

CONNECTIONS

Community Homes & Services
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Happy Halloween

Down Syndrome Awareness Month

National Book Month

National Squirrel Awareness Month

What is Down Syndrome?

In every cell in the human body there is a nucleus where genetic material is stored in genes. Genes carry the codes responsible for all of our inherited traits and are grouped along rod-like structures called chromosomes. Typically, the nucleus of each cell contains 23 pairs of chromosomes, half of which are inherited from each parent. Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21.

This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.

National Down Syndrome Awareness Month is observed in October and sponsored by the National Down Syndrome Society. During October, we celebrate people with Down Syndrome and make others aware of their abilities and accomplishments. It's not about celebrating disabilities, it's about celebrating abilities!



(Above top) Actor Chris Burke played "Corky" in the TV show *Life Goes On*. (Above bottom) Madeline Stuart has modeled in Vogue magazine and New York Fashion Week.

Check out our online class schedule

http://communityhomesandservices.com/whats_new.html

Language Arts

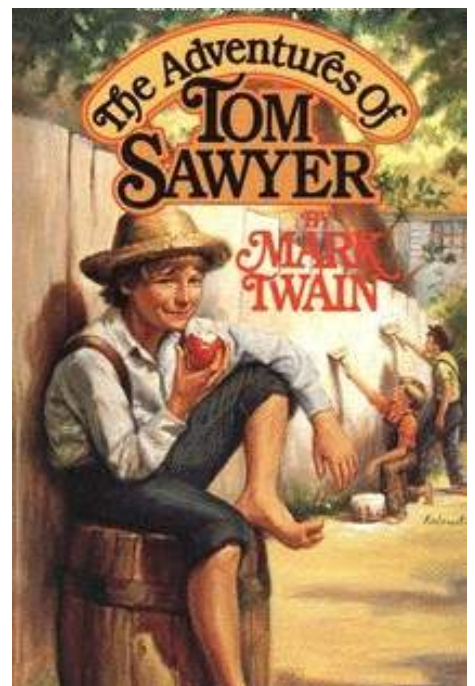
Darnell's language arts class read *The Adventures of Tom Sawyer*, which is available for free in eBook format from The Project Gutenberg <https://www.gutenberg.org/files/74/74-h/74-h.htm>.

Have you read this book? Do you remember these parts of the story?

"Tom appeared on the sidewalk with a bucket of whitewash and a long-handled brush. He surveyed the fence, and all gladness left him and a deep melancholy settled down upon his spirit. Thirty yards of board fence nine feet high. Life to him seemed hollow, and existence but a burden."

"He was not the Model Boy of the village. He knew the model boy very well though—and loathed him."

"Tom counted the pages of the sermon; after church he always knew how many pages there had been, but he seldom knew anything else about the discourse."



OCTOBER 2020 WEEKS AND DAYS

National Raptor Month

Down Syndrome Awareness Month

National Book Month

National Pizza Month

National Squirrel Awareness Month



10/2 - National Body Language Day

10/4 - World Smile Day

10/6 - National Noodle Day and National Eat Fruit At Work Day

10/8 - National Fluffernutter Day

10/12 - National Kick Butt Day and Native American Day

10/14 - National Bring Your Teddy Bear to Work/School Day

10/15 - **National I Love Lucy Day** and National Grouch Day

10/16 - National Boss's Day

10/17 - Black Poetry Day

10/18 - National Exascale Day

10/21 - **National Reptile Awareness Day**

10/23 - National Mole Day

10/25 - Chucky, The Notorious Killer Doll Day

10/27 - National Black Cat Day

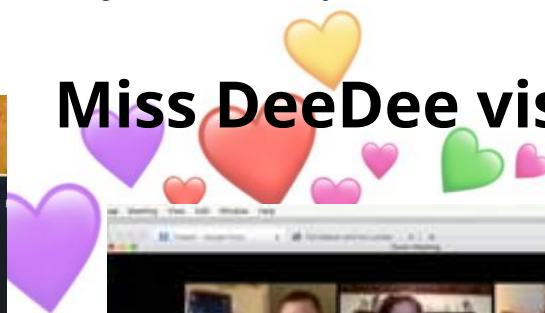
10/28 - National Chocolate Day

10/30 - **National Frankenstein Friday** – Last Friday in October

10/31 - Halloween



Miss DeeDee visited us!



