

California Kids!

November 2009



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Get Ready for the Holidays



This time of year seems made for gathering around the table for warming meals and warm conversation. Stop by our Sacramento store and pick up our free 30 Days + 30 Dinners recipe booklet, packed with a whole month of comforting, easy answers to that age-old question: **What's for dinner?**

Holiday Taste Fair

Arden/Sacramento 4315 Arden Way 488-2800

Friday, November 13th 4-7pm

Saturday, November 14th 11-2pm

Sunday, November 15th 11-2pm

Want to make your holidays memorable? Join us for mouth-watering dishes perfect for your Holiday Feast. From fresh green beans with shallots and herbs to traditional pumpkin pie, there is sure to be something for everyone at your table. While you are here stop by our Holiday Table for a complete list of our delicious holiday menus and information about how to order your holiday meal.





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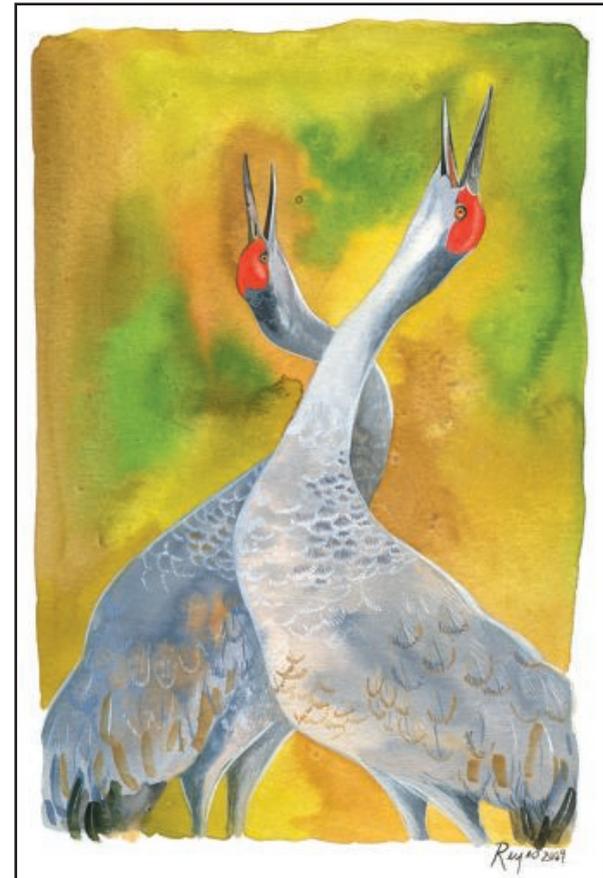
Thirteenth Annual Lodi Sandhill Crane Festival

The Thirteenth Annual Lodi Sandhill Crane Festival will be held November 6 to 8 at Hutchins Street Square, Lodi. Festival admission and exhibits are free. There is a charge for escorted nature tours.

The Festival was established to promote public awareness, appreciation and conservation of the Sandhill Cranes. The Sandhill Cranes return each fall to the wetlands near Lodi.

The Sandhill Crane Festival provides fun, educational and recreational experiences for the entire family. Activities begin Friday evening with an art show with local artists, hands-on exhibits for children and adults, workshops and lectures. The fly-in of the Sandhill Cranes at sunset is the spectacular event of the Festival.

For more information call, 1 (800) 581-6150 or visit www.cranefestival.com



California Kids! Family Fun Guide

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Little Bo Peep has found her sheep! Where? At Fairytale Town, of course!

Fairytale Town—Sacramento’s oasis of enchantment and affordable family fun for fifty years, has been a Land Park landmark since 1959. Fairytale Town is an outdoor children’s literacy museum and playpark that offers over 25 distinctive and colorfully oversized playsets based on classic children’s stories and nursery rhymes in a 2.5 acre storybook setting of sparkling waterways and exquisitely landscaped gardens. Memorable playsets include King Arthur’s Castle, the Jolly Roger Pirate Ship, Cinderella’s Pumpkin Coach, the Big Red Shoe Slide and the Crooked Mile.



Friendly farm animals are featured throughout the park at Farmer Brown’s Barn, Mary’s Schoolhouse, Mr. McGregor’s Garden, the Little Red Hen House and beyond. Live animals include Mary’s Sheep, the Three Little Pigs, the Three Blind Mice, the Three Billy Goats Gruff, Peter Rabbit and Family, Charlotte the Spider, Eeyore the Donkey and Moolawn the Cow, plus plenty of chickens, ducks and more squirrels than you can count.

3-D costumed mascots include Humpty Dumpty and Mother Goose. Additional attractions include lush learning gardens, birthday parties, educational workshops and themed fun-camps. Seasonal special events provide live entertainment on two stages including the annual Winter Wonderland.

The Fairytale Town focus is on literacy, diversity, retro-traditional family bonding, and year round fun. The mission of Fairytale Town is to promote the imagination, creativity and education of children. Fairytale Town is located at 3901 Land Park Drive, in William Land Park. For more information, visit www.fairytaletown.org.

Women’s Safety and Self Defense Alert

Robinson’s Taekwondo is offering a free clinic on personal safety and self-defense. Women are especially vulnerable as they are often exposed to danger as they pick up and drop off family members in school or shopping mall parking lots.

Plan to attend this safety awareness and simple self-defense clinic, instructors will help raise awareness of dangerous situations and locations, show how to escape an attacker’s hold and give everyone who attends a safety ‘mindset’.

Dark Dangers Safety and Self Defense Free Clinic will be held in two sessions beginning Friday, November 13, at 6:30 p.m. and Saturday, November 14, at 11 a.m. This 90-minute clinic will be held at all 18 Robinson’s area locations.

Taking personal responsibility for your safety, increased awareness of trouble spots and simple self-defense skills can save lives.

Visit any of the eighteen Robinson’s Taekwondo locations throughout the Sacramento area, or reserve space now for this free safety clinic at www.robinsonstk.com.

open free to the public

Fairytale Town gives thanks to the Sacramento community by offering Free Admission to the public on Friday, November 27, (the day after Thanksgiving) from 10 a.m. to 4 p.m. This year Fairytale Town is encouraging families to bring canned and packaged goods for the Sacramento Food Bank.



“Better Grades For Kids, FREE!”

ROBINSON’S TAEKWONDO

Give us your “D” Student and we’ll show them the way to “A”

Bring us your child’s report card with a ‘D’ average grade and this coupon, and Robinson’s Taekwondo will show your child how to be healthy and get better grades. We’ll train your child for three months for free. Each child will be enrolled for six months, but parents can opt out without cost after three months if they are not satisfied or their child’s grades don’t improve. If they choose to stay enrolled they receive the final three months at half price.

Better mental and physical health comes from regular workouts, and martial arts students learn to earn as they receive new belts for each level of work achieved. The same study practices lead to better grades.

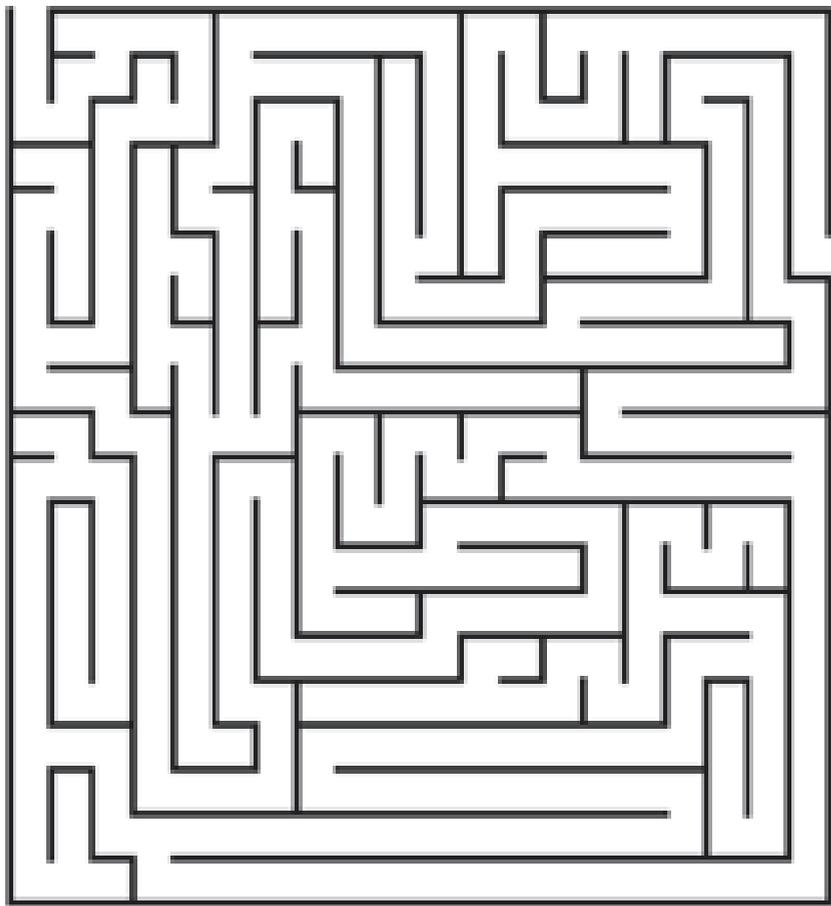
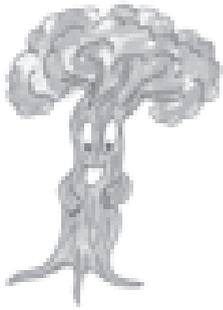
Each parent will agree to bring the student to class at one of the 18 Robinsons Taekwondo locations in the Sacramento region and they will receive a copy of Wayne Knipe’s best seller, “Better Grades, Easier” to help them in tutoring their child. PROGRAM ENDS DEC. 30, 2009.

