

CONNECTIONS

Community Homes & Services
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WHAT IS LOVE?

In Ancient Philosophies Class, we discussed the age-old question, "what is love?" Matthew explained that the Ancient Greeks had SIX words for love:

1. Ludus (playful love)
2. Philia (deep friendship)
3. Eros (romantic love)
4. Agape (love for everyone)
5. Pragma (longstanding love)
6. Philautia (or love of the self)



Piglet:
"how do You SPELL love?"
Pooh:
"You don't SPELL it,
You feel it."

- "I have love for a lot of people," said Pam who demonstrated *agape*, or love for everyone.
- "Love feels like home," said Jennifer who demonstrated *pragma* or longstanding love.
- "Love is feeling attracted to someone, more than just *like*," said Connor, who spoke about *eros*, or romantic love.
- "I love my kids; I want them to be happy and it makes me happy, when they're happy!" said Zayde who demonstrated *pragma* or longstanding love



We love our pets! July 11th is All American Pet Photo Day. Here is David with his cat Alvin.



JULY HOLIDAYS AND NATIONAL DAYS

July 3 - National Eat Your Beans Day



July 4 - **Independence Day/Fourth of July.**

On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to family gatherings and barbecues. Or maybe even on Zoom!



July 11 - **All American Pet Photo Day**

July 14 - National Mac & Cheese Day

July 17 - **World Emoji Day**



July 20 - **National Moon Day.**

On July 20, 1969, Apollo 11 carried the first humans to the moon. Neil Armstrong and Buzz Aldrin, stepped foot on the moon. NASA reported the landing as being "...the single greatest technological achievement of all time."



Remember when we chilled out in hammocks at Stafford Lake?

July 22 - **National Hammock Day**

July 23 - Gorgeous Grandma Day

July 25 - National Day of the Cowboy

July 26 - **National Disability Independence Day**

National Disability Independence Day commemorates the signing of the Americans with Disabilities Act (ADA) on July 26, 1990. The ADA provides protection from employment discrimination as well as better access to goods, services, and communications for people with disabilities.



July 28 - **Buffalo Soldiers Day.**

Buffalo Soldiers Day commemorates the formation of the first regular Army regiments comprising African American soldiers in 1866. Buffalo soldiers were African American soldiers who mainly served on the Western frontier following the American Civil War. Their main tasks were to help "control" the Native Americans of the Plains, capture cattle rustlers and thieves and protect settlers, stagecoaches, wagon trains and railroad crews along the Western front.



July 29 - **National Lipstick Day**

July 30 - National Cheesecake Day

GORGEOUS GRANDMA DAY - JULY 23RD



On July 23rd Gorgeous Grandma Day recognizes all women of a certain age whether they are grandmothers or not.

Not all women become actual grandmothers. Gorgeous Grandma Day embraces the age of the nana and encourages all women to flaunt their granny attitudes with purpose and style.

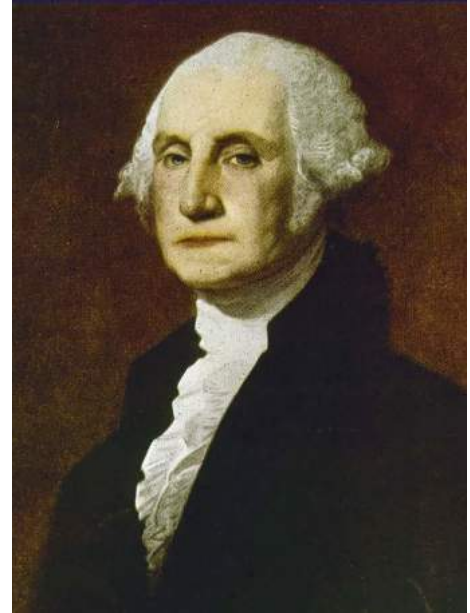
These are some of the grandma emoji in celebration of World Emoji Day on July 17th!



