

CONNECTION

Sharing the day-to-day learning experience

at

Community Homes & Services

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Paint and Sip!

with Andrew M, Bert, Billy, Jian, Jonas, Mike, Phoebe and Joshua

You've likely heard of "Paint and Sip," an art experience where friends gather to socialize, paint, and sip wine. Since wine is not necessary to enjoy the creative process, to promote a healthier and more inclusive experience, Rickina decided to focus our paint and sip activity on creativity and *hydration*.



Here's how we painted and sipped:

- **Start with hydrating drinks:** We opted for water: sparkling or still. For a flavorful twist, we added splashes of fruit juice. Students in the class had the opportunity to sample fizzy water, plain water, and juice spritzers. We discovered that grape juice and sparkling water make a delightful combination!

Sparkling or Still?



- **Take breaks:** Remember to step away from the canvas periodically to stretch, take deep breaths, and of course, drink water.
- **Learn to share:** Sharing paints is a great way to connect with others, explore



new colors and techniques, and build valuable life skills. Sharing encourages collaboration and fosters positive relationships.

In fact, Joshua and Andrew did such a good job of sharing one plate of paints that we gave those two a round of applause!

By choosing healthy alternatives, we enjoyed a fun and relaxing experience, hydrated and practiced new skills! So, grab your brushes, some sparkling (or still) water, and let your creativity flow!



National Public Lands Day is September 28th

Since 1994, this annual event on the fourth Saturday of September has been the nation's largest single-day volunteer effort. On this day, all national parks that charge an entrance fee will offer [free admission to everyone on September 28, 2024](#) in celebration of National Public Lands Day.

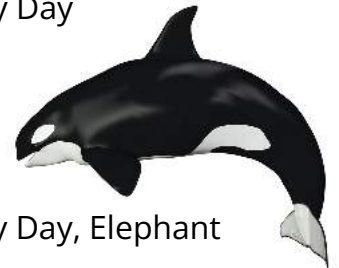


SEPTEMBER 2024 NATIONAL DAYS



**Sourdough September, Self-Care Awareness Month, Disease Literacy Month,
Suicide Prevention Month, Classical Music Month**

- 9/1 - Forgiveness Day, No Rhyme (Nor Reason) Day
- **9/2 - LABOR DAY-HOLIDAY**
- 9/3 - Cinema Day
- 9/4 - Wildlife Day, Macadamia Nut Day
- 9/5 - Cheese Pizza Day
- 9/6 - Food Bank Day, Read a Book Day
- 9/7 - Play Outside Day, Salami Day, Neither Snow nor Rain Day
- 9/8 - Grandparents Day, Star Trek Day, World Ampersand Day
- 9/9 - Teddy Bear Day
- 9/10 - Swap Ideas Day, Ants on a Log Day, TV Dinner Day
- 9/11 - National Day of Service and Remembrance
- 9/12 - Day of Encouragement, Hug and High 5 Day, Video Game Day, School Pictures Day
- 9/13 - Positive Thinking Day, Peanut Day
- 9/14 - Live Creative Day, Cream Filled Donut Day
- 9/15 - Online Learning Day, Felt Hat Day, Greenpeace Day
- 9/16 - Guacamole Day, Play-Doh Day, Working Parents Day, Stepfamily Day
- 9/18 - Air Force Birthday, Cheeseburger Day
- 9/19 - Talk Like a Pirate Day
- 9/20 - Fried Rice Day, String Cheese Day
- 9/21 - Chai Day, Dance Day, New York Day, Singles Day
- 9/22 - Autumn Begins, States and Capitals Day, Hobbit Day, Dear Diary Day, Elephant Appreciation Day
- 9/23 - Family Day, Dogs in Politics Day, Great American Pot Pie Day
- 9/24 - Punctuation Day
- 9/25 - Daughter's Day, One-Hit Wonder Day, Lobster Day, Quesadilla Day, Math Storytelling Day
- 9/26 - Pancake Day, Dumpling Day, Johnny Appleseed Day, Shamu the Whale Day
- 9/27 - Day of Forgiveness, Scarf Day, Chocolate Milk Day, BRAVE Day
- 9/28 - Good Neighbor Day, Public Lands Day, Family Health and Fitness Day, Ghost Hunting Day
- 9/29 - VFW Day, Urban Wildlife Refuge Day, Coffee Day
- 9/30 - Chewing Gum Day



Elephant Appreciation Day - September 22

with Amy and Thea

Amy and Thea got to talking about Elephant Appreciation Day and strategized about how best to appreciate elephants. We did some research and found some cool facts:

- The fastest an elephant can move is about 10 to 15 miles per hour. The fastest humans can run about 6-8 miles per hour.
- Elephants can live up to 70 years in the wild.
- Elephant tusks are actually elongated incisor teeth.



- Elephants can't jump.
- Baby elephants are called calves.



