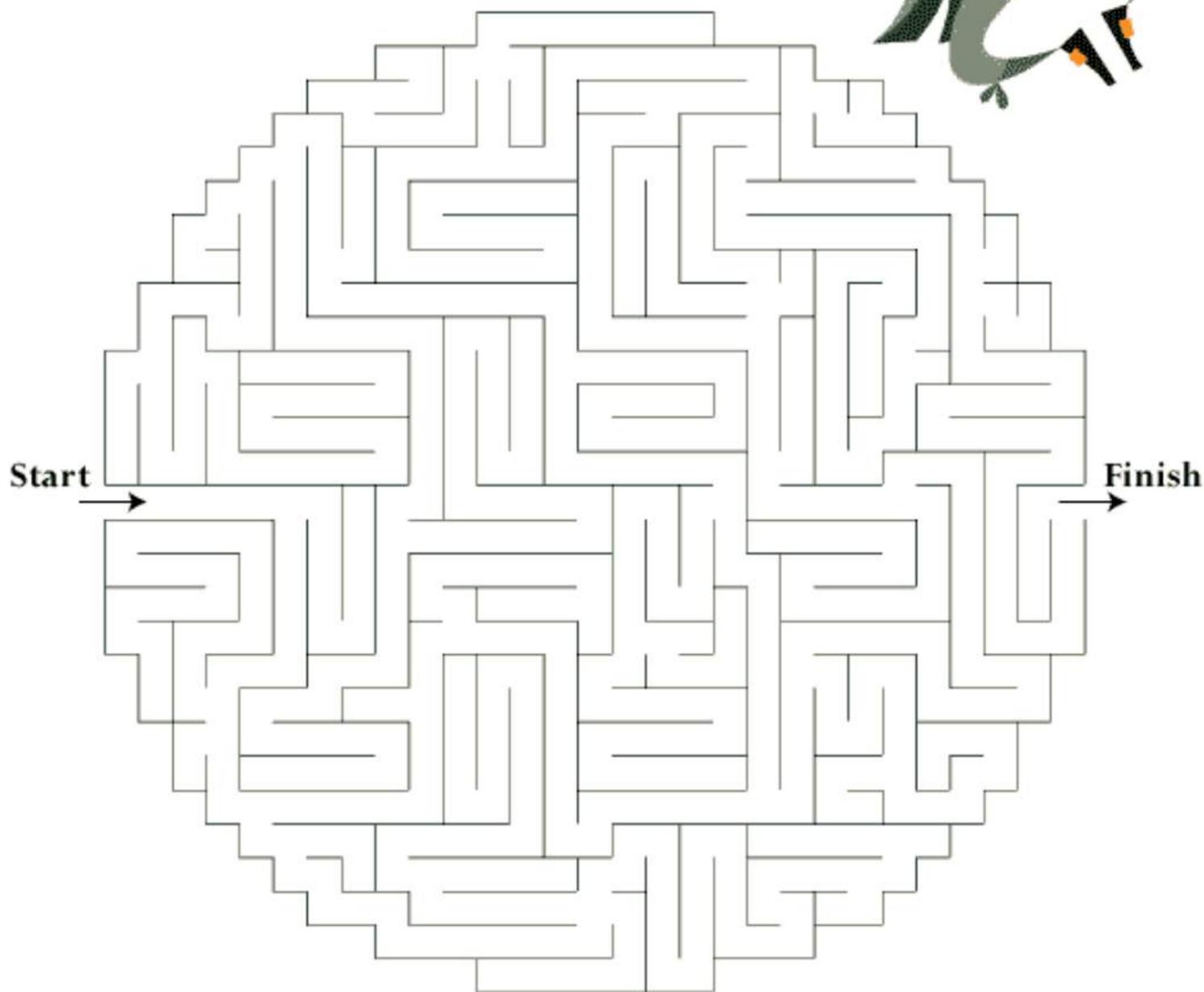
*Pi (π) Day:* The numbers in the date (3/14) match the first three digits of the mathematical constant pi (π). If you divide any circle's circumference by its diameter; the answer (whether for a pie plate or a planet) is always approximately 3.14, a number we represent with the Greek letter π.



The day after Pi Day is the *Ides of March*, a day in the Roman calendar that corresponds to March 15th. It was marked by several religious observances. In 44 BCE, it became notorious as the date of the assassination of Julius Caesar and March 15th was notable for the Romans as a deadline for settling debts. We settle our debts (pay taxes) on April 15th!

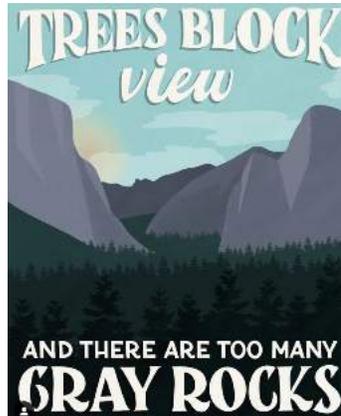
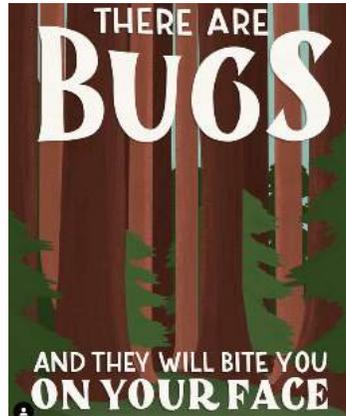
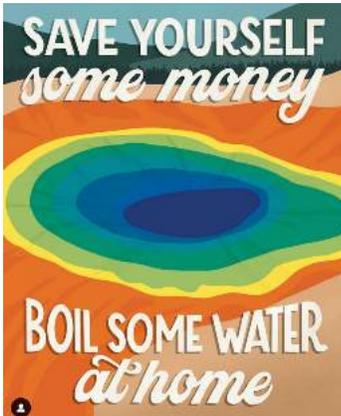


# HAPPY ST. PATRICK'S DAY!



# ONE-STAR REVIEWS...

We have a new favorite Instagram–@subparparks which is dedicated to one-star reviews of National Parks (L to R below: Yellowstone NP, Sequoia NP, and Yosemite NP):



Seriously, are these for real? Yes, they are...

## OLOMPALI STATE PARK



## SCHOOL BUS YARD TRIP

A school bus is a type of bus owned, leased, contracted to, or operated by a school or school district. It is regularly used to transport students to and from school or school-related activities. The most iconic examples are the yellow school buses of the United States and Canada.



# MARCH 25th IS NATIONAL MANATEE DAY

The manatee is a large marine mammal with an egg-shaped head, flippers and a flat tail. Manatees are also known as sea cows. Due to their large stature and their slow, lolling nature, manatees have a propensity to be eaten by other animals. Manatees are more closely related to elephants than cows.

Manatees can swim quickly and gracefully. They range in size from 8 to 13 feet and can weigh 440 to 1,300 lbs. They have large, strong tails that power their swimming. Manatees usually swim about 5 mph, but can swim up to 15 mph in short bursts.



## SNAPSHOTS



Katie takes a spa day!



Allison takes some cuddle time.



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The March 2020  
newsletter is here!