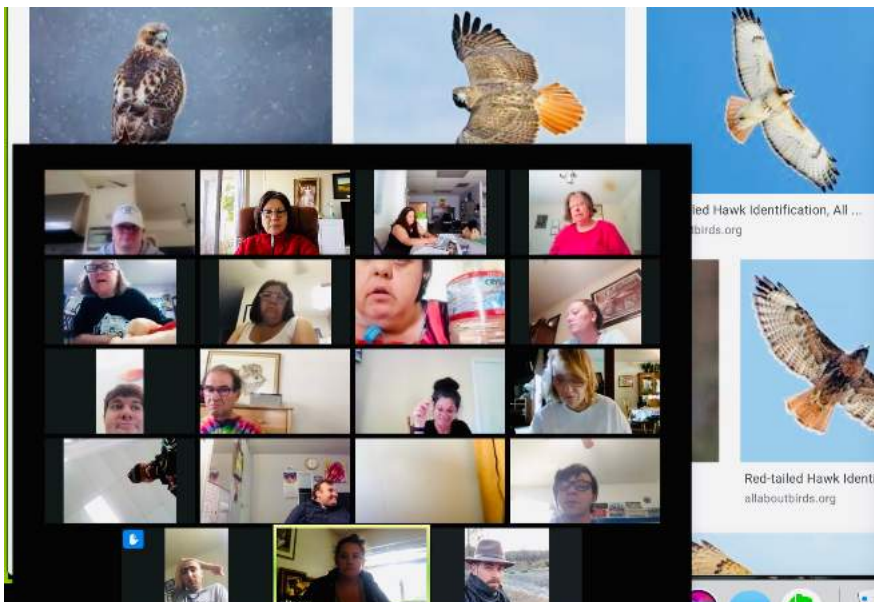
NATIONAL LIPSTICK DAY - JULY 29TH

British Parliament banned lipstick in 1770 calling it a devilish attempt to trick men into marriage. Occasionally, lipstick contained poisonous materials. George Washington supposedly wore lipstick.

During the Roman Empire, lipstick was used to indicate social status. Even men wore lip paint to suggest their rank. During World War II, all cosmetics except for lipstick were rationed. Winston Churchill decided to keep lipstick in production because he felt it had a positive effect on morale.



BIRDS OF SONOMA



Many of us enjoyed Kate and Vanessa's bird class.

What bird is this?

Hint: It is a medium-sized bird of prey known as a raptor. They have long, broad wings and short, wide tails with reddish brown color. They eat small mammals, including rodents and rabbits. They also eat birds, reptiles, fish and insects.

Answer: Red-Tailed Hawk



Speaking of Gorgeous Grandmas, whose thick curls are these?

ACRONYMS CLASS

acronym noun

Save Word

ac-ro-nym | \ 'a-kre-nim \

Definition of *acronym*

: a word (such as *NATO*, *radar*, or *laser*) formed from the initial letter or letters of each of the successive parts or major parts of a compound term

also : an abbreviation (such as *FBI*) formed from initial letters : INITIALISM

What do these acronyms stand for?

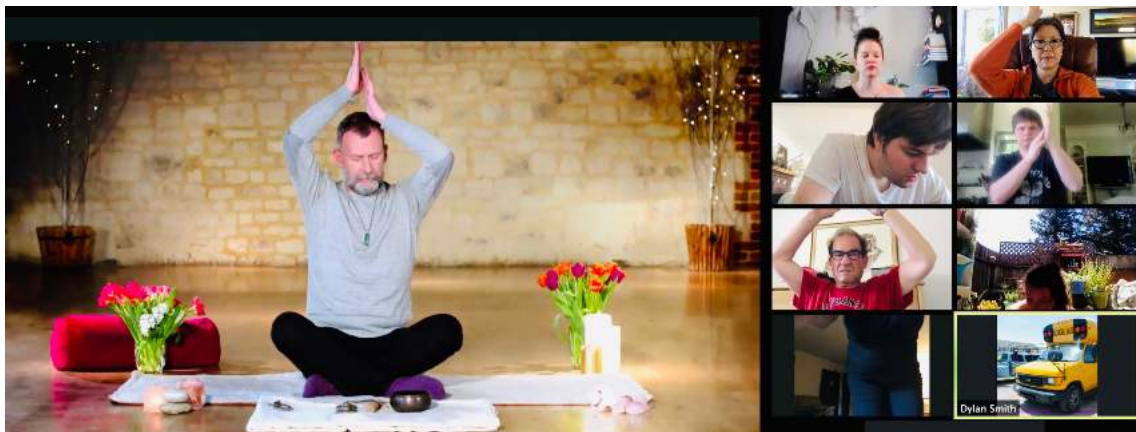
- SIP
- PPE
- HEPA
- NASA
- ASAP
- NBA
- CDC
- LOL

Answers are on the bottom of the page.



OMG, our acronym class made us LOL!

This looks like *ludus*, or playful love with our friends!



CH&S students know how to take time out of their days to relax, center, and regroup during meditation class.

Answers: The gorgeous grandma is Carolyn! Acronyms: SIP=shelter in place, PPE=personal protective equipment, HEPA=high-efficiency particulate air filter, NASA = National Aeronautic and Space Administration, ASAP=as soon as possible, NBA=National Basketball Association, CDC=Centers for Disease Control, LOL=laugh out loud



LITERARY CIRCLE

Jennifer has been reading *Hurricane Season* to us. In the book, Fig Arnold, a sixth grader, wants more than anything to see the world as her father does. Though Fig is a science and math nerd, she tries taking an art class just to be closer to her artist dad, to experience life the way an

artist does. But then Fig's dad shows up at school, disoriented and desperately searching for Fig. Not only has the class not brought Fig closer to understanding him, it has brought social services to their door. *What will happen next?*



ALPHABETICAL PLACES

Fill in the blanks. Name places that begin with...

