



kern county Family

FREE

magazine



TRAUMATIC 12'S:
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with Feet**

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Your Teen's
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**TEEN
TALK!**

A PARENTS' GUIDE



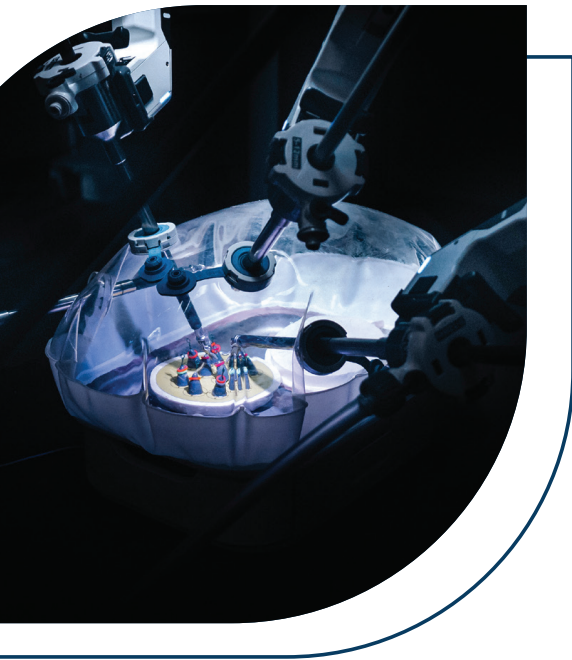
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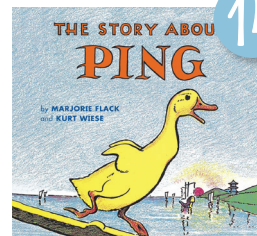
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YOU CAN DO IT

Are you a Green Snake?

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Vaun Thygerson
CONTRIBUTING WRITER

The Holiday Season has so many wonderful events and treasures to make it special. A few years ago, as I was cleaning up all the red and green decorations, stockings, and putting them in storage for next year, I found that I didn't want to put up any of the Christmas cards I'd received from friends and family. So, I decided to copy an idea from my friend Cheryl, who hangs up her Holiday cards on the back of her front door for the entire year. Now, each year I tape up

all the cards with pictures of smiling faces, brand-new babies, and happy memories of those I love near and far. And it works out well because my best friend from college doesn't send out a Christmas card, but I always receive her New Year's card that I can easily add to my collection.

During the New Year, as I'm coming and going, I can look at these cards and photos and feel a happy warmth from those in my life that make me happy. On the opposite door of my entry way, I hang up all of our immediate family's Christmas cards from the years past. It's so fun to see my little babies in matching Christmas attire throughout the years as they are now full-grown adults!

With a New Year comes a lot of emotions, and the tweens in our lives are some of the ones dealing with the widest range of them. In Julie Willis's Humor at Home, "**Hormones with Feet: Traumatic 12's**" on page 16, she writes about how the tween transition can be summarized as a "hormone with feet." She expresses that one minute her daughter's dramatic silence and the next minute she's squealing loudly, all in the same breath. Aren't hormones just the best? Insert eye roll here.

From tweens to teens, the article, "**Empower Teens with Mental Health Apps**," focuses on the unique mental health challenges teens face in today's world. Some apps like Virtual Hope Box, Happily, Headspace, and others give teens tools and resources at their fingertips to help ease their stress and anxiety. To read about these apps and some key statistics around this topic, turn to page 8.

In this month's article, "**Hello, Happy (Positive) Mama: Cheresse Grell**," by Callie Collins, on 12, she writes about how this mama finds the best in every situation. Cheresse is the director of CityServe Kern, an organization that coordinates efforts between churches and individuals to serve the community's most vulnerable, and owner of strategic growth firm, Positive Results Unlimited. With hearts steeped in volunteerism, Cheresse and her husband Tim have two children who are following in their footsteps to make positive strides within the community.

In 2025, the Lunar New Year begins on Wednesday, January 29th and is the year of the Green Snake, which occurs once every 60 years, according to the Chinese Zodiac calendar. In KCFM's You Can Do It section, "**Celebrating Chinese New Year with Homemade Dumplings**," on page 21, you will find a perfect Deep-Fried Pork Wontons recipe, courtesy of Lines+Angles, for your celebration.

This New Year as we start filling in boxes on our brand-new calendars, and life gets busy and hectic, take some time to reflect on friendships and family near and far. Sometimes getting their Christmas card or seeing a post on social media can be our only interaction with them, but it's the history and nostalgia that keep those bonds strong.

May the year 2025 bring you everything your heart desires! Happy New Year!

HELLO HAPPY MAMA CONTEST!



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The Historic Woolworth's Vibrant Transformation Marks its 75th Anniversary

The historic Woolworth's building in Bakersfield is undergoing a vibrant transformation to mark its 75th anniversary in 2025. Stay tuned for the summer unveiling of this community treasure, where cheeseburgers will once again sizzle at the counter, celebrating a story that's uniquely Bakersfield.

This landmark, rooted in 1950's nostalgia, is being revitalized by Emily and Sherod Waite, who are committed to preserving its essence while introducing new life. The

44,000-square foot structure will retain iconic features like the vintage lunch counter, but the vision extends beyond its past as a retail store with a fresh commercial purpose.

"This isn't just a renovation – it's a revival of community and history. We're holding hands with the past while stepping into the future," says Emily Waite, Project Manager.

You can follow along on this amazing journey on Instagram @historicwoolworth.



Enhanced FAFSA Application

Earlier this year, thousands of students faced technical issues while filing the Free Application for Federal Student Aid (FAFSA). In response, the U.S. Department of Education has launched an improved FAFSA process. This form is crucial for high school seniors and college students seeking public financial aid based on family income, as well as scholarships from colleges.

The Education Department has simplified the application process and provided extensive training through workshops and videos. Additionally, more aid is now available to middle- and low-income families, with 500,000 more applicants eligible for federal Pell Grants compared to last year. These grants average \$4,500 annually.

Students can file the FAFSA at any time but must submit it in the winter to receive college financial aid for next fall. The FAFSA for the 2025-2026 academic year will be available on December 1. For guidance, visit studentaid.gov/apply-for-aid/fafsa/filling-out.

This updated process aims to make financial aid more accessible to all students.

CSUB Breaks Ground on Basic Needs Hub

California State University, Bakersfield recently held a groundbreaking ceremony for its Basic Needs Department and a Food Pantry to help students experiencing food insecurity or a housing crisis. Set to open this Spring, the new building will have more of a physical presence on campus where more students can use the services provided.

"We're really excited to be breaking ground on our new building today. This has been a long time coming," says Basic Needs Director Dr. Jason Watkins. "This location will serve as a one-stop shop where students can access the Food Pantry, receive assistance with

CalFresh, get emergency housing and other campus and community resources necessary for academic success."

Working on the project since 2020, Dr. Watkins began having conversations with Student Services about the need for a larger space for the Food Pantry, which first opened in 2017. Each week, the Food Pantry serves an average of 800 students, faculty, and staff, and the new addition will quadruple the size of its current location.