October is National Squirrel Awareness Month

In the article below, vocabulary words are red, underlined, and *italicized*, click on the word to see the definition.

Squirrel facts:

- Like other *rodents*, squirrels have four front teeth that never stop growing so they don't wear down from the constant gnawing.
- A newborn squirrel is about an inch long.
- Squirrels get roly-poly (fat) to stay warm during the winter.
- The tiniest squirrel is the aptly named the African pygmy squirrel—it is only five inches long from nose to tail!
- Squirrels don't dig up all of their buried nuts, which results in more trees!
- The Indian giant squirrel is three feet long.
- Ground squirrels eat nuts, leaves, roots, seeds, and other plants. They also catch and eat small animals, such as insects and caterpillars.

According to the Friends of Corte Madera Creek's article "*Excitable Neighbors: Squirrels of the Watershed*," Native western gray squirrels (*Sciurus griseus*) are found throughout much of California, primarily in oak woodlands of the foothills and valleys and in pine/oak forests. These are common in Marin County, where they feed on a variety of seeds, *fungi*, and other plant materials.

In California, western gray squirrels breed from December to July, usually producing one litter of three to four young. During the breeding season, the squirrels often engage in loud, *conspicuous*, and *boisterous* chasing behavior. Chasing occurs as the males pursue the females, and when the males trying to chase each other away! This all results in quite a bit of chattering and scampering up and around tree trunks, telephone poles, across branches, and just about everywhere.

October 15 is National Grouch Day



grouch noun

 Save Word

\ 'gräuch  \

Definition of grouch

1 a : a fit of bad temper

b : GRUDGE, COMPLAINT

2 : a habitually irritable or complaining person : GRUMBLER



According to *Sesame Street Magazine*, National Grouch Day is a day for all grouches to celebrate their way of life. A grouch's mission in life is to be as bad tempered and irritable as possible, and pass that feeling on to everyone else (!!). Only then will a Grouch feel in touch with his or her world, and be happy.

October is National Book Month

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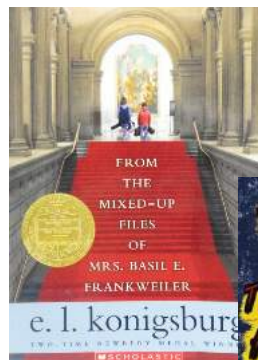
FALLING UP

I tripped on my shoelace
And I fell up—
Up to the roof tops,
Up over the town,
Up past the tree tops,
Up over the mountains,
Up where the colors
Blend into the sounds.
But it got me so dizzy
When I looked around,
I got sick to my stomach
And I threw down.



The National Book Foundation, which sponsors the annual National Book Awards, has embraced October as National Book Month as part of a national effort to raise the profile of reading in American culture.

We are readers! We finished *Hurricane Season* and *From the Mixed-Up Files of Mrs. Basil E. Frankweiler* in our Zoom literary circle class. We've read *The Adventures of Tom Sawyer*, Shel Silverstein's *Falling Up*, *Pride and Prejudice*, and we haven't even mentioned books we have read at home on our own!!



Black Poetry Day - October 17

This is one of the poems we will be studying for Black Poetry Day which takes place on the birthday of the first published African-American poet, Jupiter Hammon, who was born into slavery in 1711.

Poet Jericho Brown is the winner of the 2020 Pulitzer Prize for Poetry and a finalist for the 2019 National Book Award in Poetry. Brown is an associate professor of English and creative writing and Director of the Creative Writing Program at Emory University in Atlanta, Georgia.

