

CONNECTION

Sharing the day-to-day learning experience

at

Community Homes & Services

PO Box 744, Novato CA 94948

415-408-3604

www.communityhomesandservices.com

National Watermelon Day

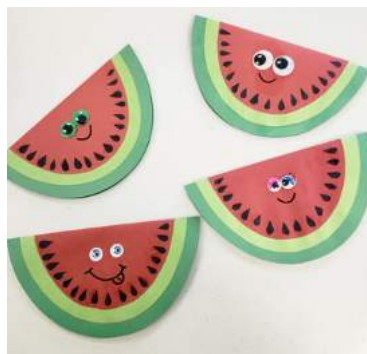
with Dave, Gregory, Jehann, Mike, Zayde and Zoe

Watermelons are super cool! They're mostly water, which is why they're so refreshing on hot days. And that's why we celebrate National Watermelon Day every August 3rd!

We learned about watermelons, shared some of our best watermelon eating stories, and worked together to make the cutest watermelon cards. Three watermelon facts:

- Watermelons are actually berries, even though they're big!
- Ancient Egyptians loved watermelons so much that they put them in tombs for their kings to enjoy in the afterlife.
- You can eat the green part of the watermelon, called the *rind*. Some people pickle it! (See pickle jar right.)

On August 3rd, grab a watermelon and enjoy this amazing big berry! 🍉



Community Homes and Services

Art Show

We've been hard at work in our art classes, creating and perfecting new pieces for an upcoming show!



Please join us for an opening night reception

**Friday, August 30th
4-8PM**

**St. Francis of Assisi Episcopal Church
"Rosie's Room"
967 5th Street, Novato**



Of all the nice things you can say about CH&S
one thing is indisputable...
We have the best parties!



There will be great food, cool music,
amazing student art, and people...
and by people, we don't mean just people...

We mean US!
And hopefully YOU!



Art will be available for purchase and will remain on display through
September 30th. Contact Jennifer at Life College with any questions, and to
arrange pickup of purchased artwork- (415) 897-8676



Thank You! Thank You! Thank You!
St. Francis of Assisi Episcopal Church.

We love the work you do,
the community you are,
the difference you make,
and the connection we have!



See the website: <https://www.stfrancisnovato.org>

Andrew's Corner

Rabbits

Remember Thumper the rabbit in the Bambi movie? If confronted by a threat the rabbit will freeze and observe then warn the others of its burrow, an underground network dug by rabbits, with powerful thumps on the ground.

Rabbits are a member of the Lagomorpha order. Rabbit babies are called *kits*, like kittens. Rabbits also use their burrows to hide from predators.

Rabbits have the highest reproduction rate as one rabbit mother can give birth to up to 60 babies a year! There are 2.2 million pet rabbits in the United States.

Rabbits can also purr like cats. Rabbits are usually hunted by hunters to use their fur in clothing. Rabbits are *crepuscular*, meaning they are most active during dusk and dawn. There are no rabbits native to Antarctica.

I love rabbits because they are so cute! A female rabbit is called a *doe* and a male rabbit is called a *buck*, just like deer. The dwarf rabbit is the smallest rabbit in the world with a height of 5-6 inches while the flemish giant rabbit is the biggest rabbit in the world with a height of 30 inches. When rabbits are happy they do a little dance called a *binky*, where they jump high in the air and do a half-twist. Several of the traits of the rabbit are similar to that of a horse. Like cats, rabbits can clean themselves through the day by licking their fur and paws. Rabbits can jump very high, and there are rabbit jumping competitions where rabbit owners can show off their rabbit's agility.



Bio: Andrew Newson is a student at Life College and is 25 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.