For more information, please visit <https://news.csub.edu/csub-celebrates-groundbreaking-for-basic-needs-hub>



PHOTO COURTESY CSUB.EDU



PHOTO COURTESY BGCKC.ORG/PANDACARES

Boys & Girls Clubs Secure Panda Cares Grant



BOYS & GIRLS CLUBS
OF KERN COUNTY

The Boys & Girls Clubs of Kern County have been selected to receive a \$160,000 Panda Cares Project Learn (Academic Success) Grant to drive academic success for youth at 12 local Boys & Girls Clubs. This opportunity is made possible through the

Panda Cares Foundation, the philanthropic arm of Panda Express.

Not all youth have access to quality education, so Panda Cares partners with Boys & Girls Clubs of America to create opportunities for kids and teens to learn, lead, and thrive, focusing on increasing the quality of academic success programming in Clubs. This partnership empowers thousands of kids and teens at Boys & Girls Clubs nationwide to excel in school and build their character and leadership. Since 2020, Panda Cares has committed more than \$42 million to enhance academic programming, support Project Learn, and establish Panda Cares Centers of Hope in Boys & Girls Clubs nationwide.

Selected traditional and school-based Boys & Girls Club sites:

E. L. Jack and Monica Armstrong Youth Center; Stockdale Boys & Girls Club; Colonel Nichols Club; Evergreen Club; Voorhies Elementary; Mt. Vernon Elementary; Stella Hills Elementary; Horace Mann Elementary; Frank West Elementary; McKinley Elementary; Thorner Elementary; and, North Beardsley Elementary.

For more information, please visit www.bgckc.com.



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Empower Teens with Mental Health Apps

In today's fast-paced world, teenagers face unique mental health challenges. With academic pressures, busy schedules, and the constant presence of social media, finding accessible and effective support is crucial. Mental health apps like Headspace, Virtual Hope Box, and Happify offer a lifeline, providing personalized tools and resources to help manage stress, anxiety, and emotional well-being. These apps, available right at their fingertips, empower teens to take control of their mental health in a private, convenient, and engaging way.

Key Statistics on Teen Mental Health

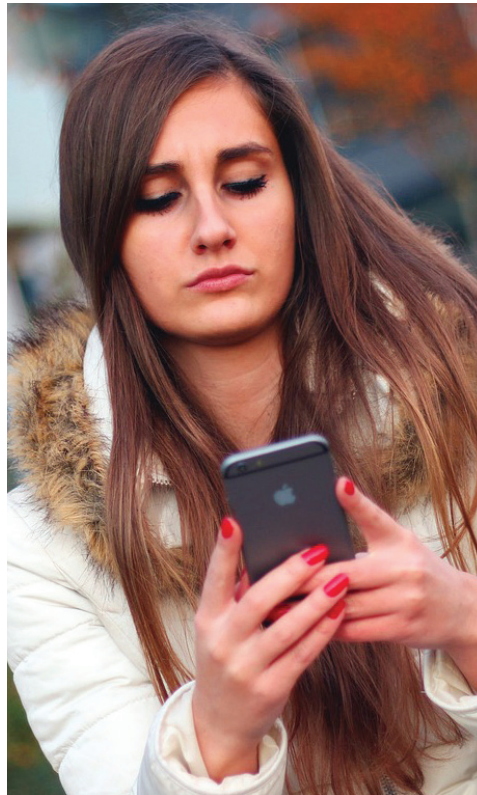
To understand the significance of these mental health apps, it's essential to look at some key statistics highlighting the prevalence of mental health issues among teenagers and the role accessible tools can play in supporting their well-being:

Social Media Use and Mental Health

- Teens who spend nearly 5 hours daily on social media are more likely to report poor mental health.
- 41% of heavy users rate their mental health as poor or very poor, compared to 23% of those who spend less time online.

Impact of Parental Relationships

- High social media use combined with weak parental relationships results in 60% of teens reporting poor mental health.
- Strong parental relationships result in



only 25% of teens reporting poor mental health.

Constant Online Presence

- Nearly half of American teens (48%) say they are online "constantly," despite concerns about the mental health impact of this constant connectivity.

Three Mental Health Apps for Teens

1. Headspace

- Offers free meditation and mindfulness exercises to improve self-esteem, motivation, and temper control.

- Guided sessions range from one-minute breathing exercises to 45-minute sleep meditations.
- Available for teens aged 13 to 18 through nonprofit partners like Bring Change to Mind or Peer Health Exchange.

2. Virtual Hope Box

- Helps users manage stress through messages, songs, quotes, puzzles, relaxation exercises, and supportive contacts.
- Suitable for ages 13 and up, developed for soldiers and veterans.
- Received the 2014 Department of Defense Innovation Award.

3. Happify

- Offers activities and games to combat negative thoughts and boost well-being through mindfulness, gratitude, and empathy.
- A study shows 86% of users improved their well-being within two months.

All three apps are available on Google Play and the App Store, providing practical and engaging ways to support teen mental health. While these apps can be incredibly beneficial, they should supplement, not replace, professional treatment.

By offering a mix of privacy, convenience, and personalized support, mental health apps can be an empowering tool for teens navigating their mental health journey.

Is It Okay to Skip Bathtime?

Do your kids ever complain about having to take a bath? Well, new research may be on their side!

According to the American Academy of Dermatology, children between the ages of six and 11 may not require a daily bath. The AAD notes that children in this age group need a bath at least once or twice per week, but beyond that bathing schedules may be contingent

on a host of variables specific to each child. For example, children will need a bath after swimming in a pool, lake or ocean regardless of how long it's been since their most recent bath. In addition, children who get dirty playing or those who are sweaty or develop body odor during



the day should take a bath at night. It's also noteworthy that showers can enter kids' hygiene routines around age six or seven. The American Academy of Pediatrics notes that six- or seven-year-old children are typically capable of cleaning their bodies and washing their hair by themselves in the shower.

What to Expect When Donating Blood

Do you know that every two seconds someone in the United States needs blood?

In July 2024, the American Red Cross faced an emergency blood shortage after its national blood inventory fell by more than 25 percent. The Red Cross recently reported its lowest donor turnout in 20 years.

The process of donating blood is simple, safe and quick. Although each organization may run a blood drive differently, here is what a blood donor can expect of the donation process.

- **Register for the blood drive** at an organization close to you. Many groups require you to make an appointment, but some may accept walk-ins.
- **Get plenty of rest** and stay hydrated the day before the donation appointment.
- **The day of the donation**, be sure to



wear a short-sleeved shirt or one with sleeves that can be rolled up.

- **Arrive for the appointment** and complete a mini-physical and health history. Your temperature and blood pressure may be taken, and other vital signs may be checked. The attendant will ask questions about behaviors or illnesses that may exclude you from being able to donate blood.
- **During the donation** of whole blood,

500 milliliters, or roughly 17 ounces, will be collected. A phlebotomist will cleanse an area on your arm and insert a new, sterile needle for the blood draw. The quick pinch is over in seconds.

- **A whole blood donation** takes about eight to 10 minutes to complete, during which you can be seated comfortably or lie down. Bandages will be placed on your arm at the conclusion of the donation where any needles were removed.
- **Following the blood draw**, you'll be allowed to rest and recover. There likely will be small snacks and beverages in the refreshment area. After around 10 to 15 minutes, you'll be allowed to leave and continue your normal routine.
- **It's best to avoid vigorous** activities for at least four hours after the donation. Make an effort to remain hydrated for two days following the donation.