The Tradition

Jericho Brown

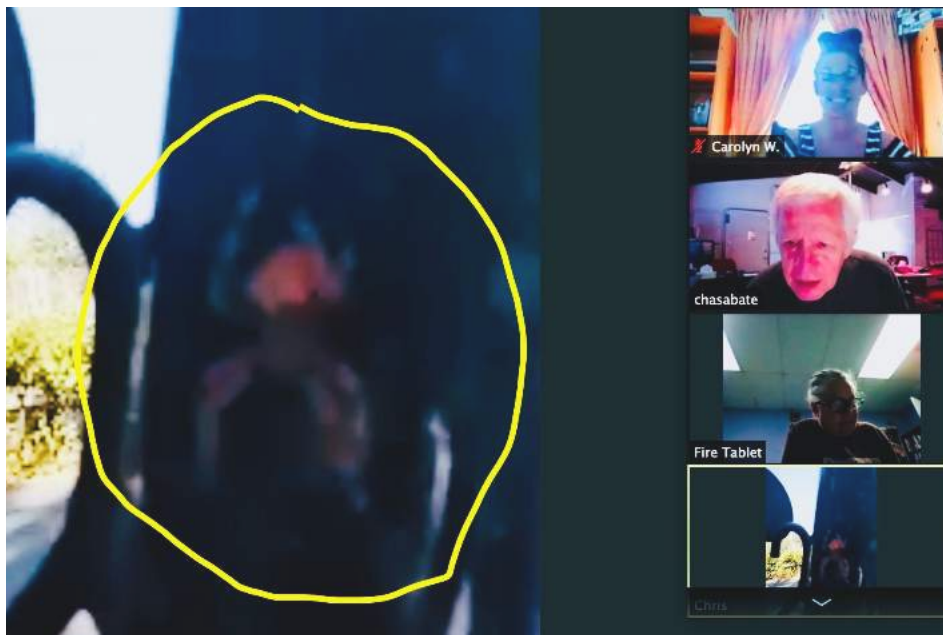
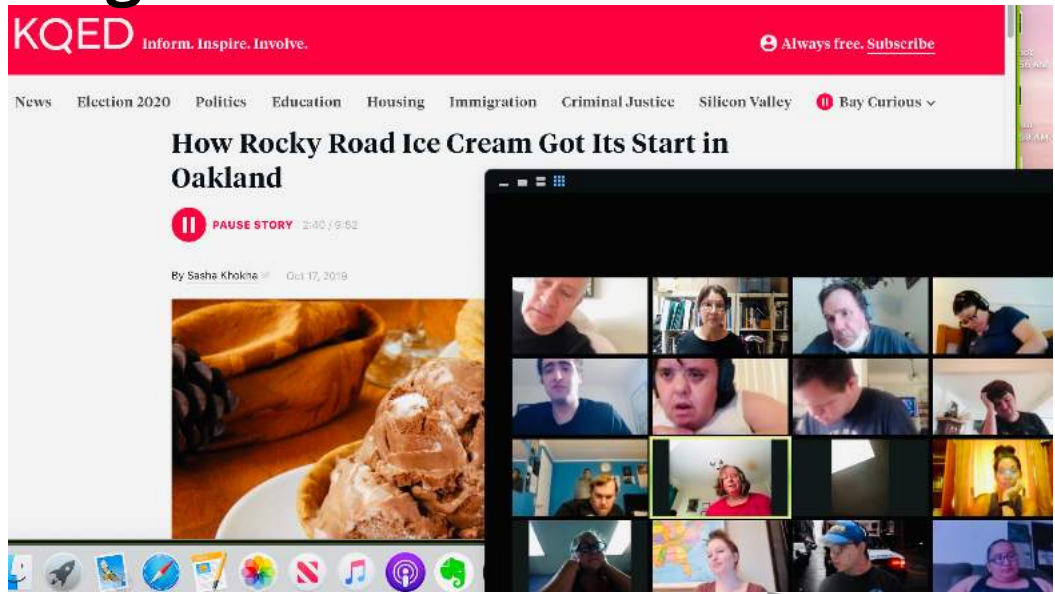
Aster. Nasturtium. Delphinium. We thought
Fingers in dirt meant it was our dirt, learning
Names in heat, in elements classical
Philosophers said could change us. *Star Gazer.*
Foxglove. Summer seemed to bloom against the will
Of the sun, which news reports claimed flamed hotter
On this planet than when our dead fathers
Wiped sweat from their necks. *Cosmos. Baby's Breath.*
Men like me and my brothers filmed what we
Planted for proof we existed before
Too late, sped the video to see blossoms
Brought in seconds, colors you expect in poems
Where the world ends, everything cut down.
John Crawford. Eric Garner. Mike Brown.