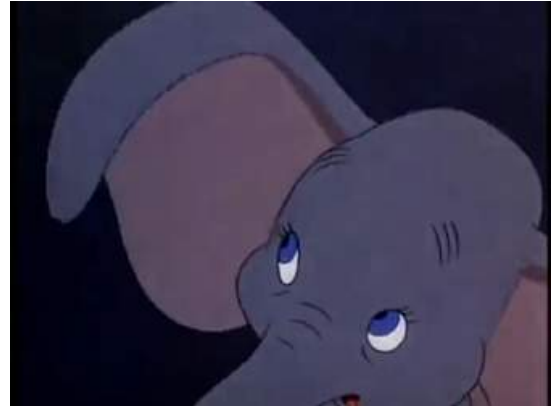
- There are two main types of elephants: African and Asian.
- African elephants are the largest land animals and can weigh up to 13,000 pounds.
 - Asian elephants are smaller, typically weighing between 6,600 and 11,000 pounds.
- African elephants can stand up to 13 feet tall.
 - Asian elephants are usually between 6.5 and 9.8 feet tall.
- An elephant's trunk is incredibly strong and flexible. According to National Geographic, elephant trunks can weigh about 300 lbs.
- Elephants are known for their intelligence and problem-solving skills.

Appreciating Dumbo: A Quiz

with Amy and Thea

Then the elephant conversation turned to the 1941 *Dumbo* movie. Most of us have seen Dumbo (some of us have seen it multiple times) so we thought you'd enjoy a Dumbo quiz:

1. The night before the circus left their Winter Quarters the storks delivered their "bundles" to the animal mothers. Which mother did not get the bundle she was waiting for?
2. Where do Dumbo and his mother live and/or work?
3. What is Dumbo's mouse friend's name?
4. What can Dumbo do with his ears?
5. What type of birds found Dumbo in the tree?
6. What is Dumbo's real name?
7. Why did the other elephants call him "Dumbo"?
8. What is the name of the circus train in the movie?
9. How many words does Dumbo say throughout the movie?
10. What color are the elephants that Dumbo and Timothy see after drinking from the tub?
11. What is Dumbo's lucky charm?
12. Who has a peanut under his hat when he first meets Dumbo?
13. What is Dumbo's mother's name?
14. What does it say on Dumbo's mother's cage?
15. Who sang the song "When I See an Elephant Fly"?
16. What happened to the feather Dumbo was holding during the clown act?



The Walt Disney Company, Public domain, via Wikimedia Commons



The Walt Disney Company, Public domain, via Wikimedia Commons

Answers are on the next page!



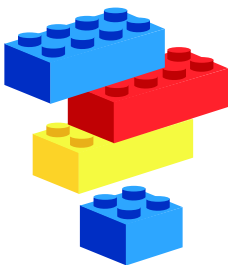
Andrew's Corner

Video Games Based on Comic Books

I am a big fan of comic books, as well as video games. My favorite video game based on a comic book is *Injustice 2*. The Injustice series takes place in an alternate universe of DC Comics where Superman has taken over the world. The reason *Injustice 2* is my favorite is because every time a match starts, there is different dialogue according to each character.

Other DC games I have played include *Batman: Arkham Origins*, *Blackgate*, and *LEGO DC Super-Villains*. I have also played video games based on Marvel comic books, including *LEGO Avengers* and *Spider-Man* on my PS4.

Andrew and his mother, Sally, were recently featured on *The Chronicles of Autism* podcast (Ep. 4 Andrew and Sally) on Soundcloud! Get the scoop: Find out about how Andrew met his high school girlfriend Hannah! Take a listen here: <https://on.soundcloud.com/5kNsQyCryZPf9YPJ8>.



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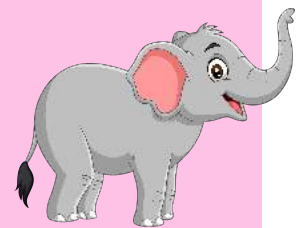
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Bio: Andrew Newson is a student at Life College and is 25 years old. He likes comic books, video games, hiking, exploring new places with his mom.... and babies. He is an authority in all things Star Wars, Star Trek and great places to go in the Bay Area. He is currently learning Mandarin and loves to research and learn new things.

The answers to the Dumbo quiz (previous page):

1. Mrs. Jumbo
2. In the circus
3. Timothy
4. Fly
5. Crows
6. Little Jumbo or Jumbo Jr.
7. Because of his big ears.
8. Casey Jr.
9. None!
10. Pink
11. Magic feather
12. Timothy Q Mouse
13. Mrs. Jumbo
14. "Mad Elephant"
15. The crows.
16. Dumbo dropped it and it floated away.



Nino Surveys the Situation

September 18th is National Cheeseburger Day!

What do you like on your cheeseburger?

Justin-I don't like cheese, just a plain burger.