E

Estonia
Ethiopia

F

Fargo, North Dakota
Frankfurt, Germany

G

Guatemala
Ghana



H

Hamburg
Haiti



KNOWLEDGE CLASS REVIEW



Speaking of PPEs (personal protective equipment), Leo Tim is wearing a kid-sized space mask for self-protection, and for fun! Notice Eek the Bat in his stroller?



Bat Class

A) What kind of megabat is this (above)? Hint: They are BIG! They are about 16 inches tall from head to foot and have a wingspan of about five feet!

B) What kind of bat is to the right? Hint: They are 3.5 inches from head to toe and their wingspan is 7 inches. Many bats eat insects, but these bats prefer larger prey such as horses and cows!



Ocean Health Class

There is a lot of plastic polluting our oceans. The artists at WashedAshore.org make beautiful sculptures (like Priscilla the Parrotfish above) with garbage fished out of the ocean.

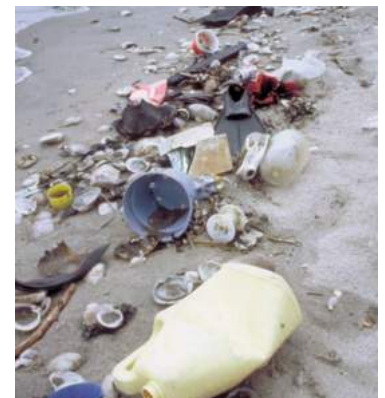


Kate taught us two basic ways we can help keep our oceans healthy:

C) Which is healthiest for our planet?

1. **Using a plastic straw to drink your beverage.**
2. **Using no straw to drink your beverage.**
3. **Using a refillable water bottle and no straw to drink your beverage.**

D) True or false? Plastic bags are better for ocean health than paper bags.



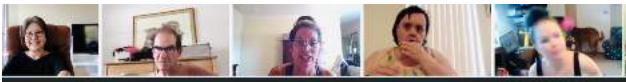
Answers: A) The flying fox or pteropus is a genus of megabats which are among the largest in the world, B) vampire bat, C) 3, D) False, since paper bags biodegrade they are more healthy for our oceans.

BODYWEIGHT EXERCISE CLASS



One of our warm up exercises is this waist rotation with swinging arms which Carolyn calls "the ragdoll."

Then things get serious...



Andrew M. and Meredith glow after completing exercise class which starts with warm ups then moves on to some serious leg, upper body, and abdominal exercises then ends with a cool down. Yay, healthy CH&S students!



Who Received an A+ at College of Marin?

Title	Grade	Credit Hours
Aquatic Fitness	A+	1.000

Pam took an aquatic fitness and exercise class at College of Marin (CoM). When we had to shelter-in-place due to the coronavirus pandemic, College of Marin canceled in-person classes. That didn't stop Pam! Using exercises she learned at CoM, Pam co-taught the body-weight exercise class with Carolyn on Zoom for CH&S students.

Yup, it's Pam!



Congratulations Pam on being an A+ student!

MORE KNOWLEDGE CLASS REVIEW



A) Who is the artist pictured at the left?
 B) What cultural movement is he associated with?

We learned to mute and unmute ourselves in Zoom etiquette class!

Grow a Backbone!

Vertebrate: an animal with a backbone or spinal column, including mammals, birds, reptiles, amphibians, and fishes.

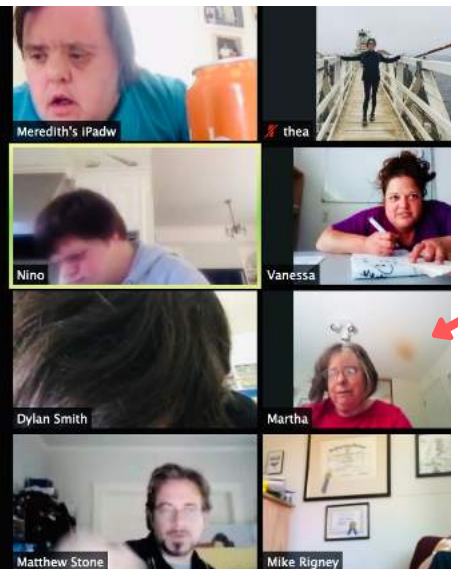
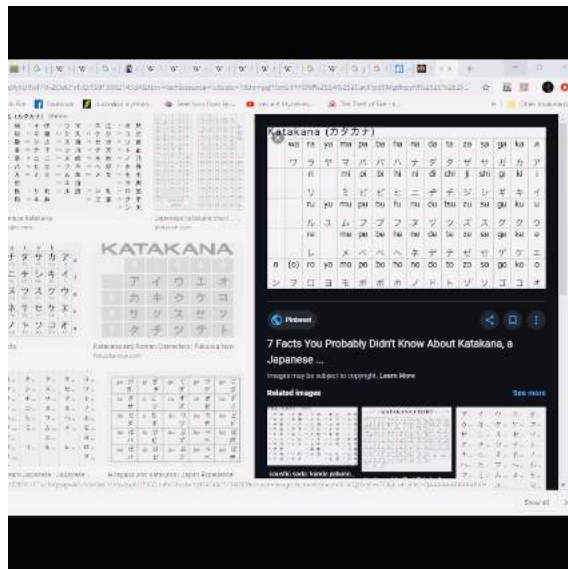
Invertebrate: an animal lacking a backbone such as sponges, sea stars, clams, octopuses, and insects.



