

CONNECTION

Sharing the day-to-day learning experience

at

Community Homes & Services

PO Box 744, Novato CA 94948

415-408-3604

www.communityhomesandservices.com

May is Miniature Garden Month

with Jennifer



Jennifer shows Nino the mushroom terrarium she's making for her jackalope to live in. Aidan helps forage baby's tears from the front yard, add aquarium gravel, and a Bigfoot bff.



Navigating the Menu of Healthy Eating

with Joe

A diet is defined as “a special course of food to which one restricts oneself, either to lose weight or for medical reasons.” Humans are omnivores, which means we can eat plants and meat. This gives us basically unlimited options in the realm of food! Clayton and Joe have been learning a lot about this subject, so in this article we’re going to cover some of the most popular diets out there - as well as some of the more obscure ones. Let’s dig in!

Vegetarianism

Vegetarians only eat vegetables and (sometimes) dairy products. Meats such as beef, pork, and chicken, as well as seafood such as fish, crustaceans, and molluscs are off the table for vegetarians. There are a few different variations of the vegetarian diet including: ovo-lacto, which allows the consumption of eggs and dairy, ovo-vegetarian, which allows the consumption of eggs but not dairy, and lacto-vegetarian, which allows the consumption of dairy but not eggs. Vegans abstain from all animal products, including eggs and dairy.



Vegetarian or Pescatarianism: What is the Difference?

Ovo-lacto vegetarian: 🥕 + 🥚 + 🧀

Ovo-vegetarian: 🥕 + 🥚

Lacto-vegetarian: 🥕 + 🧀

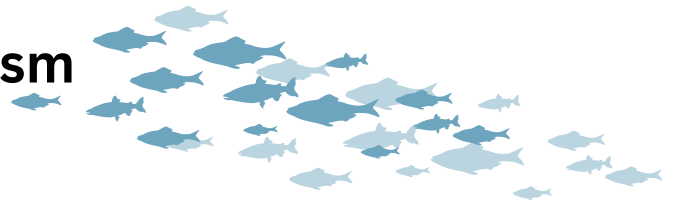
Vegan: 🥕

Ovo-lacto pescatarian: 🥕 + 🐟 + 🥚 + 🧀

Ovo-pescatarian: 🥕 + 🐟 + 🥚

Lacto pescatarian: 🥕 + 🐟 + 🥚 + 🧀

Pescatarianism



Pescetarianism is a diet that allows the consumption of fish, molluscs, and crustaceans, as well as the fruits/nuts/vegetables/etc. that come with a vegetarian diet. Plato, the ancient Greek philosopher, was a (very) early adopter of the pescetarian lifestyle. He believed a healthy diet consisted of cereals, seeds, beans, fruit, milk, honey, and fish. We suppose that would've made him a lacto-pescetarian—high in protein, but low in cholesterol/fat.



Low Carb

A low carb diet involves cutting out foods that are high in carbohydrates. High carbohydrate foods are things like pasta, bread, potatoes, rice, beans, milk, fruit, and anything with sugar. What you're left with is basically meat and vegetables. Keto, Atkins, the Air Force diet, Whole30, and the South Beach Diet are all examples of low carbohydrate diets. Adopting a low carb ketogenic diet will eventually put the body into a state called “ketosis”, in which the body

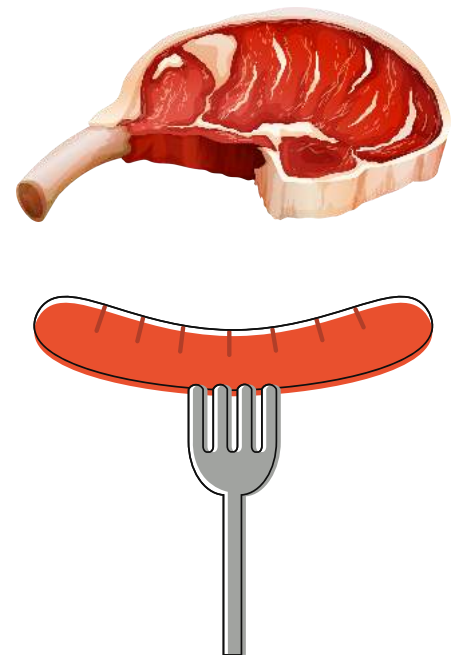
Low Carb and Meat Diets

burns fat for energy instead of carbohydrates. Keto was initially developed to help treat epilepsy in children. The adverse health effects of a low carbohydrate diet include: increased risk for cardiovascular disease, low blood pressure, kidney stones, and nutrient deficiency.

