

NORTH STATE Parent

FREE
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**NOVEMBER/
DECEMBER 2025**
VOLUME 33 NO. 1

New!
Spanish Section
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Sección en español

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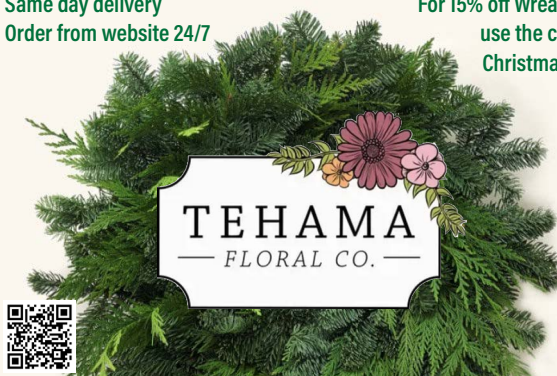
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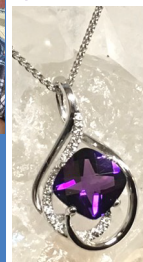
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On the Cover: Delilah Cleveland, Alexis Hauptman and Evie Blasingame play the delightful, mischievous elves whose well-intentioned prank goes wildly wrong, accidentally knocking out Santa Claus in "Cascade Christmas", a comedy filled with heart and good cheer at the Cascade Theater in Redding. See their ad on page 24 and their listing in our Celebrate the Holiday feature that begins on page 8.

Photograph by Michael Burke.
www.burkephotography.biz.

NORTH STATE PARENT VOLUME 33 ISSUE 1 NOVEMBER/DECEMBER 2025
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DEAR READERS,

Thank you for picking up a copy of North State Parent magazine.



There is certainly a bit of magic that surrounds us as we put together this magazine each month. There is also a sense of camaraderie and warmth as we collaborate to finalize the important and thoughtful offers of our local businesses and nonprofit organizations. They are part of what makes North State life so unique, interesting and fun.

I'd like to also give a shout out to my wonderful staff! I'm grateful for their support, expertise and genuine care. In fact, as we enter our 33rd year of publishing and supporting families by sharing parenting tips and educational and local community information, I see they are the glue that binds our North State Parent family together.

We hope your November and December holidays will be filled with peace, care, love and joy!

With care,



Kate
Kristen
Pamela
Stacey
Amber



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digital magazines at
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 and Aaron's Home present

THE NUTCRACKER


7pm, Dec 18, 19, 20
 2pm, Dec 20

Shasta College Theatre
 Tickets at: TheReddingArtsProject.com




NORTH STATE PARENT calendar

Looking for family-friendly activities and events everyday of the week? Visit our online calendar: northstateparent.com/calendar

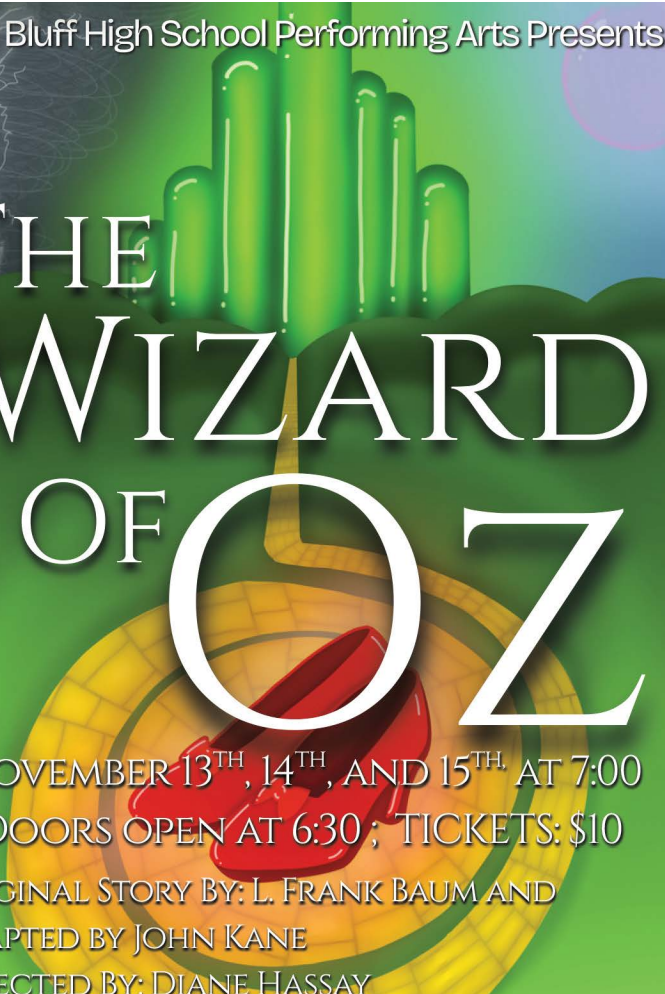


Red Bluff High School Performing Arts Presents

THE WIZARD OF OZ

NOVEMBER 13TH, 14TH, AND 15TH AT 7:00
 DOORS OPEN AT 6:30; TICKETS: \$10

ORIGINAL STORY BY: L. FRANK BAUM AND
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 DIRECTED BY: DIANE HASSAY






SANTA ARRIVES

At Chico Marketplace Nov. 22nd

SANTA PHOTOS & VISITS · NOV. 22ND - DEC. 24TH

Join us at 11am as Santa arrives by horse and carriage from The North Pole! Stay for local performances following the arrival.

Make memories with photos in Santa's magical workshop daily, Nov. 22nd - Dec. 24th and don't miss Pet Night on Tuesday evenings in December! Find Santa hours and more event dates at ShopChicoMarketplace.com and Facebook.com.ChicoMall.

The mission of our be the change column is to feature community members from the North State who are actively making a difference in community life. If you would like to nominate someone who is making a difference, please write to pn@northstateparent.com.

Be the Change

BEN HUGHES

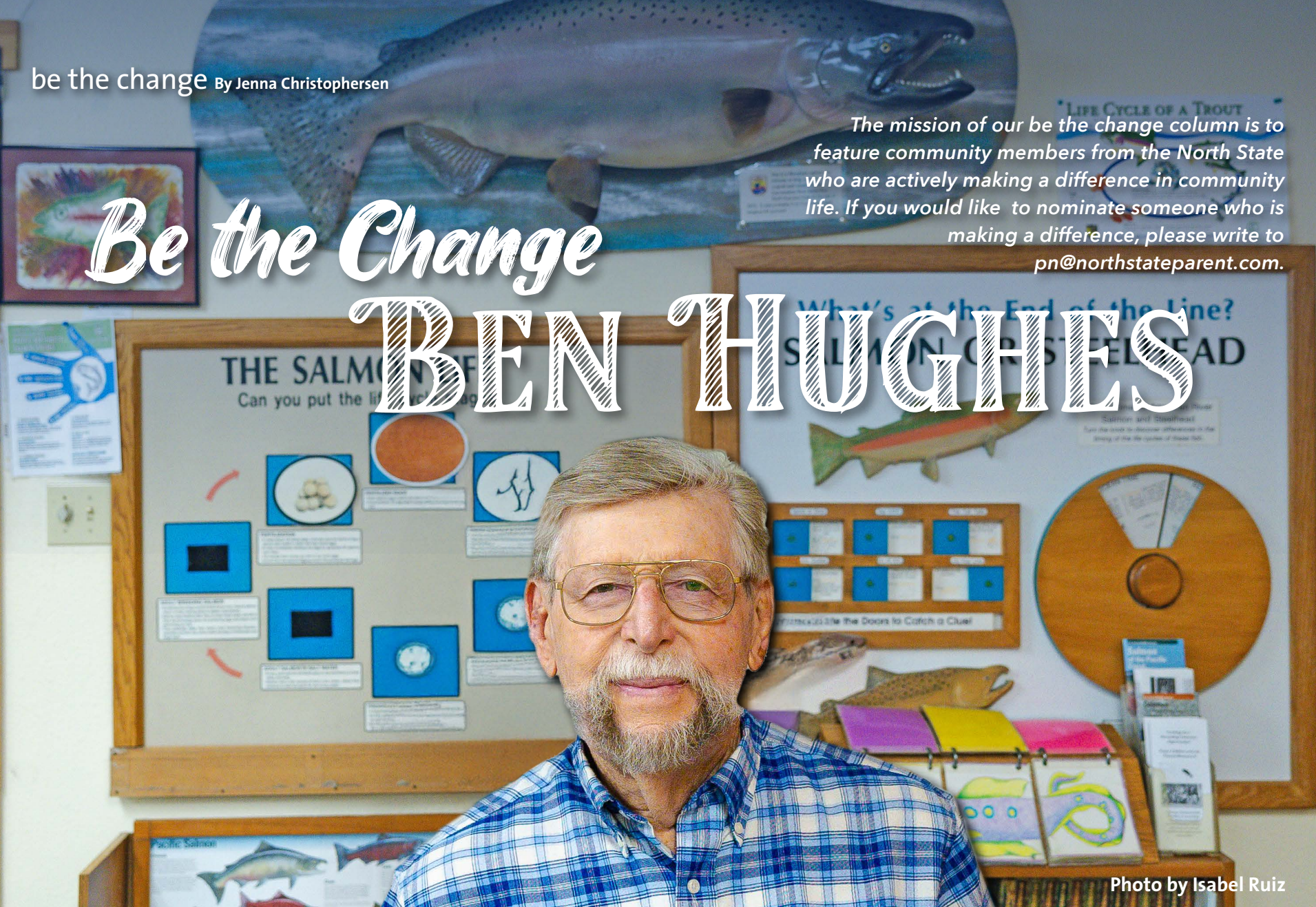


Photo by Isabel Ruiz

What activity would motivate you to dedicate 40 years of your life?

For Ben Hughes, it's teaching. In 1963, Ben graduated from Chico State with a major in social science and a minor in earth science. After getting his teaching credential in 1964 and his master's degree in 1965, Ben was hired to teach at Red Bluff High School, where he remained for 38 years.

Partway through his career at the high school, Ben began working with Shasta College, where he taught for 25 years. "I was in the classroom for 40 years," Ben says, "and I thoroughly enjoyed it."