**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)



AUGUST 2024 NATIONAL DAYS

Dog Month, Wellness Month, Sandwich Month



8/1 - Water Balloon Day

8/2 - Coloring Book Day, Sandcastle Day, Ice Cream Sandwich Day

8/3 - Sunflower Day, Watermelon Day

8/4 - Sisters Day, Friendship Day, Chocolate Chip Cookie Day

8/5 - Underwear Day, Work Like a Dog Day

8/6 - Root Beer Float Day

8/7 - Sea Serpent Day, Lighthouse Day

8/8 - Pickleball Day, Mochi Day

8/10 - Bowling Day, Garage Sale Day, S'mores Day

8/11 - Play in the Sand Day

8/12 - Vinyl Record Day

8/13 - Left Handers Day



8/15 - Lemon Meringue Pie Day

8/16 - Roller Coaster Day, Tell a Joke Day

8/17 - Black Cat Appreciation Day, Non-Profit Day

8/18 - Fajita Day

8/19 - Potato Day, Aviation Day

8/20 - Radio Day

8/22 - Bao Day, Tooth Fairy Day

8/23 - Cuban Sandwich Day

8/24 - Waffle Day, Peach Pie Day

8/25 - Banana Split Day

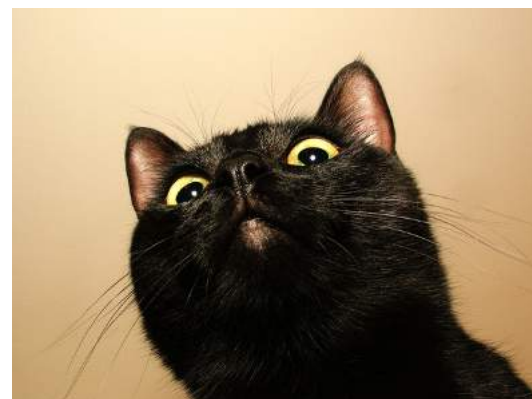
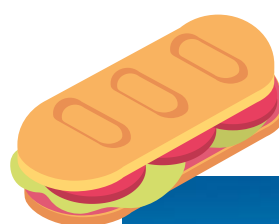
8/26 - Dog Day

8/27 - Peach Day

8/28 - Power Rangers Day, Bow Tie Day

8/30 - Beach Day, Grief Awareness Day

8/31 - Eat Outside Day, Trail Mix Day





#NationalGirlfriendsDay

with Katie and Thea

On August 1st, National Girlfriends Day encourages women across the U.S. to get together and celebrate their special bond of friendship.

(Top to bottom) Olivia and Katie; Lauren, Katie and Malia; and Katie and Marielle.

Katie says having a best friend is like finding a soulmate, but without the romantic stuff. She's lucky because she has a whole group of best friends: Mariella, Malia, Lauren, and Olivia. They do everything together, from hanging out to sharing secrets.

Female friendships are super important. Studies show that women with strong friendships live longer, feel less stressed, and are happier overall. It's like having your own personal cheerleading squad!

Katie thinks what makes a best friend is feeling connected and understanding each other without even trying. She met her crew through a youth group called *Young Life Capernaum*. Katie's crew love their faith and spending time together.

Mariella is like Katie's little sister. They love to shop and drink coffee. Lauren is her thrift store buddy. They found the coolest shirt that says "Make Today Happy!" Malia lives far away, but they pick up right where they left off when they see each other. Olivia is great to talk to and always has good advice.

So, here's to Girlfriends Day and celebrating the amazing women in our lives!

Check out Katie during a fruit-by-the-foot contest on the Capernaum IG (Instagram). "That game was TASTY!" said Katie. https://www.instagram.com/p/CyHB56mv-aQ/?utm_source=ig_web_copy_link

As they say, "Girlfriends are sisters I picked out for myself!"



The Woods are Lovely, Dark and Deep

with Joe and Jason

Wood! It's all around us in the form of trees, houses, furniture, ships, the side paneling on certain old cars (lower bottom photo), and so much more. We use and interact with wood every day; sometimes it has very little commercial value - like a popsicle stick, or a pallet (lower middle photo) you might find discarded behind a grocery store.

Sometimes a few pieces of the right wood in the right hands can come together in the right way to create something of profound personal and historical significance -such is the case with our friend Jake's guitar (top photo below). Joe's guitar, for example, decreases in value as he dings and scratches it, while Jake's grows in value simply because he owns it. It all depends on who's doing what with the wood!



One of the best things about wood is its versatility. It can be carved into any shape, it can be glued, nailed, or locked together using the ancient art of joinery. It can be broken down into sawdust to create compost or a firestarter, or polished and shellacked until it looks like fine brass. It can be steamed and bent, routed and inlaid, whittled and sanded, or roughly chopped up to heat a home.



It was the versatility of wood that spoke to Jason and me when we were discussing how we should make the new picture frames for Enterprise's walls. The current frames are great - flat, easy to clean, and made of simple components - but we felt it was time for something new and different. We're still only in the testing phase, but we're pretty happy with the results!



(Left) A *woodie*, or *woodie wagon*, is a classic station wagon style featuring a wood-bodied or wood-paneled design.

But I Have Promises to Keep

The step-by-step process went as follows:

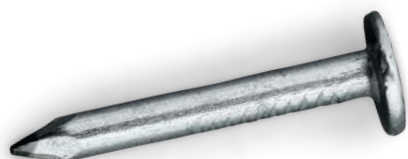
1. **Collect the tools.** We decided we needed a saw, a mitre box, a triangle, a drill, some drill bits, and a hammer, so Joe brought those from home.



2. **Collect the materials.** We went to the hardware store and picked up some screws, nails, wood glue, and a piece of wood that's 8' long and $\frac{3}{4}$ " x $\frac{3}{4}$ " wide.