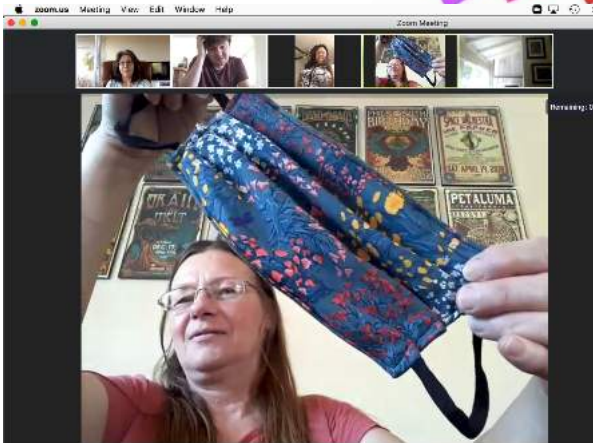
C) Whose name is written below? Japanese is written vertically (not horizontally). It's the same person's name written in Katakana (on the left) and Hiragana (on right). Who is that?

Japanese class with a bit of Chinese too!

↓
 マ ま
 ー ー
 卍 卍



Answers: A) Salvador Dalí, B) Surrealism which features the element of surprise and unexpected juxtapositions ("two things being seen or placed together with contrasting effect"), C) Martha or "Maasa."



Love Class Review

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

Other Languages * Print Page



Your cloth face covering may protect them. Their cloth face covering may protect you.

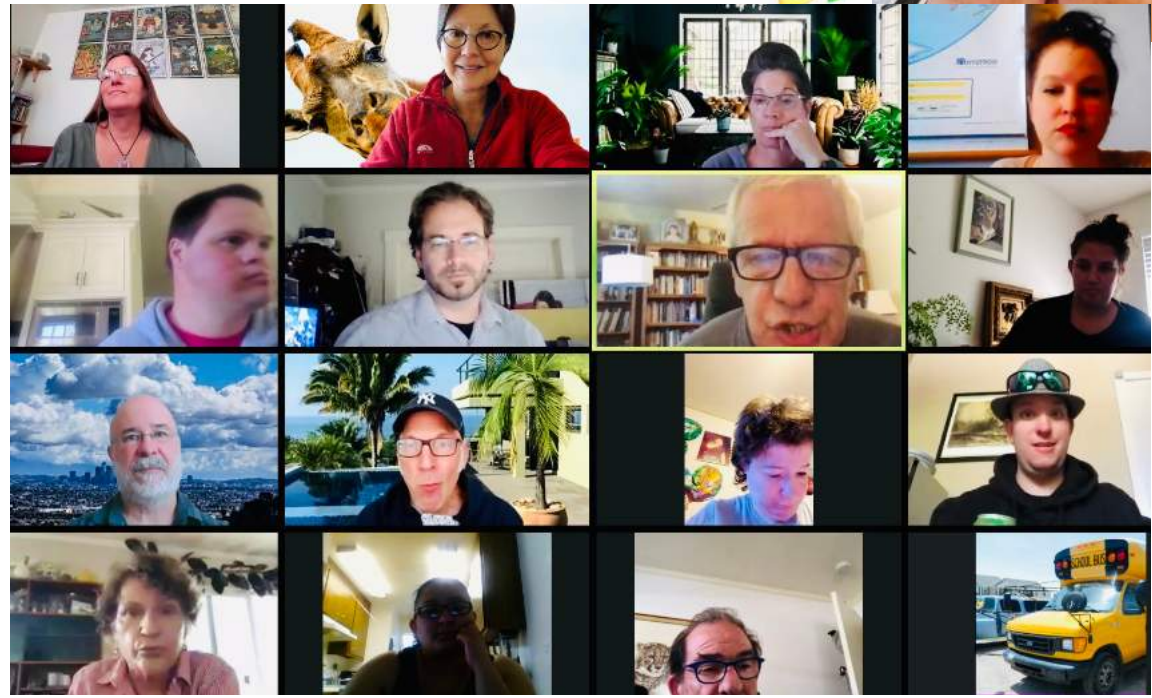
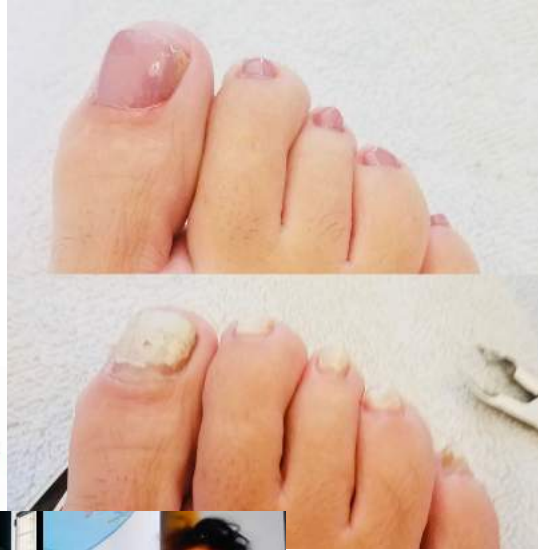
Look what Darnell is making for us—beautiful face masks! Thoughtful Darnell is demonstrating *agápe*, love for everyone!

