

# CONNECTION

Sharing the day-to-day learning experience

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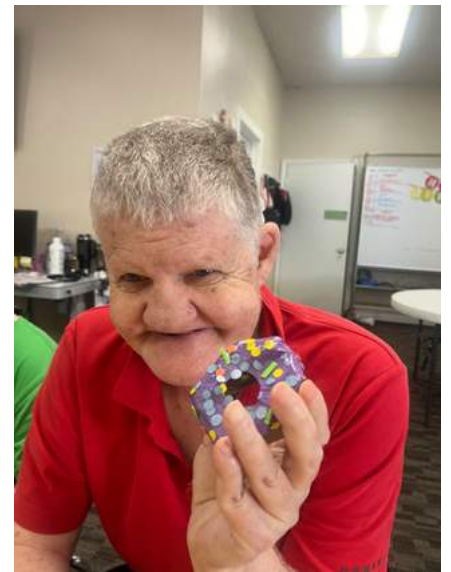
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## The World's Healthiest Donuts!

National Donut Day (November 5) is a day to celebrate the iconic donut. While many people might associate this day with sugary, fried pastries, there are countless ways to celebrate without compromising their health. One creative, healthy, and fun alternative is to make paper donuts, which we did!

Here are some interesting facts about donuts:

- The first recorded donut recipe dates back to the 18th century.
- The most popular donut flavor is glazed.
- Doughnut can be spelled "donut" or "doughnut."





# National Donut Day is 11/5!



- The donut hole was originally a byproduct of the donut-making process.
- The Salvation Army is credited with popularizing the donut in America.



## The Origins of National Donut Day

National Donut Day was established by the Salvation Army in 1938 as a way to honor the women, known as "Doughnut Lassies" or "Doughnut Girls," who served donuts to soldiers on the front lines during World War I (see picture bottom right). Not only did they serve donuts, but they also prepared coffee and gave other small comforts to the troops!!

## How Donuts Became a Soldier's Comfort Food

The Doughnut Lassies fried donuts in small batches using makeshift stoves and even soldier helmets. These women became a symbol of home and hope for the soldiers.

Paper donuts are a great way to celebrate National Donut Day without the guilt of consuming excessive sugar, fat, and calories. They are easy to make and require minimal materials. Plus, they offer a fun and creative activity for people of all ages. By choosing to make paper donuts, you can still enjoy the spirit of National Donut Day while promoting a healthier lifestyle. So, gather your supplies, get creative, and have a sweet and memorable celebration!



Women of the Salvation Army relied on ingenuity to serve up thousands of donuts to WWI soldiers. Courtesy of Salvation Army

# Autism Speaks Day:

## Understanding Autism - 11/1

### What is Autism?

Autism is a condition that affects how people think, learn, and interact. It's like a spectrum, meaning people with autism can have different levels of it. Some people might have a lot of challenges, while others might only have a few.

### Key Facts:

- About 1 in 44 children in the United States has autism (CDC, 2024).
- People with autism might have trouble communicating, playing with others, or understanding what others are thinking or feeling. They might also be sensitive to sounds, lights, or smells.

### Why is Autism Speaks Day Important?

Autism Speaks Day is a special day to raise awareness about autism. It helps people learn more about the condition and understand that everyone with autism is different. The goal is to create a world where everyone feels accepted and supported.

For more info, check out these autism advocates and champions on the Autism Speaks website:

<https://www.autismspeaks.org/autistic-representation>



## ***Happy November Birthday!***

11/4 - Darnell

11/9 - Valerie

11/26 - Mike M.





# Gratitude and Thanksgiving: More Than Just a Holiday

## The Myth of the Indian and Pilgrim

One of the most common misconceptions about Thanksgiving is the story of the Pilgrims and Indians sharing a feast. While there were interactions between European settlers and Native American tribes, historians now understand that the relationship between these groups was complex and often fraught with conflict.



