What is your new year’s resolution?

A New Year’s resolution is a decision to do or not do something to accomplish a personal goal or break a habit. It comes at a time when people look back at the past year and make an effort to improve themselves as the New Year begins.

Michael has a resolution of planning to be more social. “I’m going to practice and make eye contact”. With support from his staff and peers, Michael is learning how to have more in depth conversations with others. “Interviewing my friends each month for the Gazette really helps”.

Chelse would like to lose more weight. “I have a habit of eating more than what I should and I like to get out of exercising. I am going to work on my portion control and start walking more after program. It is important to me to have good health so nothing happens to me”.

Kristina W would like to “get out more”. “I really want to go out to paint at Balboa Park more. I already do that with my staff Kenny on Monday mornings. I think we could go one more day a week so everyone can see us paint”.

Shannon B would like to work on personal growth. “I just want to be more happy and make new friends. I want friends who are a positive influence who make good choices. I also want to start working at the new office clerk position at SMSC. I want to help the staff with all their paperwork, and get paid for it. My friend Cali does this job and she is helping you learn what to do”.

Kristen W would like to publish her stories. “I love to write imaginative stories based loosely on real people. I often change the names of course. My favorite character I write about is Officer Miles and his leading lady Kris. It is a fantastic story about a longtime friendship! One day I hope others can read it!”
Giving Back to the Community

STMSC, in partnership with San Diego People First, was able to collect 178 non-perishable items in just a month’s time. The items were donated to the San Diego Center for Children. Way to go SMSC students, families and friends!

Pictured: Larissa Ibanez, Coleen Baucom, Cali Williams, Tom Nagler

January Birthday’s!

Jarrett Akers          Kenny Gerardo          Jenna Sacco
Kalaya Barker          Ian Harrison          Nathan Schultz
Coleen Baucom          Clayton Hauer          Louellia Vigil
Jasmen Bean            Muhammad Hilali         Kristina Woodruff
Jonathan Brock         Mathew Howard          Karen Yobi
Christina Cali          Leslie Landy
George Cline            Pamela May
Hector Escalante        Christopher Morey
Joseph Flores           Thomas Nagler
Christina Frantz        Stephen Pelletiaire
Wendy Fredericksen      Jonathan Reynolds
Up Coming Holiday Schedule by/CJ Moon

I am C.J. Moon, writing about Holidays 2019-2020 essay. I have been a client/student at St Madeleine Sophie Center since January 5th, 2015 as about 5 years! The Holidays are approaching pretty fast lately due to Holidays party in Saint Madeleine Sophie Center will happening on next Friday December 13th, 2019 during the day program hour from 9:00 am to about 2:15 pm. Free lunch will be provided to all of clients/students! For staff and parents lunch will cost about $10.00! So enjoy the wonderful events and parties at SMSC on Friday December 13th, 2019!

Christmas Eve and Christmas Day are almost coming up. As soon as about 2 ½ to 3 weeks remaining. There will be NO day program at SMSC on Tuesday December 24th, 2019 and Wednesday December 25th, 2019 due Christmas Eve and Christmas Day Holidays! One tip to getting prepared is to ask other people what their Christmas lists are; write down a simple list on the blank paper in any size or type it up on basic word document like electronic list for your Christmas wish-list. If you own Word 2016 version, then it can be saved as either .doc or .pdf formats. A .pdf format is universally format to send to other people who have free software called Adobe Reader and simply print it out!

New Year Evening and New Year Day 2020 coming fast about 3 weeks to go. There will be a day program on Tuesday December 31st, 2019 as usual for New Year Evening. There will celebration at your home place in evening of December 31st, 2019 as between dinner time (around 6:00 pm to 12:00 am in our time as Pacific Standard Time)! The best thing is to watch the famous Times Square event and “2020” ball coming down, which located in Manhattan Borough, New York, United States of America on the Television during timeframe of 6:00 pm to 12:00 am in our time zone such as ‘PST’. Therefore there will be NO day program on Wednesday January 1st, 2020 due New Year Day 2020 holiday. Plus 2020 is the new decade from years 2020 to 2029!

There will be two upcoming holidays on after January 1st, 2020. One will be Martin Luther King Jr. Day will occur on Monday January 20th, 2020, which will be affects SMSC Center day program will be Closed. Corresponding to the name of the CA-94 freeway from I-5 freeway Junction (east of Downtown San Diego) to CA-125 Junction (Spring Valley and far south of La Mesa areas) called Martin Luther King Jr. Freeway which been named for almost couple of decades!