Martha-Lettuce, tomato and mayonnaise.

Andrew-Plain cheeseburger.

Iris-Ketchup and mustard.

Cat-Lettuce and tomato, ketchup, mayo, and mustard.

Matthew-Tomato and avocado, and mayo and mustard.

Randall-Ketchup, mustard, mayo, and tomatoes and onions.

Jennifer-I'm a fan of teriyaki bacon burgers with pineapple-salty/sweet yumminess!

Hayley-Bacon (it has to be crispy though) and avocado.

Connor-I don't like cheeseburgers, I'm not interested in them.



September 12th is Video Game Day, and the 24th is Comic Book Day!

What's your favorite video game to play and/or comic book to read?

Randall-When I was young I liked Mario Kart. I kinda liked Luigi.

Hayley-Animal Crossing is my favorite today, but tomorrow it might be different.

Iris-I play football video games!

Connor-I like flight and train simulation games.

Nino-Mario Kart! I like to be the pink girl.

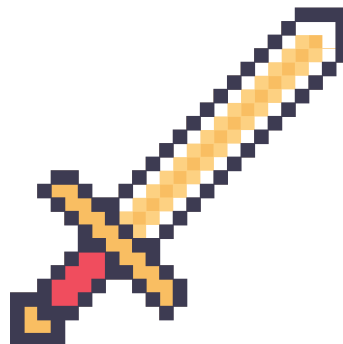
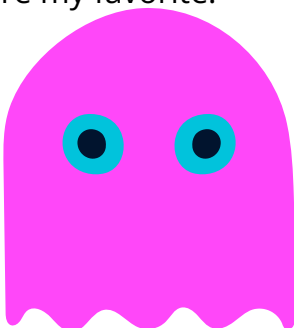
Aidan-I'm playing Pokemon Sword right now-I have to get a little bit stronger to beat the next boss.

Matthew-The Uncharted series or Assassin's Creed. Green Lantern.

Martha-Batman is my favorite.

Jennifer-I only play Mario Kart. I can finally beat my six year old... but only because he taught me all his tricks!

Andrew-I like to play fight games, like Street Fighter and King of Fighters. Star Wars comic books are my favorite.



What's Happening at the Project Center: Flutes!

with James, Joe, and Tess



James has been a flute enthusiast for as long as I've known him. He gets bamboo flutes from the flea market, plastic flutes from The Magic Flute (a music store in Terra Linda), and now: experimental flutes from the project center!

I didn't know a thing about flutes until we started this project. I figured we'd jump in head first and make James' preferred instrument - a bamboo pan flute, but after looking at some plans for those online I suddenly felt like I was in over my head. Okay, to square one it is.



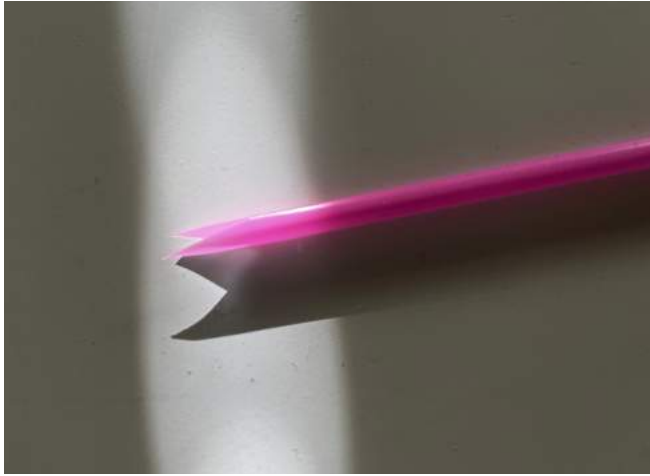
PVC flute tutorial/instruction
manual



Flautist or Flutist?

Flute #1

This “flute” is as easy to make as two cuts in a normal drinking straw. The thin ends vibrate against each other when you blow into it, similar to how an oboe works.

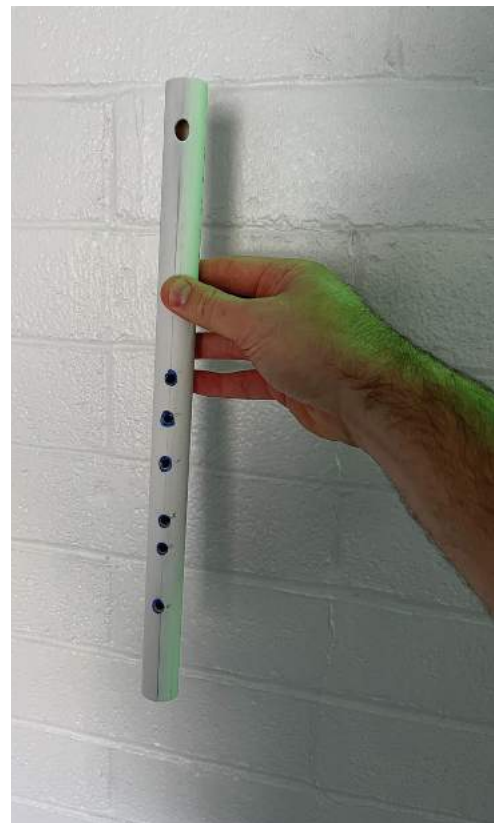


This minimalistic double reed instrument is very fun/annoying, but it's not very musical. **Time to try...**