## A Global Tradition

Thanksgiving is not a uniquely American holiday. Many cultures around the world have traditions of gratitude and giving thanks. In Asia, the Lunar New Year is a time for family reunions and expressions of gratitude. In Africa, the harvest is celebrated with festivals and offerings to the gods.

According to the NPR article ["Former slaves brought Thanksgiving to Liberia — and rebooted it,"](#) the West African nation of Liberia was settled 200 years ago by people of color from the United States. These settlers, known as Americo-Liberians, brought cultural traditions with them, including Thanksgiving. Liberian Thanksgiving falls on the first Thursday of November, rather than the fourth. There's no traditional meal, people end up eating everything from pizza and popcorn to papayas and mangoes or spicy roast chicken and mashed cassava. Liberian Thanksgiving usually includes live music and dancing!



## The Benefits of Gratitude

Gratitude offers numerous personal benefits. Studies have shown that practicing gratitude can:

- Reduce stress and anxiety
- Improve relationships
- Enhance well-being



While Thanksgiving is often associated with turkey, stuffing, and family gatherings, it is ultimately a celebration of gratitude. By understanding the historical context and practicing gratitude in our daily lives, we can deepen our appreciation for the many blessings we enjoy.

# Movie Review



with Katie and Thea

**Katie:** Jason and I had a good date night!

**Thea:** Where did you go?

**Katie:** We saw the new Beetlejuice movie.

**Thea:** How was it?

**Katie:** I thought it was very "Beetlejuice"-funny, cringy, sweet and sad, but it had happy moments as well. It also made me jump out of my seat not once, but twice!

**Thea:** What was your favorite part of the movie?

**Katie:** I loved the relationship of the teenager Astrid (Jenna Ortega) with her parents. She's a typical teenager, but her dad died a few years back, and she got to connect with him again in the afterlife. Her dad told Astrid that she and her mom needed each other which repaired their relationship.

**Thea:** Was it a lot like the first Beetlejuice?

**Katie:** Yes and no. I don't know how to better explain it. Yes, because it contained a lot of the same characters, but the plot was different. The new movie is about Lydia (who was a teenager in the first movie) and Lydia now has a teenage daughter, Astrid.

**Thea:** Do you think the movie is appropriate for all ages?

**Katie:** No, thirteen years old and up.

**Thea:** I see it's a "horror/comedy" movie do you think any part of the movie was too scary for some people?

**Katie:** Yes, there's some scenes of, um, what is the opposite of dismemberment? THAT was cringy.

**Thea:** What do rate the movie overall?

**Katie:** I give the movie five stars! Oh, and PSA-do NOT say "Beetlejuice" three times because he will appear!

**Thea:** And you don't want that!

**Katie:** Definitely not!



# Have You Had Your Shingles Vaccine?

Darnell was out a little while ago and when she returned she told us that she'd had shingles.

**Thea:** Was it painful?

**Darnell:** It was! My whole body hurt, but I didn't realize it was shingles because I had Covid at the same time.

**Amy:** That's scary!

## So what is shingles exactly?

- Shingles, also known as herpes zoster, is a painful, blistering rash caused by the varicella-zoster virus (VZV).
- Anyone who has had chickenpox in the past is at risk for shingles.
  - **Amy:** I had chicken pox when I was a kid.
  - **Thea:** I had chicken pox when I was 19 years old and in college.
  - **Darnell:** I had chicken pox TWICE—once when I was about 3 or 4 years old and again when I was about 20 years old.
    - Chickenpox infection was very common—almost everyone had been infected as a child. Now a vaccine is available to prevent chickenpox. And yes, you can get chicken pox twice, but it's rare according to the Cleveland Clinic chickenpox page: <https://my.clevelandclinic.org/health/diseases/4017-chickenpox>

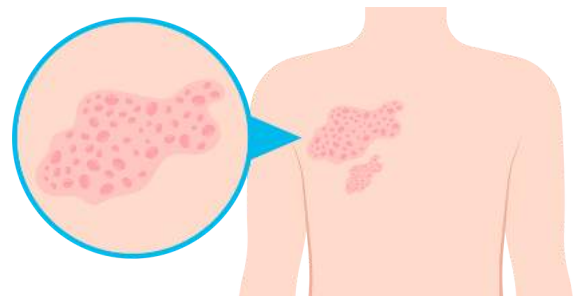
There is also a vaccine (*Shingrix*) to prevent shingles. The shingles vaccine is administered in two doses (2-6 months apart) for those over 50 years of age or those with a compromised immune system according to the [CDC](#).