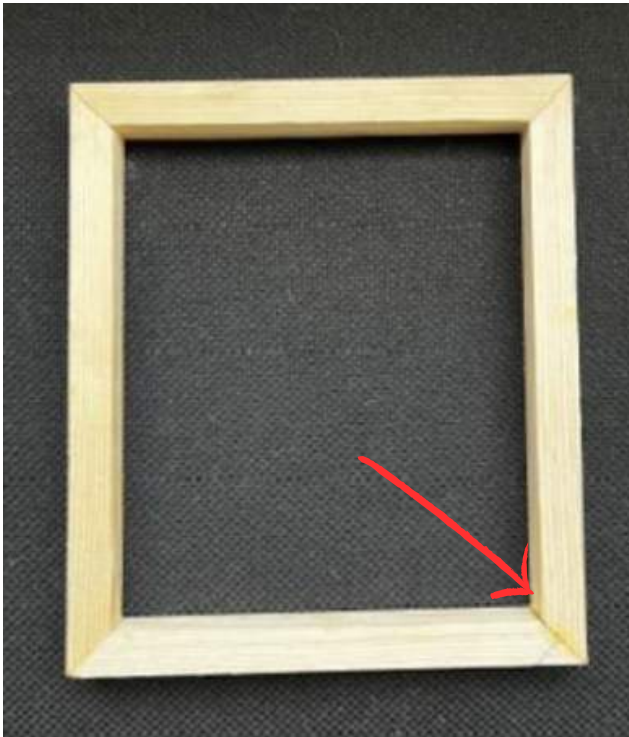
3. **Cut the wood.** We used the saw and mitre box to create a wooden rectangle that's 8.5" x 10". For the first frame we tried cutting all the corners at 45° so the sides of the frame would meet in a way that's pleasing to the eye.

4. **Glue and nail.** We glued two sides together and let it sit for about an hour. After the glue was dry and the joint was solid we drilled a pilot hole for a screw. The pilot hole went in without a hitch, but the screw still split the wood. Back to the drawing board. We then tried the same glue joint and pilot hole approach, but this time we hammered in a small nail instead of a screw, which did the trick. When all four sides were glued and nailed we had a nice little prototype frame! (right)

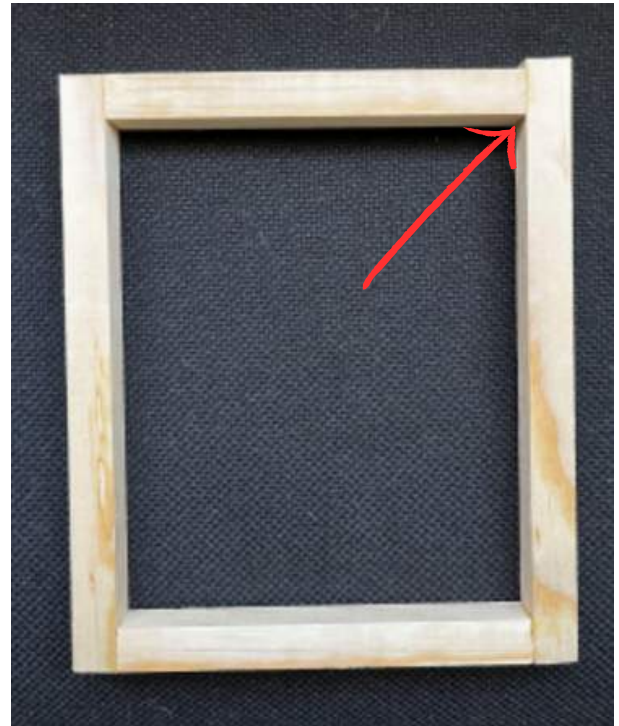


And Miles to go Before I Sleep

This frame looks great. All it needs is a little sanding and stain/sealant and it'll be ready for the wall. The problem is that the 45° cuts are somewhat imprecise using the mitre box. Another way to make this frame would be to cut the wood straight and join it at 90°. It might not look quite as nice, but we needed to consider the realities of large-scale production. We'll need 50+ picture frames for Enterprise, so speed and cost should definitely be considered.

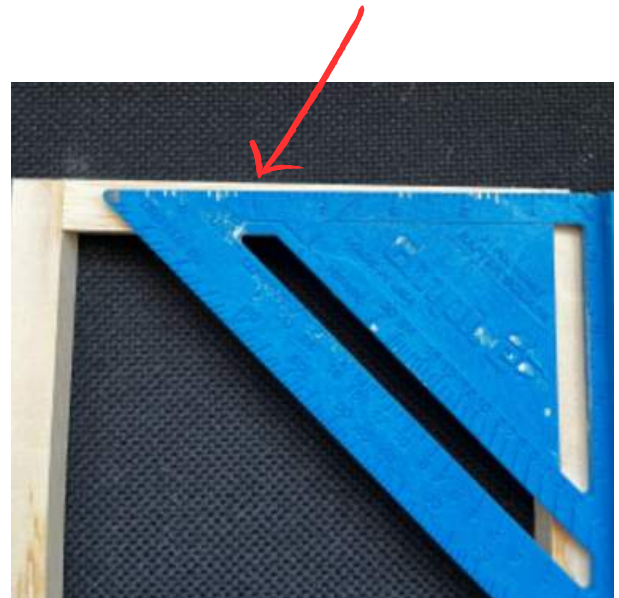


(Above left) 45 degree corners—see how the wood was cut at a 45 degree angle?