Cooling Off with Ice Cream Class

During a September heat wave we had a cooling ice cream class where we listened to this KQED's Bay Curious podcast "How Rocky Road Ice Cream Got Its Start in Oakland."

Rocky Road is Jennifer's favorite flavor!

Then we learned about different weird ice cream flavors sold in Japan from wasabi to shark to horsemeat to squid ink to snake. Yes, really!



(Left) Just in time for Halloween, a giant spider sits next to Chris and joins our staff meeting!

Saloon Doors and Cowboys

Cowboy Life

Cowboys were mostly young men who needed cash. The average cowboy in the West made about \$25 to \$40 a month.

In addition to herding cattle, they also helped care for horses, repaired fences and buildings, worked cattle drives and in some cases helped establish frontier towns.

Cowboys occasionally developed a bad reputation for being lawless, and some were banned from certain establishments.

They typically wore large hats with wide brims to protect them from the sun, boots to help them ride horses and bandanas to guard them from dust. Some wore chaps on the outsides of their trousers to protect their legs from sharp cactus needles and rocky terrain.

When they lived on a ranch, cowboys shared a bunkhouse with each other. For entertainment, some sang songs, played the guitar or harmonica and wrote poetry.



Jen taught a vocabulary and reading class about the swinging doors on the front of saloons in the Old West. We also took turns reading about cowboy life.

Using the *Mental Floss* article "[How Did Saloons in the Old West Lock Their Doors at Night?](#)" Jen explained that the doors in front of saloons are called "batwing doors" or "café doors." Café doors allowed for ventilation in a small saloon filled with cowboys smoking cigars and cigarettes. The bidirectional hinges were handy for cowboys, who both entered and exited carrying heavy saddlebags.

A) What does "bidirectional" mean?

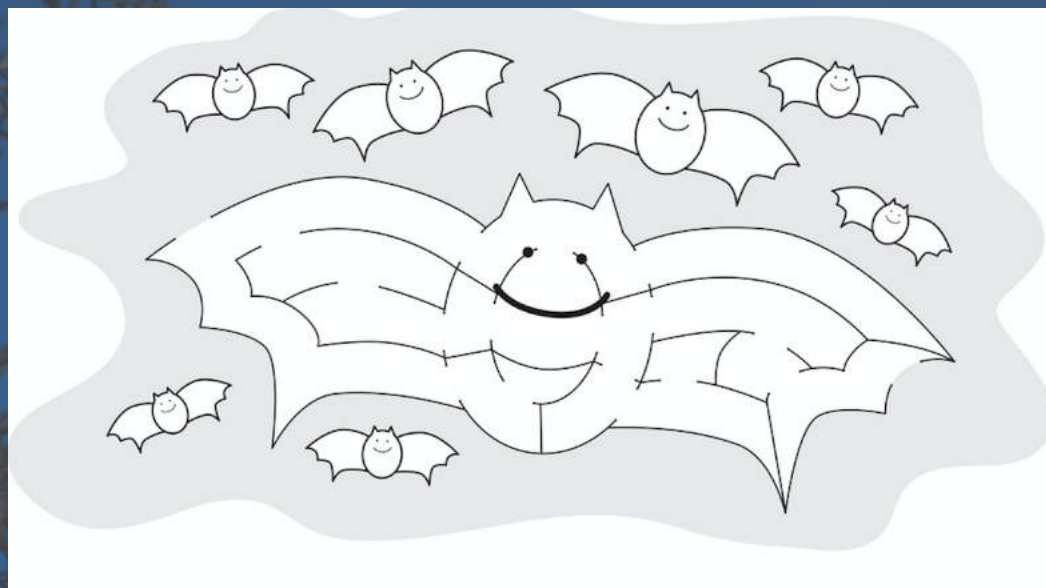
B) What are saddlebags?

C) When someone referred to "roundin' up those dogies" in the Old West, what kind of animals are "dogies"?

Most saloons didn't have café doors. For the saloons that had them, the café doors were a secondary barrier with a standard set of solid doors on the outside. In the movies, the café doors were made smaller to make cowboys like John Wayne look bigger and tougher.