FREE AT ALL 18 LOCATIONS! Visit www.robinsonstk.com for a school near you.

Regular attendance is mandatory or Robinson’s can cancel the agreement with parents.



This oak leaf is missing its tree! Can you help them get back together?



Courtesy of: www.Activity Village.co.uk - Keeping Kids Busy



CALIFORNIA STATE INDIAN MUSEUM

November 27 and 28

Holiday Arts & Crafts Fair – California Indian artists and crafters come from all over California to participate in this annual holiday event. Enjoy browsing through jewelry, basketry, soapstone and elkhorn carvings, hand-painted gourds, ornaments and much more, as you select those just-right gifts for the holidays. Regular museum admission fees apply; 10 a.m. to 5 p.m.

Museum open daily 10 a.m.-5 p.m. (Closed Thanksgiving, Christmas, New Year's)

General Admission: \$2 adults, \$1 youths ages 6-17, ages 5 and under free

School Group Reservations (ReserveAmerica): Toll Free (866) 240-4655

Reservations are required for school group tours at the State Indian Museum.

About the California State Indian Museum

The California State Indian Museum is operated by California State Parks and supported by the Sacramento Historic Sites Association. Open daily from 10 a.m. to 5 p.m. for self-guided tours and school group visits, the museum is located in midtown Sacramento at 2618 K Street on the grounds of Sutter's Fort State Historic Park. Visited by tourists, local residents, and students of all ages, the museum strives to provide educational opportunities and works with the Native community to celebrate the culture and heritage of California's Native peoples.

Current exhibits include traditional basketry, beadwork, ceremonial regalia and hunting and fishing items associated with many of the tribes of California, as well as contemporary artwork by renowned Maidu artist Harry Fonseca. For more information call (916) 324-0971 or visit www.parks.ca.gov/indianmuseum.

Have Your Child's BIRTHDAY PARTY at Stage Nine Theatre

Enjoy our current Young People's Theatre production and then go to our **Entertainment Store & Gallery** for a party with the cast of the show.

The party includes

Party Favors, Beverages, Decorations, Balloons, Party Hats.

All this for only \$20 per child for 10 or more and \$22 for less than 10.

(Adults pay the regular show price.)

Call (916) 353-1001 to book your party.

Stage Nine Theatre, 717 Sutter St., Historic Folsom

Autumn Birding

Bring the kids to the Effie Yeaw Nature Center and discover why autumn is a great time of the year for bird watching. Join a naturalist for a guided walk to welcome back some feathered travelers. Be sure to bring your binoculars! Effie Yeaw Nature Center is located in beautiful Ancil Hoffman County Park, 2850 San Lorenzo Way, Carmichael. For more information, call (916) 489-4918.



Easy science experiments

There may come a time when your child comes home from school and announces they need a science project by morning. Don't panic! Here is a simple project you can do using what you already have at home or items that are easy to find at the grocery store. And they are easy enough for a young child to understand.



Ask your child if they can figure out how water gets to a plant. Show them the flowers you picked from your yard and put in a vase. Ask them if they can figure out how the flower got the water to keep it fresh. Tell them this experiment shows how water gets to the plant.

This experiment helps a child learn about how plants absorb water by using colored water and celery stalks.

To demonstrate this, you will need:

- A stalk of celery
- Red and/or blue food coloring (blue sometimes seems to be more vibrant)
- A jar of water

You will need to:

Fill the jar with water and drop in 5 to 6 drops of food coloring. Carefully cut the end off the bottom of the celery and place in the jar of colored water. Leave the top leaves on the celery stalk. Use the stalk to gently stir the water to blend the food coloring.

Ask your child what they think will happen. Have your child write on a paper, the name of the experiment, date it, the time they began the experiment, and what their question is. For example, "My celery experiment on how plants get water"

Check the celery in about three or four times and document your findings. Perhaps in a hour, then 4 hours, then another 4 hours, or overnight. Your child should be able to see the colored water being absorbed into the veins of the stalk and the leaves. And the water in the jar getting lower and lower as it is absorbed.

Have them write out what they learned. Explain that the water is absorbed or sucked up by a plant. It travels up the stalk and then into the leaves. This is how water is conducted and circulated in plants. You may want to go online for additional information on plants absorbing liquid so you can give your child additional facts for their project. The how, what, why.



Enjoy Delta Breeze Carolers, Saturday, November 25, 3-5 p.m., at the Fountains, 1182 Roseville Parkway, in Roseville.

Great Gobblers!



Beards, wattles and snoods—what strange things to find on a bird. Come to the Effie Yeaw Nature Center, Sunday, November 22, at 10:30 a.m., and look and listen for wild turkeys as you explore their world on this guided walk through the Nature Area. The Center is located at 2850 San Lorenzo Way, Carmichael. For more information, call (916) 489-4918.

Happy Thanksgiving!

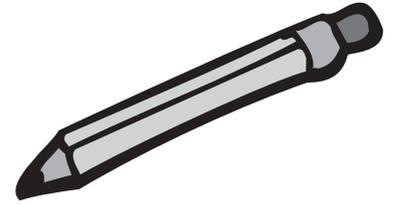
Hey Kids! Thanksgiving is just around the corner! That means a big dinner with all the trimmings, playing with your cousins, jumping in piles of leaves, watching football and keeping nice and warm with a cup of hot chocolate filled with marshmallows. To help you get in the holiday spirit, we've put together a word search just for you. How many words can you find? Look carefully; words can appear vertically, horizontally, diagonally, backwards and upside-down.

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

- | | | |
|-------------|------------------|---------------|
| Acorn | Crisp Weather | Pilgrims |
| Apple Pie | Dressing | Plymouth Rock |
| Autumn | Falling Leaves | Potatoes |
| Berries | Family Gathering | Pumpkins |
| Bread | Feast | Pumpkin Pie |
| Corn | Football | Squash |
| Cornbread | Gravy | Thanksgiving |
| Cranberries | Indians | Turkey |



MAKE IT YOURSELF!



Hanging Leaves

You will need:

Red and gold card
Red and gold glitter pens
Thread or cord



Instructions:

Cut out some leaf shapes from the card. With the glitter pens, draw on the veins of the leaves, using red pen on the gold card and gold pen on the red card.

Punch a hole in each leaf and tie through some cord.

You could also bring a small branch inside and decorate with the leaves. This would make a lovely display at Harvest or Thanksgiving.

Scarecrow puppet

You will need:

Wooden spoon
Yellow yarn (wool)
Craft foam
Pens
PVA/White glue

Instructions:

Cut out a hat, top and dungarees from the craft foam and glue them to the front of the spoon.

Glue on some small pieces of yarn to the hat and where the hands and feet should be. Use your pens to draw on a face.



Paper plate scarecrow

You will need:

Orange and white paint, Paper plate, Scraps of colored paper, Glue stick

Instructions:

Mix together some white and orange paint to make a peach shade. Paint the back of your paper plate and leave to dry.

Take some yellow paper and cut two arches. Snip either side of each arch into strips (don't cut through the middle). Glue to the top and the bottom of the paper plate as straw.

From the rest of the paper cut eyes, mouth, hat, bowtie, and whatever else



you would like to decorate your scarecrow and glue them to the plate.

Pumpkin seed necklace

You will need:

Pumpkin seeds (roasted)
Paint (orange, black, white and green)
Needle and thread
(Kitchen foil to put seeds on while you paint them)

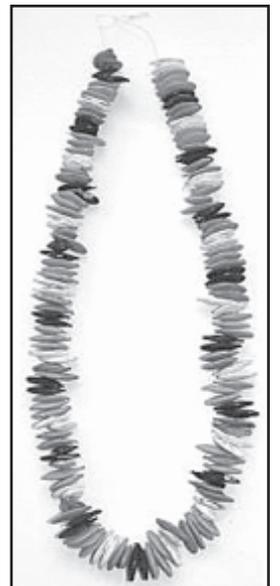
Instructions:

Paint your pumpkin seeds in orange, green, white and black. The easiest way to do this is to put them on kitchen foil so that they will not stick to anything while they dry. But it is a very messy job!

When your seeds are dry, thread your needle with a length of thread long enough to go over your head with 3 or 4 inches to spare. Put your seeds a few at a time on a pile on newspaper or a thin sponge. One by one push the needle down through the seed - when you have pierced the seed safely, pick it up and pull it through the thread.

When your thread is about two thirds filled, knot the ends together tightly.

***Note: you need a sharp needle for this so make sure children are well supervised or that an adult does the threading.*





A message brought to you by First 5 Sacramento

Autism: How Parents and Caregivers Can Put the Pieces Together

The statistics on autism are worrisome. One in every 150 children is diagnosed with the disability, according to the Centers for Disease Control and Prevention. That means 1.5 million Americans have some form of autism, and that number is on the rise.

Autism is a developmental disability that occurs when the brain has trouble functioning properly. It affects a child's ability to speak, learn and communicate with others. Doctors don't know exactly what causes it, but symptoms are often noticeable by the time a child is three years old.

Right now, there is no cure for autism, but early intervention can help. Children who are diagnosed at a young age and visit a doctor regularly for treatment show improvements in learning and communication skills. First 5 Sacramento offers the following information to help parents understand autism and connect them to the resources they need.

Early Warning Signs

Autism is complex and can be difficult to diagnose because

it affects each child differently, but there are signs that parents should look out for – like the ones below. As soon as you notice symptoms you should take your child to a doctor or health care provider.

Eye Contact. Autistic children make little or no eye contact.

Speech. Look for late speaking or no speaking at all. Some autistic children have trouble expressing needs or do not respond to verbal communication.

Relationships. Sometimes autistic children have difficulty relating to other people, prefer to be alone or don't like to cuddle.