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Hear Today, Gone Tomorrow



One in five teens now suffers from hearing loss

The Importance of Protecting Teen Hearing

Parents: Are you looking for a way to talk to your teens about hearing loss? You should be. One in five teens now suffers from hearing loss, most of which is noise-induced and 100% preventable. It's hard to get through to teens who often feel invincible and more concerned with peer pressure than parental guidance. Yet, they need to understand the serious risks. Hearing damage is irreversible. There is no cure. Shari Eberts, who has worn hearing aids since her 20s, shared a letter she used with her children. Feel free to share it with your own:

Dear Kids, Did you know that 20% of you now have some form of hearing loss? Surprising, I know. You probably thought it was only for old folks or people born deaf. But hearing loss is real, growing, and there is currently no cure.

Your Hearing Is Fragile

Noise-induced hearing loss occurs when the sensory cells inside the cochlea of your inner ear are damaged. These cells, while allowing us to hear a full range of tones, are very delicate. When exposed to loud noise frequently, they weaken and die, and once gone, they are gone for good. Scientists are working on ways

to regenerate hair cells, but there is no solution yet.

What Are the Facts?

- Prolonged exposure to any noise at or above 85 decibels (the level of heavy city traffic or a school cafeteria) can cause gradual hearing loss.
- At 105 decibels (maximum volume of an iPod), some hearing loss can occur within 15 minutes.
- At 110 decibels (level of a rock concert or loud sporting event), damage can occur after one minute.

Hearing Loss Is No Fun

Take it from someone with hearing loss — you don't want it. It's isolating and makes socializing harder, especially in noisy places. You may miss jokes, avoid certain friends, and find listening to music less enjoyable. Keeping up at school or work can become more challenging, and life can become more dangerous if you cannot hear alarms or warning bells.

Hearing Aids Don't Work Like Glasses

While hearing aids help, they do not restore hearing back to normal like glasses do for vision. They amplify all sounds, making it hard to pick out what you want to hear. They also change the way music sounds, often making it tiny and synthesized.

Noise-Induced Hearing Loss is 100% Preventable

Turn it down: Enjoy your music at safe levels. Fifteen minutes at maximum volume can damage your hearing. Use noise-canceling headphones to enjoy lower volumes safely.

Block the noise: Wear earplugs or earmuffs at concerts or sporting events.

Move away: Stay far from loudspeakers and avoid noisy areas.

Parents, encourage the teens in your life to protect their hearing now. For more information, visit Shari's website livingwithhearingloss.com to find out about her blog and book, *Hear & Beyond: Live Skillfully with Hearing Loss*.



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Cherese Grell, husband Tim, their son Caiden and daughter Paityn. PHOTO COURTESY CHERESE GRELL

HELLO, HAPPY POSITIVE MAMA

Recognizing people's best attributes is a skill Cherese Grell has perfected throughout her life. Cherese is the director of CityServe Kern and owner of strategic growth firm Positive Results Unlimited. "My roots run deep here in Kern County. I am fascinated by people and their stories, their grit and tenacity," said Cherese. "Everybody has a story. We are all so vital. Whether you're the janitor or the CEO, we all have different backgrounds and stepping stones in life."

Born and raised in Kern County, Cherese is proud to work, live and give back here. "My Mom is 90 and my Dad was 93 when he passed away last January. I say it was a Kern County mixed marriage because Mom came from agriculture and Dad came from oil" she said. "Dad was actually a fireman but also owned apartment complexes and a dirt excavation business, in addition to being a real estate broker." Cherese has been married to her

husband, Tim, a foreman in civil construction, for 27 years after meeting at a George Strait concert. Their daughter, Paityn, 24, is a nurse, and son, Caiden, is 20. Community life came full-circle for the family in July when Caiden joined the Kern County Fire Department, the same department from which her father retired.

A graduate of North High School, Cherese studied business administration at Bakersfield College but her abilities

started much younger.

“My desire since I was a little girl is to be a leader. The authenticity of your personality is so true when you are little. I was always playing sports and having goals,” she explained. “My Mom has a picture of when I was 5; I would put lawn chairs in my little red wagon and charge the neighborhood kids five cents to pull them wherever they wanted to go.”

Cherese credits her interest in leadership to her parents’ example.

“I learned that dedication from my parents’ servant heart. We always had people over for dinner, so I grew up serving and hosting others. When we were out somewhere, we would hear people’s stories. I saw my Dad’s joy in meeting and listening to people. He would share the wonderful qualities of this person with a new person, always making introductions. I learned to listen and be intrigued by what other people did,” said Cherese. “Later, I found myself going to different conferences and seminars to learn about leadership, which is not about you; it’s about everyone else.”

Telecommunications in technology was where Cherese applied her skills for 25 years. When a software company where she was consulting moved out of California, she chose to stay to care for her aging parents.

“God laid it on my heart to start this business,” she said of beginning Positive Results Unlimited in 2016. “I meet businesspeople who say, ‘This is where we are as a company, that’s where we want to be, so how do we get there?’ My fulfillment is watching them succeed.”

Cherese became a CityServe Kern volunteer in 2017 on the Mayor’s Ball Committee.

“They had grown organically, so I was hired to help with their strategy and come on to work in the director role,” she said.

CityServe coordinates efforts between churches and individuals to serve the community’s most vulnerable, from widows and orphans to the imprisoned and people experiencing homelessness.

“Everybody has a gift to give. My job in

Fill-in-the-blank questions:

I’m always laughing at: Myself.

The first thing I do when I wake up in the morning is: Breathe; I take a minute to box breathe, breathe in, breathe out.

My favorite food is: Chocolate.

My favorite dessert is: Chocolate. Honestly, though, my favorite dessert is homemade ice cream.

In my pantry, you will always find: Stevia.

The best book I’ve read lately is: “Predictable Success” by Les McKeown

So far, my best life advice is: Don’t ever give up.

both the for-profit and non-profit sector is to help people get to the next level. If you place people where they are meant to be, using their natural talents, you’ll never have to manage them because they will soar,” she said. “People need encouragement. The way I make an impact is by helping others see what they’re capable of.”

THREE QUESTIONS WITH CHERESE GRELL

Q. What advice do you have for parents in difficult life stages?

I used to put myself in timeout. I would say “Mommy has to go in her room” because I would need that pause. Another piece is creating the village around you. There’s no way I could have raised my kids totally by myself. I was blessed with other moms and their advice.

Q. What should families in the Kern County area know more about in their community?

We have such a giving community. We have the most loving people here in Bakersfield, with mercy and grace, who want to connect and help and share life together. There are resources all around us. Don’t be afraid to ask for help.

Q. What is your parenting PSA?

Be kind to yourself.

HELLO HAPPY MAMA CONTEST

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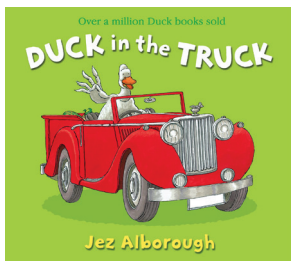


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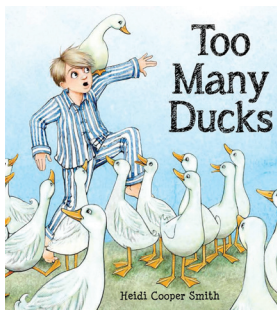
Get Your Duck Books All in a Row

NATIONAL RUBBER DUCKY DAY (Jan. 13) has us thinking about duckies—rubber, plush or real ones! Here are our favorite books about ducks!