At last there is one holiday on February 2020, that will affect St. Madeleine’s Center. Closed for Monday Feb 17th, 2020 due the Presidents’ day holiday as right after known Holiday called Valentine Day on Friday February 14th, 2020, which will let SMSC center remain open. So for everyone, I would speaking to all: Enjoy the upcoming Holidays then!
1. Cali - How do you like working here at SMSC?
Andrea - I love it here & also I love working with the clients
2. Cali - What did you do before you became a driver?
Andrea - I was a job coach in ADC before I became a driver but I love them both the same way.
3. Cali - How long have you been working here with us?
Andrea - I have been here for three years now & still loving every moment working here.
4. Cali - How do you feel about driving for the day program & why?
Andrea - I really like it because it’s super chill for my style.
5. Cali - Do you have any advise for the newcomers that just started here?
Andrea - Don’t hesitate to ask for any help & it’s ok to ask for some help at anytime.
6. Cali - What is your favorite color?
Andrea - My favorite color is always red & I will always show how I feel about this color.
7. Cali - What are your hobbies on your free time?
Andrea - I love going to the gym to keep myself healthy. I also really love to sing karaoke.
8. Cali - What do you like about working here?
Andrea - Talking with my fellow co-workers as well as how I feel about job
9. Cali - What is your favorite season?
Andrea - Spring is my favorite because to me the weather is really perfect.
10. Cali - On what day is your favorite hair style & why?
Andrea - Friday is my best hair day ever & I’m loving it all day long.

Safety Tips – Chelsea Voisard

These are a few ways to make your life at St. Madeleine’s safer.

> Open doors slowly to avoid hitting someone on the other side of the door.

> Report all spills because they can be a slip hazard.

> If you see any unsafe condition, report it immediately to a staff member.

> When using extension cords, make sure they are not in walkways or other places they can be a trip hazard.
Fun Fact  By: Clayton Malik Hauer

National Spaghetti Day is January 4th. While we think of pasta as culturally Italian food, it is likely the descendent of ancient Asian noodles. A common belief about pasta is that it was brought to Italy from China by Marco Polo during the 13th century. Have you ever tried SPAGHETTI TACOS???? It’s a real thing! How about Spaghetti Squash? Endless possibilities! Look! Even pizza spaghetti squash!

Spaghetti Zoodles for Healthy eating... Who would have thought that there is even spaghetti interchanges! Look at these roadways!

National Soup Month Recipe

Cauliflower Chowder- A creamy, low carb, hearty and wonderfully cozy soup for those chilly nights!

INGREDIENTS:
4 slices bacon, diced
2 tablespoons unsalted butter
2 cloves garlic, minced
1 onion, diced
2 carrots, peeled and diced
2 stalks celery, diced
1/4 cup all-purpose flour
4 cups chicken broth
1 cup 2% milk
1 head cauliflower, roughly chopped
1 bay leaf
Kosher salt and freshly ground black pepper, to taste
2 tablespoons chopped fresh parsley leaves

DIRECTIONS:
1. Heat a large stockpot or Dutch oven over medium heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.
2. Melt butter in the stockpot. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in cauliflower and bay leaf. Cook, stirring occasionally, until barely crisp-tender, about 3-4 minutes.
3. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in chicken broth and milk, and cook, whisking constantly, until slightly thickened, about 3-4 minutes.
4. Bring to a boil; reduce heat and simmer until cauliflower are tender, about 12-15 minutes; season with salt and pepper, to taste. If the chowder is too thick, add more milk as needed until desired consistency is reached.
5. Serve immediately, garnished with bacon and parsley, if desired.
**Comic By: Kristina Woodruff**

UBER’S SELF DRIVING TRUCK, SOON? COMES TO A CURB? MAKES A LEFT, TURN. IT. STEERS, SOUTHEAST.

**Komodo Dragons are Magical Dinosaurs that Still Live Today**

By: Trent Cox

Komodo dragons are dinosaur-like creatures that still roam the Earth on five islands in Indonesia. Adult males grow up to 8.5’ and weigh 170 to 200 pounds. The females are up to 7.5’ and their weight is between 150 to 170 pounds. They mature in 8 to 9 years and live for 30 years. They are fast for their size traveling 12 miles per hour. They are carnivorous creatures with shark-like teeth and venomous poison in their mouths that can take down prey as large as a water buffalo and there are 2500 cases of eating humans!

