

1: Mofat Media - Publisher of Growing Up in the Valley

The BIGGEST and BEST NEW YEARS CELEBRATION In Roanoke! Family Friendly - Alcohol Free! Tickets are \$11 per person - \$2 off COUPON AVAILABLE NOV DEC 15 at ALL LOCAL KROGERS!

The door opened to a little Chinese girl with a large fur scarf draped around her tiny neck. The floor was marbled and cold, the ceiling high, the grand hall empty and everything lighted by dimmed chandeliers. Another chandelier anchored the room. She sounded like she was from Sichuan. Her accent was different from mine, earthier, raspy and with a heavier emphasis on the "r" sound. Her family had moved from China to L. Throughout our tutoring session, I saw no evidence of them. I felt right at home. My childhood home was the exact same setup: I, too, did my homework on the grand dining room table. Tutors visited me at home every day of the week. They had arrived in Los Angeles when my mom was pregnant with me, with hopes for a different life, to achieve the over-advertised American dream, which in the s was plastered all over Taiwanese newspapers. And while they worked hard and made that a reality, paying for my tutoring had been their insurance, their way of reassuring themselves that every single ounce of the American school system would be taken advantage of and pumped into their daughter, through and through. Meanwhile, at the turn of the millennium, my father saw the uptick in the Chinese economy and became the Chinese Businessman, each month shuttling between West and East. He tapped into the riches the Chinese economy had begun to produce. There are six new houses that have been built within the past year," I said. It is summer and my friend and I are walking down my street in Arcadia. Every day, large wooden planks and metal beams appear on different lawns. Arcadia is in the heart of the San Gabriel Valley and one of the most affluent neighborhoods around. The houses have always been large, in my recollection. But recently, lovely homes have been replaced with bigger, greater and grander mansions. Word is that Chinese businessmen finance the makeovers with cash " driving up real estate prices, to the delight of Realtors and the horror of people trying to buy homes. Though the area is quiet, occasionally we see Chinese women wielding designer handbags. Some will make a quick dash to the mailbox before heading straight back into their large houses. The San Gabriel Valley has been the heart of the Chinese diaspora since the s. Its many towns are largely suburban and sometimes posh, such as San Marino and Arcadia. They are growing increasingly Chinese and increasingly rich. In China, the San Gabriel Valley is widely advertised as the place with a great public school system, perfect weather, available real estate and a built-in Chinese culture that makes the transition from East to West virtually seamless. While the SGV is well-known in L. A couple miles away, Chinese teenagers get out of their newly detailed Ferraris, grab a drink from the local boba shop and whirl away. These Chinese have unbridled admiration for all things Western. European car brands such as Bentley, Ferrari and Mercedes are king. Once, a chef in Temple City talked incessantly about how popular his beef rolls were, wrapped in a scallion pancake and stuffed with peppery chunks of beef. None of that mattered. When he saw a journalist and her camera, all he could think about was the burritos. The community gets a lot of flak. All the signs are in Chinese, people say. The menus are hard to read. Some will disagree, but this is xenophobia and fear-mongering. The San Gabriel Valley is their cushion " a true Chinatown wrapped inside of suburbia. The segregation is real, albeit unspoken. What do you want to be when you grow up? She was barely 12, yet her workload was that of a college student. Her parents had her days booked from 9 a. School and then tutoring. She was, as I had been, chained to the American dream of her mother and father.

2: Growing Up In The Valley – Roanoke Kids Magazine

The colors may not be as brilliant this year as we would all like but it is still truly a beautiful time of year in the valley area!

Who can resist a parade of adorable trick-or-treaters? No one can argue that candy is both nutritionally void and full of sugar which contributes to obesity and tooth decay. Fortunately, there are many steps parents can take to make Halloween fun for everyone – without allowing harmful amounts of sugar to overshadow the fun. Some suggestions for fun activities are: Non-food Halloween items like pencils, stickers, and temporary tattoos are great choices. You can also offer healthier food options, like individual packages of graham crackers, mini-boxes of raisins, or sugar-free gum. Some parents allow a few small pieces per day until most of the candy or the interest is gone. You can also offer to trade most of the candy for a bigger, more desirable prize, like a coveted game or toy. Even offering five dollars for all but a few handfuls of candy is cheaper than filling a cavity, and less painful than a toothache. Dentists suggest letting children eat candy after a meal because the body will produce more saliva to help neutralize the acids that attach to tiny teeth. The worst time to eat candy is right before bed. Have kids rinse out their mouths and brush thoroughly after a candy feast, no matter what time of day. What do dentists consider the worst candies for teeth? Anything that sticks to the teeth and stays there – items like Dots, gummy bears, suckers, and hard candies. If fat and calories are a concern, some popular candies are better choices than others. Some chocolate candies like Peppermint Patties, Junior Mints, and Three Musketeers are significantly lower in fat than other choices. Snack sized portions are also an option. Consider cutting up the rest to use as chocolate chips for baked goods intended for military personnel, teachers, or anyone special to your heart. Packaging up homemade goodies for others will place the focus on service instead of on consumption. And Idaho dental director A. The key is moderation. Then help them learn to make good choices and figure out a useful way to share or purge the excess.