Duck in the Truck
By Jez Alborough
\$14.22; Ages 1-4
Harper Collins Childrens Books
Amazon.com

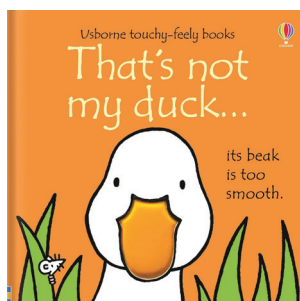
Part of the best-selling series that includes “Fix-It Duck” and “Super Duck,” this one tells the story of a truck stuck in the muck with a duck stuck in the truck.



Too Many Ducks
By Heidi Cooper Smith
\$17.97; Ages 4-7
Little Pink Dog Books
Amazon.com

Young Alexander is suddenly surrounded by

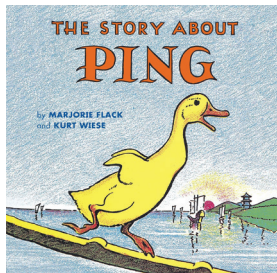
ducks—too many ducks! They soon take over his life and they need to go! But he will surely miss them. It’s a tale of appreciating what you have and figuring out how to make things right with friends.



That's Not My Duck
...
By Fiona Watt
\$8.74; Ages 2-6
Usborne Pub. Ltd.
Amazon.com

If your family

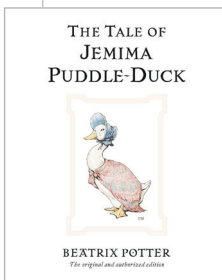
likes the “That’s Not My” series, you’ll quack up over this one! Follow five duckies as they take little ones on an adventure on every page. Discover that some ducks have beaks that are just too smooth, as they touch and feel the story.



The Story About Ping
By Marjorie Flack and Kurt Wiese
\$3.97; Ages 2-5
Grosset & Dunlap
Amazon.com

Chances are you’ve read about Ping, since the

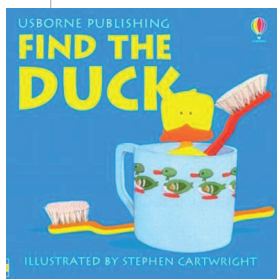
book originated in 1933. The classic tells the tale of Ping, a little duckie who lives along the Yangtze River. A great read for all ages!



The Tale of Jemima Puddle-Duck

By Beatrix Potter
\$6.99; Ages 3-7
Warne Frederick & Co.
Amazon.com

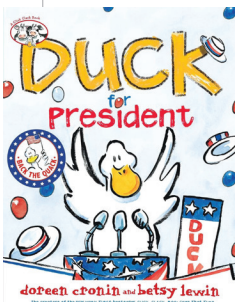
The Beatrix Potter classic tells the tale of Jemima, a duck who wants to do what ducks do—and avoid becoming dinner! The Tale of Jemima Puddle-Duck is number nine in Beatrix Potter’s series of 23 little books.



Find the Duck
By Felicity Brooks and Stephen Cartwright
\$12.95; Ages 2-4
Usborne Pub Ltd.
Amazon.com

Toddlers will love to search for the rubber duck hiding

somewhere in the bathroom!



Duck for President
By Doreen Cronin and Betsy Lewin

\$11.36; Ages 3-8
Atheneum Books for Young Readers
Amazon.com

Duck is tired of his daily life and wants to replace Farmer Brown. He quickly finds running a farm is hard

work, so he seeks the office of governor and eventually ends up running the country!

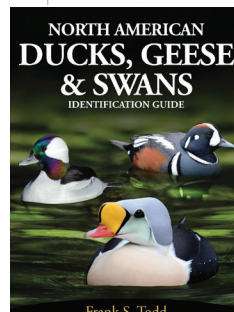


Gertie, The Darling Duck of WWII

By Shari Swanson and Renee Graef
\$16.06; Ages 6-9
Sleeping Bear Press
Amazon.com

The year was 1945 and Americans were focused on

WWII. But local news near Milwaukee, Wisconsin, began airing something positive for people to watch—a duck searching for her nesting spot near a busy drawbridge.

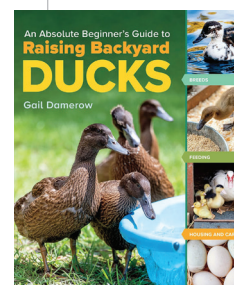


North American Ducks, Geese & Swans Identification Guide

By Frank S. Todd
\$29.95; Ages 10 and up
Hancock House
Amazon.com

Find a local duck

pond and go on a duck hunt! This guide will help your family identify ducks, geese and swans of North American, including the Hawaiian Islands, Greenland, Mexico and the U.S. Territories in the Pacific Ocean. Includes range maps, population notes and more.



An Absolute Beginner's Guide to Raising Backyard Ducks

By Gail Damerow
\$11.99; Ages 12 and older
Storey Publishing LLC
Amazon.com

If you’re thinking about raising backyard ducks, here’s the book for you! This guide discusses the care and growth of a flock of ducks, from breed selection to feeding, care and egg production.



"Ready to file your taxes for **FREE?** The Volunteer Income Tax Assistance Program can help you. Locate your nearest VITA site and bring these documents to get started!"

"Free, reliable and trusted tax help from IRS-certified volunteers. We're here to guide you every step of the way!"

Items to bring to your tax appointment:

- Picture ID for the taxpayer and their spouse (if applicable)
- Social Security cards or ITIN documentation for every person on the return
- All W-2s, 1099 and any other documentation of income (retirement, interest, dividend, etc.)
- All 1098 Forms for educational expenses
- 1095A Form for health insurance purchased through Covered California
- Childcare provider information:



- ◆ Name ◆ Address ◆ Tax ID # or SSN
- ◆ Amount Paid ◆ Phone number



- Bank account number and routing number for direct deposit
- Previous year's tax return (not required, but helpful)



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Morning Workshop
June 2 - June 28
Monday - Friday / 9 AM - 12 PM

Afternoon Workshop
June 9 - July 6
Monday - Friday / 1 PM - 4 PM

bgckc.org/stagedooracademy

25TH ANNUAL KERN COUNTY **Teacher Recruitment Fair**

Sat., Feb. 1, 2025 • 9 a.m. – 12:00 p.m.
Larry E. Reider Education Center
2000 K Street, Bakersfield

2025-2026 ANTICIPATED POSITIONS

- Multiple Subject
- Single Subject
- Special Education
- Speech Pathologist
- Occupational Therapist
- School Nurse

Online pre-registration available: January 1, 2025
Online pre-registration deadline: January 29, 2025
Onsite registration: February 1, 2025, at 11:00 a.m.

Pre-registered applicants will be admitted to the event at their scheduled times. Non-registered attendees should arrive at 11:00 a.m. Admittance will be determined by occupancy at 11:15 a.m.

KCSOS
Kern County Superintendent of Schools

REGISTER
kern.org/trf



opinion about lunch.