You can demonstrate *philautia* (self-love) and *agápe* (love for everyone) by wearing a face mask in public to protect yourself from the droplets of others and to protect others from you.



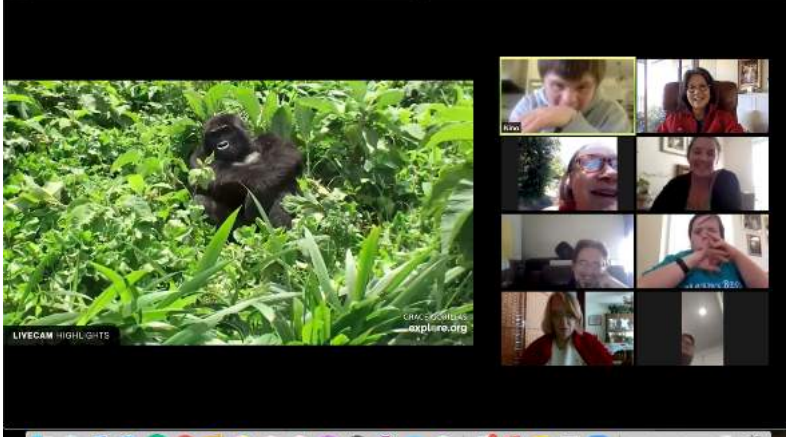
(L) Speaking of love, we love your cool sunglasses Katie!

(R) Carolyn demonstrates *philautia* or self-love by giving herself a pedicure!



We all shared some *agápe* (love for everyone), *philia* (deep friendship), and *pragma* (long-standing love) with members of our Board of Directors during the June meeting!

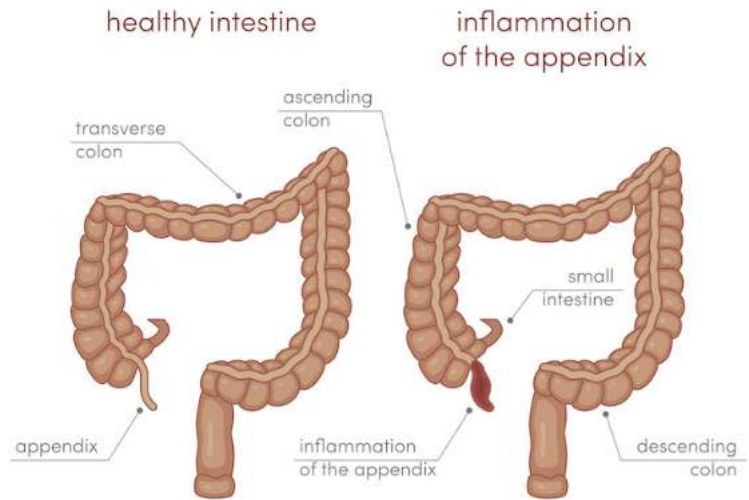
OUR CLASSES ARE SO FUN!



Alison showed us how to channel our inner Dian Fossey (American primatologist and conservationist known for her study of mountain gorilla groups from 1966-1985) and we observed some gorillas chillin' out. Mountain gorillas are endangered - there are an estimated 1,063 left in the wild!

Appendix Class

At the end of May, Zachary's appendix became inflamed and burst. His mom, Josie, rushed him to the emergency room. During class, Josie, told us how quickly the doctor's performed laparoscopic surgery. Josie explained that the doctors inserted some small tubes into Zach's abdomen, cut off his appendix, and pulled it out through the small hole by Zach's belly button! Whoosh! Appendix gone and no more tummy ache! Zach returned home that night.



In Appendix Knowledge Class, we learned about the appendix and appendectomies. Two review questions:

- A) Why do humans have an appendix?
- B) What is a laparoscope?



How did Zach's surgery turn out? The Zach Attack is back on Zoom and feeling good! We are glad to have you back, Zach!

Hi Vanessa!!!



Answers: A) No one knows why we have an appendix. B) A laparoscope is a long, thin tube with a high-intensity light and a high-resolution camera at the front. The instrument is inserted through an incision in the abdominal wall. As it moves along, the camera sends images to a video monitor.

ADULT COLORING



In nutrition class, Alison made a special Community Homes & Services (CH&S) vegan corn bread!



CH&S July birthdays:

July 1 - Suzie G.