Carnivore Diet

Now we're getting into the less common diets. The carnivore diet (also called the "no carb diet") is what's called a "fad diet" that's grown in popularity in the last few years. The rules are simple: meat only. The origins of the carnivore diet can be traced back to Bernard Moncrieff's book *The Philosophy of the Stomach: Or, An Exclusively Animal Diet*, published in 1856. The diet gained new popularity, however, with the release of the 2018 book *The Carnivore Diet*, written by former orthopedic surgeon Shawn Baker.

There is no critical evidence that the carnivore diet provides any health benefits. It's been shown to increase the risk of cardiovascular disease, colon cancer, high cholesterol, gout, and constipation. It also increases the risk of scurvy (yes, the pirate disease), as singer James Blunt learned when he tried the diet in 2020. The plants we eat every day provide micronutrients, which are essential to healthy body function. Getting enough vitamins, minerals, fiber, and carbohydrates is important. Plus is meat even worth eating if we can't put any kind of sauce on it?



More on “Fad Diets”

We call the following diets “fad” diets because they’re usually only popular for a short time. They often catch on because they promise fast weight loss, but they’re usually proven to be worse for us than the tried and true method for controlling our weight: portion control and regular exercise.

Many of these are unhealthy or even dangerous, but they’re interesting to learn about anyway. Proceed at your own risk.

The Grapefruit Diet

Also known as the “Hollywood Diet,” the Grapefruit Diet is a short-term (18 days) diet in which one accompanies every meal with a grapefruit. The catch is that portions for each meal are so small you end up eating less than 1,000 calories a day - half of the daily recommended amount.



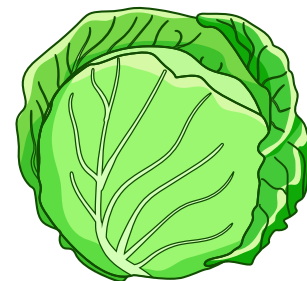
The Master Cleanse

A cleanse is a liquid-only diet that’s intended to last 10 days. People who are on the Master Cleanse eat nothing and drink a mixture of water, lemon juice, maple syrup, and cayenne pepper. And that’s it. Apparently Beyonce used it to lose 20 lbs in two weeks for her role in Dreamgirls.



The Cabbage Soup Diet

As the name implies, the cabbage soup diet is based on eating lots and lots of cabbage soup. As much as you want, really. Because cabbage has very few calories (and nutrients) the diet is very effective in the short term. Most people only do it for a week or so.



Our students’ thoughts on diets:

“I once went on a diet where I had to eat a lot of salad”

-Mike Rigney

“If I had to choose between a vegetarian diet or a carnivore diet, I’d choose vegetarian”

-Tyrone Mosby

“I love salad, cauliflower, carrots, cucumbers, tomatoes”

-Phoebe Robb

MAY 2024 NATIONAL DAYS

ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH, JEWISH AMERICAN HERITAGE MONTH, SKIN CANCER AWARENESS MONTH, WILDFIRE AWARENESS MONTH, MENTAL HEALTH AWARENESS MONTH, MILITARY APPRECIATION MONTH, MINIATURE GARDEN MONTH, BIKE MONTH, HAMBURGER MONTH

- 5/1 - May Day, Global Love Day
- 5/2 - World Tuna Day
- 5/3 - Space Day, Garden Meditation Day, Paranormal Day
- 5/4 - Kentucky Derby, Bird Day, Scrapbook Day, Orange Juice Day
- 5/5 - Cinco de Mayo, Astronaut Day
- 5/6 - Nurses Day
- 5/7 - Teacher Appreciation Day
- 5/8 - World Red Cross Day
- 5/9- Lost Sock Memorial Day, Alphabet Magnet Day
- 5/10 - Clean Up Your Room Day
- 5/11 - Archery Day, Twilight Zone Day, Mini Golf Day
- 5/12 - Mothers Day, International Nurses Day, Limerick Day
- 5/13 - Apple Pie Day, Crouton Day, Fruit Cocktail Day, Frog Jumping Day
- 5/14 - Dance Like a Chicken Day
- 5/15 - Bring Flowers to Someone Day, Chocolate Chip Day
- 5/16 - Do Something Good for your Neighbor Day, Classic Movie Day, BBQ Day
- 5/17 - NASCAR Day
- 5/18 - International Museum Day, Armed Forces Day
- 5/20 - Rescue Dog Day, World Bee Day, Pick Strawberries Day
- 5/21 - American Red Cross Founder's Day
- 5/22 - Solitaire Day
- 5/23 - Taffy Day, Lucky Penny Day, Maritime Day
- 5/24 - Scavenger Hunt Day
- 5/25 - Geek Pride Day
- 5/26 - Paper Airplane Day
- **5/27 - Memorial Day - HOLIDAY**
- 5/28 - Hamburger Day
- 5/29 - Flip Flop Day
- 5/30 - Creativity Day, Water a Flower Day
- 5/31 - Smile Day