A LIFESTYLE OF COMMITMENT

Ben's commitment to teaching is impressive by itself and his tenure in other parts of his life paints a fuller picture of the all-in, long-haul kind of commitment that characterizes Ben. In 1994, Ben's superintendent asked him to check out a meeting about "some sort of center."

Ben showed up at the meeting to find himself on the ground floor of founding the [Sacramento River Discovery Center \(SRDC\)](#).

Ben and his wife, Bobie, joined a team of people searching out grants and navigating shifting politics to build and launch the educational center. Two years later, the center opened its doors. Now, as it celebrates its 30th anniversary, SRDC continues to educate children, adults and families about nature in the North State – and Ben is still involved.

ENGAGING STUDENTS OF ALL AGES

Jim Hirsch, who serves alongside Ben as a volunteer board member for SRDC, describes it as "a little niche in the community that's impacting a lot of kids. For kids who live in the city, this is an aspect of their education that is otherwise not very available to them."

As part of the Red Bluff Recreation Area, administered by the U.S. Forest Service, SRDC's mission is to

educate the public on the importance of water conservation and sustainable gardening practices. This mission encompasses education about the plants, animals, ecological systems and geography of our region. With kid-friendly exhibits and interactive activities, SRDC is an ideal place for school field trips and for every field trip group he leads, Ben is a wellspring of enthusiasm and information. Jim describes his friend as “absolutely amazing. Ben is 84 years old, but you wouldn’t know when you see him hop like a scrub jay when he takes the kids on bird walks!”

Ben loves making learning interactive. He recalls covering the walls with brown paper to transform his classroom into a cave for his high school sophomore “cavemen” to cover with art. At SRDC, he loves challenging students to study and record everything they see in a single square-foot of nature. “The energy that Ben puts into his interaction with the kids is just terrific,” Jim says. “His career was in high school and college and he is just so knowledgeable, but he has the ability to put things together so even the kids think, whoa that is really cool!”

A KID AT HEART, A TEACHER FOR LIFE

In addition to his love for the natural world and education, Ben has a passion for history – especially California history. He has published several articles and even a couple of books about local history. He also actively contributes to the William B. Ide Adobe State Historic Park. He recently finished building a wooden dry sink, a typical piece of pioneer-era furniture, and donated it to the 1850s homestead at the park.

Debbie King, who serves as SRDC’s executive director, met Ben when she was in high school. As a student in the history class Ben taught with his dear friend Don Hislop, Debbie watched Ben’s eyes light up with enthusiasm as he taught. “Mr. Hughes is a big kid at heart,” she says affectionately. Ben and his wife deeply impacted the King family, including connecting Debbie with a job at their church and encouraging her to learn indoor maintenance skills at the church.

When Debbie’s husband died in 2019, these skills saved Debbie expensive home repair bills and gave her confidence she wouldn’t have otherwise had. “Ben and Bobie inspire me,” Debbie says, citing dozens of ways Ben and Bobie have supported her during difficult personal trials. “There are thousands of people that he and Bobie both came in contact with that they’ve inspired,” she says, “and they’re like second parents to me.”

Sadly, after volunteering countless hours at SRDC and caring for untold numbers of people, Bobie died in July 2025, leaving a big hole in Ben’s life and the SRDC community. Ben and Bobie had been married for 64 years! As he grieves his beloved wife, Ben takes comfort in the couple’s still-growing family; one of their granddaughters just gave birth to their 14th great-grandchild! He also continues to enjoy his teaching outlets, pouring his passions for nature, history and life into the next generation.



Jenna Christophersen is a Chico native who loves her community, living in the North State and writing about remarkable people who build our communities and make them places where families can thrive.



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REDDING CITY
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THE
NUTCRACKER

Cascade Theatre
Redding

December 12th 7:00pm
December 13th 2:00pm & 7:00pm
December 14th 2:00pm

Join Redding City Ballet as they take the Cascade Theatre stage in the North State’s favorite holiday tradition.

For tickets, visit:
www.cascadetheatre.org
Redding City Ballet:
www.reddingcityballet.org





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Chico Community Ballet presents

“A Very Chico Nutcracker”

Dec. 4 & 5, 7pm; Dec. 6, 1pm & 6pm; Dec. 7, 1pm.
Laxson Auditorium \$17–\$32, Chico State Students: \$17

Celebrating over four decades of bringing beautifully crafted ballet productions to the North State, CCB continues to create new and inspiring works that honor both local heritage and artistic excellence.
Tickets at Chico Performances / University Box Office 530-898-6333
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*Celebrating the Holidays
in the North State*



Family Style!

Photo by Kristen Privett

The North State

is bursting with festivities, events and activities to ring in the holidays! We've compiled a list of the best - from ice skating to tree lightings and parades to live performances - that families with children of all ages can enjoy together. May the spirit of the season be filled with wonder and joy! Check our community calendar for more holiday events and activities: northstateparent.com/calendar

CHICO

BLACK AMERICAN HISTORY POP-UP DISPLAY

Amma Culture provides a presentation and a pop-up history display which honors Black American History, including Kwanzaa. We are happy to present to businesses, schools and clubs. Includes a colorful and uplifting PowerPoint presentation. Donate to this worthy cause at NVCF.org "[Amma Culture Education Fund.](http://NVCF.org)"

CAMPANA SOBRE CAMPANA: CHRISTMAS IN MEXICO

Dec. 18, 7:30pm. Laxson Auditorium \$17 - \$52
Mariachi Garibaldi de Jaime Cuéllar and Ballet Folklórico del Río Grande invite you to celebrate the holiday season with Campana Sobre Campana: Christmas in Mexico! Named for the beloved Andalusian Christmas carol, this vibrant show weaves cherished Mexican traditions into a magical story of the season. Through the joyous rhythms of "Bells Upon Bells" and the colorful spectacle of Mexican dance, we capture the heartwarming reenactment of Mary and Joseph's journey. You'll experience the spirit of Posadas, the majesty of the Reyes Magos and the thrill of breaking piñatas! An unforgettable program where every note and dance step embody the rich cultural tapestry of Christmas in Mexico. chicoperformances.com.

CHICO COMMUNITY BALLET AND CHICO CREEK DANCE "A VERY CHICO NUTCRACKER"

Dec. 4 & 5, 7pm; Dec 6, 1pm & 6pm; Dec 7, 7pm. Laxson Auditorium. \$17-\$32.
Celebrating over four decades of bringing beautifully crafted ballet productions to the North State, CCB continues to create new and inspiring works that honor both local heritage and artistic excellence. This year's "A Very Chico Nutcracker" is a reimagined holiday classic inspired by Chico's own Dr. Oscar Stansbury and his daughter Angeline. You'll be transported back in time through a captivating slide-show of historical Chico photographs, setting the tone for an immersive evening of art, storytelling and holiday magic, including a newly imagined Land of the Snowflakes, a soaring magical Christmas tree, fresh choreography and storytelling inspired by Chico's Victorian past, beloved community figures Linda Watkins-Bennett as the local dressmaker and district attorney Mike Ramsey as Dr. Oscar Stansbury, dazzling visuals, pre-show entertainment and the timeless charm of Chico's history woven throughout. Tickets at chicoperformances.com or at (530)898-6333.

CHICO ICE RINK

Open daily in downtown Chico Nov. 14-Jan. 4. Check website for hours & pricing. Experience the joy of ice skating this season at the Chico Ice Rink. Whether you're a beginner or an experienced skater, the rink offers a fun and welcoming environment for all ages. Enjoy a day of skating with family and friends and make the most of winter with us on the ice! chicorec.gov/chico-ice-rink.

PATRICK RANCH MUSEUM

10381 Midway, between Chico and Durham
Gift Shop Holiday Preview Sunday Nov. 16, 4pm-7pm.
Get the first peek at all the fun new things our artisans have in the shop! Treats, hot beverages, music, holiday décor and our warm staff will be there to welcome you.

👍 Please say you saw it in North State Parent magazine. This helps us grow!



A Very Chico
Nutcracker

Artisan's Faire Dec. 6 & 7, 10am-4pm Saturday, 10am-3pm Sunday.
Enjoy a festive atmosphere with terrific artisans' crafts and live music. The Midway Café will be open with delicious food and the Glenwood House Museum will be decked out for the season with our knowledgeable docents available for tours. Holiday Pictures by appointment. The Glenwood Farmhouse will be beautifully decorated and there are many picturesque spots for a company or family photo. patrickranchmuseum.org.

SANTA AT CHICO MARKETPLACE

Santa arrives at Chico Marketplace 11am, Nov. 22 by horse and carriage from The North Pole! Stay for local performances following the arrival. Make memories with photos in Santa's Magical Workshop daily Nov. 22 - Dec. 24. shopchicomarketplace.com/events.

CORNING

CORNING SWEET TREAT HOMETOWN CHRISTMAS AND LIGHTED PARADE

Christmas Lighted Trolley Tours: Dec. 12, 6 & 7pm.
Adults \$10, kids \$5, children 5 and under are free.
See the lighted homes and businesses decorated for the season, from the warmth of a fun and festive trolley. Hot cocoa bar while you wait for your ride.
Lighted Christmas Parade: Dec. 6, 5:30pm-6:30pm
Beginning at Solano Street at Houghton and ending at 3rd Street in front of the Lighted Christmas tree at City Hall. corningcachamber.org.

GRIDLEY

GRIDLEY WINTER WONDERLAND FESTIVAL AND PARADE OF LIGHTS

Dec. 3, 5:30pm-8:30pm. Live music at the Virginia Street Gazebo.
Dadow Park: 5:30pm, Tree lighting ceremony. Parade starts at 6:30.
5:30pm-8:30pm, Olaf and Princesses, vendors, food trucks.



Celebrate the Holidays Family Style

MOUNT SHASTA

ANNUAL ELVES WORKSHOP

Dec. 6, 5:30pm-8pm, Mount Shasta Elementary School, 201 Cedar Street, Mount Shasta. Free.

