

SMART FUN FOR COOL KIDS

# Kid Scoop News®

NOVEMBER 2017

## S.J. SHARKIE SPEAKS!

Questions answered by the Sharks hockey-loving mascot.

## COMMUNITY HELPERS

When wildfires broke out in Northern California, many people stepped up to help. First responders jumped into action and community volunteers helped those affected by the fires.



Which color leaf appears most on this page: red, yellow, orange or brown? Make a graph to show your answer!



Kid Scoop News  
recognized with a **Tier 3**  
placement in Sonoma  
County's Portfolio of Model  
**Upstream Programs**



This copy of  
**Kid Scoop News®**  
belongs to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# NOVEMBER

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DESIGNED AND PRINTED IN THE BAY AREA



## WOODWORD'S CORNER

### Dear Readers,

Early on October 8, wildfires broke out in Sonoma and Napa counties. Thousands of homes were lost to the massive fires and lives were lost, too. Members of the Kid Scoop News team had to evacuate as the fires got closer to our home base. It was a very scary time.

**Color the message  
thanking first responders  
below and we'll publish  
as many as we can in our  
next issue. But we'll also  
send them to firefighters,  
EMTs, police officers and  
other emergency teams to  
let them know they are  
appreciated!**

But it was also a time to see how people come together to help each other during times of trouble. Neighbors helped neighbors, strangers became friends. People throughout the Bay Area, the state and the nation donated their time, energy and money to help those affected by the wildfires.

And the amazing first responders, what can I say about their bravery and kindness? Firefighters, EMTs, police officers, medical teams, rescue workers of all kinds went above and beyond to help during frightening and dangerous situations again and again and again.

Kids helped, too! Some took donations of clothing, food and toys for other kids in need.

Thanksgiving is a time we set aside to appreciate the people and things in our lives for which we are grateful. For me, that list gets longer and longer each year. Thank you for being YOU!

**Woodword**

## SEE YOUR ARTWORK IN KID SCOOP NEWS!

**THANK YOU  
FIRST  
RESPONDERS!**

Use crayons or markers to create a beautiful, colorful message of thanks to first responders who help people in times of need. We'll share as many as we can in our next issue!

Be sure to mail it to us no later than November 14, 2017. Send your artwork to:

**KID SCOOP NEWS  
P.O. Box 1802  
Sonoma, CA 95476**

First Name: \_\_\_\_\_

City: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

NEIGHBORS HELPING NEIGHBORS

# HARVEST IN THE CITY

In November we think about Thanksgiving, a holiday started by farming communities to give thanks for a good harvest. Today, people in farms, cities and suburban neighborhoods all celebrate Thanksgiving.

But for people living in big cities, growing and harvesting the food

you eat may be difficult. Many children who live in cities have never been to a real farm.

Instead, most people get their fruits and

vegetables from grocery stores. But in San Francisco, there is a man who has a large garden where he grows food, harvests it and gives it away for FREE!

How does Tree and his team grow food in a busy city? Read on!



## Urban Farm Gives Food Away for Free

In 2008, a man who calls himself Tree, turned a small, empty lot in San Francisco into a farm. But he didn't want to grow food and sell it, he wanted to grow food and give it away for free.

And that is what he has done. Since 2008 he figures he has given away more than 28 tons of fresh produce.

Tree invites volunteers to plant seedlings and help to care for the garden. "We're going to grow food

here, and then we're going to give it away to people who need it," he says.

His farm is called the Free Farm. It is farmed by a group of people who decided the unused parcel, on a busy city street, was a great place for a peach tree to grow.

And a mulberry tree. And potatoes. And more and more kinds of food each year, all grown by unpaid local volunteers.

"Doing things for free encourages people to share,"

Tree said. "It encourages people to be a closer community, to be family. And it provides people the chance to be generous with each other."

Read more about the Free Farm Stand at [freefarmstand.org](http://freefarmstand.org)



It took a lot of what Tree calls "grunt work" to turn this empty lot into a garden that produces tons of fresh fruits and veggies.



Photos: Free Farm Stand / pachd.com



*Read one of the articles on this page. Then answer the questions below!*

**What is this article about?**

---



---

**How did it happen?**

---



---

**Where did they do it?**

---



---

**Why did they do it?**

---



---

# Priscilla's Got Problems!



Priscilla Pilgrim is having a bad day. Her day is full of puzzling problems. Can you help Priscilla solve her problems?

## Table Upset

Priscilla carefully set the table for the family's Thanksgiving dinner.

But someone has upset the whole thing!

*Priscilla is having problems!*

Cut out the pieces and match the shapes to put the table back together.

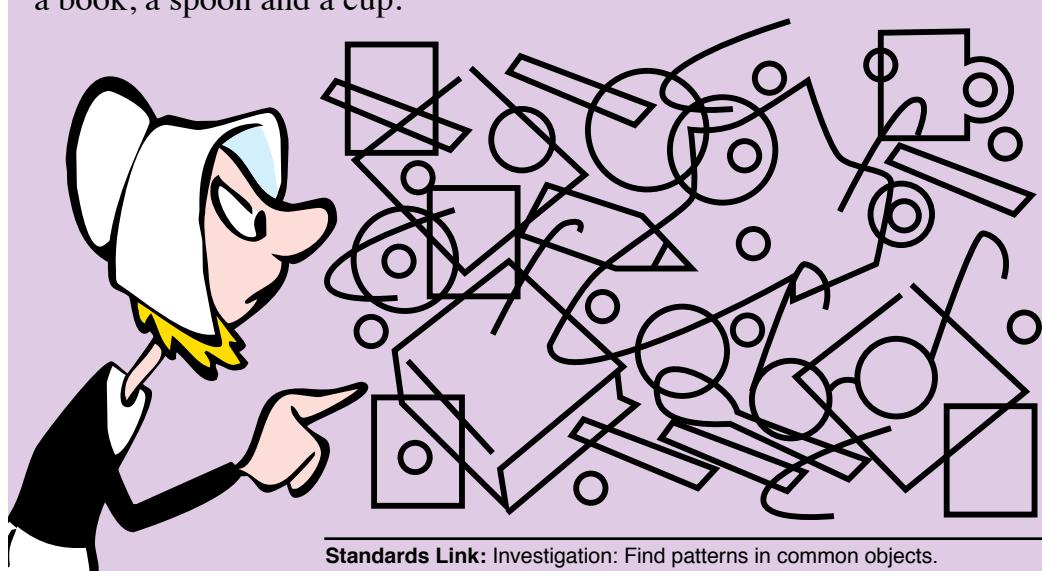
**Standards Link:** Math / Problem Solving: Identify attributes of geometric objects and match shapes.



## Oops! Time for a Pilgrim Pick Up!

Priscilla tripped while carrying a basket of her mother's things through the garden. *Priscilla is having problems!*

Help Priscilla find her mother's things: a shoe, a pencil, a pair of glasses, a book, a spoon and a cup.

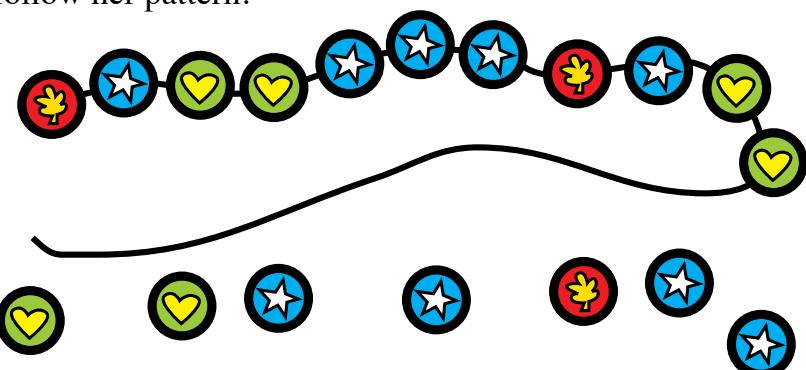


**Standards Link:** Investigation: Find patterns in common objects.

## Pain in the Necklace

Priscilla made a necklace for her brother, Percival Pilgrim. Oh no! Somebody broke it! *Priscilla is having problems!*

Help Priscilla put the necklace back together. Be sure to follow her pattern.



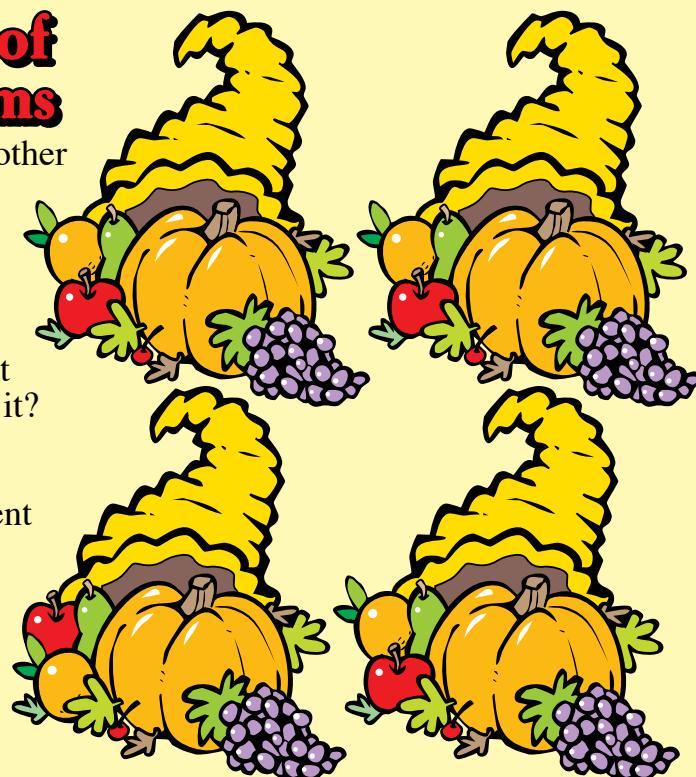
**Standards Link:** Math Reasoning: Extend patterns.

## Kid Scoop® Puzzler

**Plenty of Problems**

Priscilla's mother asked her to pick up a cornucopia arrangement from her neighbor. But which one is it?

It's the one that is different from all the others. Look carefully!