July 10 - Peter

July 2 - Courtney

July 17 - Justin

July 9 - Jake

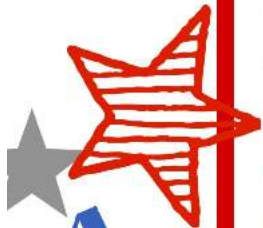
July 28 - Connor and Darren

Happy birthday to all of you!!

July 4th word search



J O X U Z T Y Q V G X F Z J B V L J E J
 K G Q X H D A J Q L T Q X S A W L P C U
 D U I G N I D N U O F R W R Q G X S J W
 Y F N M E J E Y I A P K K I P R X L T A
 T L I I U A C A T A T F E M V N Y J G S
 Y P C R T M N H C T K J I U A N J D Z G
 J B M O D E E R F I U L J T O B J M U U
 I N A K Y R D Q I Y T G I S I Q Z L Y W
 U F R R S I N S F X C O B N H Y E K A S
 W J F H H C E N T E N N I A L V V S D P
 D E L G N A P S R A T S K R O W E R I F
 P A B S T N E F L X T K F E T L K N L H
 L G T S O P D A L I B E R T Y A B X O I
 Q P Q P I C N I C M F T S E P O P N H I
 K U U R L T I A J C U S M V H W O P O L
 O C T Q H Q W V X H Q K Z I I R E A Q D
 J S M E H F H S I C Q U Z T Y F W P V Q
 V Q M G U Z D C U C S F N S P G Y J J N
 X N W I N U H R B W B M N E S B K J U E
 B M E X H R J K Z D N P S F I C R G Z Q



AMERICAN
 FATHERS
 FOUNDING
 HONOR
 NATIONAL ANTHEM
 STARS
 UNITED STATES

CENTENNIAL
 FESTIVE
 FREEDOM
 INDEPENDENCE DAY
 PATRIOTIC
 STRIPES
 VETERANS

CIVIC
 FIREWORKS
 HOLIDAY
 LIBERTY
 PICNIC
 STAR SPANGLED



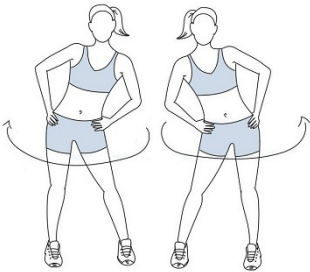
by Amy Mascott of teachmama.com for Scholastic



WE SHARE LUDUS (PLAYFUL LOVE) WITH FRIENDS ON ZOOM!



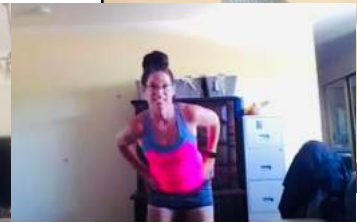
HIP CIRCLES ARE A GREAT WAY TO HELP AN ACHING BACK!



Sitting all day is not a normal thing for people to be doing. Hip circles help us increase circulation and take a break from sitting on our behinds!



Randall

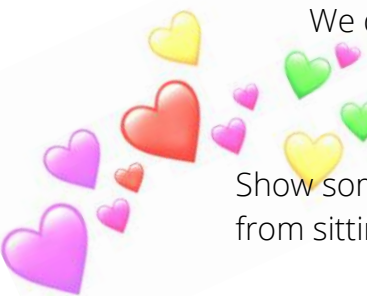


We do hip circles in bodyweight exercise class.

Primary muscles used: Hips

Secondary muscles: Abs, lower back

Show some *philautia* (self-love) by giving your body a break from sitting with easy, loving exercises like hip circles!



ART AND ARTISTS



Dylan shows his artistic talent and eye for color with some vehicular art!



Carolyn shows us that even lawn gnomes need TLC (tender loving care) with a fresh coat of paint in this before and after photo.



Yvette drew a male lazuli bunting! Unlike the indigo bunting, also known as a "blue canary," the lazuli bunting flashes the blue of a lapis gemstone mixed with splashes of orange. Beautiful artwork, Yvette!



Jen continues to comb the Internet for art for her cat Moose!