Pamela Newman, publisher of North State Parent magazine, and other community members sprinkle their festive energy in this special evening. Come spend some quality time with your child in this free evening of enchanting fun. Dress up as an elf! Unique hands-on activity stations will be set up for you and your child to create ornaments and special handmade crafts for your child to give as gifts. Tamales and other goodies will be served. This annual event is typically at the City Park, but it is at Mount Shasta Elementary School this year. **For more info: (530)859-2309.**

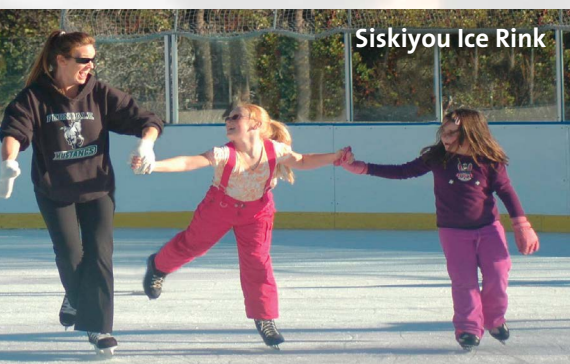


Little Elves Workshop

MOUNT SHASTA WINTER MAGIC

Nov. 28, 1pm-9pm, Downtown Mount Shasta. Free.

Come to Mount Shasta for some winter magic. Find those special holiday gifts in locally owned stores and from local specialty vendors. Food, fun and celebration. Lighted parade starts at 6pm and culminates in a tree-lighting in the plaza.



Siskiyou Ice Rink

SISKIYOU ICE RINK

Shastice Park, 800 Rockfellow Drive, Mount Shasta. Open daily Nov. 15-Feb. 22. Adult \$12, 4-17 and seniors over 65 \$9, skate rentals \$3. Check website for public skating days and times. Glide over the ice in a beautiful setting on some of the best ice in the North State at the foot of breathtaking Mt. Shasta. Season passes: Youth and seniors \$145, adults \$175 and family passes which include up to 4 family members who reside

at the same address \$310. Season passes include free group lessons for beginner and advanced beginners. Daily group skate lessons for beginners are \$15 per person. To purchase season passes and for more info: msrec.org/ice-rink.

ORLAND

ORLAND AVENUE OF LIGHTS

Dec. 18-21, 5:30pm-9:00pm at the Glenn County Fairgrounds. Pre-Sale \$15. \$20 on-site.

A spectacular one-mile Christmas wonderland illuminated by thousands of twinkling lights. Create lasting memories with Santa and Mrs. Claus at the North Pole Lodge while savoring hot cocoa, sweet treats and delightful refreshments. Join us in Orland at this dazzling adventure, where joy and wonder await around every corner. Purchase tickets at the gate or in advance at glenncountyfair.org/getyourtickets.



Orland Avenue of Lights

OROVILLE

SIERRA POINTE BALLET PRESENTS "THE NUTCRACKER"

Nov. 30, 1:30pm & 4:30 pm, Historic Orville State Theater, 1489 Meyers Street. Join Sierra Pointe Ballet and the Butte County community for a dazzling holiday tradition filled with wonder, joy and timeless music. Perfect for the whole family. <https://28833.danceticketing.com/r/events/>.

OROVILLE PARADE OF LIGHTS

Dec. 13. Craft Fair 2pm-6pm. The parade starts at 6pm in Historic Downtown Oroville. The theme this year is Christmas at the Movies. Think "Home Alone" and "Elf." Come join the fun and sparkle! visitoroville.com.



Oroville Parade of Lights

RED BLUFF

DOWNTOWN RED BLUFF CHRISTMAS PARADE

Nov. 29, 5:30 pm.

"The Spirit of Christmas" is the parade theme. The parade will start at Madison & Oak Street and will head east on Oak, go east on Oak to Washington, north to Walnut, east to Main, south to Sycamore Street. (530) 527-6220. redbluffchamber.com/events.

DRBBA IN PARTNERSHIP WITH SPARK DANCE TEHAMA & IGNITE YOUR FLARE DANCE & ACROBATICS PRESENTS "HOLIDAY ON THE TOWN"

Dec. 13, 4:30-8:30pm, The Historic Red Bluff Courthouse, 633 Washington Street. Trolley Ticket Booking Costs TBA. Free holiday craft and event market.

IGNITE YOUR FLARE DANCE & ACROBATICS PRESENTS "AURORA"

Dec. 6, 11am & 5:30pm, State Theater, 333 Oak Street. Presale tickets until Dec 4 at Zelma's Awards, 434 Walnut Street. General \$21, children under 6 \$12 - Cash or Card. Night of: General \$27, children under 6 \$17 - Cash only. Infants in arms are free.

"A JUBILEE CHRISTMAS, MORE THAN A STORY"

Jubilee Performing Arts Co. invites you to a night of dance and storytelling as they celebrate the meaning of Christmas Saturday, December 20th at the State Theatre, 333 Oak Street, Red Bluff. 1:00 pm and 6:00 pm.

RED BLUFF HIGH SCHOOL PRESENTS THE WIZARD OF OZ

Nov. 13, 14 & 15, 7pm. Red Bluff High Performing Arts Center, 1515 Douglas St. \$10.00. Red Bluff High School choral director Diane Hassay leads a fantastic team of old and new faces in this heartfelt production. The cast is made up of top academic students, athletes, club advisers and student directors. This magical production is guaranteed to showcase the heart of our hometown because there really is no place like home! Tickets available at PAC box office the nights of the performance or at our student store on campus.

REDDING

CASCADE CHRISTMAS

Nov. 21, 22, 28 & 29 7pm, 23 & 30 2pm. Cascade Theater, 1731 Market Street. \$15-\$35 This year's locally produced production promises a new story featuring classic Christmas characters, blending familiar cheer with unexpected comedy and heart. The show follows the chaotic escapades of three mischievous elves whose well-intentioned prank goes wildly wrong, accidentally knocking out Santa Claus!



WHEN PIE MEETS BREAD

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*Happy Holidays from Us...
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*Bon
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www.northstateparent.com • November/December 2025



A Cascade Christmas

"A Cascade Christmas" imparts the message that there's nothing like being with family during the holidays, but even when you can't be, you can find holiday cheer and joy in the most unexpected places. Tickets at cascadetheatre.org or the Cascade Theatre Box Office. boxoffice@cascadetheatre.org or (530)243-8877.

A CELTIC CHRISTMAS

Dec 16, 7:30pm. Cascade Theater, 1731 Market Street. \$32.50-\$62.50.

For the past 29 years, with a world-class ensemble of musicians, dancers and singers from both sides of the Atlantic, Tomáseen Foley's "A Celtic Christmas" has played to packed concert halls and to critical acclaim nationwide, recreating on stage the now-famous Rambling House; that remote cottage in the West of Ireland where the neighbors gather every year for a communal night before Christmas. There, the rafters ring with fiery traditional music, Irish Christmas carols, riveting traditional dance and, of course, stories of life in the remote parish of Teampall an Ghleanntáin, Tomáseen's birthplace. The show invites its audience to come into that cottage, into that world, into that era, with us and be our neighbors for the night. Tickets at cascadetheatre.org or the Box Office. [box office@cascadetheatre.org](mailto:boxoffice@cascadetheatre.org) or (530)243-8877.

DANCE DEPOT 2025 HOLIDAY SHOWCASE

Dec. 13, 6pm. Redding Civic Auditorium, 17 Auditorium Drive. \$20-\$30.

Home to home, heart to heart, the warmth and joy of Christmas brings us closer to each other. Dancers of all ages will share the spirit of Christmas while opening their hearts as they sing and dance to the music. This magical moment will bring a wide variety of styles including ballet, tap, jazz, hip-hop, acrobatics, lyrical and Broadway. Let us give you joy at this special time and watch us dance to hear our hearts speak. Tickets on sale Nov. 14 at reddingcivic.com.



Dance Depot Holiday Showcase

INTERFAITH SOLSTICE & HOLIDAY CANDLE LIGHTING SERVICE

Dec. 18, 6:30pm. Pilgrim Congregation United Church of Christ, 2850 Foothill Boulevard Free, donations accepted.

Welcome in the holiday season by experiencing an evening of beauty with a unique interfaith solstice holiday candle lighting service honoring Solstice, Christmas, Hanukkah & Bohdi Day. Presented by Rev. Lynn E. Fritz, Ordained Minister, Affiliate, Centers for Spiritual Living. (530)243-8862 (text preferred). pilgrimchurchredding.org.

REDDING BALLET THEATRE PRESENTS "THE NUTCRACKER"

Dec. 18-20, 7pm, Dec. 20, 2pm matinee followed by a children's Land of Sweets Tea, included in matinee ticket price. Shasta College Theatre, 11555 Old Oregon Trail.

\$20.13-\$27.50. Redding Ballet Theatre's The Nutcracker—a treasured North State tradition—returns this holiday season with even more sparkle and magic! For the first time, the Shasta Symphony Orchestra will perform Tchaikovsky's iconic score live, bringing Clara's enchanting journey to the Land of Sweets to life like never before. Experience the wonder of live music, dancing snowflakes and tumbling peppermints in this unforgettable holiday event for the whole family. Tickets at thereddingartsproject.simplenetix.com/



Redding Ballet Theatre
Land of Sweets Tea

We are offering a school show opportunity for our local schools with a discounted rate of \$6 per student and \$14 per chaperone. Request a reservation for the school show at The Nutcracker School Show Reservation or email info@thereddingartsproject.com.

REDDING CITY BALLET PRESENTS "THE NUTCRACKER"

Dec. 12, 7pm; Dec. 13, 2pm and 7pm; Dec. 14, 2pm.

Cascade Theatre, 1731 Market Street. \$22-\$36. Share in this North State holiday tradition as Tchaikovsky's timeless score takes Clara and her Nutcracker Prince on a journey through sparkling snowflakes to the land of dancing sweets in Redding City Ballet's 25th presentation of The Nutcracker. From stunning costumes and a beautiful Sugarplum Fairy to toy soldiers, waltzing flowers and an evil Rat Queen, this enchanting ballet will sweep you up in the delight of the holiday season. reddingcityballet.org/events. Tickets at cascadetheatre.org.