Play. Children are active and creative, so take note if your child doesn't play. Also keep in mind that autistic behavior sometimes includes unusual play patterns like spinning objects over and over again.

Extreme Behaviors: Watch for extreme behavior like too much laughing or crying for no reason, tantrums and sensitivity to pain (or lack of it). Sometimes autistic kids don't have a natural fear of danger, and are fixated on

certain objects for a long time. Repetitive movements like hand-flapping also can be an early sign of autism.

The Sooner, The Better

Since there are no specific medical tests for autism, it's important that parents, caretakers, teachers and health care providers pay close attention to a child's communication, behavior and development. Screenings for autism can take time, so it's a good idea to get started as soon as symptoms are noticed.

Early Intervention. Research shows that early intervention reduces the effects of autism. By starting treatment at an early age (0 to 3) when the brain is developing, children can make great progress by the time they start kindergarten.

Treatment. Autistic children benefit from programs that help develop their communication, social and mental skills. According to the National Institute of Child Health and Human Development, some of the most common treatment options include

speech therapy, diet and treatments that focus on improving relationships.

Resources Available to Help

If you have concerns about your child's development, don't wait – talk to your doctor or health care provider about getting an autism screening. The following services can also help:

www.warmlinefrc.org WarmLine Family Resource Center. WarmLine is the family support part of Early Start services. They can answer questions about Early Start and give referrals to have your child assessed or where to get services. For more information call 916-922-9276.

California Department of Developmental Services. For children under age 3, call 1-800-515-BABY (2229) and select the "Early Start" extension number.

www.autism-society.org The Autism Society of America (ASA). The Autism Society of America has chap-

ters throughout California and provides information on symptoms and treatments.

www.autismspeaks.org Autism Speaks. Autism Speaks is dedicated to increasing awareness of autism spectrum disorders, to funding research into the causes, prevention and treatments for autism.

First 5 Sacramento encourages all parents to be aware of their child's development and share any concerns with a health care professional. For more information on parenting resources or other First 5 Sacramento programs, please call 916-876-5865 or visit www.First5Sacramento.net.

About First 5 Sacramento

California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages zero to five. First 5 Sacramento distributes approximately \$17 million a year in Prop. 10 revenues to programs and services that meet local needs.

California Kids!
Family Fun Guide

SCHOOLS AND PARKS,
do you have after school programs?
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Making friends at the Colombia Zoo, in South Carolina.



80-Day Mother-Daughter Cross Country Trip

Part 2

By Carmel L. Mooney

Upon arriving in Sulphur, Louisiana we toured the Lake Charles area known as the Festival Capital of Louisiana where we enjoyed the locals' favorite eatery Steamboat Bills for crawfish pistolette, stuffed shrimp and crab, catfish and slaw. Talk about a fun, boisterous, and packed local joint. The next day we discovered the thrill of crabbing on the bayous of the Blue Crab Rec. Area. We caught a generous lot of crab using chicken necks on a string---easy tackle set up!! We sampled the famous local boudin and the flavors were amazing.

We then visited the Wetlands Walkway in the Sabine Refuge and went shelling at Holly Beach on the Gulf of Mexico, finally taking a ferry to Cameron. There we went along the Cameron Prairie Refuge and Pintail Wildlife Drive where we saw lots of alligators in the wild, sitting in the bayous. We saw lots of turtles and beautiful birds in the wetlands as well. We drove a huge portion of the Creole Nature Trail which encompasses about 180 miles of spectacular world famous wildlife habitats and estuaries. This "Last Great Wilderness" and National Scenic Byway has been named an All American Road and offers an amazing chance to journey through a uniquely wild Louisiana terrain. After seeing our lots of wild alligators, we were ready for a mess of crawfish at Hollier's Cajun Kitchen---the happening local spot. Leaving Sulphur we crossed the Mississippi and continued into Baton Rouge and finally into New Orleans. We stayed with friends there and the next day we indulged in a sumptuous breakfast at world famous Brennan's Restaurant in the French Quarter, for a four-course breakfast. My turtle soup was excellent as

was my entree and the desserts like crepes and bananas foster.

Leaving New Orleans, we crossed through Mississippi, and Alabama, finally arriving in Navarre, Florida known for it's wonderful beaches and coastal eateries. After spending a few days with friends in Navarre we drove on to St. Augustine, the country's oldest and perhaps most charming city founded in 1564.

After resting up at the gorgeous historic Hilton looking out at the bay, we headed off to the oldest street in the USA, to a 300+ year old Spanish hospital, and to climb the St. Augustine Lighthouse---all 219+ steps up and down! What a view from the top though!

St. Augustine has transportation down to a science with Old Town Trolley tours, beach buses, and various other modes included.

We loved the 100+ year old Alligator Farm with dozens of gator species and nesting exotic birds. As a media guest I was allowed inside the pen (closed to the public) to pet an 80+ year old alligator.... I'm not sure why I did this, looking back but since I survived, I'm glad I did. After my visit in the pen, we watched them feed the gators huge frozen rats. In hindsight, I have to wonder why I was put in the pen, BEFORE lunch.

Later we went to the Wax Museum, Ripley's Believe it or Not, the oldest schoolhouse in the USA, and finally we ate alligator (go figure), pasta, and award-winning conch chowder on the beach at a fabulous restaurant called South Beach Grill.

A drive to Anastasia Island on A1A South to Marineland's Dolphin Conservation Center proved fabulous and we had an amazing dolphin experience where the trainers let us feed and play with Nellie, a 56 year-old dolphin and the oldest ever

in captivity. She was simply wonderful. We went swimming at the nearby beaches afterwards.

St. Augustine was absolutely spectacular and we thoroughly enjoyed our wonderful dinner at the amazing Columbia restaurant, a long time favorite for exquisite Spanish food with tantalizing flavors and presentations. Afterwards we went to an amazing dessert bistro owned by 5th generation French Chef Jean Stephane Poinard and his talented wife Valerie. Bistro De Leon serves truly phenomenal desserts beyond explanation.

On our last day in St. Augustine we visited some nature reserves and swam at Anastasia State Park. We hunted for fossilized shark teeth at local beaches and then took a scenic cruise around the bay looking back from the water, at both our hotel and the lighthouse we had climbed just days before. Our only regret about St. Augustine was lack of time. With countless museums, historical points of interest, tours, golf, shopping, coastal water sports and activities, it really has so much to offer that less than a week does not do justice.

A quick jaunt over to nearby Jacksonville was in order to pick up my husband from the Jacksonville airport to prepare for our cruise together to the Bahamas the next day. Fortunately we had time to walk around the city at night as a family and show my husband some of the highlights before our departure the next day.

The next morning we enjoyed some fun pirate pancakes at the Pirate Haus in St. Augustine, a unique pirate themed hostel in downtown.

Arriving in Jacksonville we left our car at the beautifully renovated Holliday Inn Jacksonville which offers wonderful cruise packages for folks combining visits to Jacksonville with a cruise like we did.

Their excellent shuttle service dropped us off at the port of Jacksonville for our cruise to the Bahamas on the Carnival Fascination.

Carnival Cruise Line continues to offer the safest, most comprehensive, and best childrens' program at sea, Camp Carnival. With endless activities all day and night Carnival still offers the best family vacation value of any cruise line.

We enjoyed an art auction and my husband won the golf contest and got the famous "24 kt. ship on a stick", "vessel on a tressel" to add to our growing collection. It was a great sailing and we enjoyed shows, parties, fine dining, fine wines, swimming, games and of course the Bahamas. We enjoyed Cabbage Beach on Nassau one day where I got my hair braided "Bahama style" by Olivia, a Nassau local, and we went to an all inclusive resort in Freeport where we kayaked, sailed a Hobbie Cat, and snorkeled all day. It was wonderful itinerary, terrific ship and outstanding staff. I even judged the "hairy chest contest" on board!

After our cruise we visited the Jacksonville Zoo and Gardens which was truly the best zoo we've ever been to, anywhere. Then it was time to say goodbye as we took my husband to the airport and headed on to Georgia to our next leg of our Mother-Daughter 80 day cross-country adventure.

Arriving in the beautiful Golden Isles of Georgia in the mid afternoon afforded us time to enjoy the gorgeous grounds and the beautiful several-hundred year old majestic oaks covered with Spanish Moss surrounding the pool at our hotel, the Plantation Village Best Western. Nestled on the Georgia coast between Savannah and Jacksonville, Brunswick and four



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OUR MISSION

The mission of JAR is to save the lives of underprivileged, emotionally challenged youth. We specifically target high school students who are:

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- Gang members
- On probation or have a history of incarceration.
- Or just behind in credits and need to graduate (Diploma or GED)

Sam – JAR graduate



Before I got to Juveniles At Risk, I was going down the wrong path. I smoked marijuana everyday and I drank. I skipped school and ended up dropping out. I gave up on school until the hearing office sent me to Greg Scott's program.

I came into the program with a low confidence level. I couldn't function without drugs and nothing else was more important. I started hearing the words Greg had to say. I thought about changing but knew it was hard. Greg told me he could help. I don't do drugs now. I'm studying to become a nurse and working at Sutter Hospital. My life is productive. I'll have 4 years clean time in March of 2007. The program changed my way of looking at life and boosted my confidence.

For the last 6 years Sam has been clean, and working for Sutter Hospital. He is now back to school full time and studying to become a nurse.



Vitamin C for the birds!

Fall is here and that is the perfect time to make your own backyard birdfeeder. Here are a couple easy feeders that children of all ages can easily make.

Vitamin C feeder: Find a nice big orange, cut in half and scoop out the pulp. Have your parents poke four holes about 3/4" from the top on each side. Now thread some string through the holes and pull them together at the top and tie. Use enough string so your orange will hang down at least a foot from the tree branch. If you have an old shower curtain hook, they work great to hang the orange from a tree limb. If you do not, just use some additional thread and make a loop and tie to the top.