**Standards Link:** Visual Discrimination: Find similarities and differences in common objects.

**Double Double Word Search**

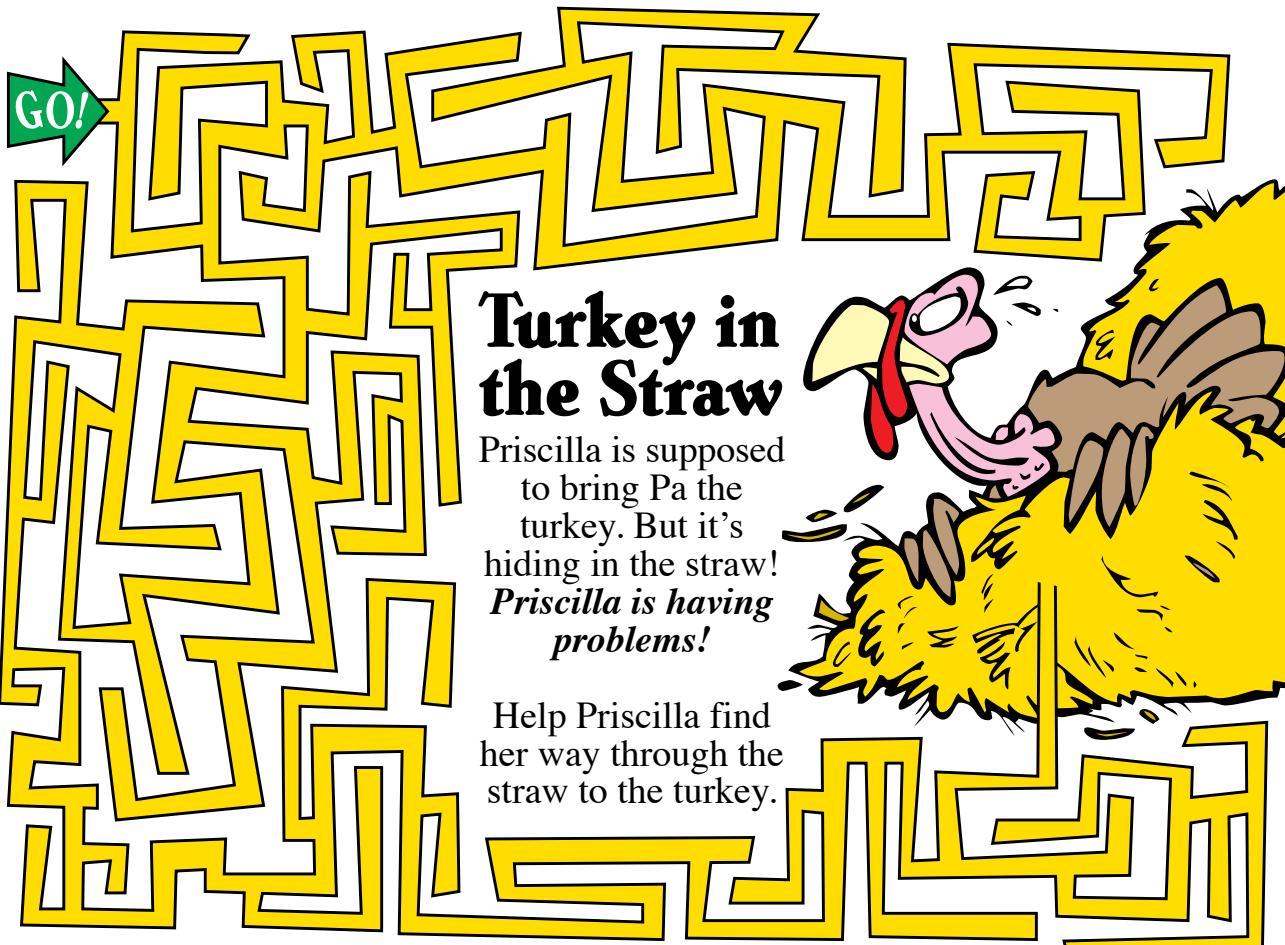
PRISCILLA  
PILGRIIM  
FEAST  
STRAW  
NEIGHBOR  
APPLES  
PROBLEMS  
FAMILY  
TABLE  
GARDEN  
UPSET  
THING  
HIDING  
PAGE  
TIME

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

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

**Standards Link:** Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

GO!



**Standards Link:** Reading Comprehension: Follow simple written directions.

**Extra! Extra!**

**Family Thanksgiving Search**

When friends and family gather for Thanksgiving, start up the fun with this activity they can all do together!

Give each person at your Thanksgiving feast a page of the newspaper. See who can find each of the following in his or her paper:

- A number between 500 and 1,000
- A pronoun
- An abbreviation
- Three numbers that add up to 100
- Someone solving a problem
- A problem to be solved
- Something to be thankful for

**Standards Link:** Research: Use the newspaper to locate information. Number Sense: Add numbers to 100. Grammar: Identify abbreviations and pronouns.

# VETERANS DAY

**F**rom the mid-1950s through 1975, nearly 3 million Americans served in the Vietnam War. The Vietnam Veterans Memorial in Washington, D.C. permanently displays the names of the 58,195 men and women who gave their \_\_\_\_\_ in service to our country.

Sometimes called “The Wall,” the Vietnam Veterans Memorial is a very \_\_\_\_\_ monument. It is a place for friends, family members and people from around the country and the world to \_\_\_\_\_ to remember the sacrifice of those who died.

Many visitors use paper and a \_\_\_\_\_ or chalk to make rubbings of some of the names as a keepsake and reminder of their \_\_\_\_\_ to the memorial.

Replace these words missing from the article.  
**GATHER VISIT LIVES THINKING PENCIL POWERFUL**



Photo by Hu Toyta

The Memorial was designed by a Yale University student named Maya Ying Lin.

## See ‘The Wall’

Can’t travel to Washington, D.C. to see the wall? There is a traveling replica of The Wall that visits cities across America throughout the year. You can see the schedule at [www.vvmf.org](http://www.vvmf.org) to find out where it can be seen.

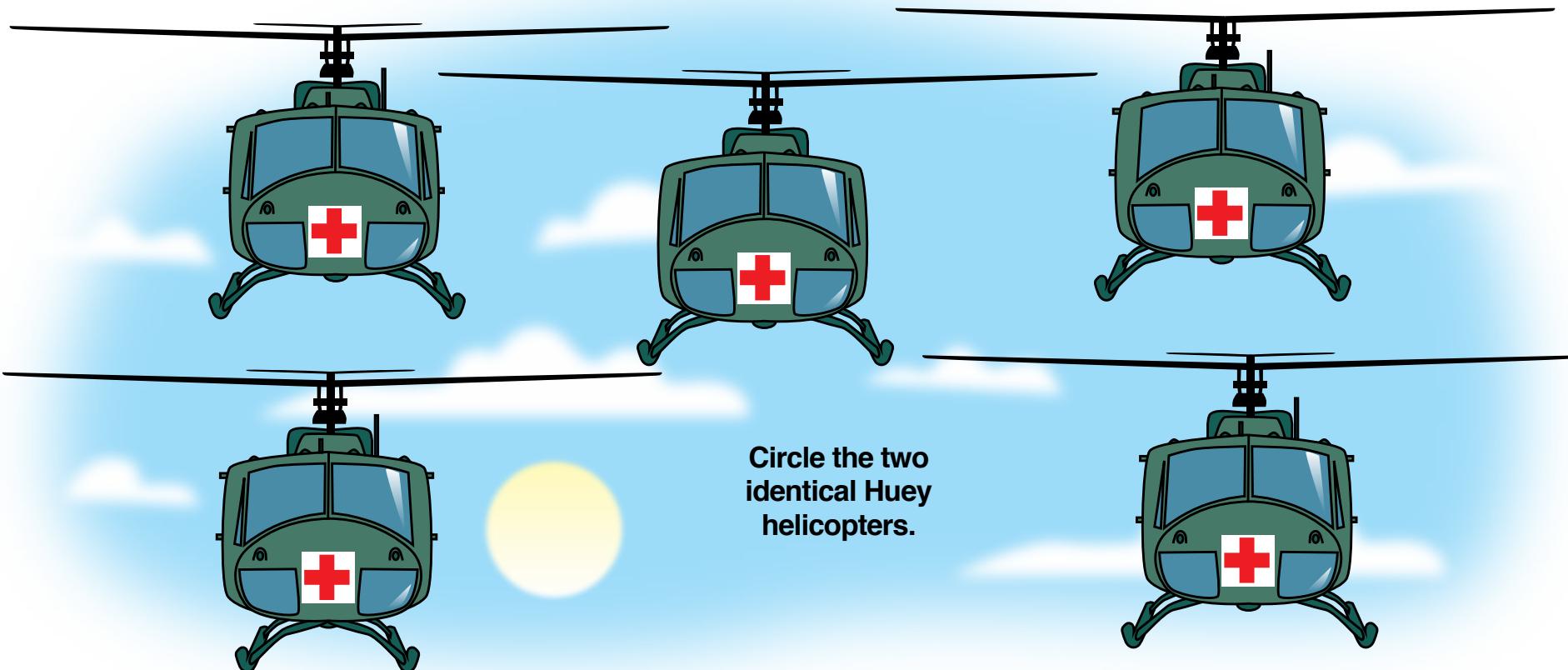
The replica is 80% the size of the actual Vietnam Veterans Memorial, but it includes every one of the names.

This year marks the 35<sup>th</sup> anniversary of The Wall. Special events will be held in Washington, D.C.



Photo courtesy VFW Post 1943

**Standards Link:** Civics: Students know how Veterans Day reflects the shared values, principles and beliefs of Americans.



# The Great National Bird Debate!

## Eagle or Turkey? What do you think?

Which would make a better \_\_\_\_\_ of the United States – a bald eagle or a turkey?

More than 200 years ago, the Founding Fathers wanted to choose an animal for the great seal of the United States. They wanted an animal that would \_\_\_\_\_ what the newly formed United States of America was all about.

For six years, \_\_\_\_\_ bitterly debated which animal would be the country's symbol. Finally in 1782, the bald eagle was selected.