Meet New/Not New Student, Donald Welty

Donald is an independent guy who has a heck of a lot of different interests. Instructor Joe sat down with Donald to get to know more about him:

with Joe

- What is your favorite food? Steak and french fries
- What is your favorite dessert? Chocolate pie
- What is your favorite drink? Diet Coke
- What's your favorite vegetable? Corn
- What's your favorite sport? Football. Go 9ers!
- Who is your favorite actor? John Wayne
- Where did you grow up? Germany. I lived there from 1954 to 1966
- What's your pet peeve? Too much talking. I like the quiet.
- Do you have any interesting hobbies? Yes, I enjoy fishing. I usually go alone so I can enjoy some peace and quiet.
- What is your favorite animal? I like fish. I actually have a pet goldfish at home
- What's your favorite pastime? Bowling!
- Have you ever been on a diet? Nope, I'm too skinny already.



Happy May Birthday!

5/2 - Gail and Dylan

5/7 - David G. and Katie

5/8 - Andrew N.

5/11 - Colleen and Harold



Andrew's Corner

Looney Tunes Facts



Bio: Andrew Newson is a student at Life College and is 27 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.

Looney Tunes was created to compete with the Mickey Mouse shorts. Looney Tunes first short was released in 1930, called "Sinkin' in the Bathtub". The first character of the main cast to debut was Porky Pig. Two characters that first appeared in Porky Pig shorts are Daffy Duck and Bugs Bunny. Bugs Bunny is the 9th most portrayed film personality in the world. Elmer Fudd first appeared in a short parody of Little Red Riding Hood called "Little Red Walking Hood".

There have been five Looney Tunes films compiling the shorts of the series.

- The character Speedy Gonzales was considered controversial for Mexican stereotypes, and even once had all his cartoons banned from being on tv.
- Sylvester's name was based on the scientific name for the wildcat "Silvestris".



- The E. in Wile E. Coyote stands for Ethelbert. The writers of the Wile E. Coyote shorts created a set of rules for themselves, including that the roadrunner only scared Wile E. Coyote, startling him with his "meep meep," which was the only thing he could say. Wile E. Coyote's biggest enemy was gravity, and all of the materials, tools, weapons, and devices he used had to be ordered by the infamous ACME Corporation.
- Porky Pig was once voiced by a stutterer who was replaced by Mel Blanc because he was not able to get through his lines. Mel Blanc voiced

many Looney Tunes characters, including Daffy Duck, Porky Pig, Tweety Bird, Sylvester the Cat, Foghorn Leghorn, and, of course, Bugs Bunny. Mel Blanc died in 1989 and his headstone reads "THAT'S ALL, FOLKS".

The Warner Bros. Studio Store was a chain of retail stores selling Looney Tunes, DC Comics, and other merchandise based on Warner Bros. films, similar in style to the Disney Store. They first opened in 1991, and went out of business in 2001. I chose to write about Looney Tunes because I think the shorts are really funny.

My favorite Looney Tunes character is Bugs Bunny. "Eh-Th-Th-Th-Th-Th-Th-Th-Th-That's All Folks!"

Remember When...?



Paper Airplane Day: Unfolding the Importance of A Timeless Craft- May 26th

with Jennier and Thea

Happy Paper Airplane Day to all those who celebrate! (Right) Connor and Andrew repurpose a ripped copy of *Winnie the Pooh*. We strung them onto a garland to decorate the living room for our book fair and open house.

Every May 26th, enthusiasts around the world take to the skies with folded paper in hand to celebrate Paper Airplane Day. At first glance, paper airplanes might seem like nothing more than a playful pastime, but delve deeper and you'll find a bunch of benefits and interesting facts associated with this age-old activity.

The Importance of Paper Airplanes:

Beyond being a source of entertainment, making and flying paper airplanes holds educational value. It sparks creativity and problem-solving skills as individuals experiment with different designs and adjustments to achieve optimal flight. Children, in particular, benefit from this hands-on learning experience, fostering spatial awareness and understanding of aerodynamics in a fun and interactive way.

The process of crafting paper airplanes promotes patience and attention to detail. Each fold and crease requires precision, teaching valuable lessons in perseverance and the rewards of meticulous work.

Interesting Paper Airplane Facts:

- **World Record:** The longest flight of a paper airplane indoors is 226 feet and 10 inches!
- **Scientific Research:** Paper airplanes aren't just child's play; they're also subjects of scientific study. Researchers utilize paper airplanes to demonstrate principles of aerodynamics and test hypotheses, making them invaluable tools in the field of physics.

As Paper Airplane Day approaches each year, it's an opportunity to reconnect with our inner child and embrace the wonders of flight, even if it's just through a humble piece of paper. So, gather your materials, fold with care, and let your imagination take flight. After all, in the world of paper airplanes, the sky's the limit.