Now, all you have to do is fill your scooped out orange with birdseed! Easy!



Yummy peanut butter pinecone!

This one is really easy, but be careful of the pinecone, it can be sharp to handle. Just lay the pinecone on some newspaper and tie a string

tightly to one end. Now roll your pinecone in some peanut butter, or just dab some on the sides. Pour your seed all over the pinecone so it sticks to the peanut butter. That's it! Now hang it outside. Your backyard birds will love this treat.

Fall is here, time for corncob painting!

Who needs paint brushes when you can use corncobs. Just lay out a big sheet of paper, put out some paints and watch the kids create their Fall masterpieces.

You will need:

- Corncobs, cooked or uncooked, but NOT eaten.
- Tempera paints in all colors (washable)
- Large paper plates to hold the paints
- A lot of newspaper to cover your work area
- A old T-shirt for the young artist to wear.
- Paper towels or old rags to wipe hands

You will need to:

Have your child help you shuck the corn. You can use left over corn from dinner or fresh uncooked corn.

Lay the newspaper out to help keep your work area clean and place a piece of plastic or old sheet under the work area to help keep your floor from being painted. This is a messy project.

Pour the paint on your paper plates.

Roll out the paper on your work area for painting or use separate sheets of white construction paper.

Have your child roll a corncob in one color of paint, making sure it gets all the way into the kernels. You may have your child rub more on the cob with their fingers.

Next have your child press and roll the paint onto their "canvas" or white paper using a cob. Use one cob per color, switching back and forth, rubbing on the paper making a design.

Let the painting dry, then sign, date and display!

For more ideas, visit www.parentsconnect.com.

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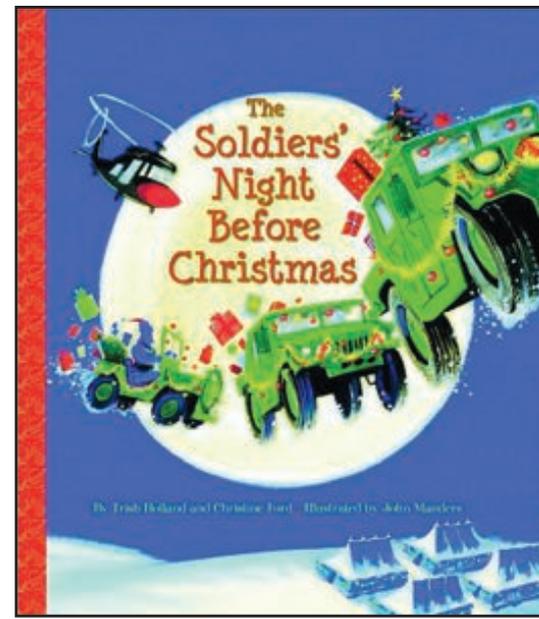
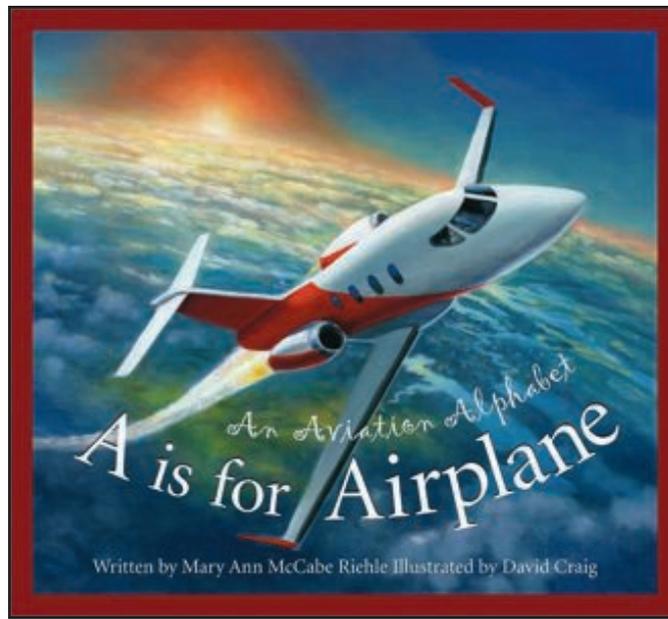
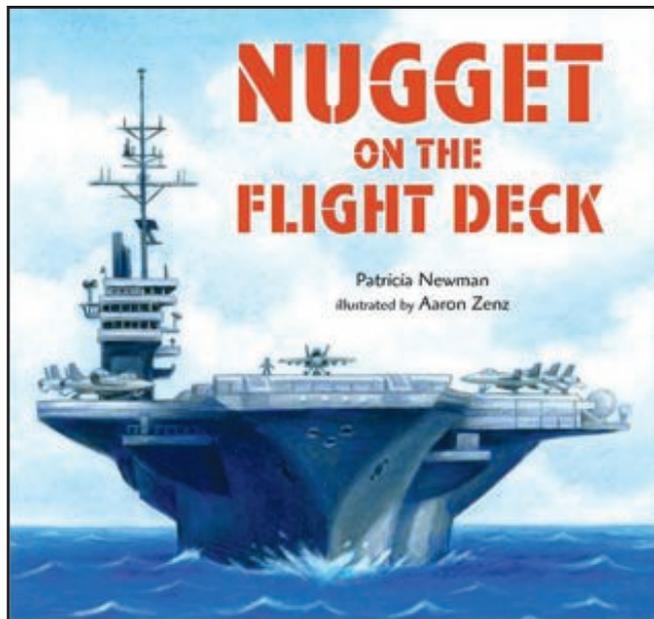


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The Book Report: Veterans Day

By **Connie Goldsmith**

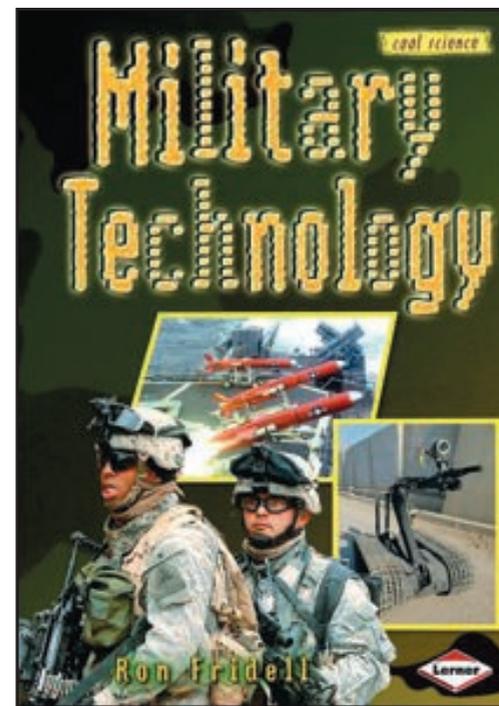
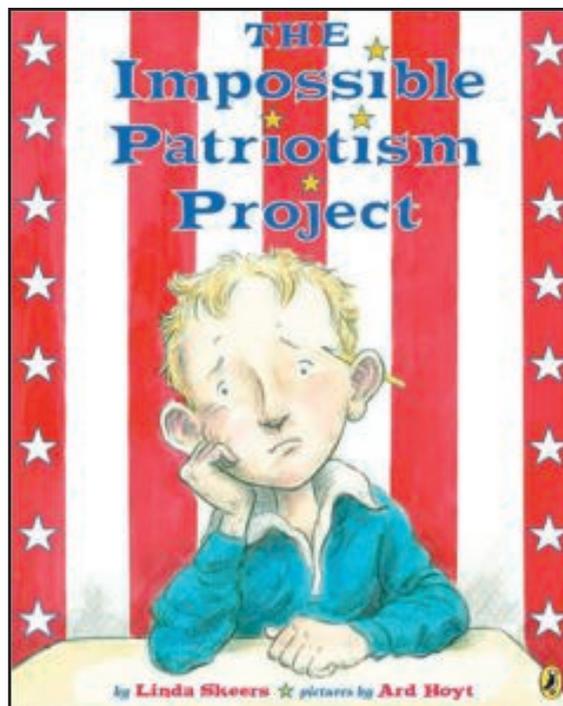
Once called Armistice Day, this holiday first celebrated U.S. veterans who fought in World War I, which ended on the 11th hour of the 11th day of the 11th month of 1918. President Eisenhower changed the holiday's name to Veterans Day in 1954 and proclaimed it a day to honor all U.S. veterans. Today, many thousands of Americans serve in the military in Afghanistan, Iraq, and dozens of less hostile locales around the world. Use these books about the military experience to talk with your family about the men and women who serve their country and help to make the United States and the world a safer place for all children.

"*Nugget on the Flight Deck*," by Patricia M. Newman, illustrated by Aaron Zenz. (Walker). Join Lt. Guttman and a young nugget as the pilot takes the boy on his first hop in a real bird. We follow the duo as they don their zoom-bags and speed jeans, and climb into the fighter. Then it's, "Kick the tires and light the fires!" The catapult slings the plane off the flight deck at 200 mph into the sky for a mock dogfight with a bogey. The jargon just keeps on coming, building up the excitement and putting you in the cockpit where the jet pulls enough Gs to make your stomach swoop! Kids will love using these fun new words which are meticulously illustrated and defined in the margins. A perfect combo of lively writing and dynamic art, this expertly researched book will entice both military buffs and aspiring aviators of all ages. The fascinating end material offers hours

of possibilities for those wanting to know more.