Flute #2

This type of flute is very popular with home flute makers. In our internet search we found tens of instructional videos on how to make it, free downloadable PDF step-by-step instructions, and many impressive variations of it. The group and I decided on a simple six hole version - the one detailed in the PDF.



It came out pretty good! The mouthpiece needed quite a bit of shaping and reshaping and the tuning is somewhere south of concert pitch, but it plays and sounds a-okay.

More Woodwindss



Flute #3

James brought in a big hunk of bamboo in the hopes that we could flute-ize it. We drilled holes, cleared out nodes (the part that separates bamboo stalks into different segments), plugged one end with a cork, and did our best to copy the mouthpiece design of another, more playable flute he has. No luck yet, but we're refining every week.

Flute #4

So now we're finally getting into pan flute territory. We looked high and low for these boba tea straws (we would've even settled for smoothie straws!), but in the end Carolyn had to order them off the internet for us.

Thanks Carolyn. An interesting thing about this design is that one end is sealed with hot glue. We poured a dollop onto a piece of tin foil, waited a moment for it to cool, then stuck the straw in and waited. The result, once the excess glue is peeled away, is a neat and airtight plug. We're still working on the tuning, but the flute plays and sounds wonderful.

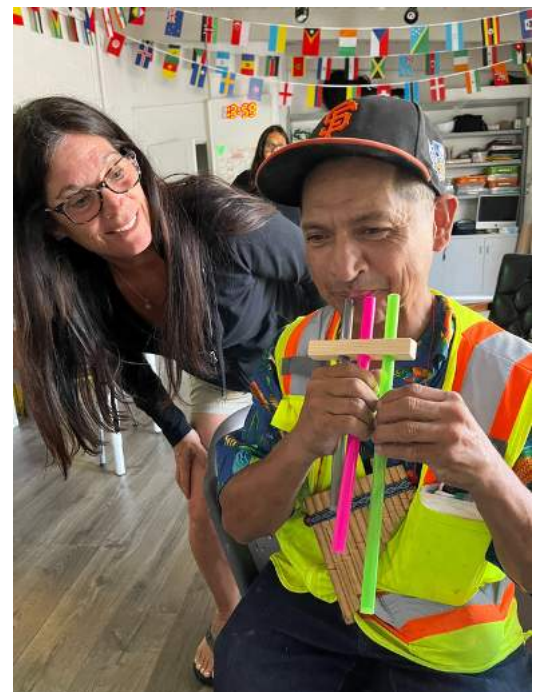
Though we're still in the early days of our flute making journey, we've already learned a lot and had a lot of fun. Try it out for yourself with these helpful links:



Straw pan flute



"Double reed" straw flute





CH&S STUDENT PPP

David Friedlander

You cannot think of David without hearing the sweetest music this side of heaven... Guy Lombardo, Nat King Cole, Frank Sinatra... The man has taste!

If you are interested in learning about Bay Area sports, he is absolutely the man you need to see and did we mention? There isn't a puzzle on the planet this guy can't put together.

In fact, David Freeland is indeed a Renaissance man... With more talents and interest than you can count! On top of all that, he is maybe most admired for the excellent example he sets for others with his professionalism, his listening skills, and his integrity.

David is:

Elegant

Very intelligent

Caring and considerate

A fascinating conversationalist

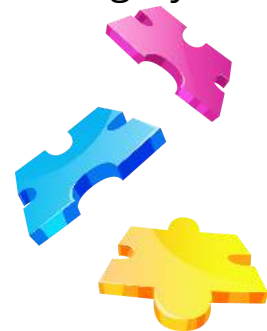
A negotiator and aficionado extraordinaire

The puzzlemeister

"The man!"



(Right) 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 David's PPP video on our Instagram account
<https://www.instagram.com/community/homesandservices/>



September's Safety Focus:

CHOKING

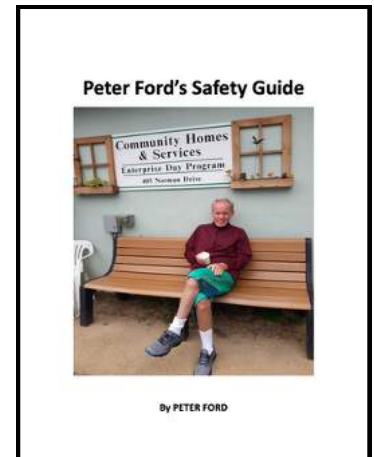
Darnell told us that one day, she saved her neighbor's life! Her elderly neighbor came out of his house coughing. "Help me, help me" or "hit me, hit me," he gasped. So Darnell hit him on the back and out popped the thing he'd been choking on.