(Above right) 90 degree corners. Oh no! There's some extra wood hanging off the edge! This means we either mismeasured, or the wood is warped (as can happen in excessive heat or wet). In the photo below we can see that the frame is not square on at least one side.

This means we either mismeasured, or the wood is warped (as can happen in excessive heat or wet). In the photo to the right we can see that the frame is not square on at least one side.



And Miles to go Before I Sleep

That tells us that the wood was probably not totally straight when we bought it, which caused this misalignment. Now we know that we'll need some straight wood and a jig (something to put the frames in as we assemble them to ensure all four sides are square) moving forward. We're getting there!

Please feel free to call or write to Community Homes & Services to let us know what kind of finish you think we should put on the frames!



Here Jason shows us the difference between 90 degree corners (frame on left side) and 45 degree corners (frame on right).

Jason and Joe have certainly been hard at work.

After doing all of that hard work, it's the perfect time for a watermelon break!



Book Lovers Day

With Jennifer, Michelle, Martha, Colleen, Hayley, Justin, and Randall



August 9th is National Book Lovers Day, a day to celebrate being a bibliophile, or an appreciator of books! Our resident bibliophiles enjoy reading in a number of different ways. Cat loves to check on and tidy up the books in our Little Free Library in front of Life College, and she and Nino are the first to say hello to our customers. Martha, Andrew, Aidan, and Justin are regulars at our local Copperfields (the manager knows us all by name!) and the Friends of the Library used bookstore. We are always on the lookout for acquisitions to add to our stash of books!



What are we reading these days? And how are we reading, for that matter? Katie is halfway through an inspirational Christian book called *Breath as Prayer*, and is carrying Colleen Hoover's *Heart Bones*, so she's ready to get right to the next book on her TBR (to be read) shelf!

Colleen is currently listening to an audiobook called *Big Bad Wolf* by Jenika Snow, the first in a series of seven books. It's a romantic fantasy about Lycans, a breed of werewolf. She is a fan of the author, and loved reading other titles in the series, including *Bite Marks*, about vampires and their fated mates, and *You Are Mine*. She's also read *Dream, We Hear*, *Pocket FM*, and *Galatea*! Her next TBR is *Whisper FM*. She has a whopping five audio book apps on her phone, and is always looking for new fantasy stories to dive into!



Jennifer's reading habits involve different types of books she reads in different locations: at any given time, she is in the midst of reading non-fiction upstairs, and fiction downstairs, plus she has a book (or two) in her purse and in her car, just in case! Her upstairs non-fiction book is *Grunt: The Curious Science of Humans at War*, by Mary Roach, (which she swears is funnier than it sounds). Her downstairs fiction title is *The Hoarder*, by Jess Kidd, a supernatural thriller about an "unintentional psychic" charged with cleaning out an old man's hoarded house, which is filled with something more sinister than just junk. Her emergency car book is *Fantasticland!* by Mike Bockoven, a Lord of the Flies-esqe story about what happens to a group of theme-park employees when a hurricane cuts them off completely from the outside world.