"*The Impossible Patriotism Project*," by Linda Skeers, art by Ard Hoyt. (Dial). Caleb's teacher assigns a special project for Parents' Night: make something showing patriotism. One girl makes a papier-mâché Liberty Bell; a boy makes a map with each state in a different color; another child writes a poem about America. What should Caleb do? You can't draw patriotism; besides, his dad can't come anyway. Caleb finally gets an idea. Next evening, as parents tour the exhibits, a crowd gathers at Caleb's desk. His project? A poster with a photo of his father in military fatigues. "My dad is patriotism," he proudly announces. The men salute, and the teacher wraps up some of the children's art to send to Caleb's dad. This story can start a discussion about the nature of patriotism and what it means to serve our country.

"*The Soldiers' Night Before Christmas*," by Trish Holland and Christine Ford, art by John Manders. (Golden Books). This version of the classic Christmas poem takes place on a U.S. Army base in the desert. It opens in the dorm. "At the foot of each bunk sat a helmet and boot, for the Santa of Soldiers to fill up with loot. The soldiers were sleeping and snoring away, as they dreamed of back home on good Christmas Day." In this poignant story, Sergeant McClaus leads a convoy of Humvees and jeeps guarded by a Blackhawk helicopter.



The boots and helmets are filled with homemade goodies, phone cards, and photos of loved ones. The quirky cartoon illustrations help to keep this a lighthearted and humorous retelling of the old favorite. Still, it's impossible not to think of the loneliness of families separated by war.

"*A is for Airplane: An Aviation Alphabet*," by Mary Ann McCabe Riehle, art by David Craig. (Sleeping Bear). Each page includes the letter in question and a briskly bright poem. Topics include the International Space Station (I), the space shuttle (S), the Tuskegee Airmen (T), zero gravity (Z), and Amelia Earhart (E), among others. Detailed sidebars flow along the pages' edges, filled with fascinating history and information about the science and technology behind flight, and the people who pioneered it. The dramatic watercolor art perfectly accompanies the alphabetic entries, while the end matter contains a question and answer section called, "A Fuselage of Fun Facts."

"*Military Technology*," by Ron Fridell. (Lerner). Best suited for older readers,

this book introduces some of the new technology used in today's military, showing just enough history to make it even more interesting: guns that shoot around corners, weapons that fire invisible heat rays instead of bullets, and smart bombs that are guided from a plane flying thousands of feet overhead. The chapter on body armor is one of the best. We learn how these protective devices work: from ancient shields, turtle shells laced together, and heavy metal plates, to today's light and flexible body armor called Dragon Skin. The newest tanks and nuclear submarines are covered, as is the nearly invisible stealth bomber. The language is fast-paced, easy to read, and highly engaging, as are the colored photos. Learn amazing facts about today's cutting-edge military technology.

Connie Goldsmith lives in Carmichael where she writes for adults and children. Her latest nonfiction juvenile books, "*Cutting Edge Medicine*," "*Meningitis*," and "*Superbugs Strike Back: when antibiotics fail*," can be found in school and public libraries, and at online booksellers.



Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties!

Feather

Age: 6+

You will need:

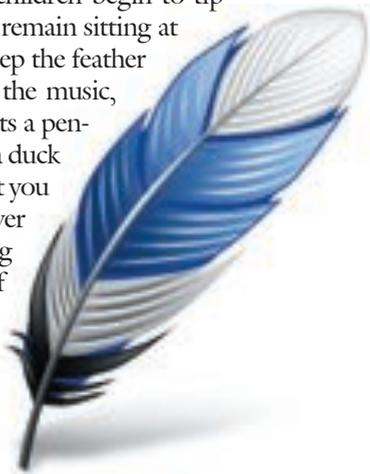
- A feather
- A tablecloth or piece of sheeting - preferably round, although this is not essential.
- Music player

How to play:

Sit the children cross legged on the floor and ask them to hold onto the edge of the tablecloth and stretch it between themselves until it is tight. Drop the feather into the center.

When you start the music, the children begin to tip the tablecloth (although they must remain sitting at all times) and blow frantically to keep the feather away from them. When you stop the music, whoever the feather is nearest to gets a penalty letter (we play with "duck", as a duck could have produced the feather, but you can use "pig" or "donkey" or whatever you wish, depending on how long you want the game to continue). If the feather touches a child at any time, even when the music is playing, they also get a letter.

The game ends when one child completes the word.



The name game

This game can be tailored for all occasions, works with all ages, breaks the ice when people don't know each other, and causes much merriment with the best of friends.

Age: 8+

You will need:

- Some small sticky notes (post-its)
- A pen

How to play:

Write the name of a famous person or character on a sticky note for each party-goer. Characters can be dead or alive, fictional or non-fictional, real or "cartoon". Making sure that the player can't see it, stick the note to their forehead.

When everyone is named, expect a lot of giggling to

start with! Then the players mingle and walk around the room asking the sort of questions that can be answered by "yes", "no" and "not applicable" to try to work out who they are.

Example: (The character is "Hansel" from Hansel and Gretel) Am I a girl? No. Am I alive? No. Am I handsome? Not applicable. Am I in history books? No. Am I old? No. Am I famous? Hmmm. Yes, I suppose so. Am I real? No. Am I a film character? No. Am I in story books? Yes. Am I Pinocchio? No. Am I nice? Yes. Am I clever? Yes. and so on..

Hints:

Choose your names carefully so that all the party-goers will know the characters and be able to answer the questions. You can use characters that are

particularly appropriate to the situation, such as the children's headmaster or even the name of the party child.

Be prepared to give hints if necessary. If you prefer you can pin a larger piece of paper on each players back rather than use sticky notes. This may be better on a hot day or when the children can't be trusted to keep their sticky note on their forehead!

Variations:

Use famous "pairs" (such as Prince Charming and Cinderella, Batman and Robin, Tom and Jerry). People not only have to guess their own identity but find their partner. You will need a much bigger number of players for this to work, as it becomes too easy to look at other people's names and just ask straight out if you are their opposite number.

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Holiday Boutique



Parke Community Church, located at 5700 South Land Park Drive, Sacramento, will hold their holiday boutique, November 14 and 15, in the fellowship hall. Unique hand-crafted gift items will be available for purchase including ceramics, hand-turned wooden items, soaps, hand-crocheted baby blankets, jewelry, ribbon bows and wreaths and the church's very own cookbook. Bring a non-perishable donation and receive a free raffle ticket. Visit the food court for a delicious selection of homemade soups and baked goods. For more information, call (916) 421-0492 or visit www.parksideucc.org.

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Placer Theatre Ballet presents "Nutcracker"

Placer Theatre Ballet presents "Nutcracker", a lively and colorful rendition of this holiday favorite that has become an annual tradition for many loyal patrons in the greater Sacramento and Placer areas for over a decade. Join Clara as she steps from a festive party to a battle between soldiers and mice, and then into a magical dream, accompanied by her beloved Nutcracker Prince. Traveling through a kingdom of snow and ice, Clara arrives at the palace of the Sugar Plum Fairy, where a dazzling array of entertainers from around the world gather to give her an evening full of fantasy and fun that she will never forget. Artful direction and exquisite costuming make this "Nutcracker" an enchanting holiday treat for all ages! Don't miss a Nutcracker Character Tea Party at Auburn's lovely Powers Mansion Inn Events Center!

The performances will be held at Placer High School Theatre, located at 275 Orange Street, corner of High and Agard, in Auburn, November 28 and 29, noon and 4 p.m., December 5, 2 p.m., and December 6, noon and 4 p.m.

All seats are reserved — \$11 - \$18 (plus service charge). The Nutcracker Tea Party has limited seating, \$40 per person. Call (916) 630-7820 for tickets and details. Group discounts are available. For tickets online, visit <http://www.placertheatreballet.org>.

Roseville's Maidu Indian Museum

DROP IN FAMILY ACTIVITIES

Children 10 and under must be accompanied by an adult.

Native American Stories.

Saturday, November 14, from 11:30 to noon and 2:30 to 3. All ages.

Enjoy Native American stories told by Nisenan Maidu Rick Adams. Free with paid admission to museum.

DROP IN ADULT ACTIVITIES Cultural Heritage Speaker Series

Celebrate and highlight the Native Californian connection to Roseville's past.

Bi-monthly event. 2nd Saturdays 7 to 8 p.m. This is a free community event.

Doors open at 6:30 p.m. Light refreshments will be provided.

CLASSES

Pre-registration required for classes. Call the Maidu Interpretive Center to sign up for this exciting learning opportunity. Classes provide new knowledge and skills and satisfy Scouting and outdoor learning objectives. Classes are taught by certified merit badge counselors.

Indian Lore Ages: 10-17

Explore and demonstrate the knowledge, wisdom and skills of Native Americans across the US. Open to all youth. Scouts who gain competency in and complete the course requirements, including some projects at home, will earn the Indian Lore Merit Badge.

Course #: 46199

Dates: 11/3 -11/19. 3 weeks.

Tuesdays/Thursdays from 3:30 -5:00pm

Fee: \$50/\$45 resident discount

Instructor: Heidi Frantz

MUSEUM SECTION

Maidu Interpretive Center: Indian Museum and Nature Learning Center

Museum Hours: Monday-Friday, 9am to 4pm and 2nd Saturday of each month: 9:30am to 5pm.

Guided Tours of Maidu Historic Site: Monday-Friday, 10am and 2nd Saturdays at 10am & 1pm.

CONTINUING EXHIBITS

Discovery, Devastation, Survival: California Indians and the Gold Rush. The exhibit examines the impact of the gold rush and highlights several native families whose ancestors survived this devastating period. The exhibit also offers examples of the continuing richness of Native California culture through its baskets, jewelry, art and literature. Through December 23.

Rocks of Ages: The Spectacular Diversity of Rock Art in California.

As California was perhaps the most densely and diversely populated area of North America, it is no surprise that native California rock art should be equally rich. This photographic exhibition explores the beauty, mystery, and diversity of rock art from different geographic areas around the state. Through December 9.