Choking is scary! It happens when food gets stuck in your throat.

Peter, our resident safety expert, had a lot to say about choking, after all Peter is the author of *Peter Ford's Safety Guide*.

How to prevent choking

- Cut food into **small pieces**.
- **Avoid talking or laughing** with food in your mouth. "Food could get stuck in your throat, that happened to me," said Peter.
- **Chew food thoroughly** before swallowing. (No gobbling, though Peter says he tends to eat pretty fast, in general.)
- **Avoid distractions while eating.** Pay attention to eating/chewing.



How do you know that someone is choking?

Clear signs of distress include:

- Clutching at the throat
- Unable speak or make sounds
- A high-pitched wheezing or gurgling noise
- Skin turning blue or gray
- Loss of consciousness.

Peter has a collection of choking safety tips. "I need to know this for the group home," said Peter, the health and safety monitor .

According to the *Johns Hopkins Choking: First Aid and Prevention* webpage <https://www.hopkinsmedicine.org/health/wellness-and-prevention/choking-first-aid>:

- Choking prevents oxygen from getting to the lungs and the brain.
- Lack of oxygen to the brain for more than 4 minutes may cause brain damage or death.



CHOKING SAFETY

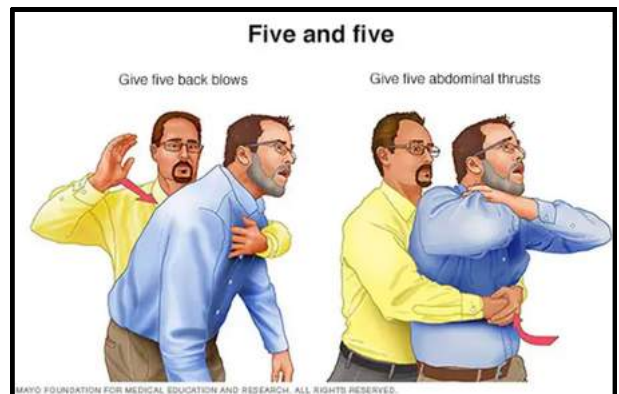
What should we do when we see someone choking?

1. **Tell them to cough.** If the person can still cough, tell them to cough forcefully. This may dislodge the object.
2. If the person who is choking cannot breathe, cough, or speak, **call 911** immediately.
3. **Perform abdominal thrusts:** Stand behind the choking person. Make a fist with one hand and place it just above the navel and below the rib cage. Grasp the fist with your other hand and give quick, upward thrusts. Continue until the object is dislodged or emergency medical help arrives. "I've seen people receive the Heimlich maneuver," said Peter.
4. **Give back blows:** Hit their back hard 5 times. The Mayo Clinic suggests using both abdominal thrusts AND back blows "Five and five." (See picture below.)
5. Keep trying until help comes or the food/item pops out.

What if you're alone?

According to the Red Cross website (<https://www.redcross.org/take-a-class/resources/learn-first-aid/adult-child-choking>), here is how to stop yourself from choking.

- If you can, call 911. Even if you are not able to speak, the open line will cause the dispatcher to send help.
- Give yourself abdominal thrusts, using your hands just as if you were giving abdominal thrusts to another person.
- Alternatively, bend over and press your abdomen against any firm object, such as the back of a chair or a railing. Do not bend over anything with a sharp edge or corner that might hurt you, and be careful when leaning on a railing that is elevated. (See pic below.)



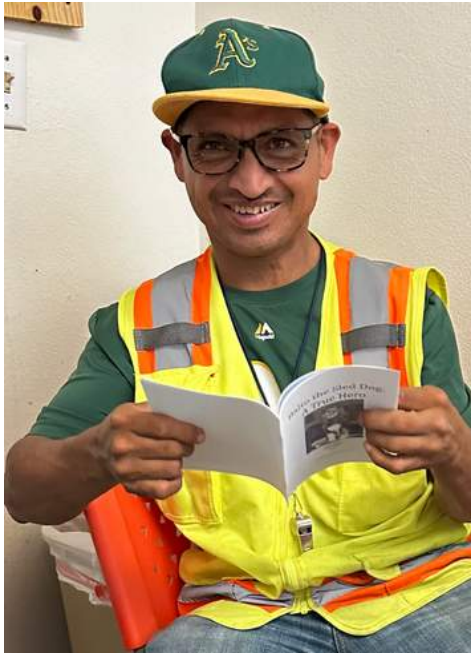
<https://www.mayoclinic.org/first-aid/first-aid-choking/basics/art-20056637>



Peter sits safely next to a No Smoking sign.