### **Vote for the turkey!**

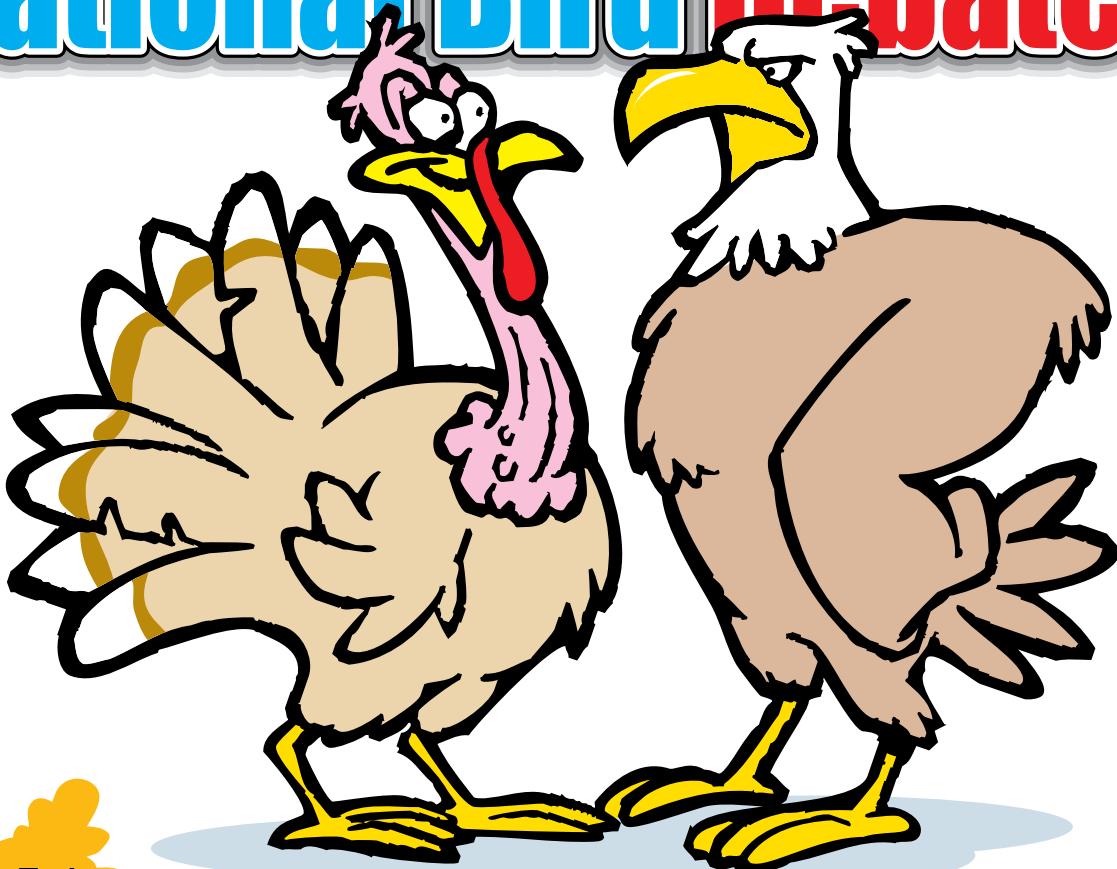
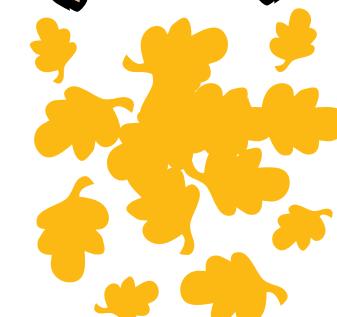
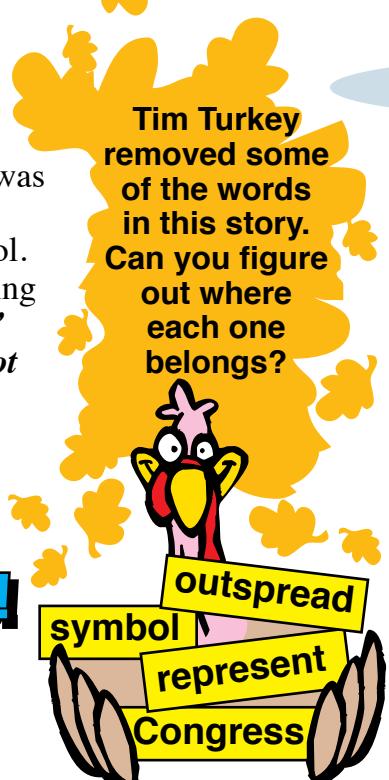
Not everyone thought the bald eagle was the right animal. Benjamin Franklin thought the turkey was a better symbol. Franklin wrote to his daughter, referring to the eagle's "*bad moral character*," saying, "*I wish the bald eagle had not been chosen as the representative of our country! The turkey is a much more respectable bird, and withal a true original native of America.*"

### **Vote for the bald eagle!**

The bald eagle supporters finally had their way and it has been the national bird of the United States since 1782, when it was placed with \_\_\_\_\_ wings on the great seal of our country.

But, Ben Franklin's words remind us that the turkey is also a special creature. In truth, if someone calls you a turkey, take it as a compliment!

**Standards Link:** History: Students recognize national symbols such as the bald eagle.



### **Do all turkeys gobble?**

Unscramble the letters in each leaf pile to discover the answer (four words).

L O N Y

L M E A

Y U K T S R E

L O B G E B

**Standards Link:** Reading Comprehension: Follow simple written directions.

### **What does a national bird do?**

As the national symbol of the United States, the bald eagle appears in many government buildings and on official documents, making it the most pictured bird in all of America. The eagle also appears on the President's flag and billions of bills and coins.



# Community Helpers Keep Us Safe

On October 8, 2017 wildfires started burning land and buildings in Northern California. For many people it was a very scary time.



**B**ut the good news is that as soon as the fires started, first responders jumped into action. First responders are fire fighters, police officers, medical teams and other people specially trained to help in emergencies.

They drove by people's homes to tell them to get away from the fires, or evacuate. They even helped people find their horses, dogs, cats and kittens.

## Ready To Help!

Sometimes scary things happen, and that is why our government hires trained people to help out during a disaster.

Volunteers also help out during disasters. The Red Cross quickly set up shelters for people who had to leave their homes. Community volunteers donated food as well as blankets, pillows, bottled water, toys, clothes and pet supplies to the shelters.

During difficult times people come together to help their neighbors and fellow citizens.



**Sonoma Valley Rotary Club** put a call out for donations and truckloads of goods came in from all over the Bay Area and from as far away as Phoenix, Arizona!



Photo courtesy of Robbi Pengelly / The Sonoma Index-Tribune

**The Red Grape** restaurant turned into a distribution center for donated food from local restaurants, grocery stores and bakeries. Food was then distributed to evacuation centers in the fire areas as well being given to firefighters and police.



Ava, an 8-year-old girl in the East Bay, collected donations for people affected by the wildfires.



Photos: Vivien Whittington

Colorful signs created by grateful adults and kids thanking first responders began popping up all over Sonoma and Napa counties on road signs, shop windows and fenceposts.

## YOU Can Help, Too!

A note or card from a young person is a great gift that rewards our first responders and volunteers. Write a note or make a card and send it to us. We'll give these to the wonderful people helping our communities stay safe.

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# What to do when you are scared!

Do you ever feel scared?

Fear is very normal, everyone feels afraid at times.

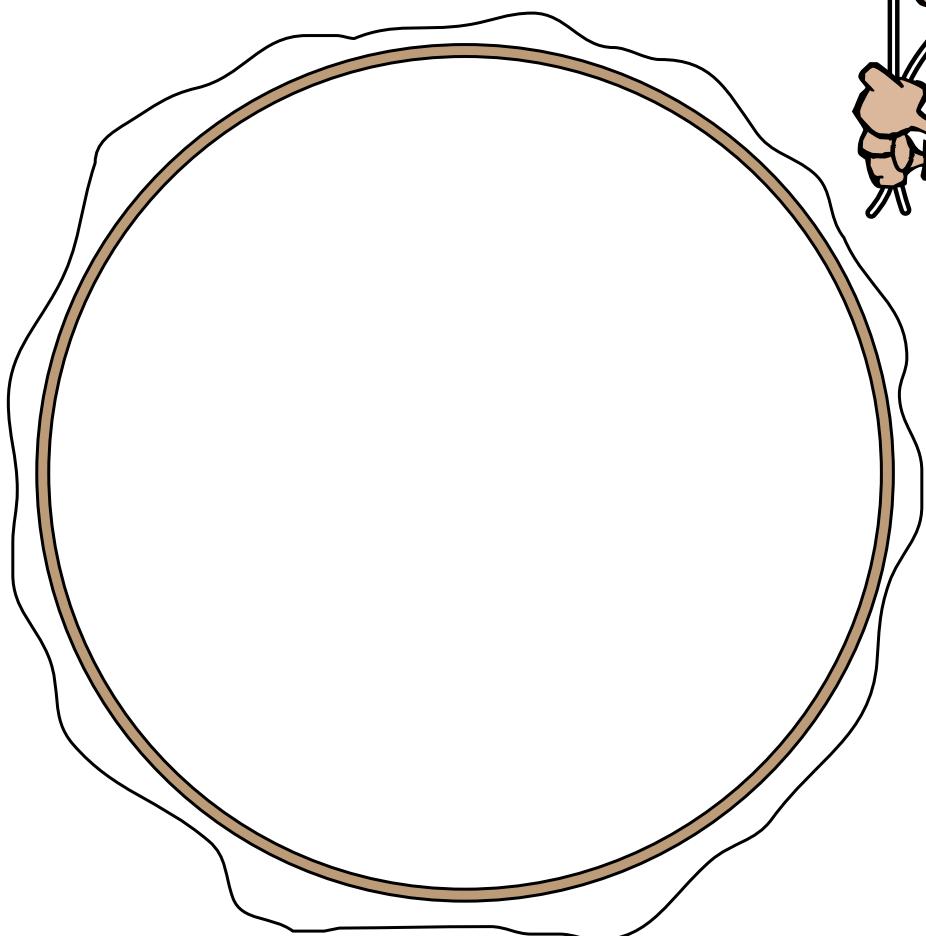
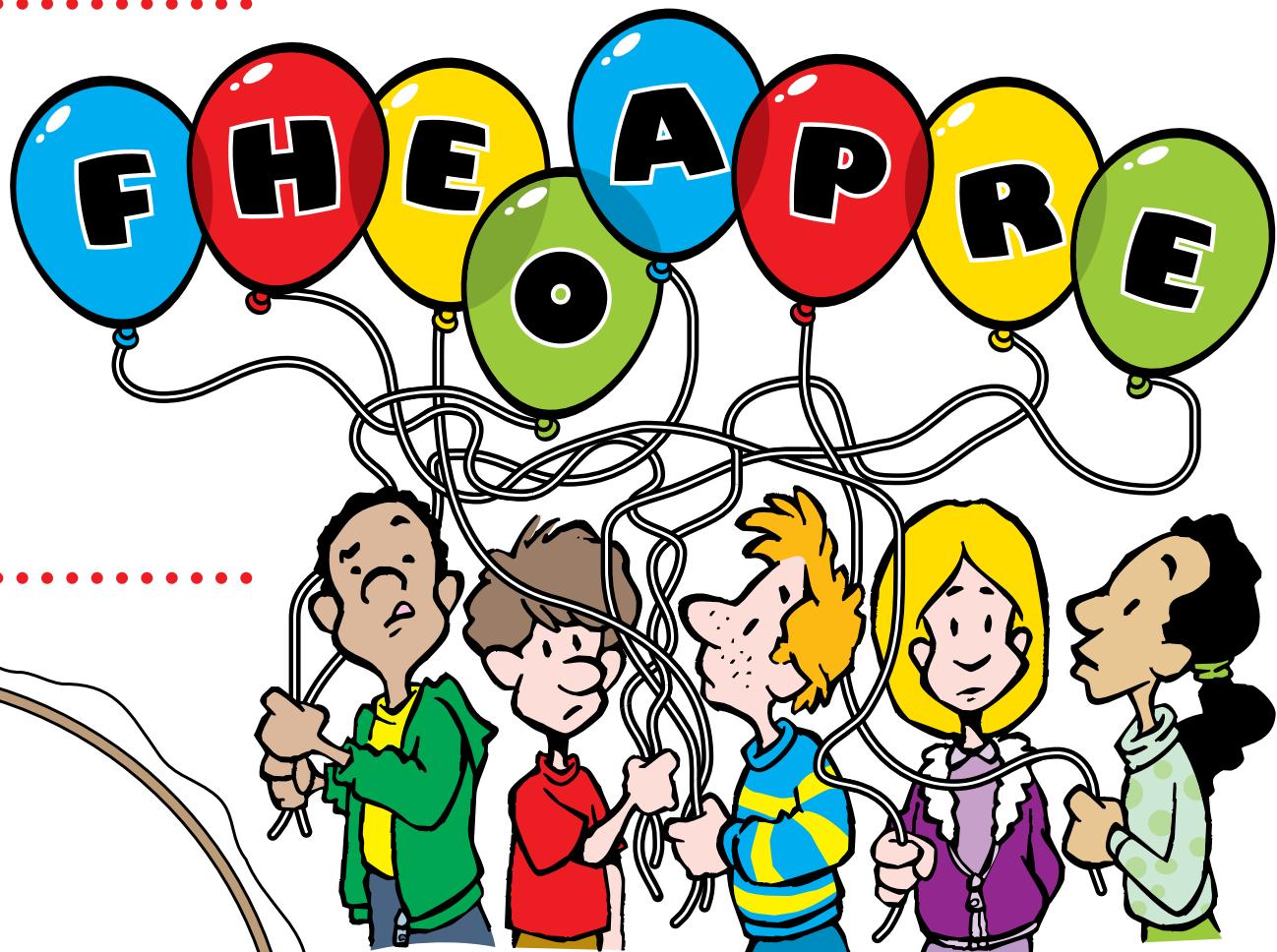
Next time you are feeling afraid – try the activities on this page!

