

CONNECTION

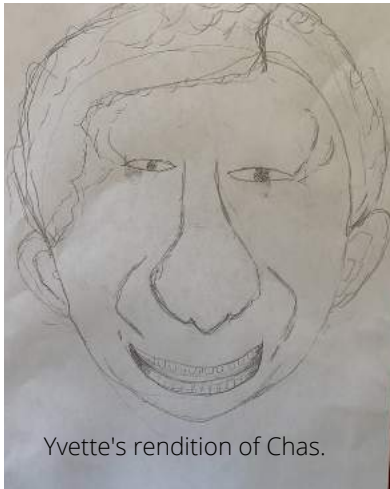
Sharing the day-to-day learning experience
at

Community Homes & Services
PO Box 744, Novato CA 94948
415-408-3604

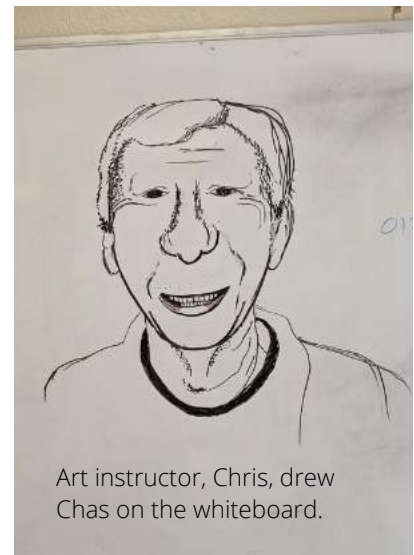
www.communityhomesandservices.com

Renderings

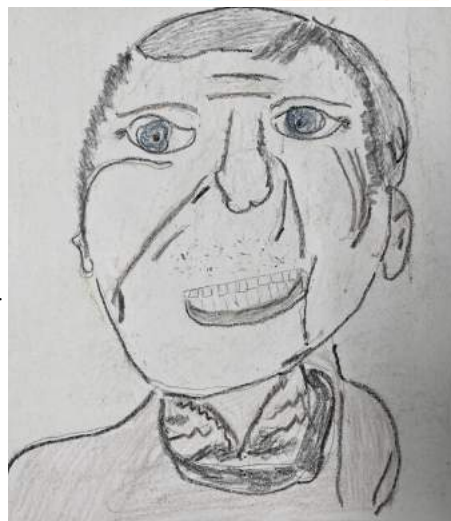
Chris' Zoom art class didn't have to look far for a muse. Check out these fabulous drawings of our grand poobah, Chas Abate!



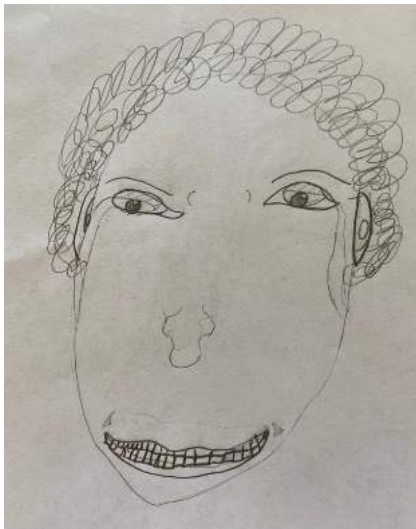
Yvette's rendition of Chas.



Art instructor, Chris, drew Chas on the whiteboard.



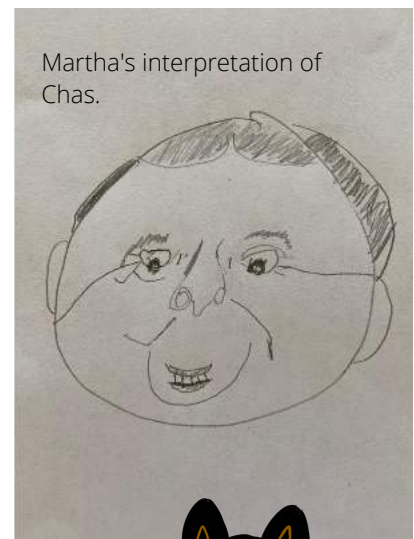
Cindy's take on Chas (right).