REDDING GARDEN OF LIGHTS, TURTLE BAY EXPLORATION PARK

844 Sundial Bridge, Redding. Open Select Dates Nov. 21 – Jan. 4, 5pm-9pm.

\$15-\$32, free for children ages 0-2. Join us for a dazzling holiday tradition as the Redding Garden of Lights returns for its sixth year, featuring over 2 million lights across 10 acres of beautifully curated botanical gardens. This festive event includes animated light displays and synchronized music, cozy fire pits for s'mores and holiday-themed food and beverage stations, offering a magical experience for all ages. Enjoy glowing swings, Model Train Town and the new Turtle Express! Tickets and information: reddinggardenoflights.org.



Garden of Lights at Turtle Bay

WEED

ALPACA ON THE ROCKS PHOTOS WITH SANTA

Dec. 13, 9-3pm. 5004 Solus Dr., Weed. Bring your kids out to Alpaca on the Rocks, and make magical memories. Pose for fun and unique photos with Santa and big, soft, friendly alpacas. Shop for beautiful, warm alpaca fiber gifts and other goodies. Meet the other friendly farm animals. A great holiday adventure for the whole family. allthingsalpaca.com.



Alpaca on the Rocks

2025 HOLIDAY CRAFT FAIR AT COS

Dec. 5, 5pm-8pm, Dec. 6, 9am-3pm, College of the Siskiyous, 800 College Drive. \$3/pp.

The holiday spirit will be on display at the 28th annual Holiday Craft Fair at the College of the Siskiyous, celebrating beautiful, handcrafted products from local and regional artisans and crafters, perfect for the holiday season or all year-round. The concession stand will be open and serving hungry patrons and Santa Claus will pay us a special visit Dec. 6 from 11am-1pm. For more information call the COS Foundation Office (530)938-5373.

YREKA

YREKA NIGHT OF LIGHTS



Yreka Night of Lights

Dec. 6, 4-7pm. Downtown Yreka. A festive event full of activities for the whole family. A night of lights, a season of joy! (Oregon and Miner Streets). yrekanightoflights.com. ■

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La Botica de Lupita Luna's Body Care & Wellness

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“La Botica de Lupita”

Se estableció en noviembre de 2024 y se encuentra en 410 Pine St., Red Bluff. Su propietaria, Ma. Guadalupe Pacheco, visitó Red Bluff y detectó la necesidad de los consumidores de medicina homeopática, belleza femenina y un toque de auténtica moda hispana. Abrió su tienda y en un año se expandió a medida que los clientes solicitaban más productos: vestidos tradicionales para quinceañeras, bodas, bautizos, comuniones, accesorios, camisas y vestidos auténticos para bailarines de ballet folklórico, Día de los Muertos y Día de la Virgen. Lupita abrió otro local ubicado en 418 Pine St., Red Bluff. Al entrar, se sentirá bienvenido y recibido con una sonrisa. ¡Venga a visitarnos y descubra el regalo especial que puede llevarse a casa! ■

Lunas Body Care & Wellness

Established in 11/2024 and located at 410 Pine St. Red Bluff. Owner Ma. Guadalupe Pacheco visited Red Bluff and saw the need for homeopathic medicine, women's beauty, a little bit of authentic Hispanic fashion. She opened her store and within a year she expanded as customers requested more products: cultural dresses for quinceañeras, weddings, baptisms, holy communion, accessories and authentic shirts and dresses used for Ballet Folklórico dancers, Día de los Muertos and Día de la Virgen. Lupita added another location at 418 Pine St. Red Bluff. As you walk in you will feel welcomed and greeted with a smile. Come visit and see what special gift you can take home with you! ■





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Tehama**





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y selecciona
Help Me Grow



**CONECTESE CON
FIRST 5 TEHAMA** *para familias*


En First 5, sabemos que los niños prosperan cuando las familias están rodeadas de apoyo y conectadas a recursos que fomentan la resiliencia. También reconocemos que los padres se benefician más cuando los programas se ofrecen en un entorno confiable y culturalmente respetuoso, y en el idioma que eligen: inglés o español.

Help Me Grow Tehama ofrece apoyo bilingüe y sin juicios para familias con niños de 0 a 5 años, incluyendo pañales, exámenes y referencias. Conectando a las familias con recursos a través de relaciones culturalmente inclusivas.

Escanea el código de arriba y selecciona Help Me Grow. O solicita el formulario de referencia Help Me Grow O 211 pregunte por Help Me Grow PREGNANCY TO PRESCHOOL REFERRAL FORM (ESPAÑOL)

Charity Begins at Home

Encouraging a Giving Spirit in Children



Children who love crafts can learn the joy of giving by making thank you cards, get well cards and crafty gifts to cheer up neighbors or lift the spirit of someone experiencing grief or ill health.

We live in the age of selfies, where bullying is on the rise and civility is on the decline. Not-so-subtle societal messages tell us that our worth is defined by material possessions or by approval from social media "friends," some of whom we barely know. In such a hands-off environment, it is easy to retreat from others or to believe that we are the center of our own worlds.

Ironically, experts tell us that the acceptance and achievement we crave can come from focusing on others. Since empathy is a strong predictor of future success, our children may be better off cultivating a giving spirit instead of chasing recognition or developing an individual "brand."

Michele Borba, who wrote *Unselfie: Why Empathetic Kids Succeed In Our All-About-Me-World*, says "the ability to empathize affects our kids' future health, wealth, authentic happiness, relationship satisfaction and the ability to bounce back from adversity."

The good news is that teaching children to identify with causes larger than themselves isn't difficult. Even better, serving others as a family can create the meaningful togetherness we all crave.

CHILDREN ARE BORN TO CARE

Children are hard-wired with the spirit of giving. That's apparent in the toddler who weeps at the sight of an upset playmate, the preschooler who offers his teddy bear to a sick sibling or the school-aged child who grabs a sponge when mom is washing the car. Yet, as they grow, children receive society's clear

message that it's sometimes unsafe or unwise to care. Fortunately, families have the power to foster empathy. Research indicates that caregivers who openly express warmth and compassion tend to raise more kind-hearted children. This process begins at birth and is intuitive. Routinely giving a patient and consistent response to an infant's cries or a toddler's skinned knee tells that child that helping others is important. Once children are secure that the world is a safe and loving place, it's easier for them to develop empathy.

Experts say that the first opportunity for a child to help others is in his own home. Therefore, some recommend assigning household responsibility. "Children need jobs," says popular author and pediatrician [Dr. William Sears](#). "Once a child learns a sense of responsibility for the household, a sense of responsibility to society will come naturally in the next stage of development."

KIDS WHO HELP OTHERS HELP THEMSELVES

Children who reach out to others often gain more than they give. They experience a boost in well-being, self-worth and optimism. Helping others becomes a shield against temptation and stress. When kids know it feels good to do the right thing, it's easier to say no to the wrong things. Grounded in kindness, they don't need to look for validation in material possessions or risky choices.

Volunteering as a family creates quality time. Away from screens and distractions, families discover new ways to connect and appreciate one another. Research shows that children who volunteer with their families

are twice as likely to continue volunteering as adults, who then pass the tradition on to their own children.

Mary Thoele, author of *Family Serve: Volunteer Opportunities for Families*, says that "volunteering is one of the loudest actions you can take to show children what it truly means to be a contributing member of a community. By role-modeling this type of behavior, caregivers are beginning a tradition of compassion that can be passed on from one generation to the next."

EVEN THE BUSIEST FAMILIES CAN FOLD GIVING INTO THEIR SCHEDULES

Fostering a giving spirit doesn't require huge amounts of time or money. Jenny Friedman, the author of *The Busy Family's Guide To Volunteering: Doing Good Together*, says that finding time to help others is easier than you may think. She says that the key is to take a careful look at your current activities and then find ways to incorporate volunteering into those events.

For example, families who already enjoy crafts can make get-well cards or toys. Supplies for a neighbor in need can be gathered while doing your own errands. Families who are animal lovers may enjoy fostering an animal for deployed military.

Experts suggest starting small, with a one-time/no further obligation commitment. If all family members enjoy the experience and want to repeat it, consider adding on. But always be conscious of overcommitting. Studies show that when giving feels overwhelming or obligatory, the potential benefits are lost.

It's much easier (and more comfortable) to increase your commitment when you have more time than to cut back and feel guilty because you've taken on too much.

Teaching children to care and to offer their time and their talents to others is a win-win situation. Developing a child's innate giving spirit helps them find purpose and satisfaction. It is the gift that keeps giving because empathy tends to be passed down. Compassion, then, becomes a legacy - one that can thrive in your family for generations. ■

Charitable Ideas for Busy Families

CREATING FOR OTHERS

Kids usually enjoy crafts and many organizations are seeking families to provide handwritten letters, heartfelt drawings and get-well cards. Most even offer easy step-by-step instructions. Typically, families complete the items and mail them to the organization, which in turn distributes them where they are most needed. Here are a few ideas to get you started.

- 1. MAKE A HOSPITALIZED CHILD SMILE:** [CFHK \(Cards For Hospitalized Kids\)](#) allows families to make handmade cards for distribution to kids currently in the hospital. Over 500,000 children have received cards from all over the world. Although families can use their own creativity to make the cards, the CFHK site offers many helpful suggestions. [cardsforhospitalizedkids.com](#).
- 2. PROVIDE COMFORT TO CHILDREN FACING CHALLENGES:** [Project Linus](#) provides handmade blankets to children who are ill, traumatized or who need the security of a comfort item. They offer no-sew patterns that are quick to make. Although adults may need to cut the fabric, kids of all ages can help by tying the edges. [projectlinus.org](#).
- 3. OFFER ENCOURAGEMENT TO OUR MILITARY AND FIRST RESPONDERS:** Organizations like Operation Gratitude encourage families to send cards, drawings and letters to the military, veterans and first responders. The cards are added to care packages. Many recipients say that handwritten items are the most cherished part of the package. Check out [operationgratitude.com/express-your-thanks/write-letters](#) for more information.

HELP A FAMILY, CHILD OR PET

Your family might consider sponsoring a less fortunate family, child or animal during the holidays, in emergencies or year-round.

- 1. ADOPT A FAMILY:** [The Box Project](#) matches sponsor families to families in need. Families regularly mail household and school supplies, clothing or other needed items. Visit [theboxproject.org](#) for more information.
- 2. SPONSOR A CHILD:** Many organizations, like [children.org](#) can match sponsor families with a child in poverty. Families provide monetary support, school supplies and letters.
- 3. FOSTER A PET FOR SOMEONE DEPLOYED OR HOSPITALIZED:** Organizations like [Pact For Families \(pactforanimals.org\)](#) and [Dogs On Deployment \(dogsondeployment.org\)](#) match up foster families to care for dogs whose owner is deployed or hospitalized.