Book Lovers Day

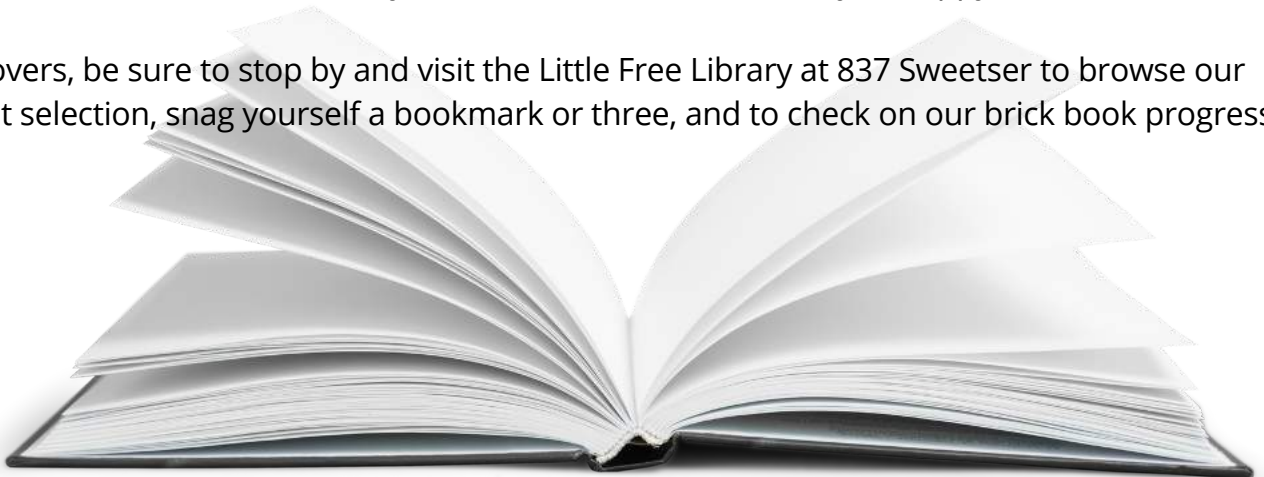
With Jennifer, Michelle, Martha, Colleen, Hayley, Justin, and Randall

To solidify our appreciation of books, we tackled two bookish art projects this month, both for ourselves and our LFL customers to enjoy! First, we made bookmarks that looked like library check-out cards, which were very nostalgic for those of us who remember filling them out, and scoping out who checked a book out before we did! Then we went down a rabbit hole of funny foods to print and laminate and add a tassel to. Since the first bookmark we made was a Chicago dog from armchair traveling to Chicago a few years ago. (Did you know Chas is from Chicago, and so is Nino's sister, husband, baby, and two cats?) We started with hotdog variations. Then we picked out some epic sandwiches from our class for Sandwich Month! We forgot how many sandwiches there are... (although not every sandwich made it to bookmark production: turns out some sandwiches are less photogenic than others, the Philly cheesesteak, and "The Elvis" being prime examples). But we didn't stop at sandwiches—we made cookies, bacon and eggs, butter, sushi, popsicles and all manner of ice cream, pie and cake, and cheesecake, to name a few. Students get first pick of bookmarks, and the rest will be up for grabs in our Little Free Library all month.

Our current book art project is painting bricks to look like books. We think they'll look great under and around our LFL, tucked amongst the plants in the yard. We picked out books we've read in Literary Circle, making sure to choose some that were particularly colorful, as well as some impressive ones so we could show off! Our selection: *The Great Gatsby* and *To Kill a Mockingbird* (which get extra credit for being banned books) *The Egypt Game*, *Hatchet*, *The Hitchhiker's Guide to the Galaxy*, *From the Mixed-Up Files of Mrs. Basil E. Frankweiler*, *Out of My Mind*, *Hurricane Season*, and *The Wild Robot*.

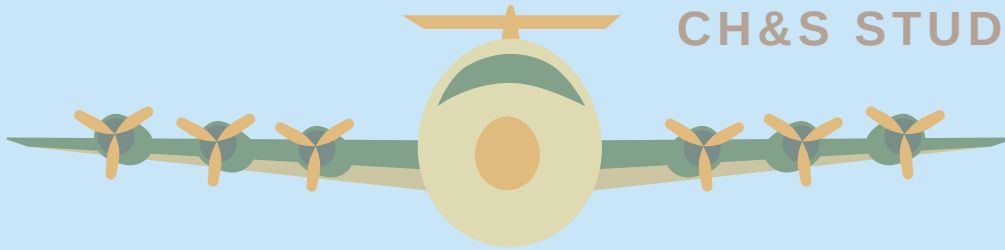
First step was brick acquisition, and we got our steps in wandering every single aisle of Lowe's to find them. Then we hosed them off on the patio, and hung out to watch them dry before applying base coats of cover colors. Next up, we painted the brick edges white for the paper pages. Now for the hard part: cover art! Our strategy is to start with the simplest ones—*The Great Gatsby*, which is mostly just eyes, and *Hatchet*, which is pretty much just a hatchet. And our philosophy is that if any of them turn out ugly, we can hide them underneath/inbetween/behind those that turn out better! And as Bob Ross would say, there are no mistakes in art, just happy little accidents.

Booklovers, be sure to stop by and visit the Little Free Library at 837 Sweetser to browse our current selection, snag yourself a bookmark or three, and to check on our brick book progress.



Connor Ritchie

CH&S STUDENT PPP



Connor is a genuinely nice young man who easily wins over friends. He is honest and sincere, and his integrity is a strong compass that always points him in the right direction.

He is friendly and caring, very polite, and extremely thoughtful and respectful of others. He has a first class healthy lifestyle.

Connor is inquisitive and insightful, and will really impress you with his depth of curiosity. He has tremendous powers of observation, and is astutely perceptive.