**Blake Shelton by Teri Ogg**

Guess what? I am going to see Blake Shelton in REAL LIFE! My sister Peggy surprised me and bought me and my other sister Lori three tickets for my birthday!!! I am so excited!!! The concert is March 6th at the Pechanga Arena. He is my most favorite country singer! I love all his songs and I have all of his CD’s!
Reading Dr. Seuss By: Sam Dupree

Hello My names Samuel L. A. Dupree and I'm looking forward to reading 17 Dr. Seuss Stories and tell them with the help of 18 female assistant's for my book club. And the 17 Dr. Seuss stories I'm looking forward to read and tell are: Horton Hatches the Egg, Yertle the Turtle & Other Stories, How the Grinch Stole Christmas, The Lorax, Horton Hears a Who, The Cat in the Hat, Green Eggs & Ham, Are You My Mother, Go Dog! Go!, The Best Nest, I Wish That I Had Duckfeet, Maybe You Should Fly a Jet Maybe You Should Be a Vet, The Tooth Book, 10 Apples Up On Top, and The Cat in the Hat Comes Back, to name a few.

Most of all, 18 female assistant's who will help me out with those 17 Dr. Seuss stories by reading them while I read the words on Quotation marks will wear shiny metallic black leggings and long sleeve shirts shiny face makeup two ponytails and lip-gloss. Have a swell new year!

Peculiar People Day by Trent Cox.

Peculiar people are celebrated on January 10 of every year. “Peculiar People Day is a day to celebrate the leaders of the unusual and strange, the peoples who refuse to succumb to the world idea's which is sane and reasonable.”

If you didn’t know, I’m a peculiar person. Do you know why?? I know all about Intergalactic Time Measurements. Let me tell you!

Divide by 0 in increments of Y in a specific language. \( Y = Y/0 \)

This language is written in the usual fashion from left to right except when there is a full moon and then is written right to left. Because the first letter is used to represent 14 on a 28 hour clock. Time on other planets can be divided by 0, which resets the clocks involved. Therefore it is used to approximate as an intergalactic time zone calibration language. Planets orbits follow the time based on their axis and the way the equation works and the necessary variables.
Kristin Mckenney has always enjoyed making art and remembers painting as a child. At Sophie’s Gallery she enjoys a variety of art media including fused glass, painting, mosaics, jewelry, and sewing. Currently she is helping to knit a sculptural piece on a giant four-person loom. The finished piece will hang at the Morning Glory Brunch. Kristin attends many art receptions at Sophie’s Kensington Gallery and warmly extended an invitation to everyone to come to a show. “You can have some food, talk to others, and look at the artwork. I like looking at all the art, especially the ceramics.” Kristin’s artwork was included in dot:, a collaborative show in Japan. Kristin is passionate about orange cats, particularly her cat Mac and Milo, who belongs to her sister. She explained that her Christmas present from Mac was in a bag and not gift-wrapped because he was having a hardtime using the tape dispenser with his paws!
Ceramic Teapots
Francesca Boccia
Emily Brungardt
Elmer Buck
Jerry Burch
Julie Crakes
Gretchen Cameron
Cathy Donahue
Julie Evans
Larissa Ibanez
Jackie Leong
Kristen McClure
Dulce Moreno
Nick Pittman
Angela Thomas
Edgar Villanueva

Sophie’s Kensington Gallery Presents
Addressing Her Story
and My Cup of Tea
January 4-25, 2020
Kathleen Kane-Murrell
Sophie’s Gallery Ceramic Artists

Public Reception
Saturday January 11, 2020
From 5-8 PM
Wine & Hors d’oeuvre

Kathleen Kane-Murrell uses the shape of a dress as an artistic metaphor. Through the repetitive contour she tells narratives about place, memory, and experiences.

My Cup of Tea
A Collection of Teapots, Teacups & Saucers
by the ceramic artists of Sophie’s Gallery

St. Madeleine Sophie’s Center starts the New Year with their popular fundraiser Tea by the Sea, an event that helps to fund the art program. My Cup of Tea, a collection of ceramic teapots, teacups, and saucers is a playful nod to this event. They were created in Sophie’s ceramics department located on our main campus.