Answers: A) The doors can open both ways—you can push them open when you walk in and push them open when you walk out, B) A pair of bags attached behind the saddle on a horse (or bicycle, or motorcycle), and C) Dogies are cattle (cows) or a motherless calf.



HALLOWEEN **Word Search**

Costume Craze



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



Pirate
Princess
Fairy
Super Hero
Witch
Clown
Ninja
Vampire
Cheerleader
Black Cat





October is National Raptor Month

What is a Raptor?

A raptor is a bird of prey. The word “raptor” means “to seize or grasp” in Latin. Raptors use their powerful, sharp talons to capture their prey and to defend themselves. Several bird species are considered raptors. Eagles, hawks, kites, falcons, and owls are all considered raptors. Vultures are often considered raptors although they eat carrion (dead animals) and are more closely related to storks.

Many birds of prey can live up to five or six years. However, most birds do not make it past their first winter.

Most raptors have varied diets, which can include: small mammals such as mice, rabbits, and squirrels (*sad face here*), reptiles such as snakes, lizards and frogs, large insects such as grasshoppers, and other birds.

Philosophy: How Should We Treat Animals?

We discussed two questions:
"How should we treat animals?"
and "what is the difference
between people and animals?"

Since it is the nature of
philosophical discussion to
express opinions and examine
ideas rather than to come up with
The One Right Answer, we shared
a lot of thoughtful opinions. We
agreed that we must be kind to
animals like this cute puppy.



Some of us
capture spiders
and take them
outside rather
than to kill them.
But what about
cockroaches? Or
ants? Or mice?



"I love animals!" said
Nino. We agreed—we
need to be kind to
animals and to take
care not to harm
them.

But what about the
juicy hamburgers that
we love?



There were no easy answers in philosophy class that day.



CH&S October birthdays:

10/1 - Chas

10/28 - Bert and Amy



How Did Candy and Halloween Become so Intertwined?

Before the 1940s, Halloween's emphasis, for young people was on tricking/pranking. Guys got to make mischief by playing clever or even dangerous pranks. Mailboxes, fences, and gravestones were popular targets and the point was to cause trouble.

Back then, there were no candy treats involved. "We used to go around tipping outhouses over, or turning over corn shocks [a group of corn stalks tied together] on Halloween. Anything to be mean," said country music star Loretta Lynn about Halloween pranks.

In the 1950s, candy came to dominate Halloween. The rise of trick-or-treating made the holiday the perfect occasion for candy companies to market candy. Small, inexpensive candies such as candy corn became popular. It wasn't until the 1970s that individually-wrapped, tamper-proof candy came to be seen as the only legitimate treat.

"How Candy and Halloween Became Best Friends The origins of trick-or-treating, a relatively recent phenomenon."
The Atlantic, Oct. 21, 2010.



Halloween Treats



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

Find the following hidden words:

candy
cupcake
pumpkin
sweets
treat
trick
yum
gum
boo

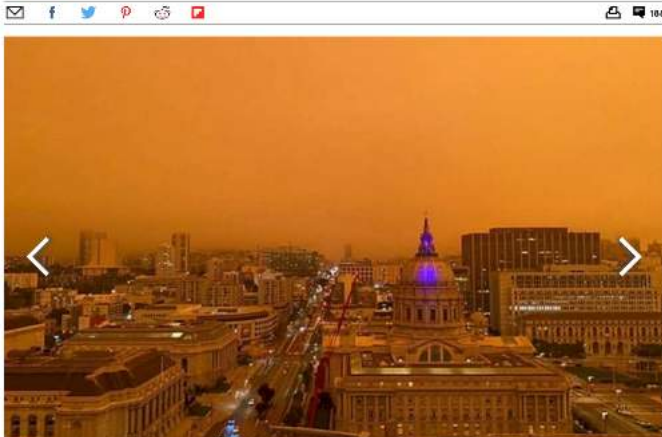


tricia-rennea© 2008

Orange Sky Exercise: Walking Walking Walking!

Thick wildfire smoke blocks sun, turns Bay Area sky orange

By Amy Graft, SFGATE Updated 10:31 am PDT, Wednesday, September 9, 2020



Last month on, September 9th, the Bay Area sky turned a Martian-like orange due to smoke the fires and weather conditions. So we could not go outside to exercise. Carolyn saved the day and we did a GREAT walking exercise class indoors for our Zoom Walk & Talk class.