.....

## Pop the Fears!

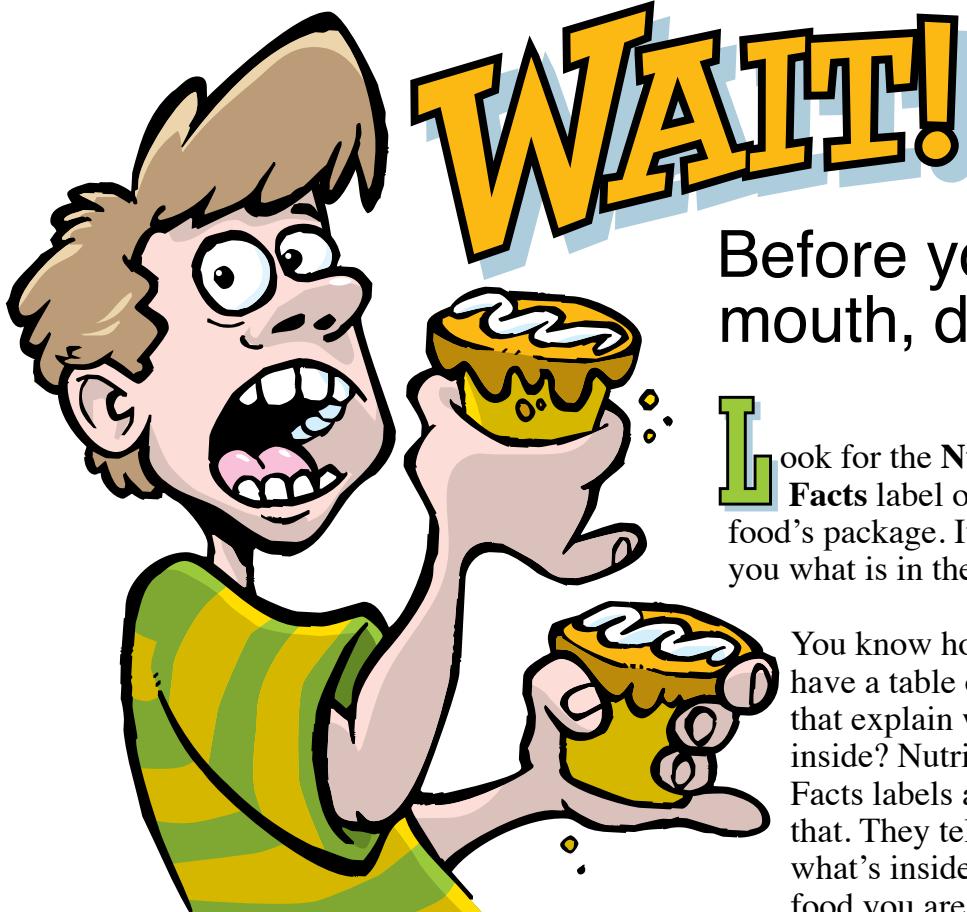
Cross out or “POP” the balloons with the letters that spell FEAR. What do the letters on the remaining balloons spell? Can you figure out who is holding which balloon?

.....



## Shield of Strength

Make a Shield of Strength by decorating the circle on this page with things that make you feel strong and safe. Draw and write words. You can also look for words and pictures in the newspaper to decorate your Shield.



Before you pop that bite of food into your mouth, do you know what exactly is in it?

**L**ook for the Nutrition Facts label on the food's package. It will tell you what is in the food.

You know how books have a table of contents that explain what's inside? Nutrition Facts labels are like that. They tell you what's inside the food you are eating.

**T**he Nutrition Facts label gives you information about the nutrients in the food. The Nutrition Facts label is printed somewhere on the outside of packaged food and you usually don't have to look hard to find it.

**Standards Link:** Health: Know the nutritional value of different foods.

Nutrition Facts labels also tell the **percentage** provided by that food of the recommended daily amount of a nutrient. The cupcake nutrition label says one serving of these snacks provide 22% of the amount of fat recommended to be eaten in one day. (*That's an awful LOT!*)

**Serving Size:** Nutrition Facts labels list a serving size, which is an amount of food such as 2 crackers, 1 cup of cereal, 2 cookies, or 5 pretzels. The nutrition label tells you how many nutrients are in *that* amount of food.

Some nutrients are measured in **milligrams**, or **mg**. Milligrams are very tiny—there are one thousand milligrams in a gram.

Most nutrients are measured in **grams**, also written as **g**.

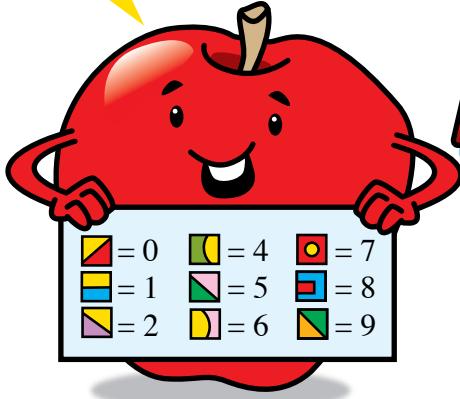
## Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>1 Cake (53g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
	% Daily Value*
<b>Total Fat</b> 14g	<b>22%</b>
<b>Saturated Fat</b> 6g	<b>30%</b>
<b>Trans Fat</b> 1g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 67g	<b>22%</b>
<b>Dietary Fiber</b> less than 1g	<b>2%</b>
<b>Total Sugars</b> 51g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 2g	
<b>Vitamin A</b> 0% • <b>Vitamin C</b> 0%	
<b>Calcium</b> 20% • <b>Iron</b> 4%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Standards Link:** Health/Nutrition: Understand nutrition information (e.g., food labels).

Use the code!



## HARVEST OF THE MONTH

# APPLES

### Did you know...

- The average American eats about pounds of fresh apples each year.
- There are about varieties of apples grown in the United States.
- Johnny Appleseed spent years planting apple seeds in the American wilderness.

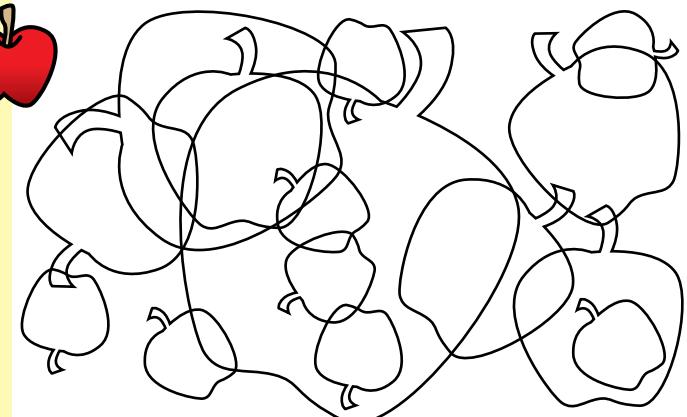
### To peel or not to peel?

Apples are best eaten with the peel, because that is where most of the **fiber** and **antioxidants** are found.



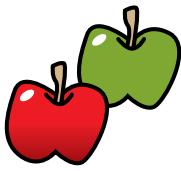
The **fiber** from apple peel (sometimes called **roughage**) helps keep your digestive system healthy. And **antioxidants** help your body fight off illness and disease.

### How many apples can you find here?

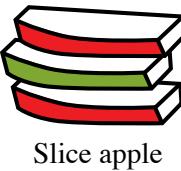


### APPLE DIPPING STICKS

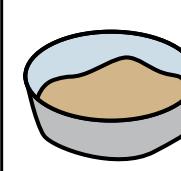
Here's a healthy snack you can make with a parent.



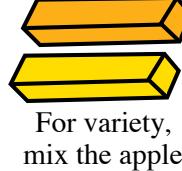
Wash apples. You can use red or green apples.



Slice apple into thin sticks. Don't remove the peel.



Use peanut butter, yogurt or hummus as your dip.



For variety, mix the apple sticks with sticks of your favorite cheese.

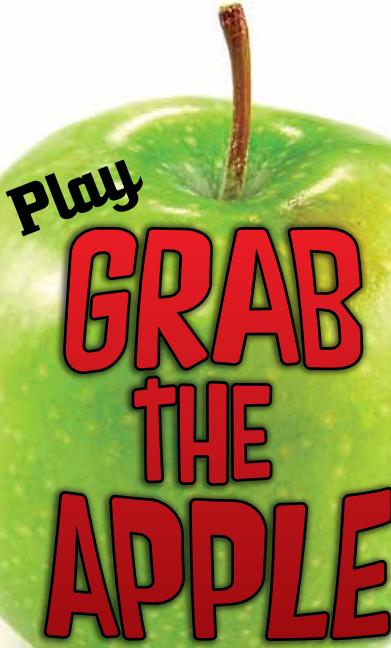


Photo courtesy: www.pachd.com

### STUFF YOU'LL NEED:

- One "apple" (a foam ball or bean bag) for each pair of players
- Whistle or music
- Small box for each pair of players

### SET UP:

- Pairs of students sit cross-legged on the floor facing each other, with their hands on their knees.
- Place a box, with an "apple" on top, between each pair of players.

### TO PLAY:

- Get the game started by blowing a whistle or starting some music.
- At that moment, players try to grab the "apple" before their partner.
- Place the "apple" back on the box and start again.
- The first player to grab the "apple" 10 times wins.

### CRUNCH TIME:

- After the game, everyone should enjoy a snack of REAL apples!

### MAKE IT MORE CHALLENGING:

- Call out a specific hand (left/right) to grab the "apple."
- Start with hands on shoulders.
- Start in sit-up position (on back, knees bent) or facing backwards.
- Have each player close their eyes and try to grab the "apple" first.

Adapted from: Network for a Healthy California materials.

**REMEMBER TO EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGGIES EVERY DAY!**

*This Kid Scoop News page made possible by this sponsor:*



Human Services Department  
COUNTY OF SONOMA



# MOTORCYCLE STAR



BLUE  
START

The Blue Cycle only travels on odd-numbered squares. The Red Cycle only travels on even-numbered squares. Which one will reach the star first? Race a friend to find out!