He is very intelligent--a lightning fast learner with a superb memory! Connor is tremendously knowledgeable in geography.

He is passionate about all things transportation.

On top of all that, Connor has a wonderful ability to appreciate the humor in things with his funny sense of humor--he is a slapstick comedian.

Connor is...

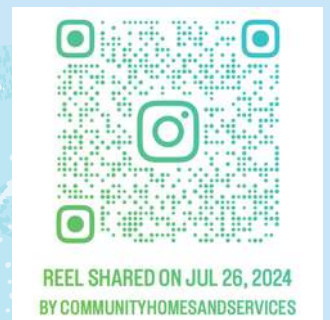
Extraordinarily reliable

Efficient and productive, capable and hardworking

A masterful pilot, skilled researcher
A gifted artist with a keen eye for detail

And a music aficionado

Connor, you're blasting off



REEL SHARED ON JUL 26, 2024
BY COMMUNITYHOMESANDSERVICES

(Left) QR code. Open your phone's Camera app and point it steadily for 2-3 seconds towards the QR Code. Then click on the Camera app's notification to watch Connor's PPP video on our Instagram account <https://www.instagram.com/communityhomesandservices/>

Fun with Axolotls!

with Darnell, Tess, Amy, Meredith, and Susie



"What is THAT?" asked Tess when she saw this picture (above).

"It's my favorite animal," said Darnell, "it's an axolotl."

The *axolotl* (pronounced ACK-so-lot-ul) isn't your average salamander. The axolotl is native to Mexico's Xochimilco lake system. They have a childlike appearance (probably due to their larval nature) and with some remarkable abilities.

Forever Young

In a typical amphibian life cycle, such as that of a frog, growing up involves drastic changes – from an egg to a tadpole, and then to a fully developed frog.

Unlike most salamanders, which undergo metamorphosis to become land-dwelling adults, axolotls bypass traditional metamorphosis. They hatch from their eggs into a larval form, akin to tadpoles, but instead of transitioning to a terrestrial form, they remain and reproduce in their larval state. Genetically, axolotls lack certain thyroid hormones that are crucial for triggering metamorphosis in other amphibians. So axolotls retain their aquatic, gilled larval form throughout their lives. This phenomenon is called *neoteny*, essentially meaning they stay in a perpetual juvenile stage. This youthful look is complete with feathery external gills, a long fin running down their back, and a perpetually wide grin (which is not really a smile, but certainly looks like one!).



Regenerate like Wolverine!

One of the axolotl's most incredible superpowers is its ability to regenerate. They can regrow lost limbs, tails, even parts of their heart and brain! What??? Scientists are still unraveling the secrets behind this amazing feat, but it holds great promise for future medical advancements.

Axolotls: The Smiling Salamander

By studying axolotls, maybe scientists will unlock secrets to regeneration so that we too will be able to regrow body parts like comic book superhero Wolverine!

Breathing Underwater

Axolotls are primarily aquatic breathers (they breath underwater like fish), using their feathery gills to extract oxygen from the water. However, they also possess a hidden talent – the ability to breathe air too!

When oxygen levels in the water are low, axolotls can develop rudimentary lungs and breathe directly from the air surface. Axolotls are quite adaptable!

Axolotls and the Aztec God Xolotl

The axolotl's distinctive appearance has captured imaginations for centuries. In Aztec mythology, the god Xolotl (below) is often shown in the form of a dog or a dog-headed human, was associated with fire, lightning, and...[wait for it...] axolotls! Like the Egyptian god Anubis and the Greek ferryman Charon, Xolotl was a *psychopomp* in Aztec mythology. Psychopomps guide souls of the dead on their journey to the underworld.



XXXX



Axolotls are Endangered

The amazing axolotl is critically endangered in their natural habitat due to water pollution, invasive species, and habitat loss. However, axolotls are also popular aquarium pets, and captive breeding programs are underway to ensure their survival.

By studying and protecting these remarkable salamanders, we can unlock the secrets of regeneration and preserve a piece of Aztec mythology for future generations. More axolotl facts here: <https://axolotlexpert.com/life-cycle-of-an-axolotl/>

Happy Sandwich Month!

with Jennifer, Michelle, Martha, Justin, and Katie

Epic Sandwich Knowledge/Cultural Literacy Highlights

Exercise Ideas & Discussion Stimulants

*When do we eat sandwiches? Lunch time, take it to school/work, picnics

*Breakfast sandwiches: fried egg sandwich, bagels, eggs Benedict, Egg McMuffins, McGriddles, Croissant sandwich

*Dessert sandwiches: ice cream sandwiches, Oreos are considered a sandwich cookie, Moon Pies, whoopie pies, "fairy bread" is buttered white bread topped with round rainbow sprinkles!