Lazuli Bunting

Passerina amoena

ORDER: Passeriformes
FAMILY: Cardinalidae

Buntings



Habitat
Open Woodlands



Food
Insects



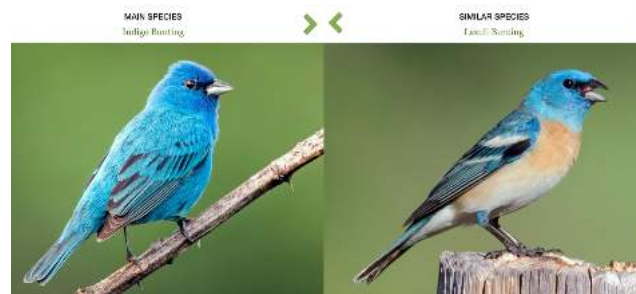
Nesting
Shrub



Behavior
Foliage Gleaner



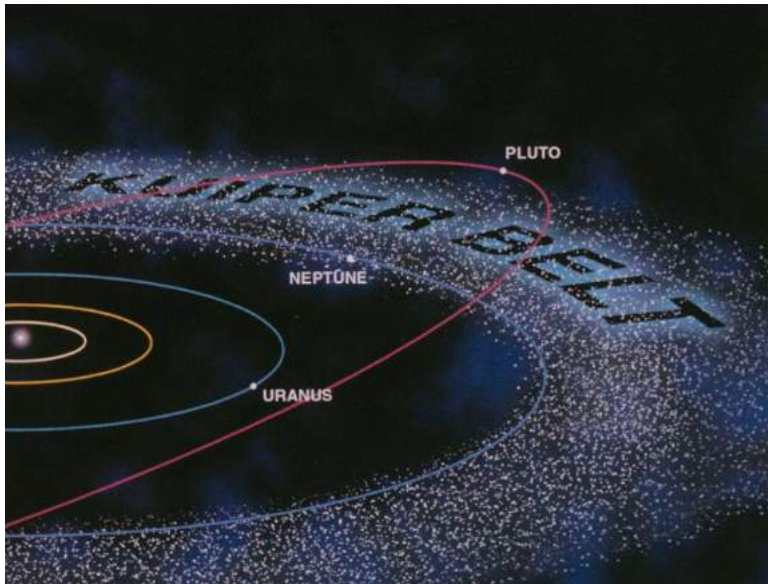
Conservation
Low Concern



Please e-mail photos
for the newsletter
to
837lifecollege@gmail.com.



COMETS AND THE KUIPER BELT



Vanessa and Harold taught us about the Kuiper Belt which is vast, cold, mysterious, and dark. The Kuiper Belt is one of the largest structures in our solar system—others being the Oort Cloud, the heliosphere and the magnetosphere of Jupiter. Its overall shape is like a puffed-up disk, or donut. Its inner edge begins at about 30 AU from the Sun. (1 AU, or astronomical unit, is the distance from Earth to the Sun.) The inner, main region of the Kuiper belt ends to around 50 AU from the Sun.

A) The main part of the Kuiper Belt begins at which planet's orbit?

The Oort Cloud is an even more distant, spherical region of icy, comet-like bodies that surrounds the solar system, including the Kuiper Belt. But both the Oort Cloud and the Kuiper Belt are thought to be sources of comets.

This photo (to the right) shows C/2020 F8 (SWAN), or Comet SWAN, an Oort cloud comet that was discovered in images taken by the Solar Wind Anisotropies (SWAN) camera on March 25, 2020, aboard the Solar Heliospheric Observer (SOHO) spacecraft. Cool beans!



🙄 Upside-Down Face JULY 17 IS INTERNATIONAL EMOJI DAY

A classic smiley, turned upside down. Implemented as a flipped version of 🙄 Slightly Smiling Face on most platforms.

Commonly used to convey irony, sarcasm, joking, or a sense of goofiness or silliness. Its intent can be similar to the bemused *Oh well!* of 🙄 Person Shrugging or the *shruggie* emoticon, _(^▽^)_.



🤩 Star-Struck

A yellow face with a broad, open smile, showing upper teeth on most platforms, with stars for eyes, as if seeing a beloved celebrity. Color of stars widely varies by platform, though commonly gold or red. May express that someone or something is amazing, fascinating, impressive, or exciting.

Answer: A) Neptune

JULY 11 IS ALL AMERICAN PET PHOTO DAY



Courtney shows us a picture of her doggies!



Melissa's babies meet Courtney's pups below.



Microsoft



Samsung



Google



WhatsApp



Microsoft



Twitter



Samsung



WhatsApp



Twitter



Flamingo Class



same an Icon ...



Pink Flamingo Day (May 29) - Arizona ...
arizonapetvet.com



Are Flamingos Native To Florida? | Here ...
wbur.org



he leg ...



Flamingos form strong bonds and lasting ...
earth.com



Flamingos form lasting friendships, a ...
therising.co



ALISON IS MOVING TO NOTI, OREGON

Noti (pronounced NO-tie) is an unincorporated community in Lane County, Oregon. Per the 2000 census, Noti had a total population of 699 (Alison and her boyfriend are going to push them over 700 if they have not achieved that milestone yet!)

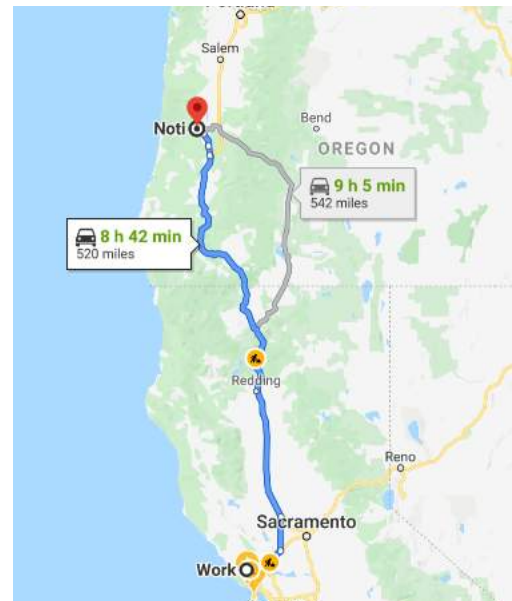
**Can Alison still teach Zoom classes if she moves to Oregon at the end of July?
Yes!**

The Oregon Trail

The Oregon Trail was laid by fur traders and trappers from about 1811 to 1840, and was only passable on foot or by horseback. By 1836, when the first migrant wagon train was organized in Independence, Missouri. Wagon trails eventually reached all the way to the Willamette Valley in Oregon, thus completing the Oregon Trail.