23

RED  
START

6

47	4	58	16	76	22	57	89	15	80
19	12	28	42	48	44	23	6	34	46
25	3	9	15	23	49	71	1	92	84
24	68	32	64	58	34	40	15	14	70
7	17	87	35	29	19	2	93	74	36
55	46	82	90	38	63	11	5	2	16
37	3	13	45	4	23	36	6	76	38
46	22	8	53	14	54	22	17	23	23
19	25	23	41	60	32	7	43	10	24
95	10	84	64	8	22	82	5	68	82
53	5	11	29	65	43	2	7	18	94
22	28	23	44	32	67	14	87	4	28
4	66	20	68	82	31	1	9	74	48



59	16	88	72	39	81	7	29	95	42
91	5	73	34	67	59	33	21	55	84
17	53	44	16	8	28	54	82	30	72
83	51	20	45	79	87	99	13	21	7
7	89	68	5	2	18	64	38	4	56
29	33	92	74	62	23	69	81	3	98
11	15	7	91	55	17	44	80	48	32
6	18	30	3	83	5	6	43	97	21
39	17	62	29	67	19	28	64	82	66
7	55	80	9	39	25	57	71	53	70
15	39	4	47	32	56	74	86	8	2
75	67	86	21	40	11	59	3	19	45
93	13	78	64	22	83	67	55	33	29

# Why did the whale cross the road?

To get the answer to this riddle,  
cross out the word WHALE every  
time it appears. Write down the  
leftover letters in the spaces below.

**WHALETWHALEOWHALE  
GWHALEEWHALEWHALE  
TWHALETWHALEOWHALE  
TWHALEHWHALEEWHALE  
WHALEOWHALEWHALET  
WHALEHWHALEEWHALE  
RWHALETWHALEWHALE  
WHALEIWHALEDWHALEE**

**ALL TOGETHER NOW**

Draw a string attaching balloons together that form compound words.

BACK    GOOD    ROOM    WHEEL    GRAND    EARTH    SAIL    NIGHT  
CUP    RAIN    SON    WARD    QUAKE    CHAIR  
DRUM    DROP    BOAT    BED    OFF    TEA    SHOW

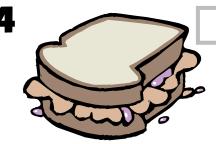
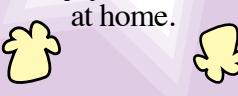
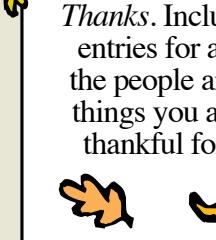
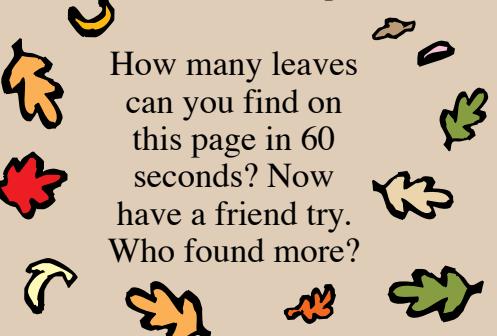
# ALL TOGETHER NOW

Draw a string attaching balloons together that form compound words.



# KID SCOOP ACTIVITY CALENDAR

## NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Tick the box on each day when you have completed 20 minutes of reading. Children who develop a love of reading will become better students and build a better future.</p> 			<p>1</p>  <p>Sit down with your favorite dog and read him or her a story.</p>	<p>2</p> <p>The sleepy giraffe for mayor</p> <p>Choose words from the headlines of today's newspaper and create a funny title for a book.</p>	<p>3</p> <p>After the first student, the second student must come up with a word that starts with the last letter of the previous word.</p> <p><b>Friday Word Worm</b></p>	<p>4</p>  <p>Make peanut butter and jelly sandwiches today for your entire family.</p> <p><b>Peanut Butter Lover's Month</b></p>
<p>5</p> <p>Did you remember to move your clock back by one hour?</p> <p><b>Daylight Savings Time Ends</b></p> 	<p>6</p> <p>Enjoy a brisk walk or hike today. How many signs of the season can you spot along the way?</p> 	<p>7</p> <p>Find an animal that you don't know much about. Look through books and the internet to find out all about this animal and share with the class.</p>	<p>8</p> <p>Take up the National Young Readers Week challenge and read your heart out all day long.</p> 	<p>9</p> <p>The Library of Congress has a site dedicated to Native American Heritage Month with exhibits and links. Check it out at <a href="http://nativeamericanheritagemonth.gov">nativeamericanheritagemonth.gov</a></p>	<p>10</p> <p>Use this day to write to a friend or relative that you have not seen in a while.</p> <p><b>Forget-me-not Day</b></p> 	<p>11</p> <p>At 11:11 a.m. pause for a moment of silence to honor those service men and women who risked and some who lost their lives in the service of their country.</p> <p><b>Veterans Day</b></p>
<p>12</p> <p>Collect toys that you and your friends have outgrown and donate them to a homeless shelter.</p> 	<p>13</p> <p>Do something or say something kind to a friend or neighbor today.</p> <p><b>World Kindness Day</b></p> 	<p>14</p> <p>The chrysanthemum is the November flower of the month. Draw one to decorate your classroom.</p>	<p>15</p> <p>Check on which items you are allowed to recycle and participate in your community.</p> <p><b>America Recycles Day</b></p> 	<p>16</p> <p>Have a family story night. Turn off the TV and ask your mom or dad to tell you a story about their childhood.</p> 	<p>17</p> <p>Clean out your backpack. Get rid of old pens that don't work and make sure everything is organized and ready to go.</p>	<p>18</p> <p>Look at a map of the world. Can you show the location of Mount Everest?</p> <p><b>National Geography Awareness Week</b></p> 
<p>19</p> <p><b>FAMILY MOVIE NIGHT</b></p> <p>Pop some popcorn and enjoy a movie at home.</p> 	<p>20</p> <p>On this day, Mexico celebrates the anniversary of the revolution.</p> <p><b>Viva Mexico!</b></p> 	<p>21</p> <p><b>Hello!</b></p> <p>To promote world peace, say "Hello" to at least ten people today.</p> <p><b>World Hello Day</b></p>	<p>22</p> <p>Make a list of all the things you are thankful for to share with family and friends on Thanksgiving.</p>	<p>23</p> <p>Watch the parade on TV, feast on turkey and tell everyone in your family how much you appreciate them.</p> <p><b>Thanksgiving</b></p>	<p>24</p> <p>Today is the biggest shopping day of the year. Look in the paper for bargains; compare prices at different stores.</p> <p><b>Black Friday</b></p> 	<p>25</p> <p>Make a <i>Book of Thanks</i>. Include entries for all the people and things you are thankful for.</p> 
<p>26</p> <p>Which Charlie Brown character are you most like? Explain why.</p> 	<p>27</p> <p>Which design makes the best paper airplane. Have a contest today to see whose paper airplane goes the furthest.</p> <p><b>Aviation Month</b></p>	<p>28</p> <p>The Christmas season will soon be here. Visit <a href="http://toysfortots.org">toysfortots.org</a> to see how you can help a child in need.</p> <p><b>TOYS FOR TOTS</b></p> 	<p>29</p> <p>On this day in 1922, King Tut's tomb was first opened. Write a short paragraph describing the scene as if you were there.</p>	<p>30</p> <p>Write a list of predictions of what you think might happen to you in the month of December.</p> 		<p>How many leaves can you find on this page in 60 seconds? Now have a friend try. Who found more?</p> 

# S.J. Sharkie Speaks!

Ever wonder what it's like to be the mascot of the **San Jose Sharks**? Students at Fremont's Parkmont Elementary got to ask S.J. Sharkie some great questions and even got a school visit!



Photo: Barry Milz

**Q: How did you become Sharkie, and how long have you been the San Jose Sharks mascot?**

— Gabriel G. (grade 5) & Heleina Y. (grade 3)

**A:** I was born out of the Sharks' Zamboni at the Cow Palace on January 28, 1992, which was a defining moment in my life as to what I would do for a living. This will be my 26th year as the mascot for the only team I could cheer for.



**Q: As the mascot for the San Jose Sharks, what are your duties?**

— Jordyn H. (grade 5) & Lalima D. (grade 3)

**A:** My duties are to be the face of the franchise. I'm here to pump up our crowd, create a fun atmosphere, being at all the Sharks' games, community events, fan functions, etc. I do right around 500 community events each year, and these include: charity events, birthday parties, weddings, festivals, school events and more.

**Q: What kind of exercises do you do to stay in shape?**

— Om D. (grade 5)

**A:** All my activity keeps me in pretty good shape. Other than that, I will pop into the teal locker room for some weights or to hit the treadmill for some cardio when the team is on the road.

**Q: Hey Sharkie, were you scared when you got stuck on the rope hanging 25 – 30 feet above the ice rink before a game in 1999?**

— Chantal P. (grade 5)

**A:** I was a little scared, but I knew I was safe and I wasn't going anywhere. We have some of the best staff in the world here at SAP Center, and I knew I would be pulled to safety. I just was not sure how long it would take. After 20 minutes the nerves started to kick in, thinking I would need to hang there the whole game.



Photo: Barry Milz

**Q: Do you like being the Sharks mascot, and what's the best thing about being Sharkie?**

— Manvi S. (grade 5) & Diya R. (grade 3)

**A:** Why wouldn't a 7-foot-tall, land-walking shark like being the mascot for the best hockey team around? I couldn't imagine any other activity that I would want to do. The best part of being the Sharks mascot has to be the fans. The love they give me, and the fun I get to have with them is amazing.



**Q: How do you feel about people always wanting you to bite their heads in pictures?**

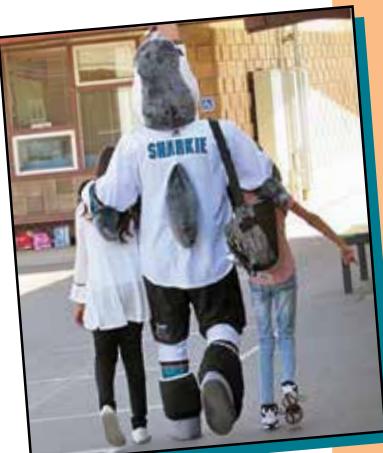
— Eshel M. (grade 5)

**A:** Do they want me to bite them, or is it I that wants to bite? It is something that the fans love. Who doesn't want to be bitten by a shark and be able to talk about it after?



**Q: Do you hang out with other mascots or the players?**

— Lucas A. (grade 5)



**A:** I know all the players and the mascots in the league. When the players are not on the road, I do get to hang out with them at events and have fun. I get together with my mascot buddies at events like the ALL STAR game and special league events. We have a lot of fun together, play pranks on one another, maybe a pickup hockey game, and of course, always a special event like visiting children in the hospital.

**Q: When you're not working, what are some of your hobbies?**

— Athan T. (grade 5)



**A:** I am *always* working! But in my spare time here at SAP Center, I am lucky enough to have a remote that kicks on the scoreboard and I can watch all the TV I want on the huge 24-foot-across video screen. And I know you all will be jealous that I get to play the NHL18 video game on the same screen!



**Q: What is your favorite San Jose Sharks memory?**

— Anjika J. (grade 5)

**A:** Clinching the NHL Western Conference Final to move on to our first chance at the Stanley Cup.

Many thanks to Mr. Milz's 5th Graders and Mr. Schneider's 3rd Graders and S.J. Sharkie!