If I had been asked, I would have had a list of things I needed from the store. Film for my camera. Make-up. Pens and paper and Shirt Tales rubber stamps and corn nuts (Oh how I loved corn nuts) and hair scrunchies and stickers and pins for my Levi's jacket and fluffy socks and gum and pretty much anything you could buy at Longs Drugs. Photo frames and gift wrap and earrings and candy and cookies and beef jerky and those really big pickles and Hello Kitty Band-Aids and Seventeen magazine and chapstick and any kind of stationery and colored pencils and big pink erasers and a pencil sharpener and a pencil case. ANYTHING. If I had made a list, it would have simply stated, "anything." I loved everything they sold at Longs.

My twelve-year-old daughter just says, "Mm."

But there was an amazon package sitting in front of the door when we came home one day with her name on it, and she actually jumped up and down and squealed, "Oh! Yay! It's the hat I ordered!" and within two minutes, she came out of her room wearing a fluffy white hat with a bunny face embroidered on it. (Or maybe it is a dog. I could not be sure.) It had tall bunny ears—or possibly dog ears—and then long flaps that came down past her shoulders. And she squeezed the flaps, and the ears popped up and down. And she was giggling like it was the most fun she'd had all year. And I thought this kid was too grown up to condescend to having a conversation. Yet there she was, giggling like a little kid over a silly hat and looking at me with eyes full of pride and hope that I would laugh, too. And so how could I not?

But seriously? A bunny (or dog!) hat with ears that flop down and pop up?

And the next morning, I poked my head in her room, where the bed had been made by 7am, and I said, "Good morning! How was your night?"

And I got, "Mm."

That is what being twelve means: It means you are mostly a moody hormone with feet.

But every once in a while, you let your inner child shine and bring silliness and love to those around you.

Traumatic 12's: Hormones with Feet

I remember the day my mom came home from the parent orientation at Actis Junior High in 1986 and would not tell me any details but just looked all smug and proud of herself, like she had just figured out how to hide candy in the house.

But the truth came out eventually.

She called my friends and me "hormones with feet" all that year and giggled behind her hand, like she had a special secret.

Her favorite word that year was "nevertheless." Any time I asked for something and she said no and I gave a really impressive, valid reason why she should agree, she would whip out her "nevertheless." It would be,

"Nevertheless, I have already decided" THIS and "Nevertheless, I said no" THAT. By the time I finished seventh grade, I was so done asking.

Which was the point, I suppose.

I am on the other side of all that now. Now "Ashley, are you ready to go?" is met with "Mm."

"Ashley, what do you want for lunch?"
"Mhm."

"Ashley, do you need anything from the store?"

"Mm."

I don't think I ever responded with "Mm."

I was always ready to go on time.

If I had been asked, I would have had an

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WE LOVE IT!

By Lisa Keosouphanh

JANUARY IS NATIONAL GET ORGANIZED MONTH

Now is the perfect time to get organized! Local Licensed Educational Psychologist, Bethany Zoeller, President of Insights Assessment and Counseling, Inc., shares some valuable insights:

“Your work desk often mirrors your state of mind. As a mom and business owner, when I’m stressed, my desk becomes a sea of books and paperwork. The problem is, as clutter builds up, so does stress. That’s why creating an organized, yet functional workspace is crucial for maintaining a clear and focused flow between work and home life. As someone with ADHD, I heavily rely on visual reminders but can also be easily overwhelmed by visual clutter. So, I’ve streamlined my desk to include only essentials: a row of frequently used reference books and a corkboard/whiteboard combo. I keep three months of calendars and my appointment slots on the corkboard, while my whiteboard serves as a rotating to-do list. This setup helps me stay organized, which is vital for balancing my responsibilities as a working mom. By keeping my desk tidy, I create a calm environment that supports both productivity and peace of mind.”

With January 13 recognized as National Clean Your Desk Day, we’re here to help you declutter your workspace with some of our favorite items to streamline your desk setup.



Quartet® Glass Dry-Erase Desktop Computer Pads

Be prepared whenever inspiration strikes. Quartet’s glass dry-erase board computer pad maximizes desk space and allows you brainstorm ideas, jot down reminders and organize your day from the comfort of your desk. **\$26.99** www.quartet.com/



uni® POSCA® Exclusive Special Edition Set

This art set features 22 vibrant POSCA paint markers that will bring color and excitement to your projects. The sleek design and lightweight zipper make it convenient to carry while keeping all markers organized. **\$68.99**, www.unibrands.co

uni-ball Zento Gel Ink Rollerball Pens

The Zento pen collection, made from 76% recycled material, provides a mindful and tranquil writing experience with their super-smooth and quick-drying flow. **\$28**, www.amazon.com



Swingline Fashion Stapler by Leah Bisch

Both sturdy and stylish, you’ll keep your desk organized with this high-quality stapler that fastens up to 20 sheets of paper at once. **\$18.70**, www.amazon.com



Swingline Optima Electric Stapler

This sleek and efficient stapler effortlessly handles up to 20 sheets with an option for cordless battery use, streamlining your tasks and maximizing productivity anywhere you need it. Available in other sizes. **\$59.99**, www.amazon.com

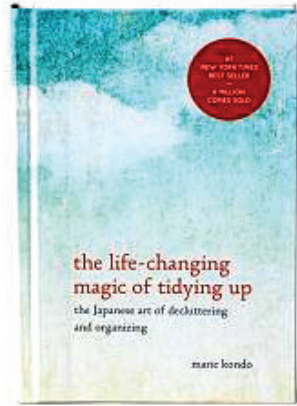
Quartet® Glass Portable Dry-Erase Pad, 5" x 8", Small Whiteboard, Black

Keep notes and reminders with you wherever you go. This uniquely designed small whiteboard fits perfectly in a bag or purse and opens and folds like a notebook for easy dry-erase writing. **\$44**, www.quartet.com



The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing
By Marie Kondo

Japanese cleaning consultant, Marie Kondo, takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Hardcover Book 1 of 3. **\$8.88, www.amazon.com**



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Swingline Electric 3 Hole Puncher

Designed to punch through 15 sheets at once, this efficient tool makes filing a breeze. With its user-friendly operation and modern design, you can easily keep your paperwork neat and organized. **\$54, www.amazon.com**

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Quartet® Glass Dry-Erase Weekly Planner, 17" x 22"

With its minimalist design and white background, this glass weekly whiteboard planner sits neatly on your desk. Organize your schedule, ideas and goals in one place. The perfect desktop tool in the office or at home. **\$84, www.quartet.com**



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LICENSE #157208254 | ADAKC.ORG
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Donation

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Hodel's COUNTRY DINING

Meal Planning in Five Easy Ways

AS WE ENTER THE NEW YEAR, it's the perfect time to adopt new habits that can make life easier and healthier. Rushing home from an exhausting day, the last thing on your mind is cooking a healthy dinner for your family. The kids are hungry, the baby is crying, it's already 5:30 pm, and you have nothing planned for dinner. Desperate for a quick solution, you use the drive-through for a less-than-delicious and not-so-nutritious meal. Sound familiar? Many parents find themselves so busy with work, school, homework, sports, activities, and errands that cooking weeknight meals may seem impossible. In reality, eating at home can be faster, easier, and more affordable, even on those busy school nights, with these five steps.

1

Create a Go To List

Start by making a list of meals your family already loves. Be realistic and keep it simple by adding quick and easy recipes that can be put together on a busy evening. Once you have your list, place it where you can refer to it again in the future. This list is your secret weapon to mastering mealtime.

