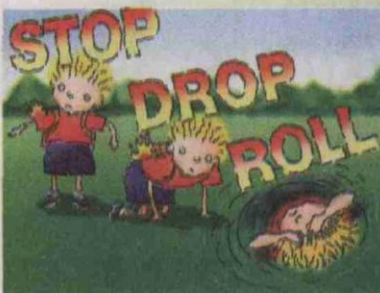


Contests

ScotchBlue Brand & You: The Sweat Equity Crew Contest. Is there a room in your home that's in desperate need of a facelift? Join this contest by ScotchBlue Painter's Tape and Amy Matthews, host of DIY Network's *Sweat Equity*, by submitting a photo or video of that room for a chance to win a makeover valued up to \$15,000 plus an appearance on *Sweat Equity*! Twenty finalists will each receive a \$250 Visa gift card. www.scotchblueandyou.com. Deadline: Dec. 29.



Fire Safe Kid Poster Contest

The Burn Institute invites kids, ages 5-9, to submit original artwork featuring fire and burn prevention safety messages that will be used in their 2012 calendar. Twelve posters will be selected and displayed at the annual Fire Expo on June 18, 2011 at the Del Mar Fairgrounds. Also, the Grand Prize winner will have the opportunity to ride on a fire engine at the Burn Run Parade!

For details, visit www.firesafekid.org or call 858-541-2277, ext. 13. Deadline: March 31.

Classes/Seminars

Ashtanga Mama: A Mommy & Me Yoga Class. Are the holidays stressing you out? Take a deep breath, relax and build strength in this yoga class exclusively for women. Infants and young children are welcome to join, too! Mondays & Wednesdays, 9-10 am. For fees, call or visit website. Infinite Yoga, 2400 Kettner Blvd., Ste. 115, San Diego. www.infiniteyoga.com; 619-269-7043.

Survival Tips for School Success. Parents receive helpful advice on how to help their kids improve their grades and do better in school. Dec. 10, 4-5 pm. Free. 4S Ranch Branch Library, 10433 Reserve Dr. 858-673-4697.

Budget for Baby. This free class for Navy and Marine Corps families educates new parents on military pay and allowances, available resources and how to develop long-term spending and savings plans. At the end of the class, receive a layette filled with goodies for baby. Dec. 15, 1-3:30 pm. Navy-Marine Corps Relief Society Miramar, Bldg. 2273, Elrod Ave. To register, call 858-577-1807.

For more classes and contests, visit SanDiegoFamily.com.

Online Resources

SafeShopping.org. With a hundred things to do on your list this holiday season, online shopping for family and friends seems to be a fast, easy way to preserve your sanity. But before you start clicking away, visit this great website packed with tips to keep you safe while shopping on the Web. Learn about safe payment methods, preventing identity theft, protecting your privacy when you shop and other topics.

The World Wide Wob. Check out this website that makes learning fun and is exciting for preschoolers and their parents. Preschoolers explore various subjects such as language arts, math, science and social studies, and learn keyboarding, good manners and more. The website even tracks your child's progress so every visit provides new challenges and allows kids to make consistent progress. www.thewob.com.

Cozi.com. Let this free online resource help you manage your schedule through the shopping mayhem, parties and endless holiday tasks. It features a shared family calendar (color-coded by family member) that allows users to view individual schedules or the whole family at once. Use the Cozi shopping list feature to keep

holiday shopping details in one place. You can even text your list to your cell phone so you can easily check off items while you're shopping. And with Cozi's Family Journal, you can upload holiday photos and share them easily with friends and family via email or a private website.

Holiday Giving

Sleep Train's Secret Santa Toy Drive. Sleep Train Mattress Centers is collecting new, unwrapped gifts such as toys, games, sporting equipment, gift certificates, electronics, CDs and DVDs, to be given to foster children throughout the state. Become a "Secret Santa" to these kids and drop off your donation at any Sleep Train location. Don't have time to pick out presents? You can donate cash online and let the expert elves at Sleep Train shop for you. Through Dec. 12. www.sleeptrain.com; 800-378-BEDS.

Give a Teddy Bear. Help the San Diego Regional Law Enforcement spread some holiday cheer to sick kids at Rady Children's Hospital San Diego by donating brand-new teddy bears and stuffed animals that will be personally delivered by law enforcement representatives on Dec. 14. For drop-off locations, visit www.sandiegoregionalteddybeardrive.com.

Share the Wealth

If you have information about local classes, support groups, contests and volunteer opportunities, email Jennifer A. Burman, Community Connection Editor, at jenny@SanDiegoFamily.com and include a brief description, date, time, address, cost, contact number and website. A submission does not guarantee publication. The submission deadline for the February issue is January 2.

Jif Holiday Spread Recipe Contest

Share how you give a "nutty" twist to your holiday entertaining by submitting an original, festive recipe that incorporates Jif Peanut Butter. Be one of two winners of a check for \$10,000 that you can use to give your kitchen a new look for the new year. Enter in one of two categories: savory recipes or sweet recipes. Enter online at www.jif.com. Deadline: Jan. 17.