The Oregon Trail Computer Game Debuts in 1971

The Oregon Trail is a series of educational computer games. The original game was designed to teach school children about the realities of 19th-century pioneer life on the Oregon Trail. The game was popular among elementary school students worldwide from the mid-1980s to mid-2000s. The phrase below was popularized on t-shirts and merchandise!



Oregon facts

- Oregon is the ghost town capital of the US, with over 80 ghost towns! Idiotville is a ghost town and former community located in Tillamook County in Oregon near the mouth of Idiot Creek on the Wilson River.
- Oregon is the only state that has an official state nut—the hazelnut. The hazelnut is also known as the filbert. Oregon grows 99 percent of the entire U.S. commercial crop.



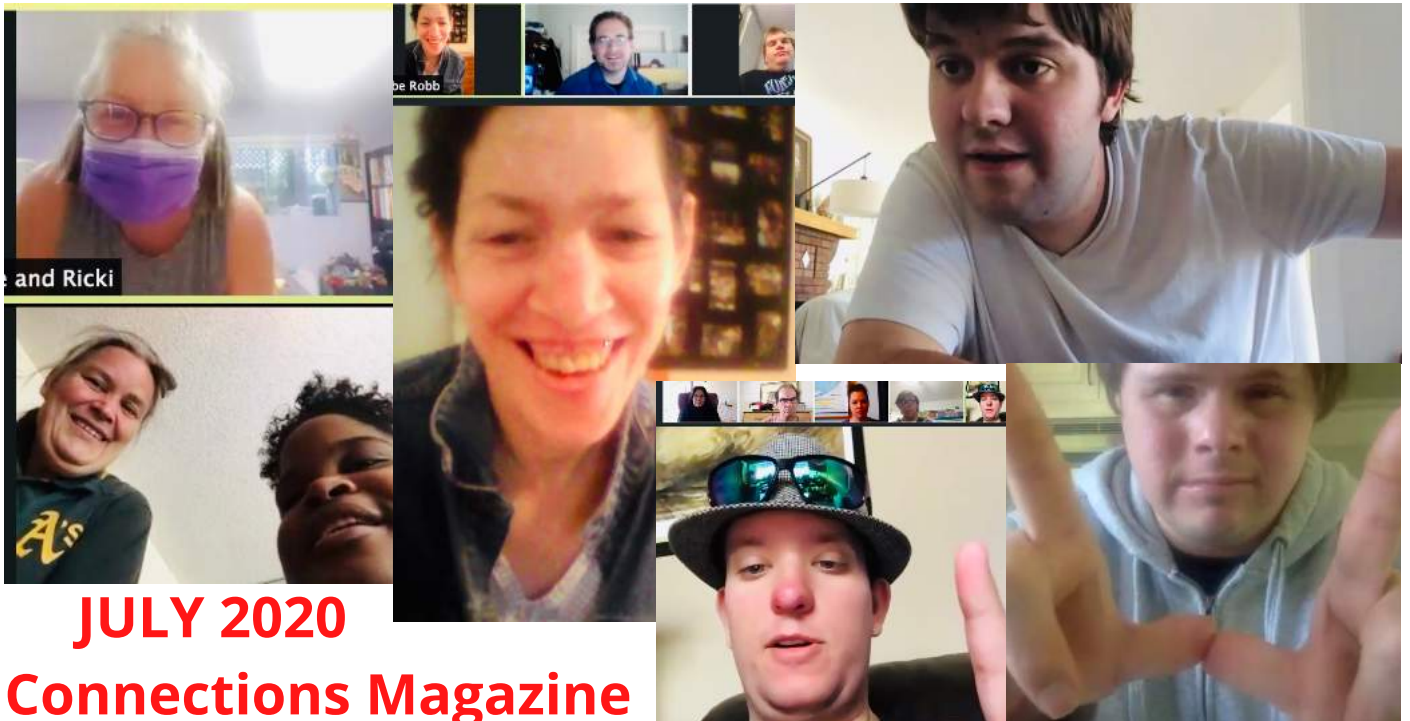
- The name "Oregon" is believed to have come from French word *ouragan* (meaning "windstorm" or "hurricane"). It refers to the powerful chinook winds of the Columbia River.

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Please donate your old, working iPad/tablet/Amazon Fire to CH&S so all students can access Zoom classes!

Contact us at (707) 953-3852.



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