Special Show Tour
Addressing Her Story
with Kathleen Kane-Murrell
Thursday, January 16, 2020
12-1PM

Sophie’s Kensington Gallery
4186 Adams Avenue
San Diego, CA 92116
Open: Wednesday - Saturday 12-5 PM
Closed Sunday - Tuesday

For further information call:
619.654.3679
sophiesgallery@stmsc.org
Shop Online: sophiesgallery.org
Sophie’s Kensington Gallery PRESENTS

Doggos

2020/Gotta Have Heart:
February 1-29, 2020

Public Reception
Saturday, February 1, 2020
From 5-8 PM
Wine & Hors d’oeuvre

The artists of Sophie’s Gallery celebrate the special bond between humans and canines in a whimsical collection of collagraph dog prints.

Sophie’s artists explored collagraph printmaking, a low-tech & non-toxic medium that was invented in the 1950’s. Collagraph printing is a process that is a combination of intaglio and relief printing techniques. Artists built printing plates using recycled paper glued to a rigid support that were inked and passed through the printing press twice. The first pass through the press makes the background and second pass through the press creates the foreground of the finished prints.

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Ceramic Hearts © Phil Seramur 2019

Jackson Kepic hand-turns the printing press wheel to make his collagraph print.
<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch</th>
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<tbody>
<tr>
<td>We 1/1</td>
<td>CLOSED NEW YEAR'S DAY</td>
</tr>
<tr>
<td>Th 1/2</td>
<td>Philly Cheesesteak Sandwich w/ Chips &amp; Pickle</td>
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<tr>
<td>Fr 1/3</td>
<td>Little Caesar's Pizza w/ Brownie &amp; Side Salad</td>
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<tr>
<td>Mo 1/6</td>
<td>Chili w/ Cornbread &amp; Side Salad</td>
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<tr>
<td>Tu 1/7</td>
<td>Rolled Tacos w/ Rice &amp; Beans</td>
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<tr>
<td>We 1/8</td>
<td>Asian Chicken Salad w/ Hawaiian Roll &amp; Fried Wonton Noodles</td>
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<td>Th 1/9</td>
<td>Bacon Cheeseburger w/ Baked Beans &amp; Coleslaw</td>
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<tr>
<td>Fr 1/10</td>
<td>Little Caesar's Pizza w/ Brownie &amp; Side Salad</td>
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<tr>
<td>Mo 1/13</td>
<td>Grilled Chicken over Rice Pilaf w/ Vegetables</td>
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<tr>
<td>Tu 1/14</td>
<td>Pork Carnitas Tacos w/ Rice &amp; Beans</td>
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<tr>
<td>We 1/15</td>
<td>Southwest Chicken Salad &amp; Fried Tortillas</td>
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<tr>
<td>Th 1/16</td>
<td>Grilled Reuben Sandwich w/ Potato Salad &amp; Pickle</td>
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<tr>
<td>Fr 1/17</td>
<td>Little Caesar's Pizza w/ Brownie &amp; Side Salad</td>
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<tr>
<td>Mo 1/20</td>
<td>CLOSED FOR MARTIN LUTHER KING, JR. DAY</td>
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<tr>
<td>Tu 1/21</td>
<td>Beef Tostada w/ Rice, Beans &amp; Salsa</td>
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<tr>
<td>We 1/22</td>
<td>Greek Chicken Salad w/ Pita Bread</td>
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<tr>
<td>Th 1/23</td>
<td>Sweet &amp; Sour Chicken over Rice w/ Stir Fry Vegetables</td>
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<tr>
<td>Fr 1/24</td>
<td>Little Caesar's Pizza w/ Brownie &amp; Side Salad</td>
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<tr>
<td>Mo 1/27</td>
<td>Stuffed Pasta Shells w/ Side Salad &amp; Garlic Bread</td>
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<tr>
<td>Tu 1/28</td>
<td>Chicken Enchiladas w/ Rice, Beans &amp; Salsa</td>
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<tr>
<td>We 1/29</td>
<td>Chicken Caesar Salad w/ Garlic Bread</td>
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<tr>
<td>Th 1/30</td>
<td>Scrambled Eggs w/ Bacon, Waffles &amp; Syrup</td>
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<tr>
<td>Fr 1/31</td>
<td>Little Caesar's Pizza w/ Brownie &amp; Side Salad</td>
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Lunches Purchased On-Campus are $6.00 - Including Drink & Dessert
Salads are also offered each day as an alternative to the regular lunch entrée

*Menu subject to change*