Alternatives For Trick-Or-Treaters Tiny bottles of bubbles that are sold by the case at the dollar store. Kid-sized water bottles – trick-or-treaters get thirsty and the water will help to keep sugar from sticking to their teeth. Instead, she hands out bulk hot dogs. These are popular with kids and ensure that they are easily seen.

Alternatives For Leftover Candy Immediately recycle it. Have kids quickly pick out their favorite few handfuls of candy. Send items still tightly packaged and sealed right back out the door to the next batch of trick-or-treaters. Save the hard candy for Christmas gingerbread houses, wreaths, and ornaments. Save a few handfuls of candy for a scavenger hunt on a school holiday. It used to be that families had up to seven minutes to escape once their smoke alarm sounded, but many homes these days are built with lightweight construction materials, which burn faster than solid wood. Your family could have as little as two minutes to escape safely once the smoke alarm sounds. But by taking three simple steps, you and your family can make your home as safe as possible from fire and know what to do if a fire breaks out. Get the kids involved in a fire-safety scavenger hunt. Let them lead the way as you walk around your home and identify potential fire hazards in the bedrooms, kitchen, living room, basement, attic, and other areas. Ask the kids for their ideas on how any safety hazards should be addressed. Then, make a plan for correcting the hazards. Walk around the home with the kids to check the gutters, deck, porch, crawl space, and patio. Point out dead leaves, pine needles, or other debris that can burn. Together, make plans to do a cleanup. Have them point out the safety hazards and the safety features depicted in the activity sheet. Color the sheet together. Explain to them that a smoke alarm senses smoke and will sound if there is smoke in the home, possibly from fire. Gather the kids and walk with them throughout your home where alarms should be located – every bedroom, outside of each bedroom, and on every level of the home, including the basement. Make a plan to add alarms if some are missing in those locations. This will get the kids familiar with the loud sound. Depending on the type of alarm you have, either replace the battery or replace the alarm. Tell them that, if necessary, they can leave immediately on their own. They are not to stop for toys, pets, or other belongings. Explain that when an adult is cooking and the smoke alarm sounds, the adult will determine if everyone should get out quickly. Walk through your home together as a family and identify all of the windows and doors. Every room in the home needs two ways out. Find at least two exits in

each room. Have the kids point to the two ways out. One way would be the door and the second way out may be another door or a window. Make sure that all doors and windows that lead outside can be opened. The printable sheets include a checklist for planning and practicing an escape drill, as well as a blank grid and template. Identify all of the smoke alarms in your home and mark them on the grid. Decide on a location for your outside meeting place that is a safe distance away from the front of your home—it could be a mailbox, light pole, or tree. Be sure to draw it on the escape plan as well. Remind everyone that they are not to use the elevator unless told to do so by the fire department. Make a plan to practice your home fire drill at least twice a year with everyone in your home, both at night and during the daytime. Pick the day for the drill, and help the kids make a poster announcing the date. Each day leading up to the drill, spend a few minutes reviewing the important points of the home escape plan: On fire drill day, have someone push the test button on the smoke alarm. Get up and walk to your exit. Shut the doors as you leave. Get outside quickly to the determined safe meeting place. Once the drill is over, have a conversation about how things went. Discuss any challenges or concerns about the drill. These are three simple calls to action to identify basic but essential ways families can reduce their risk of fire and be prepared in the event of one. You can find more activities for keeping your family safe from fire by visiting sparky. Fire Can Happen Anywhere. Growing Up October 17 7 Ways to Help Hurricane Victims Hurricane Florence has ripped across the east coast, leaving ruined homes, businesses and hurt families in her wake. Natural disasters come in multiple forms and can quickly devastate many lives in a matter of moments. While they all can cause nightmares for those affected, few are as powerful and destructive as hurricanes. Here are a few ways you can make a positive impact for those affected by natural disasters, and specifically hurricanes: Start a Fundraiser One of the most potentially effective ways to lend a hand 18 Growing Up October after a natural disaster is to start a community fundraiser. This can be as simple as an online account that accepts donations for a group of people and then sends a large sum to a relief organization, or as thought-out as a large-scale event like a raffle or dinner that accepts donations for entry. Money is typically the resource relief organizations can use the most during natural disasters, and it can also be the easiest way for people to lend aid. There are typically many trustworthy organizations available to which to donate during times of need. Let friends and family know how they can join the cause. Volunteer Provide Shelter Another option for people looking to help who are closer to the devastation is to offer shelter, especially if they have family members or friends who have been affected. Assisting at places that are sheltering the displaced is another way to provide help, if offering space in your home is not an option. Give Blood Injuries can be unavoidable when hurricanes and other disasters strike. One way to help those hospitalized or otherwise injured is to donate blood, possibly saving lives in the process. Stay Persistent In the immediate aftermath of storms and natural disasters, the news cycle is dominated by stories of triumph and despair, and by ways people can help. However, the storm is eventually overshadowed by other, more recent news. One major way people can help after a hurricane is by continuing their support long after the storm has passed, as those affected will need assistance, supplies and donations for much longer than just a couple of weeks after the incident. As time passes, it can be helpful to continue donating money and supplies, committing to helping physically rebuild structures and promoting fundraising efforts. Find more ways to help those in need at eLivingToday. Staying Safe Through a Hurricane While the immense power of hurricanes and tropical storms can greatly affect the lives of many in an instant, there are ways to increase your safety before, during, and after the storm. These tips from the American Red Cross can help protect yourself and your family. Before prepare and respond to emergencies, identifying the responsibilities of each person in the home, and practicing the plan. Being aware of some of the warning signs can help caregivers properly manage stress and protect themselves. Support groups, educational workshops, community resources, and professionals can also help increase your understanding of the disease and what to expect so you can be a better-informed and prepared caregiver. Be Prepared for Important Decisions health professionals, as well as family and friends. They can assist you when things get tough.