**Thea:** So you're not contagious now?

**Darnell:** Not anymore. My blisters have crusted over.

**Thea:** Let me see. (Looks at Darnell's neck.) Yes they're dry.

**Amy:** Ew, gross.



## Shingles is contagious.

- About 1 in 3 people in the US will develop shingles at least once in their lifetime.
- The risk of shingles increases as you get older or if you have a weakened immune system.
- Shingles can spread through direct contact with the rash or by breathing in virus particles.
- Once the blisters crust over, you're no longer contagious.

### How to prevent the spread of shingles: Get the vaccine

- Cover the rash.
- Avoid touching it.
- Wash hands often.
- Limit contact with high-risk individuals.
- Don't share personal items.
- Avoid physical activities.



# Donald Welty

CH&S STUDENT PPP



REEL SHARED ON OCT 23, 2024  
BY COMMUNITYHOMESANDSERVICES

The moment you meet Donald,  
your life changes for the better,  
and the more you get to know Donald,  
the more cool you feel...

because when it comes to vibes,  
Donald totally gets it... and as a friend,  
he is always totally there for you,  
probably the best listener you'll ever meet.  
and the best appreciator too.  
As a professional, he is the perfect role model.  
He works hard, and he laughs easily.

Donald also...

has a beautiful mind  
knows a lot about a lot of things  
Is the preeminent Bay Area sports fan  
is lots of fun and very funny  
has a magical way with animals and plants  
is kind and caring  
is a devoted family man  
loves the outdoors  
is a man of action,  
a man of character and distinction,  
a man for all seasons!

(Above) 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 Donald's  
PPP video on our Instagram  
account

<https://www.instagram.com/communityhomesandservices/>





# Andrew Nagel, Satirist?

With Andrew, Chas, and Dylan

Now that I'm a CH&S student, I have what is called a PPP (Positive Personal Profile), and one thing that my PPP mentions is that I have "a flair for satire." That sounds pretty good to me, but to be honest, I don't even know what satire means... so, of course we have to look it up in the dictionary.

... The use of humor, irony, exaggeration, or ridicule to expose and criticize people's stupidity or vices, particularly in the context of contemporary politics and other topical issues...

Hey! That is pretty much what I do! When it comes to seeing stupidities and shortcomings in others and ridiculing and criticizing, I seem to have natural superpowers!

We talked about how maybe I should study up a little bit on the history and nature of satire in case I ever want to consider myself an actual satirist.

There has always been and there always will be satire because there have always been and always will be people who take themselves way too seriously (sometimes to the detriment of others or society at large). Thankfully, the use of satire can keep things real, honest, and in perspective. We can't survive as a species if we can't laugh at ourselves.



Satire on the Papacy, 1555 print. Melchior Lorck, CC0, via Wikimedia Commons.

Think of satire like a mirror that shows us our flaws in a silly way such as a cartoon showing a giant corporation as a greedy monster or the Pope as Cerberus in the etching above.

Satire is using humor to point out things that are wrong or silly. It's like saying, "Hey, look at this crazy thing happening! Isn't it ridiculous?" But instead of just complaining, satire makes us laugh while also thinking about how we can do better.