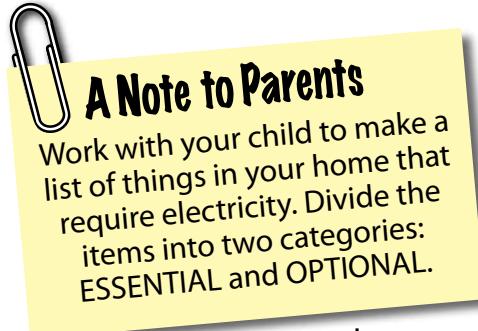
**Q: Do you have a family and do they support what you do?**

— Santiago (grade 5)

**A:** Well, I was born out of a Zamboni, and that Zamboni takes care of our ice, so I guess they support me!

# Where does electricity come from?

**T**here are two ways we get the energy that creates the electricity we use everyday. One way is called **renewable** energy and the other is **non-renewable**.



Oil and coal are non-renewable sources of energy.

Think about it – when your family car uses up the gasoline in its tank, you have to get more. Gasoline, made from oil, and coal are burned to make energy. Once they are burned they are gone and more is needed to make energy.

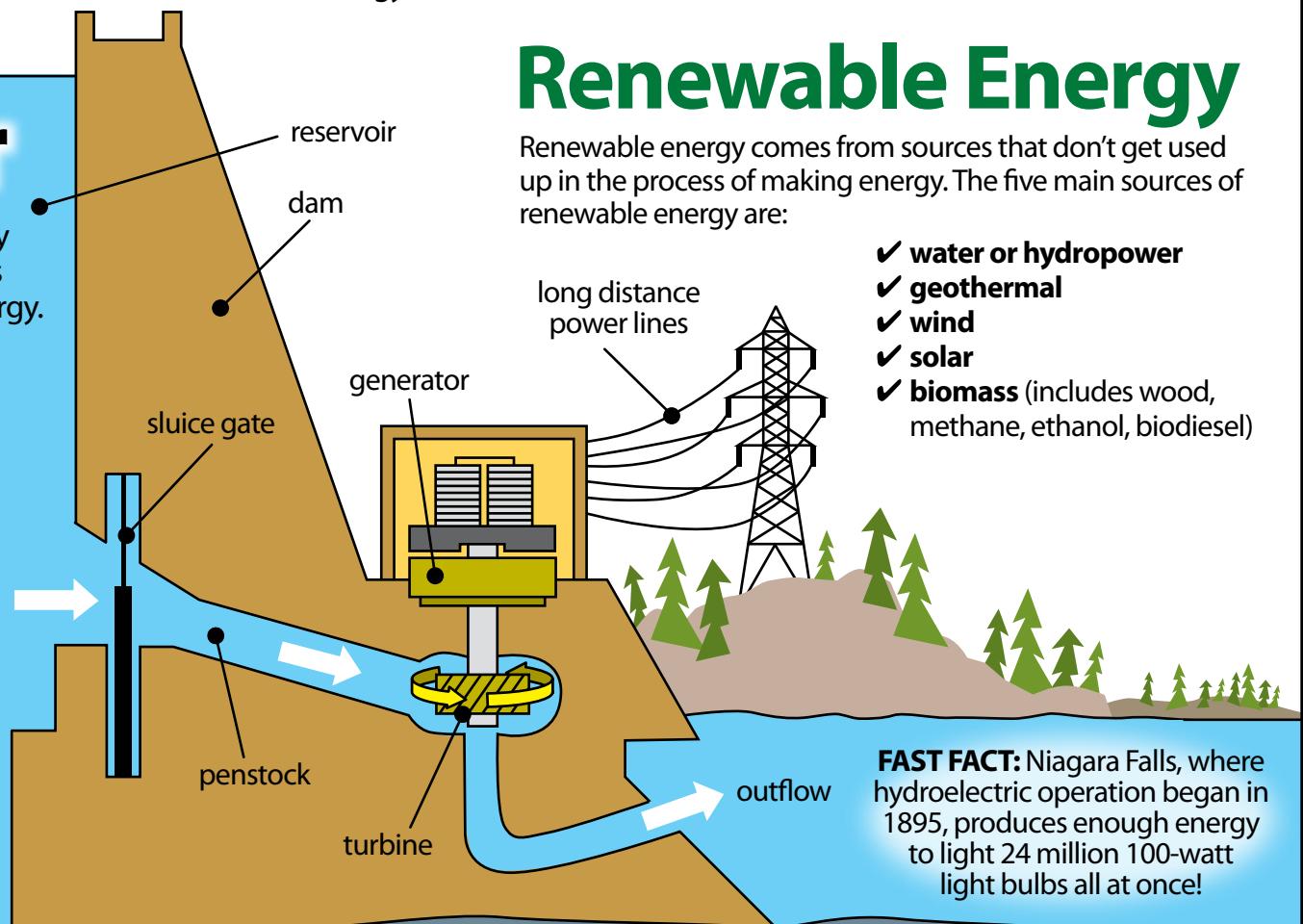


## Hydropower

A **hydroelectric dam** harnesses the energy produced by moving water. Hydropower is the least expensive form of renewable energy.

### How it works:

- A dam is built on a river creating a **reservoir**.
- Water in the reservoir collects behind the dam wall. Dam operators control the flow of water with a **sluice gate**.
- When released, the water pushes through a pipe (called a **penstock**) beneath the water's surface.
- This turns a **turbine** that then rotates a **generator** to produce electricity.



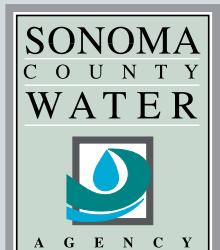
**FAST FACT:** Niagara Falls, where hydroelectric operation began in 1895, produces enough energy to light 24 million 100-watt light bulbs all at once!

## Energy Smart Kids!

You can be an Energy Smart Kid! Here are some things you can do to save energy and protect our planet.

1. Turn off the lights when you leave a room.
2. Turn off electronic devices when you aren't using them.
3. For short trips, walk or ride a bike instead of asking someone to drive you in a car.

Sponsored by:



What else can kids do to save energy? Send your ideas to **Kid Scoop News, P.O. Box 1802, Sonoma, CA 95476**

# Ways to Earn Money!



Are you looking for some ways to earn some extra money? Here are some kid-tested jobs that have worked! Be sure you discuss your ideas and get approval from your parents before getting started.

## Let's Wrap It Up

**Service:** Wrap gifts

**Suggested age:** Kids 10 years and older

**Suggested pricing:** \$1.00 per package

**Tips on getting started:** Make a flier to pass out to your neighbors and friends. Ask your parents to share it with their friends and co-workers, too.

**Tips for success:** Return the wrapped packages on time.



Find the two identical packages.

## Doggone Fun Work

**Service:** Walk dogs

**Suggested age:** Kids 8 years and older

**Suggested pricing:** \$2.00 for a 30 minute walk

**Tips on getting started:** Start with small dogs for a short amount of time.

**Tips for success:** Make and hand out business cards or put up flyers.

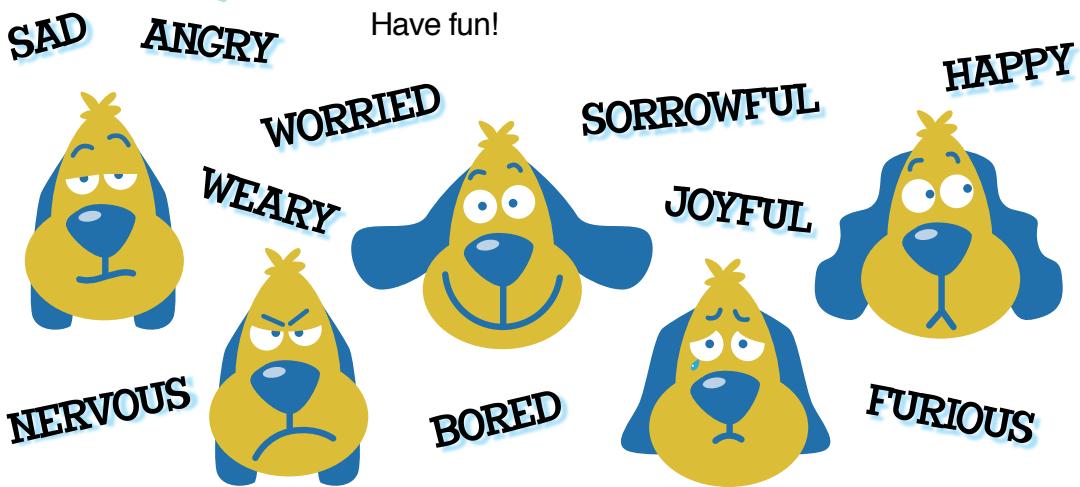
Treat the dogs with kindness and respect.

Ask the owner for some of the dog's favorite treats.

Obey all pedestrian laws on using sidewalks.

Bring bags to pick up any dog droppings.

Have fun!



my  
ca\$h

Learn how to save for your goals  
by joining Exchange Bank's MyCash  
youth account today!

## Mind Your Money

Hold this page up to a mirror to read this helpful quote about money.

Whatever you have,  
spend less.

—SAMUEL JOHNSON  
(1709-1784)

Discuss the quote above with your parents.  
Explain what you think it means.

# Join Kid Scoop's SCRUB SQUAD

Remember the last time you had a cold or the flu?

It was pretty miserable. You sneezed, coughed and had no energy. But there's an easy way to avoid all that: Just join Kid Scoop's SCRUB SQUAD.

**HOW TO JOIN:** You join automatically every time you wash your hands!

**Standards Link:** Health: Know basic personal hygiene habits required to maintain health.

## THE SCRUB SQUAD 5 STEP PLAN

**1** Rub your hands together under warm running water. Make sure to get wet up to your wrists.



**2** Use a generous amount of soap. Liquid soap, powdered soap or bar soap are all great.

**3** SCRUB: Get the palms, back of your hands, wrists, under your nails and between your fingers for at least 20 seconds.



Rinse your hands to get rid of the soap (and dirt and germs).



Air dry your hands or use a clean towel, either cloth or paper.



### HAND SANITIZER vs. SOAP & WATER

Using hand sanitizer shouldn't be a \_\_\_\_\_ for washing your hands with soap and \_\_\_\_\_. While sanitizer does kill \_\_\_\_\_, it doesn't do a very good job of getting rid of \_\_\_\_\_ dirt. Think of hand sanitizer as just a little "touch-up" \_\_\_\_\_ hand washings with good ol' soap and water.

#### Fill in the missing words.

WATER    GERMS    BETWEEN  
REPLACEMENT    VISIBLE

Experts say that washing your hands for at least **20 seconds** is the best way to make sure you remove germs and gunk. Memorize and sing this song while you scrub to help you wash long enough.

## THE SCRUB SQUAD SONG

(Sung to the tune of "Old MacDonald")

Washing hands is sudsy fun  
Scrub! Scrub! Scrub! Scrub! Scrub!  
I wash eight fingers and two thumbs  
Scrub! Scrub! Scrub! Scrub! Scrub!  
With a little soap here  
And a little more there  
Bubbles here  
Bubbles there  
Give those germs a splashing scare!  
Washing hands is sudsy fun  
Scrub! Scrub! Scrub! Scrub! Scrub!

If your hands are extra dirty,  
sing this second verse and  
keep on scrubbing!