Accelerated Class Series:

Balto



In January 1925, Nome, Alaska, faced a medical crisis. Diphtheria, a contagious disease, was spreading rapidly, children were dying, and there was no antidote available locally. The only hope was a stock of diphtheria antitoxin serum in Anchorage, over 600 miles away.



Brown Brothers, Public domain, via Wikimedia Commons

A dog sled relay was organized to transport the serum to Nome. A team of 150 sled dogs, led by mushers, braved the harsh Alaskan winter. Balto, a Siberian Husky, led his team on the final leg, covering the last 53 miles to Nome. His heroic efforts, along with those of the other mushers and sled dogs, saved countless lives.

Darnell taught a Balto class (right). Students received a booklet about Balto. "The Balto word search is too small," said Pam, "can I have one that is bigger?" Yes, of course, Pam! (See the next page for the full-sized version Pam got.)



While Balto is often celebrated as the sole hero (there is a live-action/animated film about Balto that came out in 1995) it's important to remember that the entire relay team contributed to the successful delivery of the antitoxin. Each musher and sled dog played a vital role in overcoming the challenges of the journey.

Today, Balto is remembered as a symbol of courage, resilience, and teamwork. His story continues to inspire people of all ages, reminding us that even in the face of adversity, determination, and perseverance can lead to extraordinary achievements.



The Big Balto Word Search

Word Search

TWBTATZIFJTRFGK
IZFEDVJCFXHEVHJ
INGVHMSRLHKL FVS
UTJPIBEECXIAIMG
PAEEENZREPCYNUM
ARNACKSHCYRMFSV
HLVTMTBPDYVEBHL
BQACIWILIOZDAEC
YJDSOBOOIRNJLRA
WMONKUIRNZAQTZX
HKFOXAROKRZTOLW
EQXMPBAATBAAISW
UTDEPDOCGIAIROW
XKDJUVENTCECZLDN
FQODOGSL EDSQLBK

INSPIRATION
BLIZZARD
ALASKA
MERCY
NOME

ANTIBIOTIC
TEAMWORK
COURAGE
BALTO

INJECTION
DOG SLED
MUSHER
RELAY

Honoring the 1925 Serum Run



The Iditarod Trail Sled Dog Race, an annual event held in Alaska, honors the legacy of Balto and the other sled dogs who participated in the 1925 serum run. This race tests the endurance of both mushers and dogs as they traverse the challenging Alaskan wilderness.



The Iditarod is a testament to the spirit of adventure, the bond between humans and animals, and the enduring power of the human spirit.



Happy September Birthday!

9/2 Steve

9/3 Cindy

9/4 James

9/9 Matthew

9/13 Jehann

9/23 Pam

9/26 Iris

9/30 Frank





Avast, it be Pirate Week! Connor, Randall and Nino get in the decorating spirit.



Justin tapes a thank you note into the mailbox for "Neither Snow nor Rain Day".



(from left) Our college mascot, Connor, Henry Bones Jr., and Nino bone up on piracy for Read a Book Day. Pun intended.



Have you been wondering how our book bricks have been coming along? We think they're pretty great. Someone thought our *Great Gatsby* was so Good they took it the first day we had it outside! The rest of the bricks have been relocated from beneath the LFL to a less public spot, in the planter beds behind the tomatoes.

#ReadABookDay

National Read a Book Day is September 6th so Katie wanted to share her favorite books with us:

Blueberries for Sal

- **Thea:** What is this book about?
- **Katie:** It's about a girl who goes blueberry picking with her dad, she gets lost and comes face-to-face with a bear. It's a beautiful story, and the black-and-white illustrations are peaceful and detailed.
- **Thea:** Why is this one of your top four favorite books?
- **Katie:** Maine is one of my happy places. I went a few times when I was a kid.
- **Thea:** Why do you think someone would enjoy reading this book?
- **Katie:** It's a good book to read at the beach or at a park where you can hear birds chirping or the ocean waves in the background.

Miss Rumphius.

- **Thea:** What is the book about?
- **Katie:** Miss Alice Rumphius works at her grandpa's shop. She grows up and works at a library and has a thing for plants. Miss Rumphius ends up traveling all over the world then she decides it's time to find her place by the sea. She retires to a cottage by the sea and she spreads flower seeds all over town. When she gets sick and old, she spends time telling stories of her adventures to the neighborhood kids, who tell her that they, too, want to go to faraway places and come home to live by the sea.
- **Thea:** That sounds like an epic story! Why is this book in your top four list?



- **Katie:** The cover grabbed me. I liked that she shared her life story with everyone and she spread goodness (and flowers) everywhere and soon the whole town was blooming!
- **Thea:** Why do you think someone would enjoy reading this book?
- **Katie** explained that it's the story of a life well-lived. "It's another peaceful story and I liked how she worked in a library at one point," said Katie.