Shannon M. Dean specializes in writing about families. Her son recently enthusiastically replied "Cool mom!" when she confided her dream of writing fiction.

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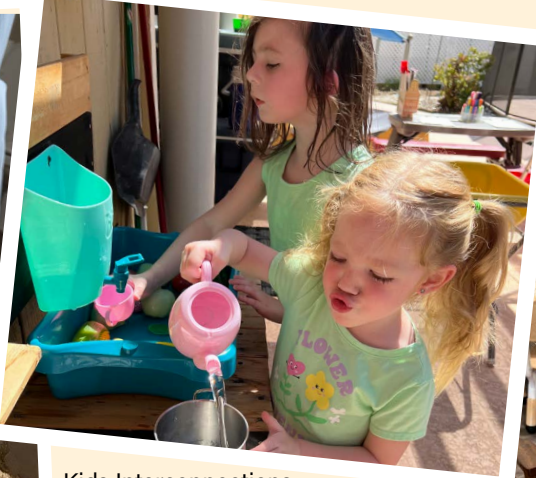
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17



Kids Interconnections
Preschool & TK



LOCAL DAYCARE AND PRESCHOOLS



BUTTE COUNTY

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814 Glenn St. • (530) 342-5518 chicomontessori.com

ⓓⓈ Ages: 2.9-5 yrs • M-F, 8:30am-5:30pm

Montessori-trained teachers for the development of the whole child. Emphasis on inner motivation, using the child's natural curiosity and delight in discovery. Sessions offered: morning, afternoon, and full day. Lic# 045406630

Little Sprouts Preschool

15 Overland Ct. Chico • (530) 345-0123

ⓓⓈⓂ Ages: 2-5 yrs • Times: M-F, 7am-5:30pm

Age appropriate classes every day. Great PreK program! County funding welcome! Lic# 045405784

Palermo Union Elementary School District

Call for more info about our three different locations.

(530) 533-4842 ext.6001 • palermoschools.org

ⓓⓈⓂ Ages: 18mo-5 yrs • M-F, 7:30am-5:30pm

Our qualified staff works with you and your child to develop the foundation for future academic success, recognizing and valuing each child's unique traits and potential. Lic# 041370378, 041372369, 045407779

SHASTA COUNTY

Columbia's Lion Cubs Preschool

10142 Old Oregon Trail, Redding • (530) 223-4070 x315

ⓓⓈⓂ Ages: 2-5 yrs • M-F, 7:30am-5:15pm

Experienced, qualified and nurturing teachers. Full, extended and half-day programs, small class sizes, kindergarten readiness. Lic# 455403185

Creative Kids Preschool

3333 Bechelli Lane, Redding • (530) 215-1600

creativekidspreschool.com

ⓓ Ages: 0-6 yrs • M-F, 7am-5:30pm

Healthy meals including breakfast, lunch, and snack; experienced qualified nurturing teachers, CPR certified, SCOE accepted. Lic# 455408443

Enterprise Elementary Preschool

795 Hartnell Avenue, Redding • (530) 224-4178

eesd.net/ourschools/preschool

Licensed programs build confidence, skills and school readiness in a safe, nurturing environment. Free options available for qualifying families. Lic# 455403855

Kids Interconnections Preschool & TK

4672 Loch PI • Shasta Lake City • (530) 227-9191

kidsinterconnectionspreschool.com

Ⓜ Ages: 3-6 yrs • PT & FT spots • 9am-2:30pm

Your child will be prepared for kindergarten and develop social, emotional, physical, language and cognitive skills in a warm, home-like small class. Lic# 455408509

Meadow Lane Preschool

2770 Balls Ferry Rd. Anderson • (530) 378-7030

cuesd.com ⓓⓈⓂ Ages: 2.9-5 yrs • M-F, 7:45am-5:30pm

Afternoon care available until 5:50pm. Every child deserves a nurturing and engaging environment to learn and grow. Our play-based curriculum encourages creativity and social development, laying a foundation for future success. Lic# 455402120

Redding Christian Preschool & Pre-Kindergarten

21945 Old 44 Dr., Palo Cedro • (530) 547-5600

reddingchristian.com. Ages: 3-5 yrs • M-F, 7:30am-5:30pm,

mid-Aug-May. Private Christian preschool and pre-kindergarten offers hands-on learning, sensory/motor integration and academic skill-building that focuses on spiritual, academic, social and physical development. Lic# 455406244

Shasta Head Start Child Development, Inc.

375 Lake Blvd. Redding • (530) 241-1036

shastaheadstart.org. ⓓⓈⓂ Ages: 0-5 yrs • M-F, 8am-4:30pm

Private, non-profit provides high quality childcare and social services to low-income children and their families in Shasta, Siskiyou and Trinity counties. Lic# 4455406084

Tiny Toes Preschool

1201 Industrial Street, Redding • (530) 983-0273

ⓓⓈ Ages: up to 13yrs • M-F, 7am-5:30pm

Infant and toddler care, preschool classes for ages 2-6 yrs, after-school program for ages 7-13 yrs. Highly trained, experienced, loving staff ensure your little one is well cared for. 2025 Excellence in Education Award! Lic# 455408563

Trinity Lutheran Early Learning Center

2440 Hilltop Drive, Redding • (530) 221-6686

reddingtlc.org • crystal@reddingtlc.org. ⓓⓈ Ages: 0-5 yrs, M-F, 7:30am-5:30pm. A meaningful Christian education. Experienced teachers teach the love of Christ and curriculum to ensure each child is ready for kindergarten and beyond.

Lic# 4151373105

- ⓓ = Diapers Accepted
- Ⓢ = Snacks Served
- Ⓜ = Meals Served



West Redding Preschool

3490 Placer Street, Redding • (530) 243-2225

westreddingpreschool.com

ⓓⓈⓂ Ages: 6wks-12 yrs • M-F, 7am - 5:30pm

An educationally based curriculum. Our goal is to prepare each child today for the educational challenges that they may face tomorrow. Lic# 455401406

SISKIYOU COUNTY

Shasta Head Start Child Development, Inc.

710 Everitt Memorial Hwy, Mt Shasta • (530) 918-2550

shastaheadstart.org

ⓓⓈⓂ Ages: 0-5 yrs • M-F, 8am-4:30pm

Private, non-profit provides high quality childcare and social services to low-income children and their families. Locations in Mt Shasta, Weed and Yreka. Lic# 445406084

Siskiyou Child Care Council

Fort Jones, McCloud, Dunsmuir, Lane Street (Yreka)

SisQ Kids (Weed) • (530) 938-2748

tstacher@siskiyouchildcare.org

We believe that every child is unique and of supreme worth. Our state preschools provide care in a nurturing environment designed to foster development of positive self esteem, emotional well-being, social skills, independence, creativity, and problem solving. Call for more information about any of our schools. Lic # 475403153, 475404269, 475404757, 475408055, 475408138.

TEHAMA COUNTY

First Church of God Preschool

1005 S. Jackson Street, Red Bluff • (530) 527-4516

Sept-May • M-F, 8:30am-12noon

Ages: 3-5 yrs

A Christian preschool whose mission is to equip the whole child in a Christ-centered environment. Our staff works alongside families to help their children have a wholesome educational foundation. Lic# 521300231

Kotasik Daycare

2 Sutter Street, Suite C, Red Bluff • (530) 727-9607

ⓈⓂ Ages: 2-5yrs • M-F, 7:30am-5:30pm

All staff are fully qualified, first aid and CPR certified. Drop-ins welcome. Subsidized payment accepted.

Breakfast and Lunch served family-style. Lic# 525407977



Wishing You And Your
Family All The Best
This Holiday Season



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THIS IS TEHAMA



The ancient word “Tehama” once meant a place where rivers could be crossed.

With our county’s rich currents of history, happenings and hope, this is our crossing place today — where we meet to celebrate our beautiful Tehama County.

SIX YOUNG *Entrepreneurs* ARE GETTING THINGS DONE IN TEHAMA COUNTY

These six small-town, country-raised “kids” have matured into motivated and productive adults who are passionate about their calling to work with integrity, provide good service and make the world a better place. If you can’t find them through the website or phone number provided, each business can be located on Facebook and/or Instagram.



Kate Hiller’s only entrepreneurial pursuit was selling homemade sock monkeys at a local store. She is glad to see a little more ingenuity and stick-to-it-ness in the next generation after talking with these positive and energetic entrepreneurs.



Peyton Turri of Out West Silver Company and Out West Miniature Cattle (est. 2020) outwestsilver.com, outwestmini.cows

Peyton, 21, was working as an agricultural biologist for Tehama County when COVID changed her trajectory. “I started watching YouTube videos on western jewelry-making and was hooked,” Peyton says. Peyton took a class in Oregon and has continued to refine her craft ever since. Recently she has enjoyed setting turquoise in gold, which is a new twist on western jewelry. As if she wasn’t busy enough, Peyton wanted a “pet” herd of cattle to stay close to home while her husband, Andrew, manages their commercial cattle operation elsewhere. Her solution was to start her own herd of Miniature Scottish Highland Cattle, whose cute faces keep her company outside her window. Watch her website for availability of cattle for sale. Peyton’s biggest weakness is separating home life from work life. “So I built a barn,” she says. “Having my workshop in the barn can hopefully create a little space between work and home.”



Judge Hiller— Hiller Demolition (est. 2023) (530) 410-3822

Judge’s position of never quite feeling content as an employee turned into his greatest motivation to start a business of his own. With a background in construction and firefighting, and a family motto of “grab another gear,” working hard is the only option. Hiller Demolition offers junk-hauling, excavation, project site cleanup and real estate cleanup and Judge enjoys making sure that every client is satisfied with the result. “I have always enjoyed business and the analytics involved. We have lots of plans for expansion in the years to come,” Judge, 25, says. “A favorite quote is by Napoleon Hill, ‘every failure brings with it the seed of an equivalent success.’ In the process of building this legacy, I owe a lot to the hard lessons I’ve learned and to the people who have helped me along the way.”