2

Plan the Week

With your "Go To List" of meals in hand, start by consulting the family calendar. For the busiest and most stressful days, plan a crock pot meal. On days when everyone is coming and going at different times, try sub sandwiches with fruit. Pull ideas from your "Go To List" of meals to fill in the rest of the week. Meal planning will reduce the stress of the evening rush and solve your "What's for dinner?" conflict.

3

Go Shopping

Look over your meal plan and make a grocery list. Don't forget to check the freezer and pantry for items you may already have on hand. When you have your list, head to your favorite store and pick up your items.

4

Prep Ahead

Prepare as much food as possible in advance. Wash and chop vegetables and fruit, brown meat and put into one pound batches, put together casseroles in advance, and thaw any items you will need in the next few days. Chicken breasts can be cooked in large batches in the crock pot for later use in salads, casseroles, soups, or skillet meals. The more you prepare now, the less you have to do on those busy nights after work.

5

Stick To It

The hard work is done, and it's time to stick to your plan. Since everything is prepped and ready, you just have to finish your meals and enjoy. Unexpected challenges may come up, but with an organized plan, you will be able to handle most surprises with ease without getting stuck in the fast food rut once again.



Celebrating Chinese New Year with Homemade Dumplings

THE CHINESE NEW YEAR is a unique celebration with a global footprint. While many of the more awe-inspiring celebrations may occur within China, that doesn't mean there aren't ways to commemorate this unique event elsewhere. Celebrations can even take place at home, where individuals can whip up homemade Chinese fare to lend their festivities a more authentic feel.

This Chinese New Year, which falls on Wednesday, January 29, 2025, is the Year of the Green Snake. Those born under the Snake sign are known for their wisdom, intuition, and enigmatic nature. They are often seen as insightful, mysterious, and highly intuitive individuals.

Dumplings hold a special significance in Chinese New Year celebrations. They symbolize wealth and prosperity because of their shape, which resembles ancient Chinese gold ingots. Eating dumplings is believed to bring good fortune and financial success in the coming year. Additionally, making dumplings is often a family activity, symbolizing unity and togetherness. It's a time for family members to gather, bond, and enjoy the festive spirit.

For those who want to bring this unique event into their homes, they can try the following recipe for "Deep-Fried Pork Wontons" courtesy of Lines+Angles.

Deep-Fried Pork Wontons

INGREDIENTS

For the filling:

- 7 ounces minced pork
- 2 spring onions
- 1 green chili, deseeded
- 1 tablespoon grated ginger

- 1 garlic clove, minced
- 2 tablespoon fish sauce
- 1 tablespoon lime juice
- 32 square wonton wrappers
- Vegetable oil, for frying

DIRECTIONS

To serve:

Mixed leaf salad; cabbage, lettuce and coriander
Sweet and sour sauce

1. Mix together the ingredients for the filling, stirring in one direction.
2. Place double layers of wonton wrappers in front of you in a diamond shape. Place a little of the filling on the bottom half of the dough. Fold the bottom corner of dough over the filling and roll it once. Take the outside corners and bring them together, sealing with a little water. Stand the wontons on their flat bases and gently separate the two top flaps. Repeat with the remaining wrappers and filling.
3. Heat about 4 inches oil in a deep pan until gently bubbling, then fry the wontons in batches for 3 to 4 minutes or until golden brown and cooked through. Drain on paper towels then serve on beds of the mixed leaves with the sweet and sour sauce alongside.



Are you a Green Snake?

If you were born in **1905, 1965, or 2025**, then you fall under the Year of the Green Snake according to the Chinese zodiac calendar and occurs once every 60 years.

What Type of High School is Best for Your Teen?

Next year, my twins will be entering the ninth grade, their first year of high school. Their grades will soon “count” if they apply to colleges, and the type of high school they attend will also be a considered factor by college admission boards. I attended a typical public high school, but my husband attended a public magnet high school and a private school for elementary through middle school. We both feel as if we received a good high school education that prepared us for college. However, since we attended different types of high schools, we wanted to explore all the options for our twins. Our different upbringings led to a discussion about what type of high school would be best for our twins. We also are considering if they should attend the same school since they have different needs and personalities.

Before we could answer those questions, we researched all the different types of high schools. Even though I’m focusing on high schools, most of these options are also available in younger grades.

TYPES OF SCHOOLS

PUBLIC SCHOOLS

School Choice: Attend a school outside your district, usually with provided transportation. Selection is typically based on a lottery system.

Vocational Schools: Offer specific trade or career training programs, such as mechanics, engineering, performing arts, and nursing.

Vouchers: Issued to students in certain states to pay for private school tuition.

Tax-Credit Scholarships: Allow people and businesses to pay state taxes to private nonprofit scholarship organizations that issue scholarships to K-12 students.

Magnet Schools: Highly selective and competitive public schools requiring applications and tests.

Charter Schools: Independently run public schools with different rules and regulations than typical public schools.



PHOTO BY TESSA WARNER PHOTOGRAPHY

PRIVATE SCHOOLS

Require tuition payments and applications. Funded by tuition, endowments, grants, and donations. Some are affiliated with a religion.

HOME SCHOOLS

Educate students at home by a parent, tutor, or online program. Regulated by state requirements.

FACTORS TO CONSIDER WHEN MAKING A DECISION

Cost: Private school tuition averages \$10,000 per year. Consider vouchers or tax-credit scholarships if available. Factor in transportation costs for public schools.

School Size: Smaller class sizes can benefit students who are easily distracted or need more assistance. Private schools often offer smaller classes.

Learning Style: Hands-on learners may benefit from vocational or charter schools, while competitive students might thrive in magnet schools.

Friendships: Friends help teens develop their identity. Have your teen visit poten-

tial schools to see how they interact with other students and explore social clubs, sports, and activities.

School Reputation: Compare schools based on graduation rates, spending per pupil, and college readiness using resources like US News and World Reports, GreatSchools.org, and the National Assessment of Educational Progress (NAEP).

WHAT WILL WE DECIDE?

After my twins receive their grades this year, we will determine if their educational needs are being best served at their current school. We will discuss factors such as class size and learning styles and visit other schools to compare options. Ultimately, we will ask our twins which type of school they would prefer since they will be the ones attending. By being actively involved in their education, we hope any school they attend will help prepare them for college or the workforce.

Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter.



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Head Start is a comprehensive child development program for low-income families and children with disabilities. We are focused on supporting all areas of development and working with families every step of the way to ensure children are ready to enter kindergarten.

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We take ages 0 to 5



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JANUARY 1

17th Annual Polar Bear Plunge

Dive into the 2025 New Year in style - and cold! - at the 17th Annual Polar Bear Plunge. Hot chocolate will also be available for participants and spectators. Sweaters available for purchase while supplies last!

11 a.m.

McMurtrey Aquatic Center
1325 Q St Suite 200
Bakersfield, CA

<https://www.bakersfieldcity.us/>

Polar Bear Plunge @ BC

\$20 drop-in fee. Swim guests may purchase a Guest Parking Permit to park on the BC campus. Guest Permits may be purchased on the Daily Permit webpage.

9 a.m. – 1 p.m.