*"Pocket" sandwiches: pita, Hot Pockets, calzones, gyros, falafel, shawarma, meat pie, pork bun, Uncrustables

*The eternal debates: Is a hotdog a sandwich? Is a hamburger a sandwich? Is a taco a sandwich? Fajitas? Burritos? Quesadillas? Discuss/argue about it!

*What's On the Side: Chips vs. French fries. Are you going to eat your pickle? Have you ever seen a sandwich in real life have an olive on a toothpick on top? Are you a potato salad person or a macaroni salad person? Do you have any strong feelings about coleslaw?

*Do you like the crust on your sandwich? Did you dislike it when you were younger?

Cultural References/Related Topics

*The Sandwich Islands (original name of Hawaii!)

*The Dagwood: an epically enormous cartoon tower of a sandwich. Fellow cartoons Shaggy and Scooby Doo would approve, as they have the same sandwich making style!

*Macaroni and Cheese Class Crossover! What are your thoughts on a burger topped with a big scoop of macaroni and cheese? Uh Oh, Macaroni and Cheese Class AND Hot Dog Class Crossover... Same question but on a hotdog!



Louis Armstrong: The King of Jazz



<https://www.britannica.com/biography/Louis-Armstrong/images-videos#/media/1/35584/231336>

Louis Armstrong was an exceptional musician. People called him "Satchmo." He was born in New Orleans on August 4, 1901 and died in 1971. When Louis was young, he learned to play a shiny, brass instrument called a cornet while in a juvenile detention center.

Louis was amazing at playing the cornet. He made a kind of music called jazz. Louis could make his cornet sound like it was singing! Louis could also sing really well.

Armstrong was more than just a great musician. He was a kind person who wanted everyone to be treated fairly. So Armstrong used his platform to advocate for civil rights (Civil rights guarantee equal social opportunities and equal protection under the law, regardless of race, religion, or other personal characteristics), and his music became a universal language, bridging racial and cultural divides. Armstrong's songs like "What a Wonderful World" and "Hello, Dolly!" cemented his status as a global superstar.

Louis Armstrong's legacy continues and his music is a timeless treasure that continues to connect with audiences all over the world. Even though Louis lived a long time ago, people still love his music today!



Happy August Birthday!

8/2 - Tess

8/7 - Bruce

8/9 - Hayley

8/11 - Jonas

8/17 - Melissa

8/25 - Zayde

8/26 - Russell and Michelle



Nino Surveys the Situation

What's your ride-or-die sandwich?

Randall-Steak from Sol Food: it has onions, avocado, and thousand island!

Matthew-Lombardi's roast beef on sourdough, with Swiss and American cheese, tomato and avocado.

Michelle-Pastrami and Swiss on toasted hollowed-out sourdough with mustard, mayo, and pickle.

Justin-Roast beef

Martha-Salami

Cat-I like ham, bologna, and tuna.

Andrew-Plain cheese

Jennifer-BLT

Joe-A club sandwich

Hayley-Peanut butter and jelly

Connor-Ice cream sandwiches

Colleen-Italian salami on sourdough, with mustard, mayo, lettuce and tomato

Darren-Grilled ham and cheese

Devlin-Turkey with lettuce and tomato, onions and ranch dressing!



If you could only eat one type of potato for the rest of your life, what would you choose?

Randall-[answered within .4 seconds] Candied yams!

Colleen-Potato chips (as long as I get to pick a different flavor every day!)

Iris-Sweet potato

Nino and Devlin-Tater tots!

Aidan-French fries

Matthew-Scalloped, heavy on the cheese and garlic

Martha-Baked potato with butter and sour cream

Jennifer-Twice baked potato. It's like getting two types, baked and mashed, all topped with cheese!



Nino Surveys the Situation



Tell us about an important dog in your life, past or present?

Randall-His name was Liam, he was a corgi

Iris-A dalmatian named Spotted

Cat-My staff have 3 dogs: Sparky, Colby, and a new puppy. I get to play with them.

Martha-A dachshund named Frida and a Schnauzer named Beau.

Colleen-Her name was Shyla, she was a black lab.

Michelle-A black lab named Duncan we had when my kids were small. He was an escape artist!

Matthew-My dog Holly when I was a kid. She was a cocker spaniel, and she saved my life once.

Andrew-Daisy, she's a mini Australian shepherd

Devlin-Romeo Mike! My dog before that was named Peanut.

Zachary-I think it was Pongo from 101 Dalmations.

Jennifer-Meatball, he's a big ol' American bulldog and he's the funniest dog I've ever met! He fake snores, among many other things.

Joe-I had a dog named Tony that we found behind a Burger King.



