



The Pod Squad

Communication Skills

Listening: You are able to listen to directions and instructions. You listen to information and to others.

Speaking: You are able to speak clearly to express your ideas so they make sense to others. You are able to share your ideas and opinions. You are able to present your work to large groups and small groups.

Reading: You can read a variety of sources to get information. You enjoy reading. You understand what you have read and you reflect on what you have read. You are able to draw conclusions based on information you have read.

Writing: You are able to take notes and rewrite information in your own words. You are able to record information and observations. You are able to keep a journal and you can reflect.

Viewing: You are able to examine, interpret, and analyze visuals and multimedia and understand the ways images and language interact to convey meaning

Presenting: You can construct visuals and multimedia for a variety of purposes and audiences that successfully communicate your ideas and information.

Non-verbal communication: You are aware that your body language and facial expressions can give others lots of information. Your body language may mean different things in different countries

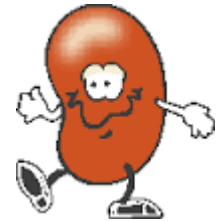


Red Beans And Rice

The French Market Grille-local Augusta restaurant

4 cans of red kidney beans-puree ½ can of red beans
1 medium onion, chopped
½ Cup celery, chopped
½ tsp. black pepper
½ tsp. minced garlic
Cayenne pepper to taste
1 lb. chopped ham
½ lb. chopped sausage, preferably Andouille
1 T. creole seasoning

Add all ingredients in a large pot. Cook for 45 minutes to 1 hour, stirring occasionally. Serve with white rice and tope with chopped green onions.



Save The Date!!
Fall Festival
Saturday October 22