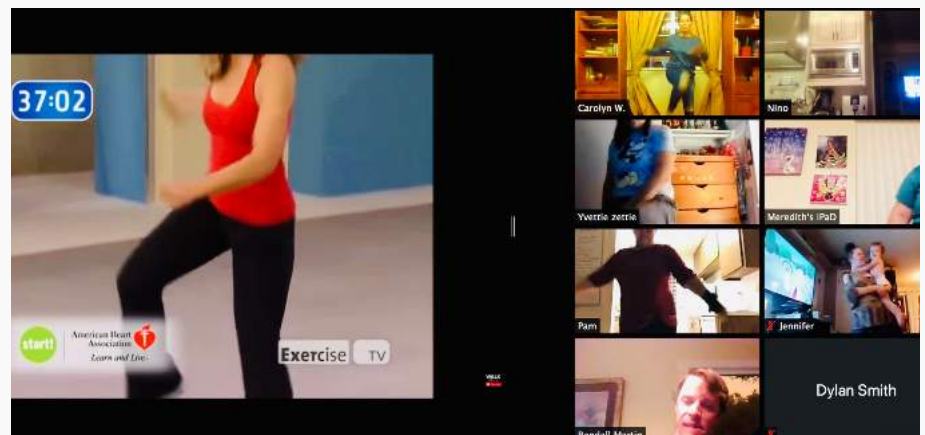
We walked THREE MILES, indoors, in a half an hour!

"I love that 'walking, walking, walking' video!" said Pam.

The workout is "START!
Walking at Home
American Heart
Association 3 Mile Walk"
and it's available on
YouTube
<https://youtu.be/DYuw4f1c4xs>.



We broke a sweat and got
our heart rates up while
sheltering in place inside,
away from the smoky air!



(Left) The
"sepia-
toned" sky in
Woodacre.

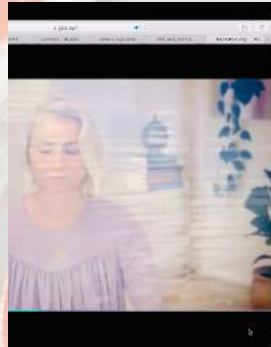
**TODAY IS A GOOD DAY TO
WORKOUT.**

We Cultivate Self-Compassion and Gratitude

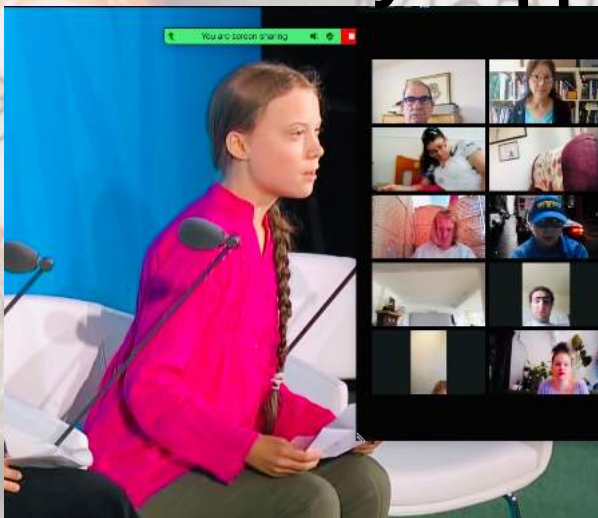
We have meditation class on Thursday mornings. We like to mix things up and Pam suggested two great meditations to help us to start our day!

After our gratitude meditation, here is what some students had to say:

- "I'm grateful for my good sister and lots of puzzles to do," said Dave.
- "I'm grateful for being healthy," said Meredith.
- "I'm grateful I have no food allergies," said Connor.



Impromptu Mini-Classes– They Happen All of the Time!



Mix a very smoky September with Ancient Philosophy Class (discussion topic: Can one person change the world?) fold in some curious students with great questions and we had a recipe for a tangential mini-class on climate change!

Before we knew it, we were discussing and researching how wildfires start, air quality and the difference between weather and climate change. We also listened to Greta Thunberg at The U.N. Climate Action Summit.