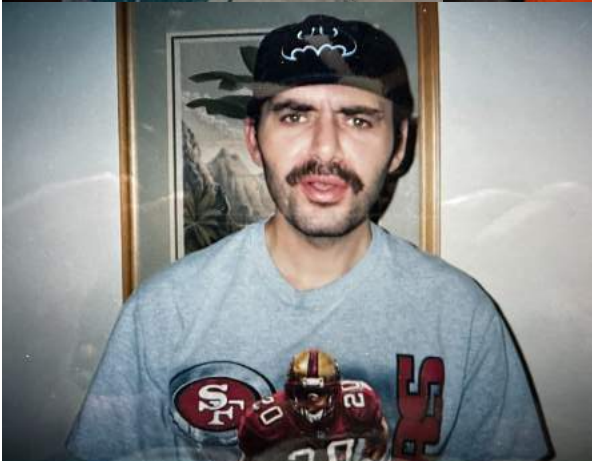
So here's the question. How will I channel my superpowers - childishly and hurtfully (anyone can do that), or helpfully and meaningfully through satire?

That is something I might want to work on. Stay tuned for my satire-related knowledge classes in the future...



# Remember When?

CH&S has been around for a good, long time! We recently came across these old photos, do you remember these people?





# HOT AIR BALLOONS

Amy and Darnell were talking about hot air balloons. As it turns out, the history of hot air balloons is quite interesting:

## Early Developments:

The first hot air balloons were Chinese sky lanterns (*Kongming lanterns*), dating back to the 3rd century BCE. They were made of paper and lifted into the air using the heat from candles. We watched this YouTube video on how to light a Kongming lantern. Check out “How To Launch a Chinese Sky Lantern” at <https://youtu.be/s30TZXb9CFE?si=5CE2EI1HGMMJ-ZgQ>.

## Modern Hot Air Balloons:

The modern hot air balloon was invented in 1783 by the French Montgolfier brothers. They created the first successful, manned hot air balloon flight, which took place on November 21, 1783, in Paris. Their balloon, made of cloth and paper, used an open fire to heat the air which allowed it to rise.

The hot air balloon as we know it today was further refined in the 1950s and 1960s. American inventor Ed Yost developed balloons with propane burners and lightweight nylon envelopes, making them safer, more manageable, and reusable.

Today, hot air ballooning has become a popular recreational activity worldwide, with festivals like the Albuquerque International Balloon Fiesta (held in October) showcasing elaborate and colorful balloons.

**Darnell:** Would you go for a hot air balloon ride?

**Amy:** I’m not a fuddy-duddy, but I would not. I’m not going any higher than I have to.

**Thea:** I would not go either—I know a few people who ended up with broken ankles due to a hard balloon landing. So no way!







# NOVEMBER 2024 NATIONAL DAYS

**Native American Heritage Month,  
Career Development Month, Gratitude Month**



11/1 - Autism Speaking Day, Day of the Dead, Cinnamon Day, Family Literacy Day

11/2 - Bison Day

11/3 - World Jellyfish Day

11/4 - Candy Day

11/5 - Donut Day

11/6 - Stress Awareness Day, Nachos Day, Saxophone Day

11/9 - Scrapple Day

11/11 - Veterans Day

11/12 - French Dip Day

11/13 - World Kindness Day

11/14 - Pickle Day, World Diabetes Day

11/15 - America Recycles Day, Clean Out Your Refrigerator Day

11/16 - Button Day, Fast Food Day

11/17 - Butter Day, Homemade Bread Day, Take a Hike Day

11/18 - Mickey Mouse's Birthday

11/19 - Play Monopoly Day, World Toilet Day

11/20 - Absurdity Day

11/21 - Stuffing Day, Television Day, Great American Smokeout

11/22 - Cranberry Relish Day

11/23 - Espresso Day, Cashew Day, Fibonacci Day

11/24 - Sardines Day

11/26 - Cake Day

11/27 - Jukebox Day

**11/28 - Thanksgiving Day**

11/29 - Native American Heritage Day, Black Friday, Buy Nothing Day

11/30 - Mason Jar Day



# Tongue Twisters with Suzi Shell

Every year on the second Sunday in November, International Tongue Twister Day celebrates this alliterative sequence of words that are both fun and challenging to say. It's The Day to learn some new tongue twisters.