BOOBY BIRDS

"I love boobies," said Darnell when she returned from her Hawaiian vacation.

Um, what?

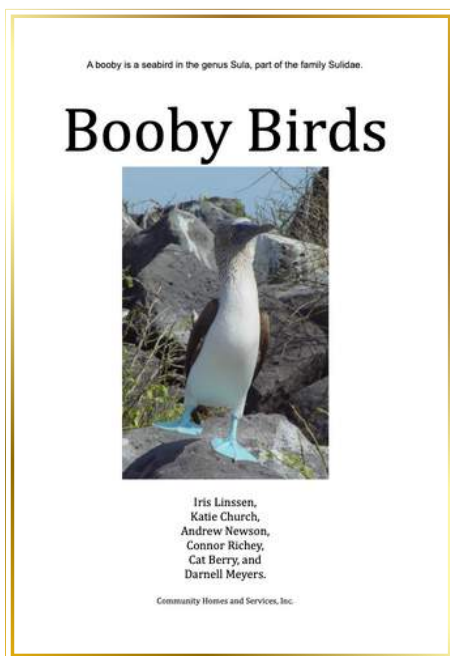
As it turns out Darnell and her husband went to the Kīlauea lighthouse on Kauai where they saw many, many birds including the red-footed booby (birds) and some albatrosses.

Among the various species of booby birds, the blue-footed booby, the red-footed booby, and the masked booby are the most well-known. The blue-footed booby is associated with Charles Darwin, although he never mentioned them in his Galapagos journals. Some interesting booby facts from Darnell's booby knowledge class:

- Booby birds belong to the Sulidae family.
- They have long wings, streamlined bodies, and distinctive hunting techniques that involve flying up to 90 miles looking for food. That is a long trip for lunch!
- The birds' blue feet come from carotenoids in the bird's diet of fish. If you stop feeding them, their feet fade to gray.
- The blue-footed booby females' feet turn a **dark blue** when they are ready to mate which is kind of like a mood ring (https://en.wikipedia.org/wiki/Mood_ring)—do you remember those?
- The term "booby" originates from the Spanish word "bobo," meaning foolish or clownish. The birds were named by sailors who observed the boobies awkward movements on land. They may be ungraceful on the ground, but booby birds show much grace and agility in the air and water.



By Gregg Yan - CC BY-SA 3.0,
<https://commons.wikimedia.org/w/index.php?curid=19776749>



Booby birds are renowned for their exceptional diving abilities. They employ a technique known as plunge-diving, where they dive from considerable heights into the ocean at astonishing speeds, reaching up to 60 miles per hour. This remarkable skill allows them to catch fish with precision and efficiency.

If you would like more info on red-footed boobies or would like to hear their call, check out this webpage:

<https://dlnr.hawaii.gov/wildlife/birds/a-red-footed-booby/>

CH&S Student PPP

Colleen Davenport

Colleen is a beautiful woman through and through.

She has an exquisite eye for fashion and a deep and delightful feel for people. Colleen's smile says it all!

She is blessed with an extraordinary talent for making others happy and a wonderful personality that always shines through.

People love and respect Colleen as a positive role model and a loyal friend. She works hard and she tries hard... But she laughs easily and she's very easy to be with.

Colleen cares!

She is a great listener

loves her extremely cool grandfather and his dog

always looks fantastic

is intelligent and insightful

is fun and funny

is kind and good

is an inspiration!

BETTER THAN CANNED—INTRODUCING THE FRUIT COCKTAIL TREE

with Cat and Jennifer

May 13th is National Fruit Cocktail Day. Most of us probably picture a can of mixed fruit in sweet syrup, served alongside a meal at home, as dessert in a fancy cup at our grandma's house, or in a tray compartment at the school cafeteria. Fruit cocktail has been credited as a California invention—Bruce can add that to his California Knowledge class, alongside other such culinary delights as the California Roll, Doritos, and ranch dressing! In the United States, the USDA stipulates that canned fruit cocktail must contain certain percentages of pears, grapes, cherries, peaches, and pineapples.

We don't know about you, but getting a cherry always felt like a win when some of us were little! While the can has nostalgic value, you can certainly make fruit cocktail a bit healthier by making it yourself, sans syrup. And did you know that there is such a thing as a "fruit cocktail tree"? Well, there is, and we planted one!

Using a base tree of the same family, nurseries can graft on, or attach branches from other fruit trees, so several different types of fruits grow on one tree! We picked out a particularly pretty tree with two types of peaches, nectarines, plums, and apricots! The blossoms are even different colors when the tree is in bloom! We're anxiously awaiting our first "cocktail" of fruits this summer, although we'll have to put our own cherry on top.



Cat inspects one of 5 tags on our "fruit cocktail tree"!



**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
PO Box 744 Novato CA 94945
415-897-8676

May 2024 Connection Magazine



MAY