#ReadABookDay



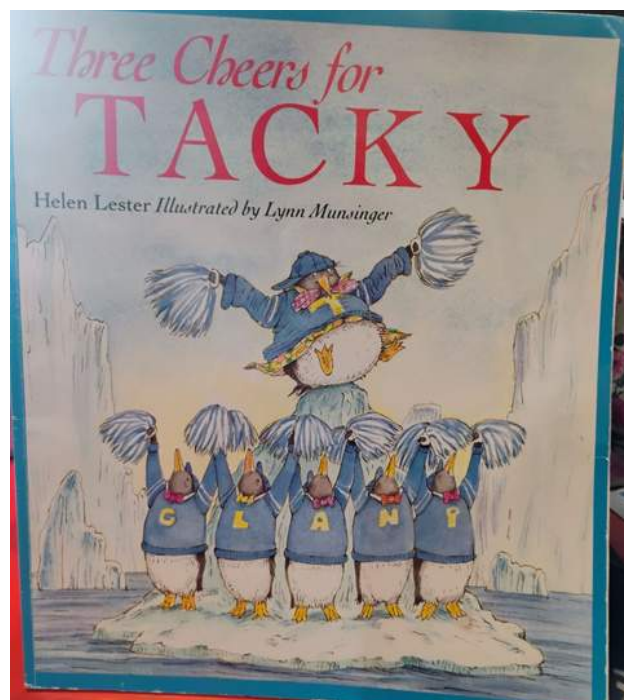
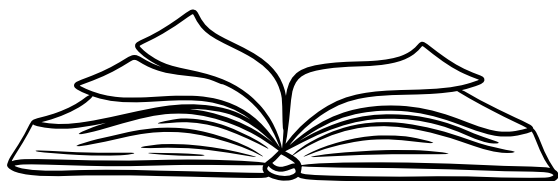
One Morning in Maine.

- **Thea:** What is the book about?
- **Katie:** It's by the same author as *Blueberries for Sal*, this also tells of Sal's adventures. Sal wakes up then goes to explore the beach and helps her dad go clamming.
- **Thea:** I went clamming with my dad when I was a little girl. That was a fun day!
- **Katie:** They give Sal's mom the clams and she sends Sal and her dad to the store to get ingredients for clam chowder. Sal and her dad row the boat to town to get the engine fixed.
- **Thea:** What do you like about the story?
- **Katie:** I would love to live in a town like that it's so peaceful.
- **Thea:** Why is this one of your favorite books?
- **Katie:** All of these books are peaceful to me.
- **Thea:** Why do you think someone would enjoy reading this book?
- **Katie:** It's happy, full of family, it's peaceful and cute. The illustrations are great, and I like that Sal takes her little sister on her adventures.

Three Cheers for Tacky

- **Thea:** What happens in this book?
- **Katie:** One penguin is different from his siblings (his name was Tacky). Unlike his siblings Goodly, Lovely, Angel, Neatly, and Perfect, Tacky was goofier. He and his siblings all compete in the Great Penguin Cheering contest and Tacky didn't follow the program and did his own cheering style.
- **Thea:** So what happened next?
- **Katie:** The crowd went wild!
- **Thea:** Why is this one of your favorite books?
- **Katie:** It was the first book I was able to relate to because Tacky was different, and I was different.
- **Thea:** Why would someone enjoy reading this book?
- **Katie:** Because it's silly, it's a good story, and it just goes to show that it's okay to be different.

On Read a Book Day take the opportunity to unplug from technology, find a cozy spot, and let a book transport you to another place and time. Happy reading!



Book photos by Katie

One Hit Wonders/Facts & Talking Points

With Linda, Martha, David, Nino, Tess, Jennifer, Meredith, Zachary, Connor, Mike R., Yvette, and Devlin (What a crowd! This class is a Zoom throwback for One Hit Wonder Day September 25th.)

*A "one hit wonder" is a musical group known for one mainstream success. They have one big hit that overshadows their other work, and they don't achieve another as big ever again.

One Hit Wonders by Decade

*1950's

Suzie Q (Dale Hawkins)
Love is Strange (Mickey & Sylvia)
Get a Job (The Silhouettes)
Lollipop (Ronald and Ruby)
Rockin' Robin (Bobby Day)
Book of Love (The Monotones)
He's Got the Whole World in His Hands (Laurie London)
Summertime, Summertime (The Jamies)
Sorry (I Ran All the Way Home) (The Impalas)