Colleen drew Chas (above).



Jen's take on Clinton Chas.



Martha's interpretation of Chas.



The History of the Jack-o'-Lantern

by Joe

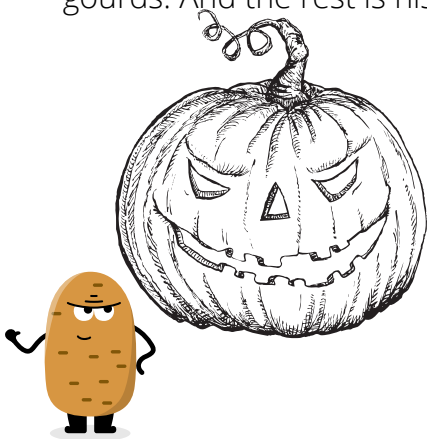
The jack-o'-lantern is possibly the most universal symbol of Halloween. Behind every bubbling front yard cauldron, every wailing bedsheet specter, and every staggering, TP-wrapped mummy there is the ever present glowing orange visage watching from the front porch. Now usually made from the *cucurbita pepo* variety of pumpkin, the jack-o'-lantern has taken many faces and embodied many different vessels throughout history. Let's take a look at this ghoulish gourd's story.

The Legend

Most historians point to the Irish legend of Stingy Jack as the jack-o'-lantern's origin. Stingy Jack, it's said, was a human trickster that fooled and imprisoned a certain supernatural adversary on two separate occasions. Once freed for the second time, this adversary punished Jack by sending him out into the darkness with only a chunk of illuminated coal to light his way. Jack realized he wouldn't get far batting the hot coal between his hands like a burned Pop Tart, so he plopped it down into a hollowed out turnip and went out into the night to wander the earth forever.

Early Jack-o'-lanterns

As the tale of Stingy Jack caught on, people in Scotland and Ireland began to carve faces into turnips and potatoes in an effort to scare him away. The English preferred to use beets for their jack-o'-lanterns, but the effect was the same: spooky, illuminated faces lining the streets when a town's residents felt Jack was near. When people from these places emigrated to the United States they swapped the root vegetables for gourds. And the rest is history.



Joe's cat Sunny, the cat-o'-lantern



Some of Bert's art.



Bert the jack-o'-lantern.



Another cat-o'-lantern

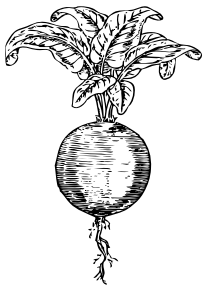
Jack-o'-Lantern History Continues

by Joe

Today

Nowadays jack-o'-lanterns are as common in October as candy canes in December. The annual trip to the pumpkin patch, the carving of the jack-o'-lantern's face, and the roasting of the pumpkin's seeds is a beloved tradition for many families all over the world. Because of their ubiquity, jack-o'-lanterns have become the central symbol of Halloween. Jack-o'-lanterns appear on cookies, candy, clothing, pencils, and an untold number of other Halloween trinkets and decorations. The story of the Headless Horseman of Sleepy Hollow - a conflation of a few different tall tales- further cemented the jack-o'-lantern's legacy.

So if you're carving a jack-o'-lantern this Halloween season, maybe take a moment to be grateful we chose pumpkins instead of beets.



(Above) Aah! A Jake-o'-lantern!

(Left) Pumpkins don't last forever, as my and Thea's group learned last year.



STEVE TELLS A JOKE

Why did the dog get a ticket?

For illegal barking!



Steve may have a somber expression, but Steve is quite the joke aficionado- in fact, he calls himself "a joke expert."

What is a Nickname?

by Darnell

I think we can agree that a nickname is usually a term of endearment, a short version of a name (maybe it has too many syllables or is too hard to pronounce), or occasionally a joke or teasing name. For instance, someone who is tall being called shorty, or a bald guy called curly. There are even times we get a nickname for something unpleasant, like a kid who fell down ONE TIME when they were 8 years old, being forever known as "Tripp."

We also have the epithet, which is a name someone becomes known for as a type of adjective expressing some quality or accomplishment, such as "Catherine the Great," or "The Great Bambino" (Babe Ruth) or "Puzzle King" for our own David Friedlander. Even dogs have a nickname, "Man's best friend."