Kamish Wagner of KW Equine Therapy (est. 2022) and Girl Kurl (est. 2018) (530) 200-6464
Kamish, 21, remembers the moment when a rodeo announcer said, “this girl has some girl curl!” Kamish had just won the World Championship Dummy Roping competition and the word “curl” describes the successful catch of the horns when the rope comes up behind the steer’s head. Those words became the inspiration for her western apparel logo, Girl Kurl. You can find it on Instagram and Facebook. Kamish has moved on to compete in the ProRodeo circuit in barrels and breakaway roping. Adding horse therapy to her resume seemed to be the perfect fit for her rodeo lifestyle. Kamish now offers specialized therapy to boost horses’ performance and recovery. She is equine certified and offers Acuscope and Myopulse Therapy to help horses feel their best. “I love the flexibility of my own business so that I can keep my rodeo schedule,” Kamish explains, “and I want to thank my parents for all their support.”



Andrew Bell of Bells Boyz Cleaning Service (est. 2014) (530)351-1783
“I am guessing he will never know the impact he had on my life,” Andrew, 25, shared about a man who came to wash the windows while Andrew sat in a chiropractic office. “I could do that,” Andrew thought. Andrew, first with his two brothers in tow, started to offer window washing services and has now expanded his services to offer gutter and solar cleaning. Andrew’s favorite motivational source is the podcast WCR Nation and he also enjoys Steve O and Luke the Window Cleaner on YouTube. Andrew loves having the flexibility of choosing his own hours which allows him to teach part-time at Calvary Christian Academy in Red Bluff. Andrew’s definition of success is “bringing Glory to God in all I do.”



Cole Casteel of A & R Catering and Emergency Lunches (est. 2024) arcustombutchering.com
Cole, 23, gave construction a try after high school before coming back to the family business, A & R Custom Butchering. “My family was young and expanding and I wanted to work where I could be close to home. It is such a blessing to be working alongside my parents and to have my wife, Sierra, and my two daughters stop in daily.” Running a deli at the butcher shop gave Cole the idea to first expand into catering services and then lunches for fire crews on the line a year later. “Sometimes the perfect fit is right where you are,” Cole says. “My favorite saying is ‘if the grass is greener on the other side, water your own grass.’ My dad is my hero and I hope that my own contributions to the business will be something my kids can be proud of, too.”



Isabel Ruiz of By Isabel Ruiz Photography (est. 2022) byisabelruizphotography.com
“Everyone has their own unique story and I’ve been given the gift and honor of capturing it as it unfolds,” says Isabel, 23. She specializes in wedding & lifestyle photography. From newborns to seniors to brides, Isabel is passionate about capturing life’s milestones, big or small. “Recently I photographed a family who had just experienced a devastating loss,” Isabel shared. “This confirmed my desire for my profession to be about serving others – not about selfish ambition. The Bible is my favorite motivational book for business and I appreciate this verse in particular, ‘The earth is the Lord’s and everything in it.’ Life is about stewardship, not ownership. I hope to be a good steward of my clients.”

for parents

By Stacey Leigh Mohr



Holiday Gifts That Educate and Delight Children of All Ages

As they gear up for the holiday season, parents and grandparents head out to what often seems a “shopping jungle” to purchase toys and gifts that will bring joy to their young ones. They struggle through stores, sorting through jumbled shelves, looking for safe toys and gifts their children will love and enjoy for more than a day or two.

Toys that delight and engage

If you want to choose meaningful toys that will last and will delight your child for months or years to come, consider investing in quality educational toys. Designed to educate and engage children, these toys encourage cognitive development and problem-solving skills, enhance motor skills,

support language development, help develop children’s senses (sight, touch, hearing) and build social and emotional skills like sharing, waiting for one’s turn, leadership and having fun.

Other important factors to consider when choosing toys for any age:

- **Safety:** look for toys that are free of small parts, sharp edges or harmful materials. Small children put everything in their mouths, so choose toys made from organic or nontoxic, child-safe materials.

- **Choose age-appropriate options:** Chronological age does not always correspond with developmental age. Match toys to your child’s current developmental stage to keep toys both challenging and fun.

- **Rotate Toys:** Introduce new toys periodically to maintain your child’s interest and engagement.

- **Shop local:** Choosing to make your holiday purchases from local small businesses keeps your dollars in your community, encouraging local growth and business and merchandise choices that best fit your community’s needs and preferences.

Dandy toys at Dandy Lions

So where do North State parents go to find safe, age-appropriate, delightful, engaging, quality educational toys? A unique store in Red Bluff offers all this and more. Located at 623 Main Street in charming downtown Red Bluff, Dandy Lions has been providing safe, non-toxic, quality educational toys and children’s clothing to local families for over 15 years.

The shop is organized by age, making finding age and developmentally appropriate toys easy. Knowledgeable staff is always available to answer questions and provide guidance. Shop owner Jessica Sylvia and store manager Rhonda Stuart conduct careful research before making purchases for the store, assuring all toys they purchase are educational, safe and non-toxic.

Toys and gifts for all ages

From Indestructibles books for babies, (nontoxic, chewable, crinklyable and washable) to electronic toys older children enjoy putting together, Dandy Lions has something for every age. “Adults often purchase things like our 3D puzzles for older adults to keep them busy and their minds sharp,” says Rhonda.

You can find the popular Jellycat collection of beautiful, soft stuffies (suitable for children from birth) at Dandy Lions. Featured on Good Morning America as one of the best toys, Jellycats are even popular with adults.

For children who love dolls, Dandy Lions stocks organic rag dolls, beautiful dolls from Spain, dollhouses, doll furniture and dolls to populate their dollhouse. From

European-made items to California-made goods like Voluspa candles and Sleepover Friends, you can depend on the quality, safety and beauty of everything in the store.

With adorable children’s clothes from newborn to youth 7, (including organic bamboo jammies), bibs, safe teething toys, art supplies, outdoor toys, an ever-changing 50% off rack and a huge selection of stocking stuffers, you’ll be able to find everything on your holiday gift list.

To help you keep organized, they have storage solutions for nurseries and children’s rooms. And they’ll finish the shopping experience with complimentary gift-bagging!



Store associate Lidi enjoys working at Dandy Lions, introducing children of all ages to shelves full of colorful toys, games, puzzles and more.

Photos by Pamela Newman

A fun place to shop

Being able to stroll through a beautiful store, feeling the quality of toys and apparel, with friendly, knowledgeable customer service close at hand, makes shopping a joyful experience. “I love our clientele,” Rhonda says. “I love seeing our repeat shoppers. You get to have a relationship with them. I love the kids. When they come in, they light up, they get excited. To see the children run through the store with such joy and taking it all in between the stuffed toys and the colors – that’s just so much fun. It’s a fun, happy place.” For more information or to “pre-shop” before you stop in the store, check out Dandy Lions on [Facebook](#) and [Instagram](#).



Red Bluff residents Whitney and baby Thomas find colorful, delightful treasures of all shapes and sizes at Dandy Lions.



Children love cuddling Dandy Lions' adorable, soft stuffies.

Stacey's boys' favorite toys were the simple wooden ones they played with for hours. Stacey still has her oldest son's favorite outfit, "piggy overalls," that hold so many happy memories and which she purchased at a local children's store.



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ARFID AND THE HOLIDAYS: WHY IT'S MORE THAN PICKY EATING

The holiday season is supposed to be full of fun, laughter, getting together with family and friends; and food is often an integral part of every gathering. But for families raising children with **Avoidant/Restrictive Food Intake Disorder (ARFID)**, this time of year can bring more stress than celebration. What may look like “picky eating” to others, ARFID is a serious eating disorder – one that can turn mealtimes into overwhelming challenges year-round.

WHAT IS ARFID?

ARFID is a clinically recognized eating disorder that goes far beyond a child being choosy at the dinner table. Unlike typical picky eating – something many children grow out of – ARFID can persist into adolescence and adulthood. Children with ARFID often eat only a very limited range of foods and their restrictions are not about dieting or body image. Instead, the avoidance is driven by sensory sensitivities (taste, texture, smell), fear of choking or vomiting or negative experiences tied to food. The disorder can lead to nutritional deficiencies, poor growth and significant anxiety around meals.

ARFID IS DIFFERENT FROM PICKY EATING

While a picky eater might turn up their nose at mashed potatoes because they “look weird,” a child with ARFID could have a very different reaction, like gagging or even crying at the sight or smell of them, not out of defiance but from genuine fear. A typical picky eater might ask for the crusts cut off their sandwich and still eat it, but a child with ARFID might only tolerate one specific brand of bread. If that brand isn't available, they might skip the meal altogether.

Where most children can be coaxed into trying new and different foods, a child with ARFID might panic or leave the table rather than face the anxiety of tasting something unfamiliar. Even the color or texture of food can be overwhelming. Mushy, crunchy or mixed-together foods might trigger nausea or distress. And while a picky eater might give in once they are hungry enough, a child with ARFID would rather go hungry than eat something that feels unsafe to them. ARFID also doesn't fade with time or discipline (think “no leaving the table until you've eaten at least three bites!”). It requires patience, compassion and often professional support.

ARFID MAKES HOLIDAYS ESPECIALLY DIFFICULT

Food is at the heart of most holiday celebrations. Meals are often fancier than normal, filled with dishes outside a child's “safe food” list. Children may experience extreme anxiety or even feel sick when faced with a plate full of unfamiliar food. Seemingly harmless encouragement like, “Come on, just take one bite! You'll love it!” from well-meaning friends and family can also

exacerbate the situation. Fear of being judged is a huge stressor for parents, who worry that people will think they are indulging their children or failing to set boundaries. Kids may also feel embarrassed for being singled out or chided for not eating what is in front of them.

STRATEGIES FOR MANAGING THE HOLIDAYS WITH ARFID

Navigating ARFID during the holidays isn't easy, but a little planning and perspective can make a big difference. Start by planning in advance – bring your child's safe foods to gatherings without guilt or explanation. Having familiar, reliable options can ease anxiety for your child and save you both from stress. Try to shift the focus. The holidays are about connection, not casseroles. Remind your family that joy comes from shared experiences – playing games, making crafts, singing songs or watching movies together – not from what's on the plate.