Designs from Nature Art Show

"My love of nature is embedded in my art through color, texture and design". Charley Burns, Yurok, Designs from Nature art show on display at the Maidu Interpretive Center through December 9. Charley is an active dancer and singer in the native community and continues to express his culture through his art.

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California Kids!

Family Fun Guide

California Kids! is an events and activities guide for active families and is published once a month by Valley Community Newspapers, which also publish the *Arden-Carmichael News*, *East Sacramento News*, *Land Park News* and *Pocket News*. We have been in business for more than 15 years.

California Kids! reaches those parents most likely to purchase products and services by targeting active families who get out and enjoy all that the community has to offer.

Call MARC for more advertising information.
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Calendar of Events

Arts and Crafts

November 14 and 15, **Creative Colors and Shapes, 12:30 to 3 p.m., 3615 Auburn Boulevard, Sacramento.** Enjoy festive color and shape fun at the Discovery Museum Science and Space Center, by making a button necklace to take as a souvenir. For more information, call (916) 575-3942.

Critter Events

November 8, **Autumn Birding, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Discover why autumn is a great time of the year for bird watching. Join a naturalist for a guided walk to welcome back some feathered travelers. Bring your binoculars. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

November 21, **Salmon Season, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Come learn about the challenges facing the amazing Chinook that travel thousands of miles in a cycle that has continued through millennia. Take a stroll to the American River with a naturalist to catch a glimpse of the migrating salmon. You may see some that remain in the riffles here to spawn. For more information, call (916) 489-4918.

November 21 and 22, **Gobble, Gobble, 12:30 to 3 p.m., 3615 Auburn Boulevard, Sacramento.** Join the fun at the Discovery Museum Science and Space Center. It's that time of the year to pay homage to our friend, the turkey. Bring your friends and family to the museum for some Thanksgiving fun. Learn about wild and domesticated turkeys. There is a turkey craft for kids 12 and under. All guests can participate in the Turkey Trot Scavenger Hunt around the acreage, looking for answers to some tricky turkey questions. For more information, call (916) 575-3942.

November 22, **Great Gobblers, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Beards, wattles and snoods—what strange things to find on a bird. Look and listen for wild turkeys as you explore their world on this guided walk through the Nature Area. For more information, call (916) 489-4918.

Especially for Parents

November 13 and 14, **Self-Defense Clinic, November 13-6:30 p.m., November 14-11 a.m., Sacramento.** Robinson's Taekwondo locations throughout Sacramento are offering two free 90-minute clinics for women's safety and self-defense. For more information, visit www.robinsonstkd.com.

Ongoing, Book Sale, 9 a.m. to 2 p.m., 8250 Belvedere Avenue, Suite E, Sacramento. The Book Den, has books for sale and is open Fridays and Saturdays. The store is operated by members of Friends of the Sacramento Public Library. For more information, call (916) 264-2880.

Holiday Events

November 14, **9 a.m. to 4 p.m., and 15, 11:30 a.m. to 2 p.m., Holiday Boutique, 5700 South Land Park Drive, Sacramento.** A Holiday Boutique will be held at Parkside Community Church. Unique hand-crafted gift items will be available for purchase including ceramics, hand-turned wooden items, soaps, hand-crocheted baby blankets, jewelry, ribbon bows and wreaths and more. For more information, call (916) 421-0492.

November 21 and 22, **Gobble Gobble Weekend, 12:30 to 3 p.m., 3615 Auburn Boulevard, Sacramento.** Bring the family to the Discovery Museum Sci-

Capitol Historic Flag Exhibit on display for Veterans Day

Veteran's Day was originally established as a national holiday commemorating the 4.7 million men and women who took part in the "Great War" or World War I. The State Capitol and the California State Legislature are proud present this temporary exhibit of four historic flags from World War I. Some of the flags on exhibit at the Capitol have only been displayed on the parade ground, while others have accompanied Californians into battle. The four historic flags from this valuable collection will be on display from November 10 to 22. These fragile flags have been undergoing conservation and have not been on exhibit for several years. The Museum is open daily 9 a.m. to 4 p.m. and closed Thanksgiving, Christmas and New Year's. Guided tours are offered every hour on the hour. Reservations are required for school group tours by calling Toll free (866) 240-4655. The Museum is located at 1303 10th Street, between L and N Streets, Sacramento. For more information, call (916) 324-0333 or visit www.capitolmuseum.ca.gov

ence and Space Center for a fun holiday weekend. Learn about wild and domesticated turkeys. There is a turkey craft for kids 12 and under. All our guests can participate in the Turkey Trot Scavenger Hunt around the Center's acreage, looking for answers to some tricky turkey questions. For more information, call (916) 575-3942.

Nature Events

November 7, **Gifts from the Earth, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Explore the ways Maidu Indians used plants for food, medicine, clothing and shelter. Join a naturalist for a guided tour of the Village and Effie Yeaw Nature Area to see some of these plants growing in their natural habitat. For more information, call (916) 489-4918.

November 7 and 8, **Meet a Fungi, 12:30 to 3 p.m., 3615 Auburn Boulevard, Sacramento.** Bring the kids to the Discovery Museum Science and Space Center. There is fungus among us. Come join experts and learn all about the unusual world of mushrooms, molds, and mildews. View fungus specimens, fungus art and enjoy plenty of other fungus activities. For more information, call (916) 575-3942.

November 17, **Nature Walk, 8 a.m. 2850 San Lorenzo Way, Carmichael.** Meet wildlife expert Jack Hiehle in the parking lot at the Effie Yeaw Nature Center (in Ancil Hoffman Park) and take a guided walk through the Nature Area. For more information, call (916) 489-4918.

Special Events

November 4 and 11th, **Softball Registration, 6 to 8:30 p.m., Sacramento.** Pocket Girls Softball registration for ages 4 1/2 to 16 years, will be held November 4 at Caroline Wenzel School on Gloria Drive and on November 11 at Belle Cooledge Library, 5600 South Land Park Drive. The cost is \$125. For more information, visit www.pocketgirlsoftball.com.

November 6, **3 to 9 p.m. to 8, 6 a.m. to 6 p.m., Sandhill Crane Festival, Hutchins Street Square, Lodi.** The Thirteenth Annual Lodi Sandhill Crane Festival is a free event. The festival was established to promote public awareness, appreciation and conservation of the Sandhill Cranes. The festival provides fun, educational and recreational experiences for the entire family. Activities begin Friday evening with an art show with local artists, hands-on exhibits for children and adults, workshops and lectures. The fly-in of the Sandhill Cranes at sunset is the spectacular event of the festival. For more information, call 1 (800) 581-6150 or visit www.cranefestival.com.

November 14, **Fine Arts and Crafts Show, 10 a.m. to 7 p.m., 1351 58th Street, Sacramento.** Artists from all over Northern California are helping to raise funds for St. Mary's School. The show will include photography, jewelry, fiber arts, watercolor, mixed media and digital art, food and entertainment.



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Yummy Fall Pumpkin Pancakes

This is an easy recipe that small children can participate in preparing. It makes about one dozen 3" pancakes.

You will need:

- Mixing bowls
- Measuring spoons
- Measuring cups
- Can opener
- Spoon
- Griddle or skillet
- Spatula

Ingredients Needed:

- 2 cups flour
- 2 tbs brown sugar
- 2 tbs baking powder
- 1 1/4 tsp pumpkin pie spice

- 1 tsp salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cups low fat milk
- 2 tbs vegetable oil

You will need to:

- Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.

- In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.

- Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk.)

- Lightly coat a griddle or skillet with cooking spray and heat on medium. Your skillet or griddle is hot enough when you sprinkle a few drops of water and they dance and sizzle.

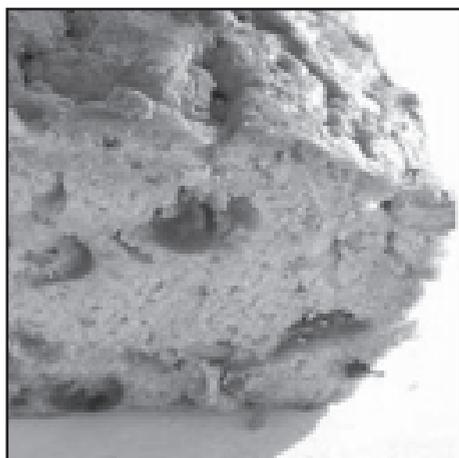
- Using a 1/4-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

Helpful Hints: If you don't have pumpkin pie spice on hand, use 3/4 tsp cinnamon, 1/4 tsp nutmeg and 1/8 tsp each of ginger and cloves.



Cranberry Pumpkin Bread

This cranberry pumpkin bread smells and looks absolutely delicious - a real treat! Wrap it and tie with a big bow for a very special gift.



Ingredients

- 2 1/4 cups flour
- 2 teaspoons baking powder
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon salt
- 2 eggs (beaten)
- 1 cups brown sugar
- 1 (15 ounce) can pumpkin puree
- 1/2 cup vegetable oil
- 1 cup fresh or dried cranberries

Directions:

In a large bowl combine flour, baking powder, sugar, pumpkin pie spice and salt. Mix well.

In a separate bowl, combine pumpkin, eggs and oil. Mix well. Add pumpkin mixture to flour mixture and stir well. Fold in the cranberries.

Transfer the mixture to two lightly greased loaf pans. Bake in a preheated oven at 350F (180C, Gas Mark 4) for approximately 45-55 minutes or until golden and baked through. Cool for 5 minutes in pan before removing to wire rack to cool completely.

Culture Through Bread

In a program entitled "Culture Through Bread" Cara Patton will introduce children to culture and what it means through different interactive activities. She will read a story about culture and the beautiful differences we share in our world. This will be followed by an art project and will end with a sensory activity in which children and accompanying adults will be able to touch, smell, view and taste bread from around the world.