Here are some nicknames we affectionately use:

Valerie: "Val Gal"

Frank: **"Frank the Bank"** or **"Frankie Dollars"**

Cindy: "Laverne"

Amy: "Shirley"

Linda: "Linda Bo"

James: "Mi Amigo"

Cathryn: "Cat" or **"Cadillac"**

Karen: **"Karen the Kangaroo"**

Iris: (An African name I can't pronounce or spell)

Aiden: **"Aiden Bob Onion Pants"** (My personal favorite nickname)

Martha: "Miss Martha"

Nino: "Uncle Nino"

David: "Ziggy"

John: "Chach" or "Chachi"

Jenet: "Ne ne" (nay nay)

Arthur: "Arturo"

David: "Puzzle King"

Suzie: "Snoozy Snell"

Meredith: "Busted"

Jake: **"Noodles,"** "Chupe," "Bubbles" (or "Blossom" or **"Buttercup"**)

Courtney: "Courtney Mac" or "Court Sport"

Adara: "Silly Billie"

Tyrone: "Tyronie" or "Rone"

Connor: **"Noodle"**

Steve: "The fineapple"



Zachary Mani: "Mr. Z" or "Zacharino"

Randall Martin: "Loud"

Darren Hunter: "Louder"

Devlin Zeigenhagen: "Devlin Sheen"

Yvette: **"The Love Bug"**





OCTOBER 2022 NATIONAL DAYS

National Popcorn Poppin' Month

National Pizza Month

10/1 - **National Coffee Day** and World Card Making Day
 10/2 - World Farm Animal Day
 10/4 - Yom Kippur
 10/5 - Do Something Nice Day and World Teacher's Day
 10/7 - World Smile Day
 10/9 - Fire Prevention Day
 10/10 - Indigenous Peoples' Day
 10/12 - **National Gumbo Day**
 10/14 - **World Egg Day**
 10/16 - **Dictionary Day**
 10/17 - **National Pasta Day**
 10/18 - Meatloaf Appreciation Day
 10/21 - International Nacho Day
 10/25 - World Opera Day
 10/27 - **Black Cat Day**
 10/29 - **National Frankenstein Day**
 10/30 - **National Candy Corn Day**
 10/31 - Halloween



I Met Weird Al!

by Andrew N.

There were two opening shows, one was a parody of "Jeopardy" called "Weird Al Jeopardy" and the other was a stand up routine by Emo Philips. I got two of the questions on Weird Al Jeopardy right! Those opening shows were really fun!

The first song Weird Al sang was "Gump"- a Forrest Gump parody song which is based on the song "Lump" by the band The Presidents Of The United States. The best song in my opinion was "White and Nerdy" which was a parody of "Ridin Dirty" by Chamillionaire. After the concert we waited in line to take a picture with Weird Al which was of course separated by a big glass because of Covid restrictions. I would definitely recommend seeing Weird Al in concert but I would recommend seeing a concert set at an earlier time than 8:00 pm because by the time the concert was over it was around 10:30!





Chocolate Peanut Butter Balls

with Joe, Phoebe, Tyrone, Mike, Bert, Thea,
Steve, Frank, Valerie, and Linda.

Did you know that peanut butter is a delicious, versatile spread? It turns out that peanut butter is nutrient-rich. While some argue that its high calorie and fat content could lead to weight gain, others say that its heavy dose of protein could help manage weight.



A 2-tablespoon (32-gram) serving of peanut butter provides:

- 188 calories
- 16 grams of fat
- Carbs: 7 grams
- Protein: 8 grams
- Manganese: 29% of the Reference Daily Intake (RDI)
- Magnesium: 13% of the RDI
- Vitamin E: 10% of the RDI
- Vitamin B3 (niacin): 22% of the RDI



★★★★★ 4.98 from 40 votes

4-ingredient Peanut Butter Balls

These Chocolate Peanut Butter Balls are my favorite candy for the Holidays and so incredibly Easy to make with just 4-ingredients!