Let your child know it's OK to feel anxious or uncomfortable around certain foods and reassure them that eating differently doesn't make them weird. Finally, do your best to keep routines steady. Sticking to familiar mealtimes and snack rituals can help your child feel grounded, even when you're away from home or surrounded by new experiences. This can be tricky with holiday travel, as favorite brands or familiar foods may be harder to access away from home. But if you plan, you can bring some safe foods along.

Communicating with family and friends ahead of time can make the holidays much smoother. A quick, honest conversation with your host or relatives before a gathering prevents those awkward “just take one bite” moments. You don't have to launch into medical details. Simple explanations often work best, like: “It's not that they don't want to eat – some foods make them feel panicked or sick,” or “They're not being stubborn; their brain reacts differently to certain textures and smells.” Most people respond with kindness once they understand what's really going on.


When family and friends see ARFID for what it is – a genuine challenge, not a behavior issue, they can offer patience instead of pressure. That small shift in perspective can turn a stressful meal into a supportive one. With clear communication, planning and empathy, every family member can feel included, no matter what's on their plate. ■



Shasta County author Jennifer Arnold is the mom of four, two of whom have been diagnosed with multiple special needs. She hopes to raise awareness of many issues that parents of special needs children face on a regular basis.

Siskiyou County News

ROCKSIDE RANCH: RESTORATION AND HOPE FOR YOUNG MEN IN CRISIS

A man with dark, curly hair and a beard, wearing a dark grey t-shirt, is smiling and holding a brown chicken. He is standing in front of a blurred background of green hills and a snow-capped mountain.

Life happens. And for some, addiction, homelessness or lack of skills and self-confidence can stand in the way of their life goals and can lead to hopelessness, despair and personal and sometimes family crisis.

Over a dozen years ago, Rockside Ranch founders Jen and Craig Thompson had a shared vision of creating a safe place where young men in crisis could come to get back on their feet and learn the work and life skills they need to thrive and succeed in life. From this vision, Rockside Ranch in Etna was born in 2011 and has since expanded to establish Black Hills Ranch in South Dakota and Great Lakes Ranch in Michigan.

LIFE RESTORATION PROGRAM

Named for a large rock formation in nearby Marble Mountains, the Etna ranch is the model for the Black Hills and Great Lakes ranches and offers a residential program for young men 18-24 years of age. At any one time, eight young men and several staff and interns live together on the ranch, raising sheep, goats, pigs, chickens and turkeys.

Through this work and classes designed to teach life skills, resumé writing and job skills, young men find the safety and support they need to, as Abby Dahlberg,

director of communications and donor care for the Etna ranch, says, “leave behind what is not working for them and make the changes that allow them to thrive in work and life.”

Rockside Ranch is a 501(3)(c) nonprofit and is supported largely through donations, grants and sales of meat and eggs to local grocery stores in Etna and Mount Shasta and to those who purchase ranch memberships through a one-time \$25 membership fee. Members can come to a self-serve store on the ranch to purchase organic eggs and pork, lamb and poultry raised using regenerative farming practices.

This life restoration program includes hard work during the week caring for the animals and maintaining the ranch. But on the weekends, staff take ranch students out for fun activities like backpacking, white water rafting, swimming, horseback riding and, in the winter, snow shoeing and other winter sports.

These activities and the work they do together on the ranch create bonds between the young men. “They learn to help, support and encourage each other,” Abby says. “Through living with seven other guys, they develop really cool relationships with each other.”

CUSTOMIZED PROGRAMS MEET INDIVIDUAL NEEDS

“Every student has different needs and is coming from a different crisis,” Abby says. “Our programs are customized to what each man needs.” Staff support students in meeting their individual goals, whether obtaining their GED, achieving sobriety or “whatever goal they are striving to meet.”

Andy Harrison, parent of a Rockside graduate, testifies to the effectiveness of Rockside Ranch staff efforts to support each student. “I am amazed at the level of competency, the love, the wisdom of Rockside staff,” he says.



Abby Travis grew up in the Scott Valley and always knew she would end up coming back - she has a passion for personal and community growth.

All photos provided by Rockside Ranch

Students are expected to show up sober and ready to work on changing their lives. They give up their cell phones and old, unhealthy connections. “We have found that when a guy is in crisis, he needs to get away from environment he is in,” Abby says. “A change in environment increases the student’s chance of success.”

CONNECTION AND SUPPORT CONTINUE AFTER ROCKSIDE RANCH GRADUATION

Rockside Ranch’s eight-month program is designed to prepare students to be eminently hireable. “They can show up on time, sober and ready to work,” says Abby. “90% of students graduate and 85% find employment or are in school full time soon after graduating.”

Graduates earn two college certificates from College of the Siskiyou and have the option to join the workforce program and work at the Farmhouse Butcher Shop or Farmhouse Bakery and stay in the workforce house in Etna.

Etna is a small community and the residents recognize the ranch students and graduates and are very supportive of them. “The opposite of addiction is not sobriety, it’s connection,” Abby says. The Etna community in conjunction with the ranch and the relationships it fosters between the students offers that vital connection for young men who are restoring their lives.



Farmhouse director Jacob Smith strives to create an atmosphere in which employees feel part of a team and their opinions are valued. Ranch graduates can choose to learn to be a barista, bake bread or make desserts in the bakery or clerk at the butcher shop deli. In addition to job skills, they learn to show up on time to work and gain social skills as they team up with co-workers and interface with the public. As Abby says, “If they can learn a good work ethic they can get a job anywhere.” Jacob says his goal is to get the employees Serv-Safe certified. But with over 16 years of culinary experience, Jacob says the most rewarding part of his job is “when the communication happens. When workers are working as a team.”



GENERATIONAL CHANGE; THE RIPPLE EFFECT

"It's really powerful to see the guys who come here," Abby says with deep emotion. "They are really committed. They give up all the freedoms they have and they want to be here and are committed to change. They figure out who they are and what they want to do next. They can restore hope in themselves, restore relationships with their families. Being able to walk alongside them on this journey is an honor and is so inspiring."

When one person decides to make changes, it can affect generations. The staff stays in touch with graduates and graduates share their progress with staff through letters and photos. Abby says with evident joy, "It's so cool to see the ripple effects in their lives and in their families."

"There is a transience to our life here on the ranch," say Jen and Craig. "We get to be a stable landing place and a constant launching pad at the same time." Jen and Craig's vision is to establish Rockside Ranch in every state. To learn more and support the restorative work of Rockside Ranch, visit rocksideranch.org. ■



Having grown up out in the country where her family had chickens, animals and a garden, Stacey understands the life-transforming value of working with animals and the land. Helping her family care for their feathered friends, their many pets and the land taught her responsibility and the value of hard work.



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In California, a person may be eligible for regional center services if he or she has a diagnosis of intellectual disability, cerebral palsy, epilepsy or autism.

FNRC also provides services to infants and toddlers (age 0 to 36 months) who are at risk of having a developmental disability or who have a developmental delay. Please contact us if your child is experiencing developmental delays, as he or she may qualify for services.

FNRC serves individuals with disabilities and their families who reside in the northern California counties of Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama and Trinity.

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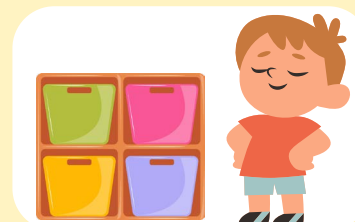
6. Play time



3. Eat a snack



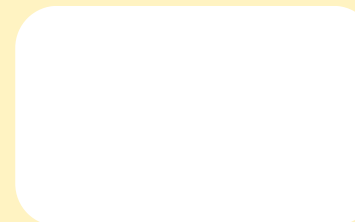
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Tips for parents:

- Teach your child how to use the visual schedule
- Use an image, like a magnet, that your child can move across the schedule as they complete tasks
- Give praise or other positive reinforcement when your child completes tasks
- The schedule may need to change over time

For more ways to support children, visit [ShastaFamilies.org](https://www.shastafamilies.org)



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With Dr. Malcolm J. McLemore,
Director of Student Belonging and Empowerment

Dr. Malcolm J. McLemore, a father of three, has spent nearly two decades working in higher education. His own college journey began at Highline Community College in Washington. He later transferred to Chico State, then went on to earn a master's degree from the University of Rochester in New York, and his doctorate from the University of California, Davis. Raised in a home where education was a priority, he has carried that value into both his career and parenting.

Q: What are the benefits of starting at a two-year college?

A: From my experience, a two-year college is an opportunity to figure things out with low stakes. For many in the community college realm, you're with peers who are also figuring it out. There are opportunities to kind of see how people navigate college differently. Of course, getting into college either way is good, but I think when an institution is literally set up for the people figuring it out, the integration is different, the engagement is different, and the opportunities are different.

Q: From a community perspective, why is college important?

A: Anywhere you go, connection is important. One thing that I've told students is, find your person— find your people. We say, "life is a team sport," and being able to navigate this arena with someone else just helps, whether it's finding someone who is able to connect you to resources, or someone who is just willing to listen.

Q: For those considering college, what can they expect at Butte?

A: College is the safest place to fail and Butte College is a place where, when you fall, there is someone here to pick you up. There is someone here to help you figure out how not to fall again, or how to fall safely.

Q: How can parents start preparing their kids for college?

A: There's a tagline that I kind of live by: "possibility promotes probability." It's the idea that when we show our kids what's possible, it increases the probability of what's possible. For any parent, it's just about showing your kids what's out there, and to make it more of a priority and a possibility for them.



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Dedicated Local Young Dancers Take to the Stage for Nutcracker Performances

'Tis the Season for dancing sugar plum fairies and dramatic battles between toy soldiers and mice. Beautiful productions of "The Nutcracker" will take place across the North State from November through December. For many families, attending "The Nutcracker" is a holiday tradition - it's a story that has something for everyone. Auditions and rehearsals for these esteemed productions began as early as September, with many dancers aspiring to participate. Young girls and boys have grown up watching this iconic

ballet, dreaming of the day they would get to play Clara or the Mouse King. For many local talented young dancers, this dream will come true as they perform in productions of "The Nutcracker" throughout the North State this holiday season. Whether you're upholding a tradition or attending "The Nutcracker" for the first time, there are plenty of performances of this beloved ballet across the North State to enjoy. These dedicated dancers, directors and staff make each show unique. Buy your tickets now!