Bakersfield College
1801 Panorama Dr.
Bakersfield, CA
661-395-4011

<https://www.bakersfieldcollege.edu/community/pool.html>

JANUARY 8

National Bubble Bath Day!

Is it okay to skip bathtime? Check out our January Health News to Use on page 8 to see what American Academy of Dermatology has to say.

JANUARY 9

Buffets Margaritaville

Buffett's Margaritaville is an explosive celebration, with a band that is as talented as it is



passionate. You'll be treated to a performance that captures the essence of the iconic music of Jimmy Buffett, featuring all his greatest hits, that will have you singing along and dancing in your seat.

6:30 p.m.

The Nile Theater
1721 19th St.
Bakersfield, CA
<http://thebakersfieldfox.com/event/buffetts-margaritaville/>

JANUARY 10

Volunteer BIG Kern Day

Volunteer Big Kern is Kern County's newest one day volunteer event. There are so many nonprofits doing amazing work in our county, and they need volunteers to help them achieve their goals



and live their mission. If you are interested in learning more, visit <https://www.give-bigkern.org/info/vbk>

JANUARY 11

35th Annual Fog Run

The Probation Auxiliary County of Kern presents their 35th Annual 5K-10K Fog Run/

Walk. This is a fun and family friendly race to support at-risk youth in Kern County.

8 a.m.

Lake Ming
6299 Lake Ming Rd.
Lake Ming, CA
<https://www.kernprobation.com/probation-auxiliary-county-of-kern-p-a-c-k/>

THE BEST LOCAL CALENDAR OF EVENTS!

This calendar is edited for space. For details about these events or other activities, please visit kerncountyfamily.com

2nd Annual Fatherhood Conference

Breakout rooms, lunch, and giveaways! The conference is intended for adults only.

8:30 a.m. – 2 p.m.

Double Tree Hotel
3100 Camino Del Rio Ct.
Bakersfield, CA
<https://www.instagram.com/capkheadstart/>

CSUB's Faith & Family Night

Join us for a night of fun, family, and basketball as we host Faith and Family Night. All members of the religious community, no matter their faith or denomination, are invited to attend as a group, family, or individually.

6:30 p.m.

CSUB Icardo Center
9001 Stockdale Hwy.
Bakersfield, CA
<https://gorunners.com/news/2024/10/31/general-2024-25-mens-basketball-promotional-schedule.aspx>

Guitar Masters Present: AJ Lee & Blue Summit

Join us for a night of great music and good vibes! Doors open at 5 p.m. Dinner served until 7 p.m. Show starts at 7:30 p.m.

5 p.m.

Buck Owens' Crystal Palace
2800 Buck Owens Blvd.
Bakersfield, CA
<https://www.buckowens.com/events/>

JANUARY 18

PBR Velocity Tour

Witness the fiercest bull riders battle it out for an unforgettable night of thrills and spills. Get ready for heart-pounding action, top-tier athletes, and bucking bulls that won't back down!

7 p.m.

Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA
https://www.mechanicsbankarena.com/event/professional-bull-riders-velocity-tour/axs_674808/



January 8 is Bubble Bath Day!



The 35th Annual Fog Run steps off on January 11 at Lake Ming.

Rio Bravo Rumble 5K/10K

It's that time of year again! Lace up your shoes and get ready for the annual Rio Bravo Rumble!

9 a.m.
Rio Bravo Ranch
15701 Hwy 178
Bakersfield, CA
<https://runsignup.com/Race/CA/Bakersfield/RioBravoRumble>

Distribution is free and open to the community.

11 a.m. – 12:30 p.m.
Student Union Multi-Purpose Room 125
9001 Stockdale Hwy.
Bakersfield, CA
<https://www.csub.edu/events/calendar/>

JANUARY 20



Martin Luther King Jr. Day

On January 20, 2025, the Dr. Martin Luther King, Jr. holiday will mark the 30th anniversary as a National Day of Service. This day was established to honor the life and legacy of Dr. King, and to encourage all Americans to volunteer to improve their communities.

<https://www.dodea.edu/news/observance-calendar/martin-luther-king-jr-day>

JANUARY 22

ADAKC Cinnamon Roll Drive

Pick up your delicious tin of hot Hodel's cinnamon rolls and support the mission of ADAKC! NOTE: Event lasts until cinnamon rolls are sold out.

6 – 11 a.m.
Compassion Corner
2120 L St.
Bakersfield, CA
<https://www.adakc.org/event/2025-cinnamon-roll-drive/>



CSUB'S 7th Annual Gospel Fest, January 31 at the BHS Harvey Auditorium, will feature a choir, dance groups, and soloists from the spiritual community.

JANUARY 21

Food Distribution

CSUB will be hosting their monthly food distribution.

JANUARY 25

KAN Star Wars LEGO Workshop

Join Kern Autism Network Inc., in an innovative and exciting workshop just for our children! LEGO Workshop is for children with autism

spectrum disorders and their siblings. All disabilities are encouraged to attend.

10 a.m. – 12 p.m.
Garces Memorial HS
2800 Loma Linda Dr.
Bakersfield, CA
<https://kernautism.org/>

The Bako Market

Start your year by supporting local businesses and discovering unique finds. From hand-crafted treasures to delicious eats, the Bako Market has something for everyone!

10 a.m. – 3 p.m.
Centennial Plaza-Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA
<https://www.instagram.com/thebakomarket/>

JANUARY 31

7th Annual Gospel Fest

CSUB's 7th Annual Gospel Fest will bring the Bakersfield community together to celebrate the kickoff of Black History Month. The event will feature a choir, dance groups, and soloists from the spiritual community.

6 – 10 p.m.
BHS Harvey Auditorium
1241 G St.
Bakersfield, CA
<https://www.csub.edu/events/calendar/>

Teenager

Noun. Someone who is ready for the zombie apocalypse, but not ready for the math test tomorrow.

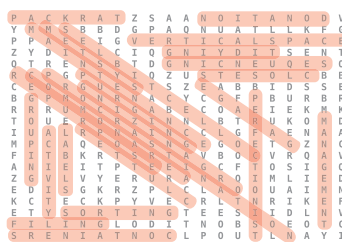
quotespictures.com

ACTIVITY CORNER ANSWERS

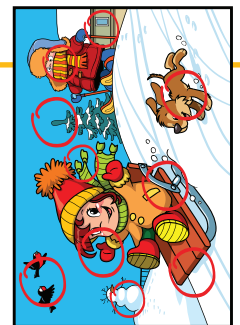
ACTIVITY CORNER: PAGES 30-31

3	9	6	8	6	1	2	4	
1	6	2	3	8	4	5	9	7
4	5	7	1	2	9	3	6	8
5	3	1	8	9	6	4	7	2
8	2	9	4	1	7	6	3	5
6	7	4	5	3	2	8	1	9
7	1	3	2	4	8	9	6	5
9	8	6	7	5	3	2	4	1
2	4	5	9	6	1	7	8	3

- CROSSWORD**
- 1. Recipes
 - 2. Path
 - 3. Muffins
 - 4. Laugh
 - 5. Stun
 - 6. Data
 - 7. Hit
 - 8. Mornings
- Across
Down



WORD SEARCH SPONSORED BY:



ONGOING EVENTS



NOW THROUGH APRIL

Bakersfield Condors Hockey

Come cheer on the Bakersfield Condors on home ice!

Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA
<https://www.bakersfieldcondors.com/schedule/schedule-list/>

NOW THROUGH MARCH

CSUB's Men & Women's Basketball

Come cheer on the Roadrunners on their home court!

CSUB Icardo Center
9001 Stockdale Hwy.
Bakersfield, CA
<https://gorunners.com/index.aspx>

DECEMBER 26 – JANUARY 6

Christmas Tree Recycling

Kern County Public Works' 2024 Christmas Tree Recycling Program provides residents an opportunity to recycle one of their most cherished holiday centerpieces – their Christmas tree! The program encourages residents throughout the County to recycle their Christmas trees at various County and partnering locations.

To find a drop off location

near you, visit <https://www.kernpublicworks.com/services/solid-waste/recycling/christmas-tree-recycling-program>

SATURDAYS

F Street Farmers Market

Bakersfield's longest-running Farmers Market!

Accepts cash, card & EBT Snap.

7:45 a.m. – 12 p.m.

2819 F St.
Bakersfield, CA
<https://fstfarmersmarket.com/>

RiverLakes Farmers Market

Farm to Table, fresh produce!

Our certified farmers bring you the freshest fruits and vegetables every Saturday.

9 a.m. – 1 p.m.

Centennial High School
8601 Hageman Drive
Bakersfield, CA
https://www.instagram.com/riverlakes_farmers_market/?hl=en

SUNDAYS

Haggin Oaks Farmers Market

Sundays are for the Farmers Market!

Visit over 70 different vendors at the biggest Farmers Market in town.

9 a.m. – 2 p.m.

8800 Ming Ave.
Bakersfield, CA
<https://www.instagram.com/>

Worship Guide

SPONSORED BY:

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KAXL

Let Hope Guide Us in 2025

As we move into 2025, let's choose hope—a light that can guide us through challenges and inspire a brighter future. 2025 offers an opportunity to heal, innovate, and unite. Let's build a world where compassion drives action, and resilience defines progress. Hope begins with God. Let's commit to acts of kindness and service, empowering our families and community. Small actions—helping a neighbor, providing for the poor, or supporting a cause. Together, we can change the world around us in the name of Christ. 2025 calls for bold innovation! This new year can be the year when you see your greatest growth. Don't be content with the "what was". Don't be satisfied with the "what is". Set your eyes on the "what can be"! Above all, hope thrives in unity. Across borders, cultures and beliefs we must listen, collaborate, and embrace those around us. Together, we can challenge the voices of divisiveness and shout the message of hope to the world! In 2025, let us dream boldly and act decisively. Let hope fuel our journey toward a world where every voice matters, every effort counts, and God is glorified and praised. 2025 is our moment to make hope a reality!

By Jon Engen, 88.3 Morning Show Host



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KERN AUTISM NETWORK, INC.

"Kern Autism Network Inc. provides support, awareness, information and education to families and the public throughout Kern County"



Happy New Year

Chess Club for Teens Sunday, Jan. 12th, 3 p.m. @2200 Oak Street. Register: www.kernautism.org

Parent Support Group Meeting Wednesday, Jan. 15th, 6 p.m. @2200 Oak Street. Register: www.kernautism.org

Female Support Group Thursday, Jan. 16th. Contact our office for details. Register: www.kernautism.org

Father Virtual Autism Support Group Saturday, Jan. 18th, 2:30 p.m.

LEGO Star Wars Workshop, Saturday, Jan. 25th @Garces Memorial H.S.

Register at www.kernautism.org via the Eventbrite link. Event is for Autistic children and related disabilities.

EARLY SIGNS OF AUTISM:

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships

SERVICES OFFERED:

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com
 2200 Oak Street, Annex Building

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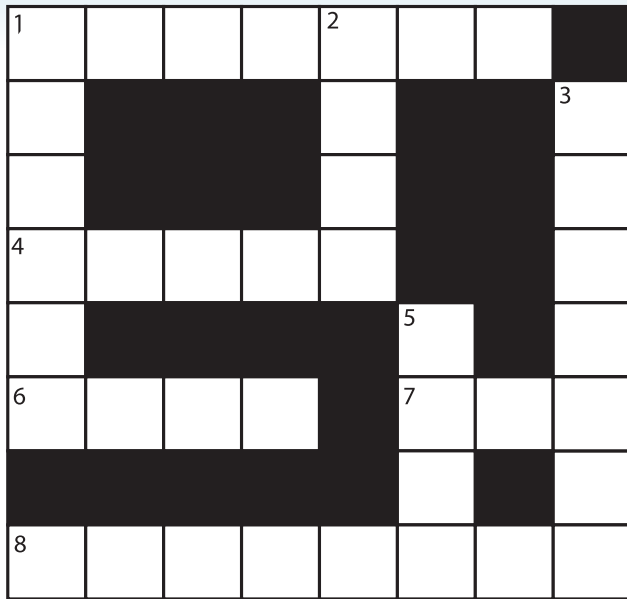
TO ENTER GO TO:
<https://kerncountyfamily.secondstreetapp.com/January-2025-Hello-Happy-Mama-contest-Motor-City-Peg-Perego/>

CONTEST SPONSORED BY **Motor City** BUICK | GMC



JANUARY ACTIVITY CORNER

Crossword



ACROSS

1. Instructions for preparing meals
4. Happy sound
6. Computer info
7. Prefix meaning "having three"

8. Early parts of the day

DOWN

1. Type of oatmeal oats
2. A way or track
3. Breakfast cupcakes
5. Shock or amaze

Sudoku

2	4	5		6	1				
	8		7					4	
7	1				8	9			6
		4	5		2				9
	2			1	7	6			
						4	7		
				2		3			
1			3		4				
	9	8			5	1			

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve: the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes. The more numbers you name, the easier it gets!

There are 10 differences in the pictures below. Can you find them all?



DID YOU KNOW?

January is National Ski & Snowboard Month

Did you know that the word 'Skiing' is the only six-letter word in the English language with a double 'i' exactly in the middle?



JANUARY ACTIVITY CORNER

PUZZLE ANSWERS
PAGE 26

NEAT AND TIDY WORD SEARCH

PRESENTED BY PACIFIC AG RENTALS

P A C K R A T Z S A A N O I T A N O D V
 Y M M S B B D G P A Q N U A T L L K F G
 P P A E E I G V E R T I C A L S P A C E
 Z Y D I T L C I Q G N I Y D I T S E N T
 Q T R E N S B T D G N I C N E U Q E S O
 R C P G P T Y I Q Z U S T E S O L C B B
 C E O R G U E S T S Z E A B B I D S S E
 B G P M O N R N A C Y C G F P B U R B R
 R R R U M C I G A B E C O A E I E K M K
 T O U E R O R Z I N N L B T R U K O M D
 I U A L R P N A I N C C L G F A E N A A
 M P C A Q E O A S N G E G O E T G Z N C
 F I T B K R T S R T A V B O C V R Q A V
 A N I E I T P T E E I G C F T O S I G Q
 Z G V L V Y E R U R A N R Q I M L I E D
 E D I S G K R Z P L C L A O O U A I M N
 K C T E C K P Y V E C R L T N R I K E F
 E T Y S O R T I N G T E E S I I D L N V
 F I L I N G L O D I T N O B S O E O T C
 S R E N I A T N O C L P O U T L N A Y I

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