Servings: 24

⌚ **Prep:** 30 mins **Cook:** 5 mins

Ingredients

- ☐ 1/2 cup creamy peanut butter
- ☐ 3 Tbsp salted butter softened
- ☐ 1 cup powdered sugar
- ☐ 1 cup semi sweet chocolate chips
- ☐ 1 Tbsp **vegetable shortening or coconut oil**
optional

Okay, we acknowledge that peanut butter dipped in chocolate might not be a great daily protein source, but they were a delicious treat!

Check out the 4-ingredient recipe <https://kitchenfunwithmy3sons.com/peanut-butter-balls/> Yes, we did notice that there are five ingredients (one ingredient is "optional" apparently).



Andrew's Corner

United Arab Emirates

The definition of Emirate is the rank, lands or reign of an emir, who is a ruler or chief of an Islamic country. The capital of the United Arab Emirates is Abu Dhabi. It is called the United Arab Emirates because it is a federation of seven emirates. The names of the seven emirates are Ajman, Dubai, Sharjah, Fujairah, Umm Al Quwain and Ras Al Khaimah.

The official residence of the president of the United Arab Emirates is called the Qasr Al Watan. Popular American social media sites such as Instagram and Twitter have been used widely by government entities of the United Arab Emirates.



A notable fact of the United Arab Emirates is that there are no rivers there at all. The United Arab Emirates is made up of 200 nationalities including Pakistan, India, Bangladesh and the Philippines. The national animal of the United Arab Emirates is a type of antelope called the Arabian Oryx. Some of the world's tallest hotels are in the United Arab Emirates. Abu Dhabi, the capital of the United Arab Emirates, has been ranked the safest city in the world.



Bio: Andrew Newson is a student at Life College and is 23 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.

Darnell's Embalming and Mummification Class

by Jennifer

Darnell's group mummified some apples for a science experiment, and took on a REALLY large art project (let's call it literally life-sized) and created our own sarcophaguses. Darnell traced "mummy" students Connor, Zachary, Nino and Yvette, who designed and decorated top to bottom. The patio table was full of shrunken mummy heads in various states of decay and the conference room looked like a very colorful Egyptian tomb!



AI Art with Chris and his Students



Chris asked his students for Halloween art ideas to put into his favorite AI app DALL•E.

"Freddy Kruger cutting..." began Chris.

"His birthday cake," said Jonas.

"Bride of Chucky making friends with..." Chris continued.

"Barbie!" said Cindy.



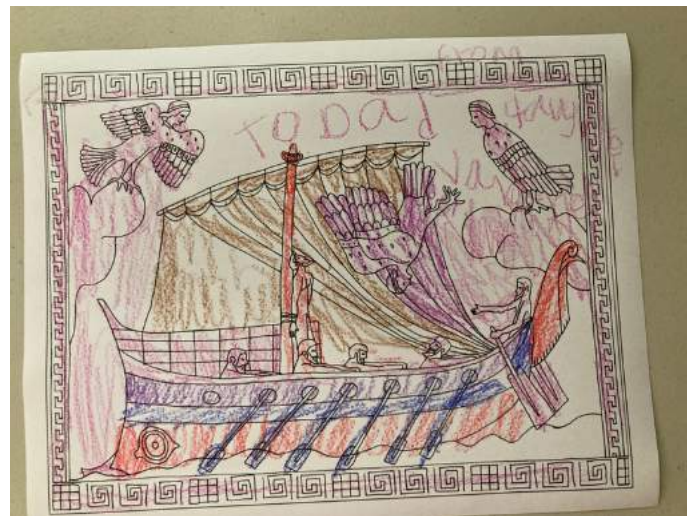
A Musical Odyssey

We took in the soundtrack to the movie *O Brother, Where Art Thou?* which, as you know, is a retelling of Homer's *The Odyssey* where George Clooney plays Odysseus trying his darndest to get home to his wife Penelope.

We colored a page which depicts Odysseus tied to the mast of his ship so he could hear the sirens' songs and not feel compelled to jump overboard to join them.