Tongue twisters are playful phrases designed to trip you up. While no one knows exactly how they started, tongue twisters likely sprouted from a desire for fun or as a tool to improve speech.

We talked with student Suzi **Shell** about tongue twisters. Suzi was game to give some tongue twisters a try.



Can you guess which one Suzi Shell started with? Yes, "She sells seashells by the seashore" which Suzi had no problem saying!



## Tongue twisters offer surprising benefits

- Practicing tongue twisters can help you speak more clearly and confidently.
- Trying to say them fast makes your brain work harder, which can help improve your memory and focus.
- Having a laugh while trying to say a tongue twister is a great way to relax.



## We tried these twisters:

- Peter Piper picked a peck of pickled peppers.
- Which wristwatches are Swiss wristwatches?
- How much wood would a woodchuck chuck if a woodchuck could chuck wood?
- Amy said that she taught this tongue twister to her nephew when we was three years old: "Please pass the Planters peanuts please."





# Happy Pickle Day!

November 14th is National Pickle Day, and Judy, Jennifer, and Michelle's groups were brave and bold enough to try some viral pickle trends. (Viral as in very popular online, not containing viruses. We hope.)

First up, we tackled pickle Dr. Pepper, which had been taking the internet by storm over the summer. Evidently that storm has passed, because when we asked the guy behind the counter at In 'N Out, he looked at us like we were from outer space, and had no clue what we were talking about. So we described the trend: a fountain Dr. Pepper, with a generous scoop of pickles added to the top. After a rather long blank stare, he was able to offer us cups to pour our own plain ol' Dr. Peppers, and an extra large side of pickles to do whatever weird thing we wanted without his involvement.

(Right) Mad scientists Jennifer and Michelle add pickles to Dr. Peppers at In 'N Out.

(Below) Iris and Joes' faces speak for everyone about the taste of pickle Dr. Pepper... 🤢



# Happy Pickle Day!

Another summer sensation we plan on trying is pickle lemonade, which is pretty much what it sounds like: lemonade with the addition of some pickle juice, and a dill pickle spear for garnish. Some recipes (such as the version sold at Disneyland, which perhaps we will add to our Disneyland Knowledge/Cultural Literacy class) include sparkling water. Some of us thought it might be better with the sparkling water, to help break up the pickley-ness, while others theorized the carbonation would make it worse, and somehow spread the weirdness further and faster. We forgot to buy sparkling water, so we may never know.

Astute readers may have picked up the fact that we only taste-tested liquid pickle concoctions. That may be because we had a bad experience with pickle flavored jelly beans last spring. They were unanimously hated and, in some cases, spit out into the trash. So while we are aware of pickle flavor making its way to foods in addition to beverages, we opted out of tasting any of them. Other candy pickle variations we researched include pickle mints, candy canes, and marshmallows (pickle s'mores anyone?!) Crunchy pickle-ified snacks we found were a large variety of potato chips, pretzels, and nuts. Koolickles were discussed at great length—made by replacing pickle juice with the Kool Aid flavor of your choice, which will affect the color! Thea has had fried purple Koolickles, which she said were “not delicious.”

## Pickle prep!



Pickle prep!



Randall scrubs old labels off pickle and olive jars for reuse.



Zachary adds the prettiest star anise to the Asian carrot pickles.

Next up, we whipped up batches of interesting pickled veggies and fruit. After scoping out a few dozen different options and taking votes, we chose three to make: Asian pickled carrots, pickled sugar snap peas, and pickled pineapple. The jalapeno slices in the pickled pineapple were the selling point for Jennifer, who swears by jalapeno on Hawaiian pizza! They will need to “pickle” for a while before we can sample them—stay tuned for our reviews!



# Happy Pickle Day!



The snap peas and their greenness reminded Judy and Cat of regular pickles.



Who knew Martha was an expert lime squeezer?!



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# What's Happening at the Project Center?

## THE SPANISH INQUISITION

with Daniel and Joe

Happy November! Marin County weather has done its usual flip-flop from boiling hot to cool and crisp, and honestly, I'm loving it. Bring on the winter sweaters and let's trade in the lemonade for some hot chocolate!