Cara Patton, is working towards her Multiple Subject Teaching Credential and Masters in Education at UC Davis. As an undergraduate at UCD Cara worked at the International House, Davis, as an intern for the Children's Storytelling Program and as a teacher for the Children's International Summer Camp.

One Sunday afternoon per month, children ages 5 through 10 with an accompanying adult, enjoy storytelling performances with an international content at the International House.

Each storytelling event is open to the public. There is no charge for International House members. There is a suggested donation for non-members (\$2 per person or \$5 per family).

For further details, send an email to chips@internationalhousedavis.org. For more information on the Storytelling Program visit www.internationalhousedavis.org/prog/children/st.

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1 November 12
FINANCIAL AID - HOW DO I APPLY?

This workshop will give you the latest information on the different kinds of financial aid. You will also learn how to fill out the FAFSA and why everyone should submit one.

WHEN: Thursday, Nov. 12, 7 - 8:30 PM
WHERE: Sierra 2 Community Center
2791 24th St, Sacramento 95818
COST: \$25 per family

2 November 19
SCHOLARSHIPS - HOW DO I FIND THEM?

In this workshop, you will learn how to find scholarships, how to apply for them, and how to write scholarship essays.

WHEN: Thursday, Nov. 19, 7 - 8:30 PM
WHERE: Sierra 2 Community Center
2791 24th St, Sacramento 95818
COST: \$25 per family

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Fall is a good time to plant a Rain Garden

Special by Sacramento Co Department of Water Resources

Creating a drought-friendly garden for your home is a fun family project. Any age can participate in creating a Rain Garden. Why not build one now. Winter is just around the corner, which means rainy days are on the way!

With California in its third drought year, Rain Gardens are a great alternative for garden enthusiasts who want to create a beautiful landscape while conserving water. Rain Gardens consist of native, drought-tolerant plants making it more resilient to the impacts of drought while flourishing during the rainy season.

away from any building foundation. By collecting rainwater, this garden will help maximize the amount of rain we receive this season.

Typically, rainwater will run off your roof, flow through your yard and make its way onto streets and into gutters, carrying along with it all the loose dirt, fertilizers and pesticides from your roof and lawn. Rain Gardens are designed to help keep the rainwater where it is wanted the most – your garden, as well as absorb stormwater runoff from entering the storm drains.



Rain Garden at the new Sacramento County Animal Care Shelter.

What Are Rain Gardens and How Do They Work?

Rain Gardens are shallow, landscaped depressions that capture rainwater from roofs and/or pavement. These gardens are meant to be planted under the downspout of your property at least 10 feet

Building a Rain Garden

When selecting plants for your rain garden it is best to use native, drought-tolerant plants that can withstand both cold and extreme hot temperatures making them ideal for the Sacramento area. The following are some added benefits to adding Rain Gardens to your landscape.

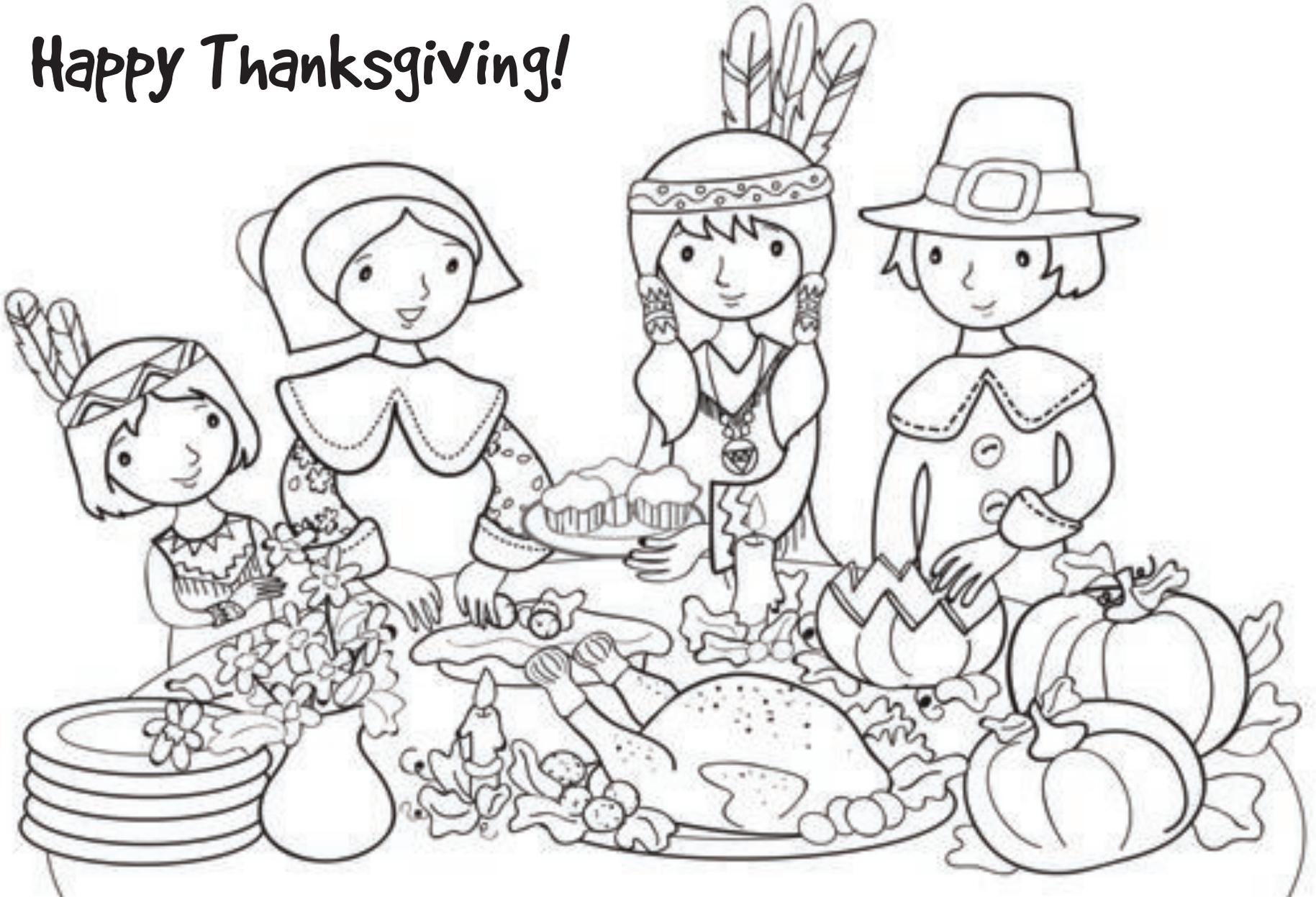
Water Conservation: An average sized rain garden in Sacramento can potentially retain thousands of gallons of water every year.

Aesthetics: They can be landscaped with plants that produce beautiful flowers and shrubs.

Habitat for Birds and Butterflies: Select plants that attract beneficial insects and birds.

Start planting your Rain Garden this fall and watch your garden flourish. For more information on Rain Gardens, visit www.riverfriendly.org.

Happy Thanksgiving!



www.ActivityVillage.co.uk - Keeping Kids Busy



Fall Fun! Fall Fun!

Turkey Day Treats from the Kids in the Kitchen

Thanksgiving Day is a memory in the making for kids. No school, sleep late, Macy's Parade on the TV, and a feast to enjoy come afternoon. What more could a kid ask for? How about some fun in the kitchen? Here are some great recipes to fix with the kiddos on Turkey Day.

* Turkey Shaped Cinnamon Rolls

Serves 5

Before the hustle and bustle of Thanksgiving kitchen prep begins, surprise your little turkeys with these festive fowl. You can prepare them the night before and just pop them in the oven the next morning before it's time to bake the real turkey.

1 canister large refrigerated cinnamon rolls, such as Pillsbury Grands

1 canister regular size refrigerated biscuits
chocolate chips or cinnamon red hot
colored sprinkles

Preheat oven according to cinnamon roll package directions. Separate cinnamon rolls and place on cookie sheets, about 5 inches apart. Separate biscuits. Cut 2 biscuits into quarters. Place one quarter in the center of each cinnamon roll with the point facing down. This will be the turkey's face and beak. Add two chocolate chips or red hot for eyes. Cut five biscuits into four thin strips each. Dip each strip into colored sprinkles. Place four different colored strips at the top of each cinnamon roll with the edges touching. These will be the turkey's feathers. Use any remaining biscuits or biscuit pieces to cut bird feet and attach those to the bottom. Bake according to package directions. Serve with frosting on the side for dipping.

*Cranberry Sparkly

Serves 4-6

The children will love it if the "kids' table" has some grown-up elements. Purchase plastic

goblets and treat them to this sparkly juice that they can easily prepare with you. Encourage them to prepare their own toasts to one another.

1 can cranberry juice concentrate
1 can apple juice concentrate
1 2-liter bottle carbonated water or soda water

In large pitcher or punchbowl, pour juice concentrates. Add six cans carbonated water. Serve in plastic goblets.

*Quivering Leaves

Fall is the time when leaves stir in the wind and fall from the trees. Present a beautiful platter of edible gelatin leaves. If you've got a big crowd, prepare several batches, using two to three different colors, such as red, orange, and yellow.

4 packages plain gelatin, such as Knox brand
3 3-ounce packages flavored gelatin, such as Jell-O (Choose a fall color like red, orange, or yellow)

4 cups hot water

Combine all ingredients in a large bowl and stir several minutes until gelatin is completely dissolved. Pour into 9x13-inch pan. Chill for several hours until hard set. Cut all the way through gelatin with leaf-shaped cookie cutters. Remove from pan and place on platter. (In order to loosen the gelatin from the pan, it may be necessary to dip the pan bottom in warm water for a few seconds.)