Steve listens to the Three Sirens - "Go to Sleep Little Baby" from *O Brother, Where Art Thou?*



The Fashion of Phoebe and the Pizza of Frank





CH&S October Birthdays

10/1 - Chas
10/18 - Joe
10/28 - Bert and Amy

12 Questions with Shirley

1. **Name/job title:** Shirley Welty, Student
2. **What is your favorite color?** Yellow
3. **What breed of dog would you be?** A little dog
4. **What is your favorite TV show?** M*A*S*H
5. **As a child, what did you want to be when you grew up?** A baker making oatmeal cookies.
6. **What is your favorite time of the day and why?** Night time because there is peace and quiet.
7. **What season would you be?** Winter is better.
8. **If you could rename yourself, what name would you pick?** Shirley Temple.
9. **What fruit or vegetable would you most want to be?** A carrot.
10. **Teleportation or flying?** Teleport to Seattle to visit my cousin Hedi so we can buy donuts and visit the nice shops there.
11. **What is your favorite item you've bought this year?** Brianna bought me a new mattress.
12. **What's your favorite sandwich and why?** A Subway sandwich on wheat bread with salami, cheddar cheese, a little lettuce, but no hot stuff!



Guinea Pigs



The guinea pig (*Cavia porcellus*) is also known as the cavy. As it turns out, guinea pigs are not pigs (they are a species of rodent) and they are not native to Guinea. So why are they called "guinea pigs"? We don't know. (That is our least favorite answer at CH&S!) According to Wikipedia, "the origin of the name is still unclear." Mental Floss agrees and posits "they do squeak like piglets, which some think may have inspired the moniker." This noise is called a "wheek" which is a loud noise, an expression of excitement that may occur in response to the presence of its owner or to feeding. It is sometimes used to find other guinea pigs if they are running. If a guinea pig is lost, it may wheek for assistance

Check out this cute video of guinea pigs wheeking:
https://youtu.be/CGZA_GbXRks

Guinea pigs also make a bubbling or purring sound when they are enjoying themselves, such as when being petted. They may also make this sound when grooming, crawling around to investigate a new place, or when given food.

Did you know...

Guinea pigs eat A LOT of hay.

Why? Most guinea pigs have 20 teeth that never stop growing. If a guinea pig's teeth get too long, they'll have difficulty eating. Gnawing on hay helps keep their teeth right-sized.

Guinea pigs are not hamsters?

The guinea pig and the hamster are in the same family of animals, but they're different species. Guinea pigs are usually twice the size of a hamster. Guinea pigs also tend to live longer than hamsters, and they're also more social, so you should make sure to have at least two. In Sweden, it's actually illegal to own just one guinea pig because they are such social animals.

Hamster wheels

Did you know that unlike hamsters, guinea pigs should not use exercise wheels or balls because of the shape of their spines—their backs can't bend their backs to run on a curved surface. Who knew that an animal which originated in the Andes mountains would need flat ground to run?



Scary Halloween Movies

by Chris

We all love a good scary movie! Well, maybe not all of us, but many people enjoy the excitement that fear creates. Especially when the experience ends on a positive note.

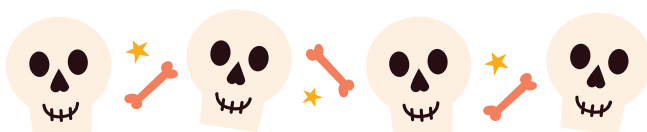
I think scary movies that create stressful or exciting feelings while managing to remain enjoyable deserve some extra credit. A "scary movie" can come from almost any film genre: horror, action, comedy, parody, romance, and many others. We asked everyone in our classes what their favorite scary movies were, and here are the results.

Scary Movie (1, 2, 3, 4, or 5) was mentioned by Rickina and Nino. There are 5 of these movies, all of which parody other popular movies or pop culture events including *Scream*, *Signs*, *War of the Worlds*, *Michael Jackson*, and many others.

The Simpsons Treehouse of Horror was brought up by Connor and Martha. Since it is a comedy, they often parody other shows. Having first aired in 1989, they deserve some credit. It would take 229 hours -almost TEN DAYS to watch all the episodes of The Simpsons if you never pressed pause. That means if you sleep, eat, drink some water, and use the bathroom on a regular basis, it would take you at least THREE WEEKS to watch all the episodes.