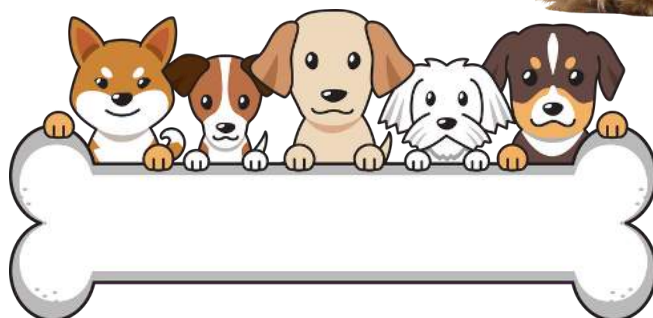
Match the Picture Number to the Dog Breed

___ Cocker spaniel

___ Corgi

1 Schnauzer

___ Australian Shepherd



Pictures Past and Present



Macaroni & Cheese

with Colleen, Jonas, Nino, Jennifer, Vladimir and Cindy

Macaroni & Cheese/Facts & Talking Points

*Macaroni & cheese has been around for CENTURIES. That's hundreds of years. The 1st recorded recipe is from the 14th century in a famous Medieval English cookbook. It was a cheese and pasta casserole known as makesouns, and it called for layered hand-cut pasta between a mixture of melted cheese and butter.

*Thank You for the Mac 'N Cheese Thomas Jefferson! Our third president Thomas Jefferson first brought macaroni and cheese to the United States. Before he was president (and before the United States was the United States) Jefferson served as the Ambassador to France, where he tasted pasta and cheese. And he came back and said, "You GUYS. Have GOT to try this!" He built a pasta cutting machine and imported dried pasta and parmesan cheese to the US from France. In 1802, he served "A Pie Called Macaroni" at a state dinner.

*The Blue Box When we think macaroni and cheese, a lot of us probably think of the boxed version. Kraft introduced its boxed version in 1937 in the middle of the Great Depression. It's slogan was "Make a Meal for Four in Nine Minutes". It was a huge hit, and an immediate success in the US and Canada. In the first year alone, they sold 9 million boxes! Today they sell over one million boxes A DAY! That's a lot of mac n' cheese. It Fueled America in Wartime. During WWII Americans could get two boxes for one food ration stamp.

*Oh, Canada! Kraft Dinner, or KD for short, is considered the national dish of Canada. It is the single most purchased grocery item in the country. And apparently they eat it with ketchup. (Please vote. Thumbs up or thumbs down?)

*Broken Record The record for eating an entire box of Kraft macaroni and cheese is 1 minute 2.14 seconds. Yikes. The largest pot of macaroni and cheese on record is 2,469 POUNDS. And speaking of lots of mac 'n cheese: Costco introduced a ginormous bucket of it weighing 27 pounds, with 180 servings for \$89.99 and it SOLD OUT immediately.

*Shape it Up Since developing the first non-elbow shaped pasta in 1975 (which was a spiral) Kraft has come out with over 2,000 different shapes, including trains, dinosaurs, and unicorns. The most popular shape ever sold is Spongebob Square Pants. Other cartoon and movie shapes have included Teenage Mutant Ninja Turtles, Rugrats, Frozen, Tarzan, Star Wars, Super Mario Brothers, The Flintstones, Pokemon, Toy Story, Phineas and Ferb, Spiderman, Madagascar, Monsters Inc., How to Train Your Dragon, Minions, Trolls, and Cars.

Macaroni & Cheese

*Celebrate! National Macaroni and Cheese Day is July 14th. Perhaps you'd be interested in observing Macaroni and Cheese Day by sampling some of the more adventurous ways to serve mac 'n cheese...

*Thinking Outside the Box Mac 'n cheese as a topping (thumbs up or down?) on pizza, waffles, hot dogs, nachos, burgers, french fries, baked potato, in omelettes, in a quesadilla, stuffed shells for double pasta action, in jalapeno poppers, stuffed into meatloaf. Will it waffle? Yes, you can make a waffle out of leftover mac 'n cheese. Fried mac 'n cheese balls are a popular appetizer these days. "Zoodles" are noodles made of zucchini ribbons--we think it should be a crime to make macaroni and cheese with zucchini noodles, please sign our petition. Two comfort foods in one: Tomato Soup Macaroni and Cheese! Some like it hot: Buffalo chicken macaroni and cheese, Hot Cheetos topping. What do you add to your box of macaroni and cheese to customize it? Chas puts a can of tuna in his mac 'n cheese! For Nino: Chicken pesto macaroni and cheese!

Review/Post-Test Questions

How many boxes of Kraft Macaroni and Cheese are sold per day?

1 Million!

What country calls it "Kraft Dinner"?

Canada

Name a shape it comes in?

Trains, Unicorns, movies and cartoons, etc.

Kraft or Velveeta?

No wrong answers, but a very divisive debate...



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