We've got a new student, Daniel, and let me tell you, this guy is all about history. His interests are all over the map—literally—from medieval times to the American Revolution. After chatting a bit, we decided to tackle the Spanish Inquisition. It's a pretty intense topic, but we're working on creating a cool class around it. In the meantime, here's a sneak peek of some vocabulary we've been tossing around:



Look at the picture AI made for us! Yes, we realize drinking chocolate during the Inquisition (1478–1834) is somewhat anachronistic and highly unlikely, but we're trying to lighten up this very intense topic so, there it is!

- **Castile:** A medieval kingdom in Spain that formed in 1230. Fun fact, it's where the whole Spanish Inquisition kicked off.
  - **Immortality:** Living forever. The Spanish monarchy aimed for this, or at least a legacy, by converting Jewish and Muslim folks to Catholicism.
  - **Orthodoxy:** The full-on religious community. The Catholic Church wanted to make sure everyone in Spain was part of their team.
  - **Heretic:** Basically, anyone who didn't agree with the core beliefs of the Church. The Inquisition's goal was to kick these folks out of Castile.
  - **Fanaticism:** Over-the-top enthusiasm. The inquisitors, especially Tomás de Torquemata, had this in spades during the Inquisition.
- **Convivencia:** Coexistence. Before the Spanish Inquisition, Catholics, Jews, and Muslims were all getting along on the Iberian Peninsula. Ah, the good old days.
  - **Papal:** Anything related to the pope.
  - **Pogrom:** An organized attack on an ethnic group. The Pogroms of 1391 were a violent episode against the Jewish community in Spain, led by the Catholic population.

So, as you can see, we're diving into some heavy history, but we're having fun with it. Stay tuned for more updates!



# King Tides in the Bay Area: A Closer Look

with Amy and Thea

The next king tides roll in on November 15-17 and December 13-15, 2024.

## What are King Tides?

King tides, also known as super tides, are exceptionally high tides that occur a few times a year. They happen when the sun, moon, and Earth line up when the moon is at its closest point to Earth (*perigee*) and the Earth is at its closest point to the sun (*perihelion*).

The gravitational pull from the sun and moon is stronger when they are closer to Earth, which causes the tides to be higher and lower than normal. King tides are also known as *perigean spring tides*.



Bonnie Moreland from Oregon, United States, Public domain, via Wikimedia Commons

## Why are King Tides a Big Deal in the Bay Area?

- **Coastal Flooding:** The Bay Area's low-lying coastal areas are particularly vulnerable to king tides. When these tides strike, they can cause flooding in neighborhoods, parks, and even roads.
- **Sea Level Rise:** As the planet warms, sea levels are expected to rise, making coastal flooding more frequent and severe.

- **Impact on Wildlife:** King tides can disrupt the habitats of coastal wildlife, such as birds and marine mammals.

## How King Tides Disrupt Wildlife

### Habitat Loss:

- **Nesting and Feeding Grounds:** Many coastal birds nest and feed in areas that are vulnerable to flooding during king tides. When these areas are inundated, birds may lose their nests, eggs, or young.
- **Erosion:** King tides can accelerate coastal erosion, which can lead to the loss of nesting sites and foraging areas for a variety of wildlife.

### Displacement and Stress:

- **Forced Migration:** When their habitats are flooded, animals may be forced to migrate to less suitable areas, which can increase their stress levels and reduce their chances of survival.
- **Disruption of Food Chains:** King tides can disrupt the food chain by affecting the availability of food for both predators and prey.

**Thea:** I wonder how king tides affect birds and marine mammals (as she Googled "How king tides disrupt bird and marine mammal habitat.")

**Amy:** Birds live in the marsh lands and the tides could affect them.

**Thea:** Great point, Aims!



Community Homes & Services  
PO Box 744 Novato CA 94945  
415-897-8676

# November 2024 Connection Magazine