Zombies - There are many movies and TV shows that include the living dead, and plenty of them are scary. If dead bodies start rising from the grave and eating people, the world is in trouble. Especially the military and the police, the people who work to keep us safe.

28 Days Later - Joe and Russell mentioned this classic even though it is not really about zombies. The story is that scientists accidentally released a chimpanzee with a highly contagious virus (seems like we've heard this one before...) that makes people violently ill.



More Scary Halloween Movies

by Chris

Evil Dead - Mentioned by Darnell with agreement by Devlin, there are several movies and/or TV shows, all about Ash Williams, who attempts to save the world from zombies, evil in general, and a whole range of other problems.

Dawn of the Dead - One of my favorite movies about the zombie apocalypse. A group of survivors live in an abandoned mall for several weeks while they plan to go somewhere safer.

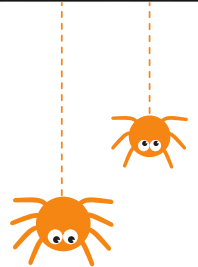
It - Mentioned by Nino and Cindy. *It* is based on a novel written by Stephen King in 1986, this story was made into a series of movies, originally in 1990 and again in 2017 and 2019. It is a story about an evil clown, Pennywise, who uses his victims' worst fears against them. He is considered to be one of the scariest clown characters in film and television.

Chucky - Cindy, Martha, and Iris mentioned this series which begins with the "Child's Play" series, the Chucky and Tiffany (*The Bride of Chucky*) stories have been made into several TV shows, movies, and a video game, about a scary doll serial killer.

Honorable mentions:

Friday the 13th
Nightmare on Elm Street
Get Out
Insidious
Shutter
Scream
Silence of the Lambs
Signs
The Ring
Halloween
Wrong Turn

Jaws
A Quiet Place
Frankenstein
The Adams Family
Alien
Carrie
The Exorcist
The Birds
The Shining
The Others
The Texas Chainsaw Massacre
The Hills Have Eyes





Movie Reviews

by Jennifer

Cutthroat Island

We were not ready to say goodbye to pirates quite yet, and watched *Cutthroat Island* starring Gina Davis and Matthew Modine, a 1995 pirate action movie that happens to be one of the biggest blockbuster flops of all time.

There were definitely a few cheesy lines, but who doesn't like a little cheese with their piracy? Our takeaway was that it wasn't a terrible movie, afterall. Martha and Jennifer especially appreciated Davis' role as a butt-kicking lady pirate. Justin and Connor liked the action-packed fight and chase scenes. And we were all impressed with the detailed and interesting sets, particularly the pirate ships. After studying pirates in September, we thought "Cutthroat Island" did some believable world building. Maybe it was just ahead of its time? After all, another pirate movie based on a Disneyland ride premiered just 8 years later, and was a humongous hit.

The Making of "Thriller"

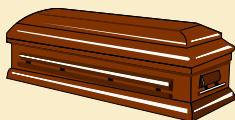
In the official making of Thriller documentary, we learned that radio stations leaked the Los Angeles filming location and more than 400 fans showed up hoping to see Michael Jackson! So there was an accidental live studio audience, many of which were kids. Michael Jackson wanted to film more of a short movie than a traditional music video; that's why the original cut is nearly 14 minutes long! He was inspired by the comedic horror of the film *An American Werewolf in London*, and wanted to work with director John Landis. Jackson hadn't seen Landis' other movies (such as *Trading Places* and *Animal House*) but Landis hadn't heard the song Thriller yet, either, so they both had an awkward laugh when they met. Zachary loved watching Michael Jackson transform into a zombie thanks to makeup by "monster maker" Rick Baker. Randall had never seen Thriller before, but was inspired to watch it after the making of documentary. It was funny to see actors in full zombie makeup goofing off on the set, pretending to floss their fake teeth, scarfing down lunch, drinking Pepsi, and pretending to eat the director. And the director was interesting to watch work—you don't expect a guy in a nice suit and tie to be telling zombies how to be scarier! Another outfit that caught our eye: Michael Jackson was wearing a Mickey Mouse tee shirt in rehearsal!

Some Spooky Riddles

found by Darnell

1) With pointed fangs I sit and wait
With piercing force, I dole out fate:
Over bloodless victims, I proclaim my might
I can eternally join with a single bite.
What am I?