Now my hands are getting clean  
Scrub! Scrub! Scrub! Scrub! Scrub!  
Even dirt that can't be seen  
Scrub! Scrub! Scrub! Scrub! Scrub!  
With a little soap here  
And a little more there  
Bubbles here  
Bubbles there  
Watch them floating in the air  
Now my hands are nice and clean  
Scrub! Scrub! Scrub! Scrub! Scrub!

**Standards Links:** Music: Memorize and sing simple songs.

# Newspapers – Great for Reading and STEM!

*Kid Scoop News* and the Children's Museum of Sonoma County teamed up at the 2017 North Bay Discover Days to use newspapers to make stuff.



Why is making stuff with newspapers a STEM thing?



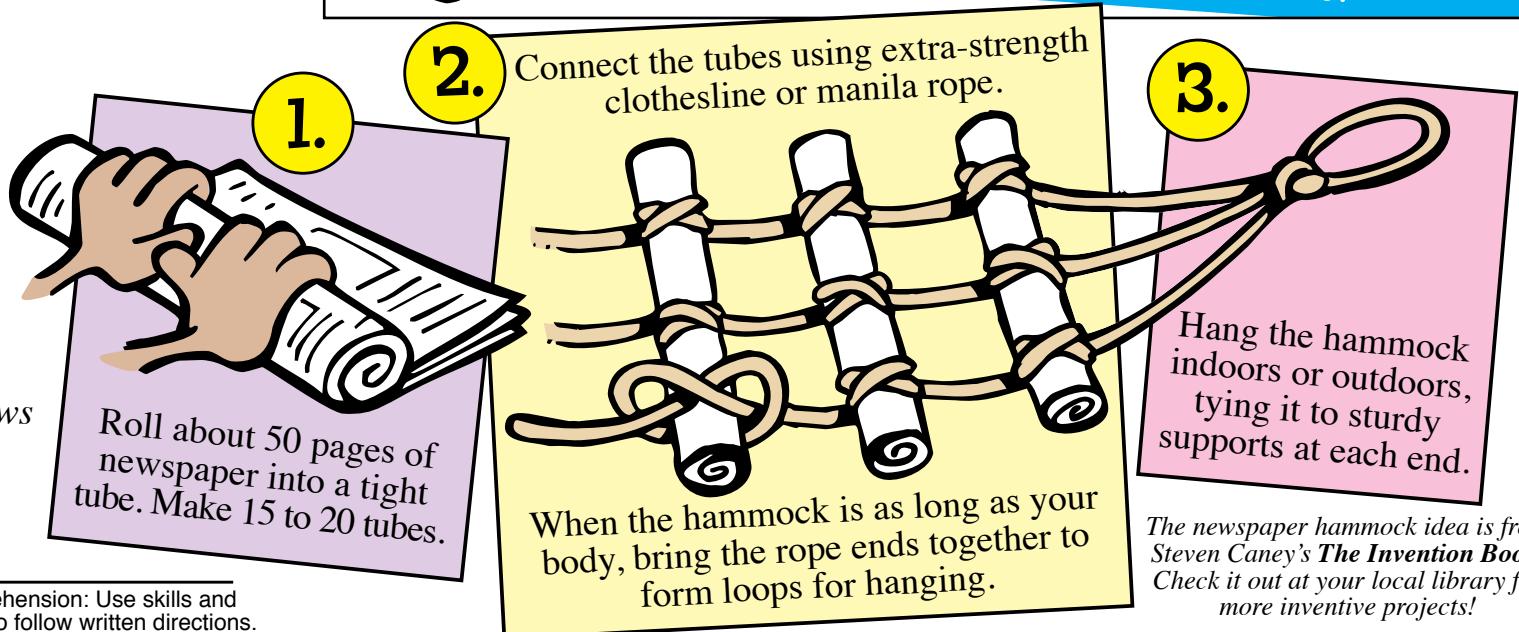
Well, building and making stuff is actually an engineering skill. Engineering is the E in STEM (Science, Technology, Engineering and Math).

You can be a newspaper engineer when you make a hammock out of a newspaper. We included the directions below!

# Make a Newspaper Hammock

Here's how to make a hammock out of a newspaper! Be sure to save this *Kid Scoop News* page so you can do the games while lounging on your hammock!

**Standards Link:** Reading Comprehension: Use skills and strategies of the reading process to follow written directions.



*The newspaper hammock idea is from Steven Caney's **The Invention Book**. Check it out at your local library for more inventive projects!*



To adopt a pet, donate or volunteer for Pets Lifeline please call 707-996-4577 or go to [petslifeline.org](http://petslifeline.org)



## My Cat Kamala

by Ana

This cat is named Kamala and she is so cute. Kamala is small. She is 6 months old. She has big ears and a large tail. She is a Torbie (a Tortoiseshell Tabby).

Kamala is playful and full of kittenish energy. She likes playing with toys and chasing balls. She likes helping in the office by lying on the keyboard. She likes going into bags.

I think Kamala should live in a house with playful kittens and with kids who will play with her. Kamala will need lots of toys to play with and a big house for her only.

**PETS LIFELINE**  
Refuge for Pets. Resources for People.

## Sean + Connery + Seannery

by Jaime

I'm writing about two little dogs that are friends and brothers. Sean and Connery are really cute dogs. They are tan with white Chihuahuas and they are small. They are about 5 years old.

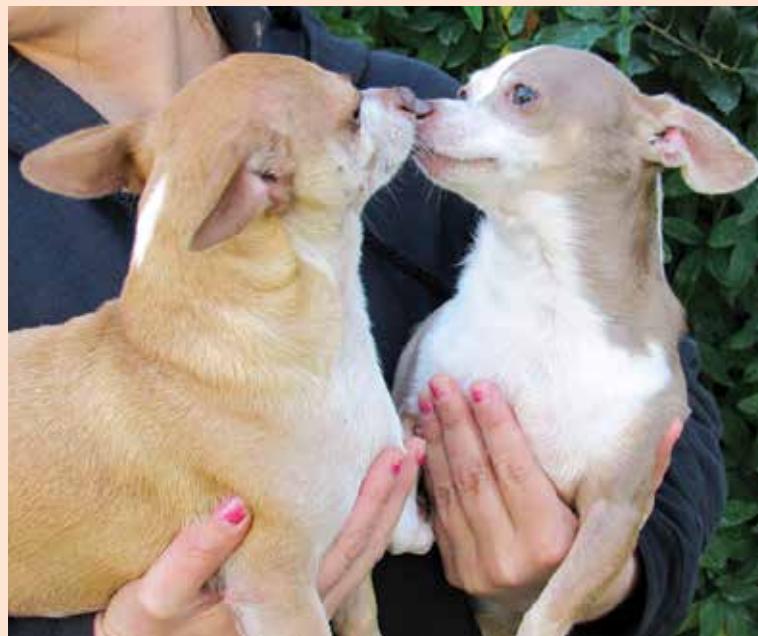
Both Sean and Connery are sweet, cheerful, and sensitive dogs. Sean loves to kiss and loves to snuggle with people. They love when kids read stories to them. They are playful and fun.

I want both of them to live with me so they can play with my dog. (My dog is really playful and loves people just like Sean and Connery do.) I think if Sean and Connery are separated they won't do a lot of things.



## Connery the Best Dog

by Bryan



Connery is so cute. He is tan and white with a white line across his face. He is 5 years old and he is a small Chihuahua. He has pointy ears. Connery wears a jacket when it's cold.

Connery is cute and playful. He and his brother Sean love each other. They like being read to.

Connery has to be adopted with his brother Sean. They need someone who will love them and give them the attention they need.

*This page presented as a community service by*

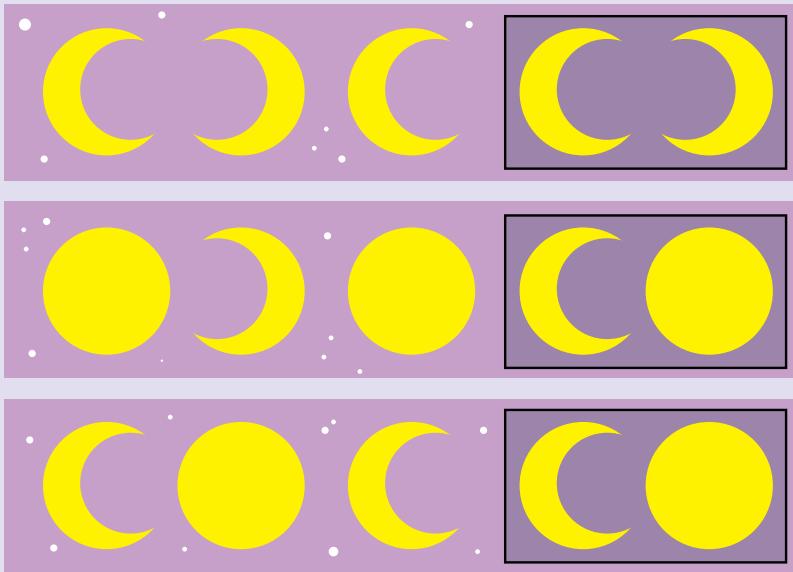


**ROSE MARIE PIPER  
FOUNDATION**

**Rotary Club of Sonoma Valley**

## Moon Patterns

Which moon comes next? In each row, circle the moon in the dark box that will continue each pattern.



## My Rhyme Time

HEY DIDDLE DIDDLE  
The cat and the fiddle,  
The cow jumped over the moon;  
The little dog laughed  
To see such sport,  
And the dish ran away with the spoon.

## My Sentence

**Learning Buddies:** Read the first part of the sentence aloud. Ask your child to think of a way to finish the sentence. Write your child's words in the lines. Read the entire sentence to your child while pointing out that reading is done from left to right. Older children may want to trace all or some of the letters in the sentence.



The moon is



### Sunday

#### Letter Identification

With your child, look through the newspaper to find pictures of things that start with the same sound the letter **M** makes in the word **moon**.

### Monday

#### Math Play

Point to the number **1** in the newspaper. Have your child say the number and, if it's large enough, have your child trace the number.

### Tuesday

#### Spell Mom's Name

With your child, find and circle the letters that spell his/her mother's name, grandmothers' names and the names of any other special women in your child's life. Connect the letters of each name, saying each letter as you come to it.

### Wednesday

#### In the Middle

Look at a picture in the newspaper. Point to the middle of the picture and ask, "What's in the middle of this picture?" Repeat with several more pictures. Then point to a picture and ask, "Where is the middle of this picture?"

### Thursday

#### M to m

On one sheet of the newspaper, find and circle an uppercase letter **M**. On the same page of the newspaper, find and circle a lowercase **m**. Can you do this six times on the same page?

### Friday

#### Only One

Look at a picture of a person in the newspaper. Point out that a person has two eyes, two ears, two legs, two arms, etc. But what does a person have only one of? (mouth, nose, head, tummy, belly button, etc.)

### Saturday

#### Make Me Clap!

In this game you read words in the newspaper to your child. Tell your child to clap each time you say a word that starts with the sound **M** makes.

### domingo

#### Identificación de Letras

Con su hijo, buscar a través del periódico para dibujos de cosas que empiezan con el mismo sonido de la letra **m** como en **mamá**.

### lunes

#### Juego de Matemáticas

Puntar al número **1** en el periódico. Pedirle a su hijo que diga el número, y si la letra es lo suficiente grande, hacer que su hijo la trace.