<https://www.npr.org/2019/09/23/763452863/transcript-greta-thunbergs-speech-at-the-u-n-climate-action-summit>

Grandkids!

Are we the only ones who are taking classes virtually? No. Here is Carolyn's adorable 3-year-old granddaughter Kennedy's first day in virtual circle.

Is she a cutie or what??



The Scoop On Poop Class

Carolyn taught "the scoop on poop" and we got a chance to talk about poop. (Finally!) It turns out that your poop is a great way to see how healthy your gut is. See the Bristol Stool Chart (bottom right). The type of stool depends on the time it spends in the colon. With poo/stool/feces, it's best to get rid of it sooner rather than later.



	Type 1	Separate hard lumps	SEVERE CONSTIPATION
	Type 2	Lumpy and sausage like	MILD CONSTIPATION
	Type 3	A sausage shape with cracks in the surface	NORMAL
	Type 4	Like a smooth, soft sausage or snake	NORMAL
	Type 5	Soft blobs with clear-cut edges	LACKING FIBRE
	Type 6	Mushy consistency with ragged edges	MILD DIARRHEA
	Type 7	Liquid consistency with no solid pieces	SEVERE DIARRHEA

Being "regular" is a way of describing good bowel function. It's common for people to empty their bowel once a day, but it's still normal to be a bit more or less often.

We discussed the colors of poop, we talked about our own bowel habits, and then someone shared some pictures of her latest colonoscopy.

Yeah, it got real.



Disneyland Class

What did we learn about "the happiest place on Earth"?

- Every employee at Disneyland is called a Cast Member. Former Cast Members who went on to become famous include Michelle Pfeiffer, Steve Martin (who worked at Merlin's Magic Shop), and Kevin Costner and Robin Williams (who were both skippers on The Jungle Cruise).
- There is a flight restriction in place over the park; no aircrafts are allowed within a 3 mile radius of Disneyland.

1) What is the most popular souvenir purchased at Disneyland?

2) Fill in the blank: A Disneyland Mexican restaurant called Casa De Fritos bought stale tortilla chips from a local vendor, added cheese flavor and spices to them and they invented _____. Until Frito Lay bought the recipe in 1966, Disneyland was the only place you could eat this product which is now found at just about any grocery store.

3) Disney imagineers invented a new paint color meant to make things visually disappear. It is this green color here (right) and it is used on trash cans and ugly utilities. What is this color called?



750th Animal Adopted from Marin Humane Since March 2020

There are many health benefits of owning a pet. Regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. Pets can help manage loneliness and depression by giving us companionship. Studies have shown that the bond between people and their pets can decrease loneliness, increase fitness, lower stress, and bring happiness to their owners. And people have been adopting pets from the Marin Humane Society like crazy and 750 animals have found forever homes!

(Right) This couple adopted the 750th animal! They got a new friend and some presents too!

Community Center

750th Pet Adopted From Marin Humane Amid Coronavirus Pandemic

A dog named Rosie was the 750th animal to be adopted from the Novato-based animal shelter amid the COVID-19 pandemic.

By Kristine Housh, Patch Staff

Aug 20, 2020 7:45 am PT

Like 20k Share

Reply



Answers: 1) Mickey Mouse ear hats! 2) Doritos! 3) "Go Away Green."

Ghost Towns



A ghost town is a deserted or abandoned city or town. Usually one that contains substantial visible remaining buildings and infrastructure such as roads. A town often becomes a ghost town because the economic activity that supported it (usually industrial or agricultural) has failed, or due to natural or human-caused disasters (floods, droughts, lawlessness, war, pollution).

(Above) Bodie (the Bodie Historic District, a National Historic Landmark) is a ghost town east of the Sierra Nevada mountain range about 75 miles southeast of Lake Tahoe. Bodie became a boom town in 1876 after the discovery of gold. By 1879, it had a population of 7,000-10,000 people. The town had a Wells Fargo Bank, 65 saloons, a Chinatown and a Taoist temple. The town went into decline and came to be described as a ghost town by 1915.

Does Life College Look Like a Ghost Town?



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Check out
our new
Instagram account!

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