2) Who makes it, has no need for it.
Whoever buys it, won't use it.
Who uses it, won't care
What am I?



3) Each morning I appear and lie at your feet.
All day I follow no matter how fast you run,
Yet I perish in the midday sun.
What am I?

4) I am tall when I am young
I am short when I am old.
Once a year I make heavy pumpkins light.
What am I?

5) Frankenstein's father had 3 sons.
One is named snap,
one was named crackle.
What is the third son's name?



(Answers on bottom of next page)

Pumpkin Spice Season

by Jennifer

It's that time of year again—the leaves are changing color, there is a chill in the air, and pumpkin spice has infiltrated everything that isn't fast enough to run away. While the recipes can vary, the spices in pumpkin spice usually include cinnamon, ginger, nutmeg, cloves, and allspice. And for many of us, pumpkin spice is akin to comfort food. Admittedly, even for fans, pumpkin spice has gone a bit overboard over the years, showing up in places that perhaps it has no earthly business. So we took a deep dive into pumpkin spiciness.

The Good: We taste tested more than our fair share of pumpkin flavored goodies, and a few were standout favorites. Pumpkin spice hot cocoa, pumpkin biscotti, and pumpkin spice Oreos earned top marks in our language arts Pumpkin Spice Review class. Outside of class, we enjoyed snack samples of Dunkin Pumpkin Spice Goldfish while we waited for our Covid tests. They were a hit—not a single goldfish was left uneaten! Zeke volunteered and visited to sample pumpkin spice flavored dog bones, and we are fairly certain he loved them. Iris said he licked the porch for a good few minutes after he finished the last bone, just in case there were crumbs.

The Bad: We tried a spiced apple sparkling water, figuring it was pumpkin spice-adjacent, and no one was a fan.

The Weird and Wacky: Why in the wide world would anyone make a pumpkin spice hotdog? Our best guess is just to gross people out—we were good and grossed out watching a video of someone coring out a hotdog, filling it with pumpkin pie filling, and topping it with whipped cream and a dash of pumpkin pie spice. Yikes! Other questionable pumpkin spice applications: Air freshener and deodorant, and Spam and Cup O Noodles! No thank you.

Literary Circle

by Jennifer

It is always exciting when Literary Circle starts a new book, especially when it opens up opportunities for exploring new topics and diving into new projects! We are reading *The Egypt Game* by Zilpha Keatley Snyder, and so far it is seriously interesting! To give our eyeballs a break from the computer screen, and to enjoy the feel of a physical book in our hands, we hunted and gathered many copies of the book, and have been reading together in the comfy chairs in the living room.



Answers to "Spooky Riddles" on previous page:

- 1-Dracula or a stapler
- 2-A casket
- 3-A shadow
- 4- A candle
- 5- Franken

Compassion Corner at the Marin Humane Society



Compassion Corner has resumed! It's a fun opportunity to pet animals and learn about them too.

According to the Marin Humane Society:

- The remaining 2022 dates for Compassion Corner are 10/ 11, 11/8, and 12/13.
 - Compassion Corner will be held monthly, on the 2nd Tuesday of the month (11am-12pm) in the Education Room (in the Whittell Building). You can come for the full hour or any amount of time that suits your schedule.
- Reservations are required. RSVP to Candace by the Friday before the Tuesday session at calexander@marinhumanesociety.org



When we visited Compassion Corner in September, we met this calm, laid-back labradoodle. When first developed, the labradoodle was not a popular breed. Labradoodles are considered a good choice for people with canine dander allergies, since some have the same hypoallergenic coat as their poodle ancestors.



Wally Conron of Australia previously took credit for naming the Labradoodle in 1989. But the dog mix had been known in the United States since the 1950s and was used in the entertainment industry as early as the 1960s. For example, a Labrador-Poodle mix named Fang had a recurring role on the *Get Smart* show starting in 1965.

We had fun, chillaxed day with the animals, and were very impressed with the affable, patient staff.

**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.**



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

Community Homes & Services
837 Sweetser Ave. Novato CA
94945
415-897-8676

October 2022 Connection Magazine

Happy Halloween!