BIO - Jessica Fisher is a wife, mom of six, and freelance writer. She regularly writes about kid-friendly fun and family management at www.lifeasmom.com.

I Packed My Suitcase game

With the holidays, comes travel. I Packed My Suitcase is a classic memory game which is useful for all sorts of occasions, from a doctor's waiting room to a long car journey! You can adapt it to all ages of kids, and adults enjoy playing as much as children.

Age: 5+

The first player thinks of a word beginning with the letter "a" and then says, for example: "I packed my suitcase with an apple" The next player repeats the sentence and adds something beginning with "b", for example: "I packed my suitcase with an apple and a banana". The next player adds a word beginning with "c": "I packed my suitcase with an apple, a banana and a canary."

Play continues until someone can't remember the list or makes a mistake. Depending on their age, you can either prompt them or disqualify them! Keep going until all players but one are disqualified, or until you reach the end of the alphabet.

Variations: If playing with young children, it helps to make the words as silly and colourful as possible - they are more likely to remember them! If playing with older children, you can make the game even more difficult by choosing a noun and an adjective for each letter of the alphabet. For example, "I packed my suitcase with an active antelope, a brown bear and a chilly chicken".

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Fall Fun! Fall Fun!

County Christmas Faire

Mark your calendar for the 25th annual Country Christmas Faire at the Nevada County Fairgrounds in Grass Valley on November 27, 28 and 29. Rated as one of the top handcrafted shows in Northern California, this year's Country Christmas Faire will feature unique gifts and crafts from more than 100 top artisans.

Five exhibit buildings will be filled over the Thanksgiving weekend, giving shoppers a chance to start their Christmas shopping with quality hand-made jewelry, wooden crafts, hand-woven baskets, stained glass, candles, beadwork, and dozens of other unique gifts.

Visitors to the Faire will enjoy strolling live entertainment, festival foods, the magical Gingerbread House exhibit, and a community bon-fire. Wagon rides around the Fairgrounds will be offered; and Victorian singers, the bell ringing RiverBells, and the Sierra Symphony quartet will perform throughout the event. Additionally, Santa Claus and Mrs. Claus will be in The Chapel to greet children and listen to their Christmas wishes. A photographer will be available to capture the special moment with Santa.

Back by popular demand, the Northern Mines Girl Scouts will offer free babysitting so parents



can drop off their children while they enjoy holiday shopping. Errand elves will also be available to assist you throughout the event.

The Country Christmas Faire begins Friday, November 27, and runs through Sunday, November 29. The hours are 10 a.m. to 5 p.m. on Friday and Saturday; and 10 a.m. to 3 p.m. on Sunday. Admission is \$4 for adults and children 12 and under are free. Parking is also free.

The Nevada County Fairgrounds is located at 11228 McCourtney Road in Grass Valley, 50 miles northeast of Sacramento, off Highway 49. For more information, visit the Fair's web site at www.nevadacountyfair.com or call (530) 273-6217.

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Fall Fun! Fall Fun!

There are plenty of things to do this fall

Summer may be over, but private campground and RV park operators in California are hoping to bring families back for another round of camping this fall.

And they're doing it by offering a wide range of weekend activities throughout November

including everything from arts and crafts classes to kayaking classes, and nighttime stargazing tours.

"Private campgrounds now offer a variety of family activities in fall in addition to providing opportunities for hiking and fishing," said Debbie Sipe, executive director of

the California Association of RV Parks and Campgrounds, which hosts www.Camp-California.com, a popular search engine for campgrounds and RV parks statewide. Here's a sampling of the activities California parks are preparing this fall:

Campland on the Bay in San Diego: This park has numerous scheduled activities throughout fall, including games of capture the flag, dodge ball and pickleball. The park also has arts and

crafts classes, tie dye T-shirt classes, kayaking classes and adult dart tournaments. www.campland.com

Lake Isabella KOA in Weldon: This park is planning several events for Thanksgiving weekend, including a hot chocolate social, a movie night and a flashlight parade.

Mt. Gate RV Park in Redding: This park, located three miles from Lake Shasta. The park often has bonfires with smores and stories on Friday and Saturday nights. The park will have a Thanksgiving dinner on November 19th. www.mt-gatervpark.com

The Springs at Borrego RV Resort and Golf Course in Borrego Springs: This park offers monthly star parties with world-renowned astronomer and sky photographer Dennis Mammana on Nov. 8, Dec. 6, Jan. 24, Feb. 21, March 7 and April 4. "At these parties, we start out with a light dinner and beverages. Then sit back while Mr. Mammana presents a photo show on the big screen with

star talk about what to look for that night," said Daniel Wright, general manager of the Springs at Borrego RV Resort. Additional astronomy events take place around town through the season.

For more information, try one of the following:

Bakersfield RV Resort in Bakersfield, (661) 833-9998 or www.bakersfieldrvresort.com

Campland on the Bay, San Diego, Kimberly McAnally, (858) 581-4200 or www.campland.com

Lake Isabella KOA, Weldon, (760) 378-2001 or www.koa.com

Manchester Beach KOA, Manchester, (707) 882-2375 or www.manchesterbeachkoa.com

Mt. Gate RV Park, Redding, (530) 275-4600 or www.mt-gatervpark.com

Sacred Rocks Reserve, Boulevard, Marti Amado, (760) 877-0619, www.sacredrocksreserve.com

Santa Cruz KOA, La Selva Beach, (831) 722-0551 or www.santacruzkoa.com

Santa Cruz North KOA / Costanoa, Pescadero, (650) 879-7302 or www.koa.com

Smithwoods RV Park, Felton, (831) 335-4321 or www.smithwoodsrvpark.com

The Springs at Borrego RV Resort and Golf Course, Borrego Springs, Daniel Wright, (760) 767-0004 or www.spring-satborrego.com

Stockton-Delta KOA, Scott Haar, (209) 369-1041, Ext. 4669 or www.stocktonkoa.com

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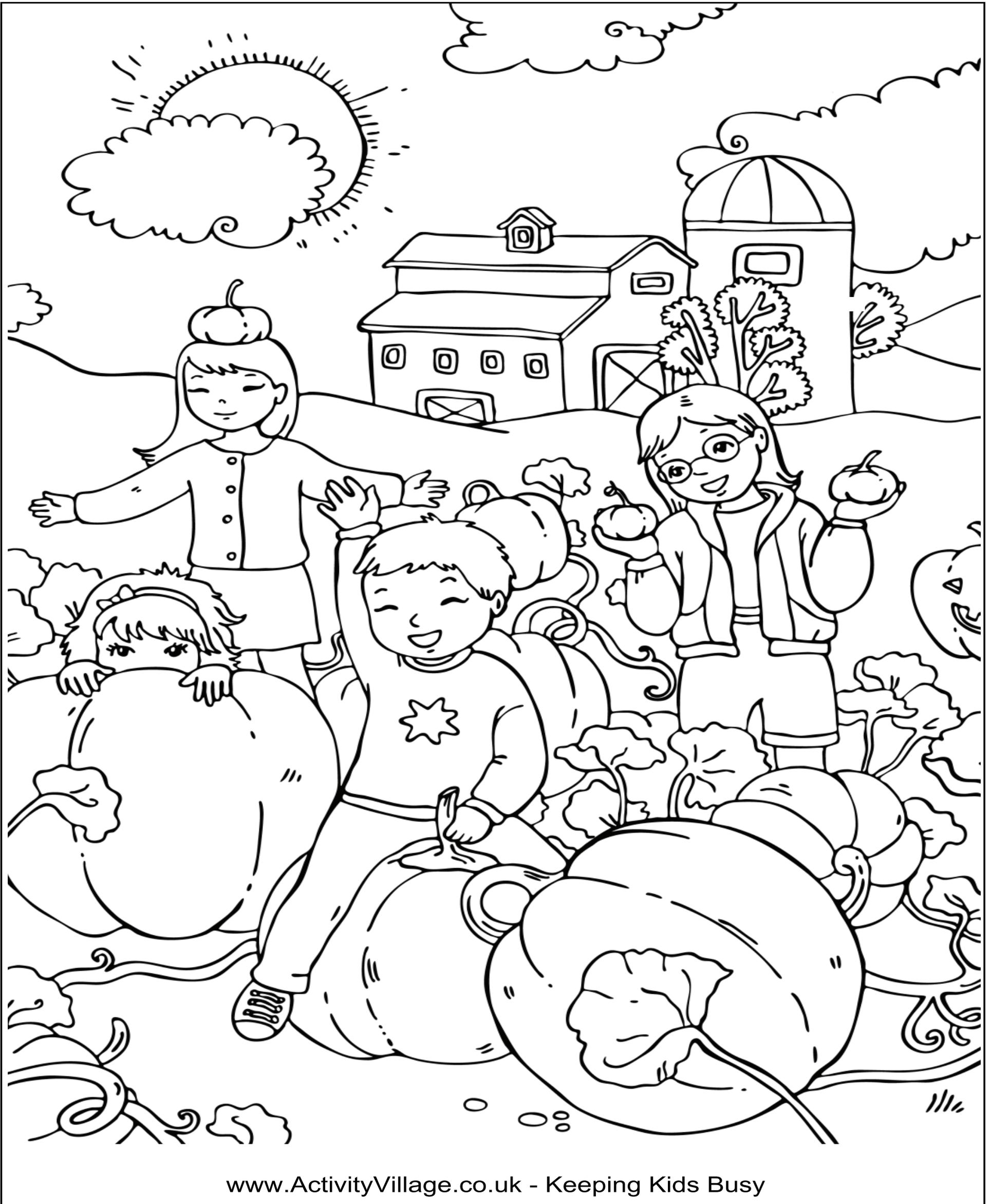
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