A Very Chico Nutcracker

Chico Community Ballet presents an adaptation of the original story that incorporates elements of Chico's history. The production is based on Dr. Oscar Stansbury and his daughter Angeline.

A Very Chico Nutcracker is performed by Chico Community Ballet Dec. 4 & 5, 7pm, Dec. 6, 1pm & 6pm and December 7, 1pm at Laxson Auditorium. Tickets at chicoperformances.com



Adelaide Sands

Adelaide Sands is returning as Angeline, a role she last performed six years ago. "Dancing this role again is like going back to a childhood dream and a childhood experience. The role of Angeline is so unique - you have the internal story in the dancer's perspective that the audience gets to see."

Adelaide, a Chico Community Ballet Alumni, currently teaches at Chico Creek Dance Studio. She graduated from Chico State last spring with an Art History degree and has begun to perform in productions in Southern California. She looks forward to branching out with new opportunities.



Willow Gonzales

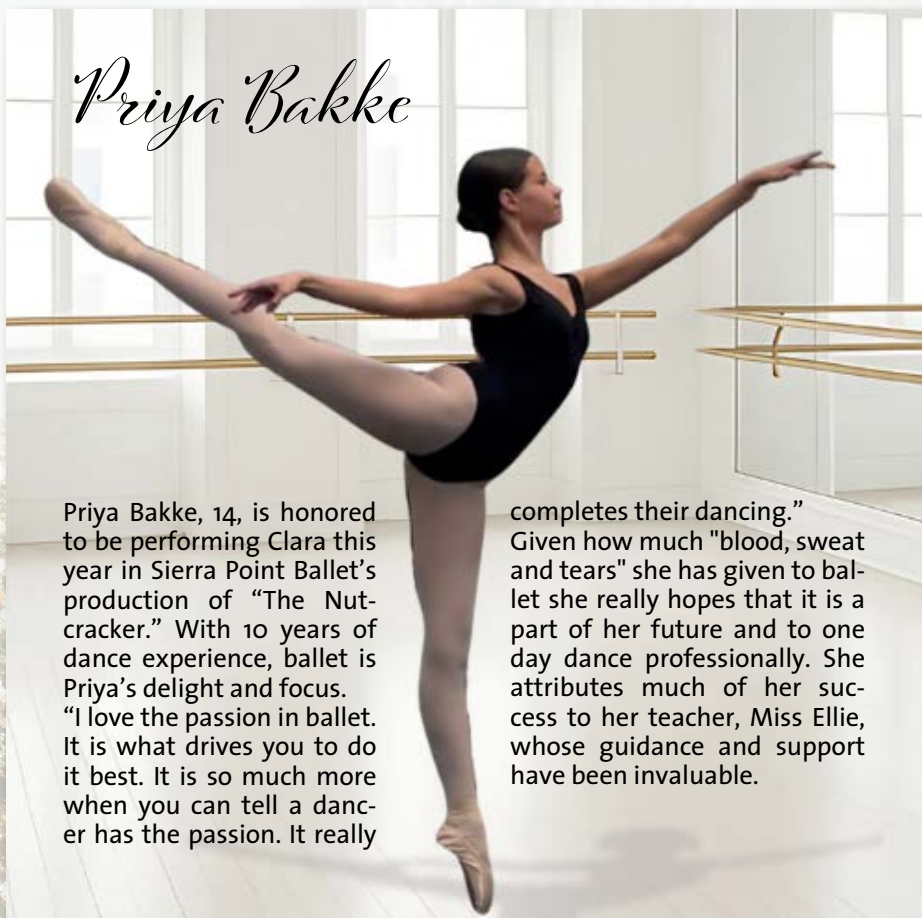
Willow Gonzales, who has danced for over 14 years at Chico Creek Dance Studio, is the Snow Queen in this year's production of "A Very Chico Nutcracker." At 16, she calls it a dream come true, saying "The Nutcracker" is such a magical ballet and the Snow Scene has always been my favorite part. Being cast as the Snow Queen for my first primary dance role is amazing." This year's production will have all new costumes for the snow scene and she can't wait to see hers. Although her principal discipline is ballet, she also participates in tap classes for enjoyment. After high school, she is considering pursuing a career as a physical therapist and hopes to remain connected to dance by teaching at Chico Creek Dance Studio.

The Nutcracker, Sierra Pointe Ballet

Nov. 30, 1:30pm and 4:30pm at the Oroville State Theatre.

Tickets at <https://28833.danceticketing.com/r/events/>.

Priya Bakke



Priya Bakke, 14, is honored to be performing Clara this year in Sierra Point Ballet's production of "The Nutcracker." With 10 years of dance experience, ballet is Priya's delight and focus. "I love the passion in ballet. It is what drives you to do it best. It is so much more when you can tell a dancer has the passion. It really

completes their dancing." Given how much "blood, sweat and tears" she has given to ballet she really hopes that it is a part of her future and to one day dance professionally. She attributes much of her success to her teacher, Miss Ellie, whose guidance and support have been invaluable.

The Nutcracker, Redding City Ballet

Dec. 12, 7pm; Dec. 13, 2pm & 7pm; Dec. 14, 2pm at the Cascade Theatre. Tickets at tapaconline.org

Audrey Beazor

19-year-old Audrey Beazor has been performing in "The Nutcracker" since she was six years old. This year, she will be reprising her role of the Dew Drop Princess in Redding City Ballet's production of "The Nutcracker," which she performed when she was 14 years old. She is very excited to be in this role again to demonstrate how much she has grown. "The Nutcracker" is community building time, so much excitement in the air about it. It feels like Christmas from September on. I love to see how different the roles grow and how the roles change every year." Along with being a sophomore at Shasta College, she teaches at Redding City Ballet. Audrey plans to transfer to Chico State to pursue a degree in media

production. Upon graduation she wants to travel to South Korea to have a career in the film or dance industry. She is intrigued by the different dance styles and the Korean dramas with their unique storytelling.



Sophia & Meghan Watkins



The Nutcracker, Redding Ballet Theatre and The Redding Arts Project School of Theatre and Dance

Dec. 18-20, 7pm and Dec. 20, 2pm at Shasta College. Tickets at: <https://thereddingartsproject.simplenetix.com/>.

Sisters Sophia and Meghan Watkins are performing in "The Nutcracker" for the first time and can't wait for their families to see them performing onstage.

16-year-old Sophia, a sophomore in high school with three years of dance experience, enjoys ballet's challenges and artistry. "I love that every ballet class brings a new challenge. Ballet combines self-control and precision. It is a beautiful art."

11-year-old Meghan has been dancing for four years. She performed in the Redding Arts Project "Alice in Wonderland" production last spring and loved the experience of being onstage. She is performing multiple roles in "The Nutcracker" including a mouse in the fight scene which she is looking forward to. "Dancing is something I have loved ever since I was young. I love seeing all my friends in class."

A special addition to this year's production, the Shasta Symphony Orchestra will perform Tchaikovsky's iconic score live, bringing Clara's enchanting journey to the Land of Sweets to life like never before.



Pamela Teeter has a deep appreciation for not only the arts but athletes that are passionate and dedicated to their sport. As a former competitive ice skater and current triathlete, she recognizes the commitment dancers devote to training – a principle she has also encouraged in her two teenage daughters, who are just as passionate about their sports.

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Tehama County Mobile Crisis Overview

What is Mobile Crisis

Mobile Crisis provides 24/7 rapid response and community-based stabilization services to people experiencing a behavioral health crisis. Services are delivered in the setting where the individual is experiencing the crisis such as: home, school, workplace or other community setting.

Services may include:

- Crisis intervention & assessment, which can involve things like de-escalation, safety planning, identifying needs, etc.
- Referrals for needed services, such as medical appointments, health insurance/Medi-Cal, etc.
- Linkage to ongoing mental health and/or substance use treatment.

When to call Mobile Crisis Services

Mobile Crisis Services are designed to help people who are:

- experiencing a mental health crisis
- experiencing a substance use crisis
- expressing or threatening suicide **but have not yet acted**

How to call Mobile Crisis Services

Anyone can call the hotline number, for themselves or someone else, who is in crisis in Tehama County.

1-800-240-3208

Call 911 when there is violence, physical threat, someone actively engaged in a suicide attempt, or a medical emergency.



Descripción General de Móvil Crisis del Condado de Tehama

Que Es El Equipo Móvil de Crisis

El Equipo Móvil de Crisis brinda respuesta rápida y servicios de estabilización basados en la comunidad las 24 horas del día, los 7 días de la semana para personas que experimentan una crisis de salud mental. Los servicios se brindan en el lugar donde el individuo está experimentando la crisis, como: el hogar, la escuela, el lugar de trabajo o en cualquier otro lugar dentro del condado.

Los servicios pueden incluir:

- Intervención y evaluación de crisis, que puede implicar reducción de tensiones, planificación de seguridad, identificación de necesidades, etc.
- Referencias para servicios necesarios, como citas médicas, seguro médico/Medi-Cal, etc.
- Conectarlo con tratamientos continuos de salud mental y/o uso de sustancias

Cuándo Llamar A Servicios De Móvil Crisis

Los servicios de Móvil Crisis están diseñados para ayudar a personas que:

- están experimentando una crisis de salud mental
- están experimentando una crisis de uso de sustancias
- están expresando o amenazando suicidio, pero **aún no han actuado**

Cómo Comunicarse Con El Equipo Móvil De Crisis

Cualquiera puede llamar para sí mismo o para otra persona en crisis en el Condado de Tehama.

1-800-240-3208

Llame 911 cuando haya violencia, amenaza física, alguien está intentando suicidarse actualmente, o alguna emergencia medica.





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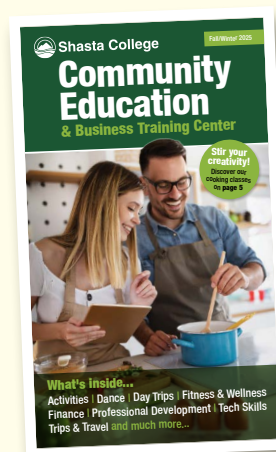
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