3: Growing Up in the Valley (@growingupmag) â€¢ Instagram photos and videos

*Growing Up in the Valley [George Holmes] on www.enganchecubano.com *FREE* shipping on qualifying offers. A collection of true stories -- sometimes sad, often hilarious -- from the life of author George Holmes as he grew up in Scranton.*

What was everyday life like in the Indus Valley? It was very hot in the Indus Valley so people spent a lot of time outside. Most people had small homes which were also used as workshops. There was not much space to relax. Richer families had courtyards. These were nice open spaces. Children could play there with toys or with pets, such as monkeys and birds. People who did not have a courtyard would still have a flat roof. These roofs were strong enough to walk on. Families used them as an extra room. It was a cool place to sleep on a hot night and somewhere you could sit with friends. Click around below to find out more about daily life in the Indus Valley. Start activity Growing up in the Indus Valley We only know a little about what it was like to be a child growing up in the Indus Valley cities. A scribe would teach some children how to read and write and a priest would teach religious lessons. Even small children helped their families with daily tasks. Children were taught how to make things, how to farm and how to hunt. Children could play in the courtyards of houses, and probably on the flat roofs too. The roof could be a fun place to play. You could wave to your friends across the street! Children might have played board games with counters and dice. Archaeologists have found cube dice with six sides and spots, just like the ones we use today. Historians think the Indus people invented dice. Children in the Indus Valley helped out with daily tasks, including farming and hunting Click below on these Indus people to find out about their jobs. Start activity Did the Indus people use money? Indus Valley traders did not use money, so they probably exchanged goods. They might swap two sacks of wheat for one basket of minerals. At first they were confused, but then they realised these stones were seals. Over 3, have now been found! If you pressed the seal into soft clay, it left a copy of itself on the clay. When the clay dried hard, it could be used as a tag, which could then be tied to a pot or basket. Lots of seals have pictures of animals on them, including elephants, rhinoceros, tigers and fish-eating crocodiles. Trade was very important in the Indus Valley. Traders would travel long distances in boats to exchange their goods. What did the Indus seals look like? Tigers were common in the time of the Indus civilisation. He has three faces, a horned headdress, and lots of arm-bangles. Above it is some Indus writing.

4: 24 Things You Can Totally Relate to If You Grew Up in The Valley in the s -

Growing Up In the Valley Roanoke, VA, United States. Southwest & Central Virginia's Premier Family Resource! www.enganchecubano.com

5: BBC Bitesize - What was everyday life like in the Indus Valley?

Growing up in The Valley, North Bend, WA. 1, likes. People who grew up in The Valley know exactly what The Valley is. I bet you partied up at county.

6: Growing Up In The Valley | Blue Ridge, VA

Growing Up In the Valley, Roanoke's first and only Family Fun Magazine is finally here! You can pick up your copy at hundreds of locations throughout the Valley including Kroger, Food Lion, Carilion Offices, Public Schools and Libraries! miles.

7: Growing Up in the Valley - Roanoke, VA - Alignable

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8: Growing Up In the Valley - Issuu

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9: Growing Up Chinese and Rich in the San Gabriel Valley | L.A. Weekly

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