### martes

#### Deletrear el nombre de Mamá

Con su hijo, buscar y encerrar en círculos letras que deletrean el nombre de su mamá, abuela y otros nombres de mujeres especiales en la vida de su hijo. Conectar las letras de cada nombre, diciendo cada letra al marcarla.

### miércoles

#### En el medio

Mirar una foto en el periódico. Señalar al medio de la foto y preguntar, "¿Qué está en el medio de esta foto?" Repetir con varias otras fotos. Luego, señalar a una foto y preguntar, "¿Dónde está el medio de esta foto?"

### jueves

#### De M en m

En una hoja del periódico encontrar una **M** mayúscula y encerrarla en un círculo. En la misma página del periódico, encontrar una **m** minúscula y encerrarla en un círculo. ¿Puedes hacer esto seis veces en la misma página?

### viernes

#### Sólo uno

Buscar a través del periódico la foto de una persona. Explicarle a su hijo que una persona tiene dos ojos, dos orejas, dos piernas, dos brazos, etc. Pero cuáles son las cosas de que las personas solo tienen una? (boca, nariz, cabeza, estómago, ombligo, etc.)

### sábado

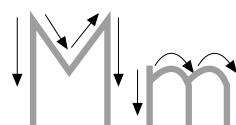
#### Hacerme palmar

En este juego usted le va a leer palabras en el periódico a su hijo. Decirle a su hijo que tiene que palmar cada vez que dice una palabra que empieza con el sonido que hace la **M**.

## My Letters

**M** is for Moon

**m** is for moon



**Learning Buddies:** Read the two phrases aloud. Have your child read with you. Trace the uppercase and lowercase letter **M**. Say the letter as you trace it.

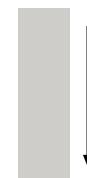
How many words or pictures can you find on this page that have the sound that the letter **M** makes in the word **moon**?

## My Numbers

How many **C**?

How many **?**

How many **Milk**?



**Learning Buddies:** Trace and say the number. Read the questions. Touch and count to find the answers.



Eashan, 1st grade, James Leitch Elementary, Fremont



Divith, 2nd grade, Parkmont Elementary, Fremont



Isabella, 2nd grade, Cali Calmecac Language Academy, Windsor



Karen, 2nd grade, Hesperian Elementary, San Lorenzo



Kaylyn, 2nd grade, Castro Valley Elementary, Castro Valley



Stephanie, 2nd grade, Castro Valley Elementary, Castro Valley



Tamara, 2nd grade, Sassarini Elementary, Sonoma



William, 2nd grade, Castro Valley Elementary, Castro Valley



Alejandra, 3rd grade, Kawana Springs Elementary, Santa Rosa



Collin, 3rd grade, Meadow Elementary, Petaluma



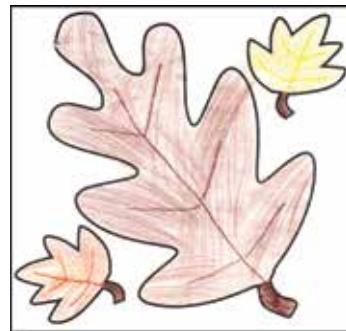
Danny, 3rd grade, Marguerite Hahn Elementary, Rohnert Park



Jazmine, 3rd grade, Blacow Elementary, Fremont



Kiley, 3rd grade, Marguerite Hahn Elementary, Rohnert Park



Logan, 3rd grade, Steele Lane Elementary, Santa Rosa



Nayeli, 3rd grade, Blacow Elementary, Fremont



Srija, 3rd grade, Mission Valley Elementary, Fremont



Tanvi, 3rd grade, Mission Valley Elementary, Fremont



Anthony, 4th grade, Sassarini Elementary, Sonoma



Eduardo, 4th grade, Bahia Vista Elementary, San Rafael



Jack, 4th grade, Hesperian Elementary, San Lorenzo



Andrea, 5th grade, Fitch Mountain Elementary, Healdsburg



Kimberly, 5th grade, Bahia Vista Elementary, San Rafael



Mille, 5th grade, Lynwood School, Novato



Rishi, 5th grade, Parkmont Elementary, Fremont



Shreya, 6th grade, Forest Park Elementary, Fremont

# Parent Scoop™

Smart Tips for Smart Parents

## LEARNING TIP OF THE MONTH

### Half Empty or Half Full?

Some people hate rainy weather. They complain about it and grumble beneath their umbrella. But other people enjoy the rain, knowing it provides fresh water, wildflowers in the spring, fills rivers and lakes. It's all a matter of one's **attitude**.

Attitudes are part of mental health. Take time to flip through a newspaper with your child and use the time to not only foster reading skills but as an opportunity to start a discussion about attitudes.

THE HAPPY VALLEY HERALD

### Berry Festival success: Over 30,000 visitors attend

MIDVALE: The annual Berry Festival saw record attendance over the weekend. Hotels and local restaurants did brisk business, increasing sales 23% higher than last year, on average. Rain didn't dampen spirits—organizers provided plenty of awnings to



The Cranky Chronicle

### Festival causes traffic mess

MIDVALE: Call it a strawberry jam. Crowds heading to the annual Berry Festival wound up in massive traffic jams all weekend. Rain only made the traffic worse, causing many out-of-town visitors to head for home. And hotels were completely booked, forcing some visitors to drive miles away in search of places



Look through the newspaper to find examples of **optimistic** statements and **pessimistic** statements. Circle optimistic statements in green and pessimistic statements in red.

Ask your child to try turning one of the pessimistic statements into a positive one. Have them turn a optimistic statement into a negative one.

Which was easier to do? It sometimes takes a lot of practice, and often a whole new attitude, to stay optimistic!

## Making Hand Washing Fun

With the cold and flu season here, it is very important to talk with kids about why washing their hands matters. But they probably think that it's BORING. To make it more fun, learn the **Kid Scoop Scrub Squad Sing-a-Long Song**!



[www.kidscoop.com/scrub-squad](http://www.kidscoop.com/scrub-squad)

Experts say that washing your hands for at least 20 seconds is the best way to make sure you remove germs and gunk. Help your kids memorize and sing one of the online Scrub Squad songs while you scrub to help you make sure that you wash long enough.

**SUDSY STUDY:** A comprehensive study by the University of Oregon revealed that ordinary bar soap is just as effective as antibacterial soaps in helping reduce instances of illness.

The way a movie vampire covers his face with his cape is a good way to stop the spread of germs. Teach your children how to do "The Vampire Cough."

Next time you need to cough or sneeze, cough into the inside of your elbow as shown.

If you cough into your hand, you'll spread germs as you touch things. Think about it: When was the last time you used the inside of your elbow to touch something?



## EDITOR'S PICK

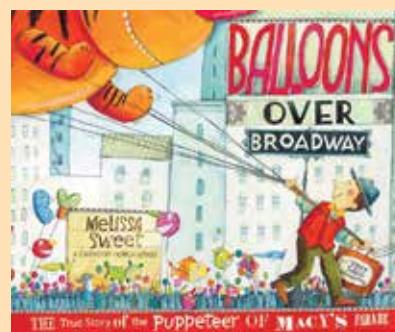
by Vicki Whiting, Kid Scoop News

### Balloons Over Broadway: The True Story of the Puppeteer of Macy's Parade

By Melissa Sweet

Everyone is a New Yorker on Thanksgiving Day, when young and old rise early to see what giant new balloons will fill the skies for Macy's Thanksgiving Day Parade. Who first invented these "upside-down puppets"?

In Melissa Sweet's award-winning book, readers meet Tony Sarg, puppeteer extraordinaire! In brilliant collage illustrations, the award-winning artist Melissa Sweet tells the story of the puppeteer Tony



Sarg, capturing his genius, his dedication, his zest for play, and his long-lasting gift to America—the inspired helium balloons that would become the trademark of Macy's Parade.

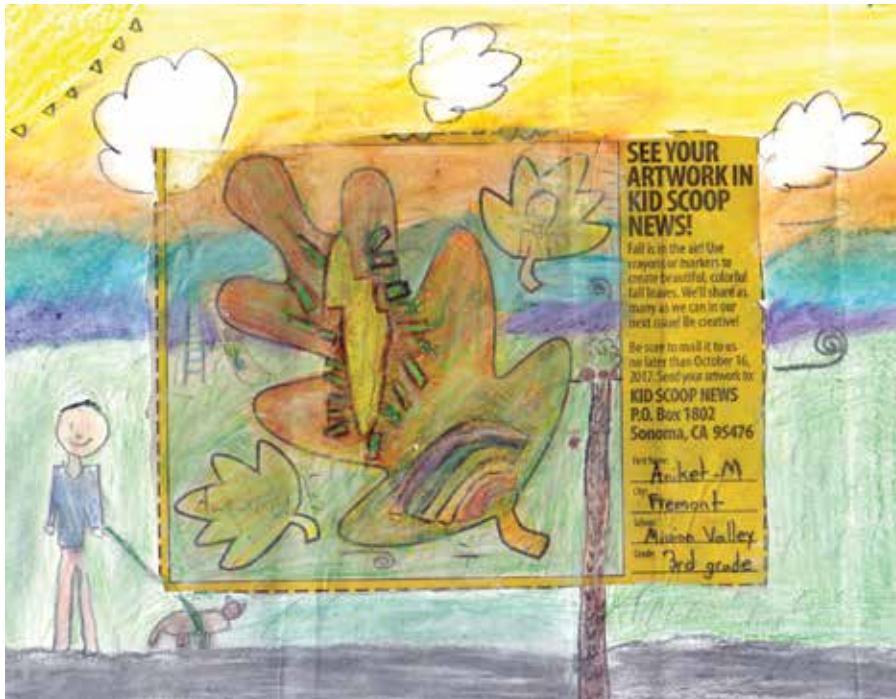
This is a great book the whole family will enjoy, perfect to read before watching the big parade.

Vicki

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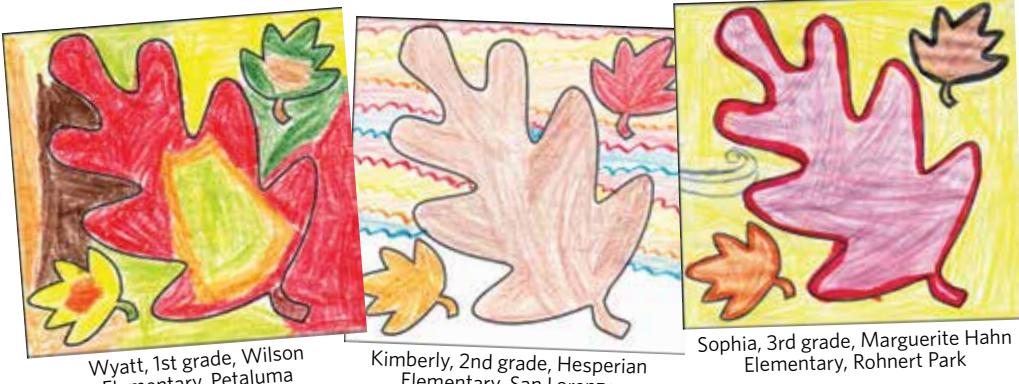
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