*1960's

Stay (Maurice Williams & the Zodiacs)
Hey Baby (Bruce Channel)
Pretty Little Angel Eyes (Curtis Lee)
What's Your Name (Don and Juan)
Do You Love Me (The Contours)
Monster Mash (Bobby Pickett)
Rhythm of the Rain (The Cascades)
Tell Him (The Exciters)
Just One Look (Doris Troy)
Wipeout (The Surfaris)
Just Like Romeo and Juliet (The Reflections)
Suspicion (Terry Stafford)
Dirty Water (The Standells)
Talk Talk (Music Machine)
Little Girl (Syndicate of Sound)
Love Makes the World Go Round (Deon Jackson)
96 Tears (? and The Mysterians)
Then You Can Tell Me Goodbye (The Casinos)
Incense and Peppermints (The Strawberry Alarm Clock)
Bend Me, Shape Me (The American Breed)
For What It's Worth (Buffalo Springfield)
In A Gadda Da Vida (Iron Butterfly)
Nobody But Me (Human Beinz)
Classical Gas (Mason Williams)
Na Na Hey Hey Kiss Him Goodbye (Steam)
Hey There Lonely Girl (Eddie Holman)
Gimme Gimme Good Lovin' (Crazy Elephant)
Get Together (The Youngbloods)
More Today Than Yesterday (Spiral Starecase)
Sugar Sugar (The Archies)

*1970's

Venus (Shocking Blue)
House of the Rising Sun (Frijid Pink)
Spirit in the Sky (Norman Greenbaum)
O-o-h Child (The Five Stairsteps)
All Right Now (Free)
The Rapper (Jaggerz)
Mr. Big Stuff (Jean Knight)
One Tin Soldier (Coven)
Me and Mrs. Jones (Billy Paul)
Brandy You're a Fine Girl (Looking Glass)
Dancing in the Moonlight (King Harvest)
Get It On, Bang a Gong (T. Rex)
The Night the Lights Went Out in Georgia (Vicki Lawrence)
Take A Walk on the Wildside (Lou Reed)
My Maria (B.W. Stevenson)
Kung Fu Fighting (Carl Douglas)
It's Magic (Pilot)
Love Hurts (Nazareth)
Happy Days (Pratt & McClain)
I'm Easy (Keith Carradine)
Fooled Around and Fell in Love (Elvin Bishop)
Play That Funky Music (Wild Cherry)
Afternoon Delight (Starland Vocal Band)
Rapper's Delight (Sugarhill Gang)
My Sharona (The Knack)
Video Killed the Radio Star (The Buggles)
Pop Muzik (M)
Cars (Gary Numan)



One Hit Wonders/Facts & Talking Points

1980's

Funky Town (Lipps Inc.)
Take Your Time Do It Right (S.O.S. Band)
Into the Night (Benny Mardones)
Whip It (Devo)
Turning Japanese (The Vapors)
Just the Two of Us (Grover Washington Jr.)
867-5309/Jenny (Tommy Tutone)
Tainted Love (Soft Cell)
The Greatest American Hero Theme (Joey Scarbury)
Hey Mickey (Toni Basil)
Der Kommissar (After the Fire)
She Blinded Me With Science (Thomas Dolby)
Forget Me Nots (Patrice Rushen)
I Melt With You (Modern English)
Come On Eileen (Dexy's Midnight Runners)
I Want Candy (Bow Wow Wow)
Safety Dance (Men Without Hats)
I Ran (So Far Away) (Flock of Seagulls)
Somebody's Watching Me (Rockwell)
Easy Lover (Phillip Bailey & Phil Collins)
Party All the Time (Eddie Murphy)



1990's:

There She Goes (The La La's)
Bitch (Meredith Brooks)
Would I Lie to You? (Charles & Eddie)
Mmm Mmm Mmm Mmm (Crash Test Dummies)
Steal My Sunshine (Len)
How Bizarre (OMC)
Drinking in L.A. (Bran Van 3000)
What's Up? (4 Non Blondes)
The Impression That I Get (The Mighty Mighty Bosstones)
Two Princes (Spin Doctors)
Inside (Stiltskin)
Your Woman (White Town)

*This is as far as we got as a class, since we obviously had to listen to most if not all of the songs! Should we continue with the 90's and 2000's?

*Which song is most likely to get stuck in your head for the foreseeable future?

Cultural References/Related Topics

*Many of the one hit wonders on our list are featured in movie soundtracks! Here are a few: Dirty Dancing, Stand By Me, American Graffiti, The Big Chill, Forrest Gump, Apollo 13, Guardians of the Galaxy, Empire Records

*That Thing You Do is a Tom Hanks movie about a band called the Oneders that become a one hit wonder. (Please see our Knowledge/Cultural Literacy class on Tom Hanks!)

Labor Day Holiday– 9/2



Labor Day is observed on the first Monday in September and is an annual celebration of the social and economic achievements of American workers. The holiday has its roots in the late nineteenth century when labor activists advocated for a federal holiday to acknowledge the significant contributions workers have made to America's strength, prosperity, and well-being. During the late 19th century, staging a large outdoor barbecue became a traditional form of civic celebration. Therefore, it's not surprising that some of the earliest Labor Day events included barbecues; the tradition continues to this day.

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