

October 2010

California Kids!

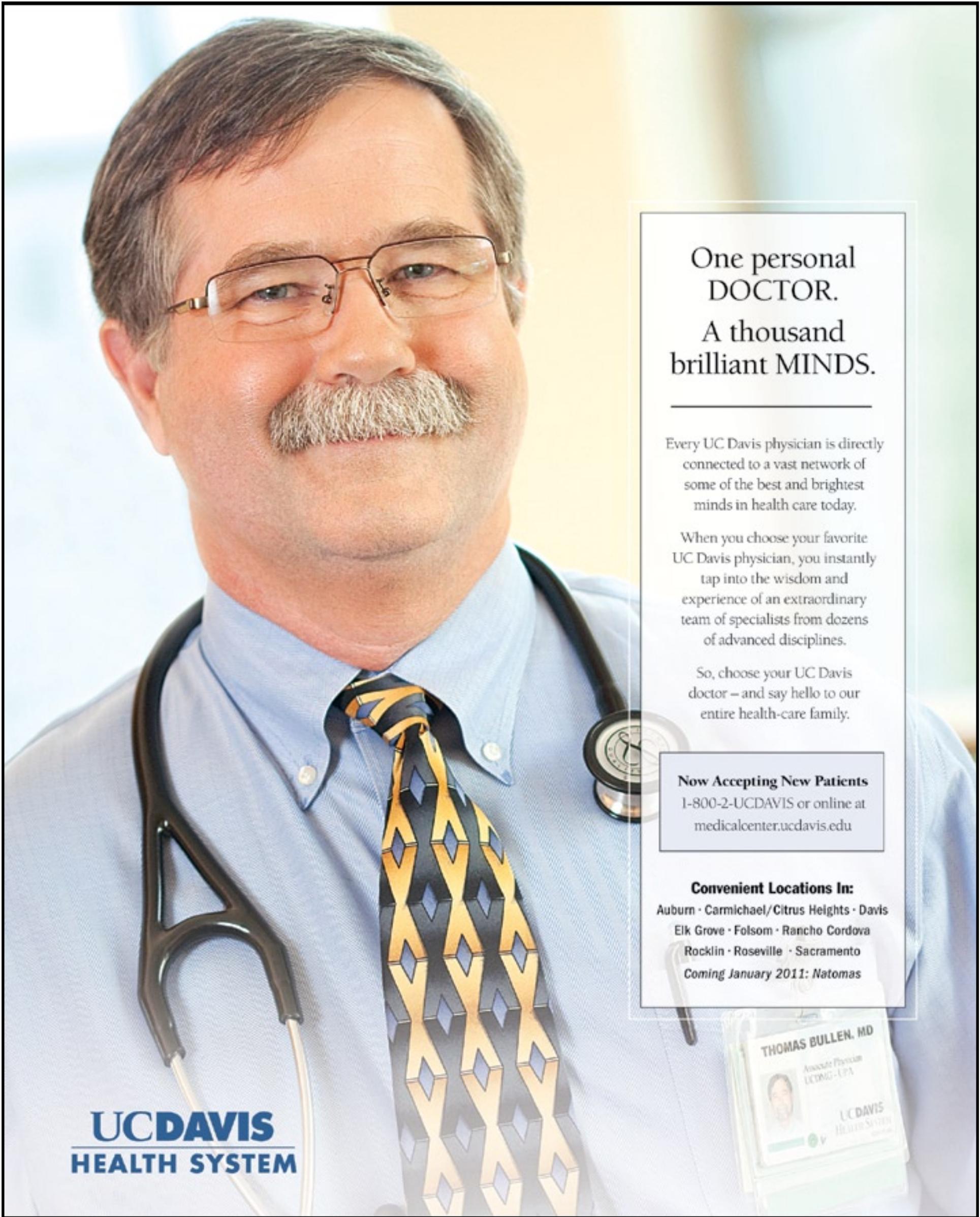


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Library programs for your kids!

Weekly family music program slated at Belle Cooledge Library

Children, ages 3 to 7, are invited to join neighborhood favorite Mr. Cooper for 30 minutes of music time. The entire family is welcome at the weekly music programs scheduled at 4 p.m., Wednesdays, through November 17, at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento. For details, call the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

Sylvan Oaks Library host classic children's storytelling program, October 14

Families are invited to a special retelling of *The Three Little Pigs* in 3-D at 3:30 p.m., Thursday, October 14, at Sylvan Oaks Library, 6700 Auburn Boulevard, Citrus Heights. Children will be asked to participate by helping tell the story in this interactive program.

For details, call the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org

Kids' art and poetry program slated October 21 at Elk Grove Library

Youngsters, age 10 to 15, can combine art and poetry and learn about the fall season in a free program at 3:30 p.m., Thursday, October 21, at Elk Grove Library, 8900 Elk Grove Boulevard, Elk Grove. Participants will design a leaf print collage using real leaves and paint. Then write a poem with at least four lines that rhyme.

Sponsored by the Friends of Elk Grove Library, the program will be presented by "Express Yo Self," a division of the Standing in the Gap Youth in Arts. For details, call the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org

Baby boos and ghouls lapsit storytime at Sacramento's Central Library, October 31

Preschoolers and toddlers are encouraged to wear a Halloween costume to a special Baby Lapsit Storytime program at 2 p.m., Sunday, October 31, in Kids' Place at the Central Library, 828 I Street, Sacramento. For details, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

Storytime Theatre presents Snow White

Snow White opens October 9, at Sacramento City College, and plays Saturdays and Sundays at 1 p.m. through November 7. Admission is \$5 for all ages, children two years and under are admitted free. Group rate for parties of 20 or more get 20% off admission cost! Half-price opening day special, October 9 only.

Performances are located in the Student Center in the middle of the Sacramento City

College Campus, next to the City Café cafeteria. Parking is free on campus Saturdays and Sundays only. The Saturday performance on October 30 will be interpreted in American Sign Language.

Sacramento City College is located at 3835 Freeport Boulevard, Sacramento. For more information, call Doug Lawson, Children's Theatre Coordinator, at (916) 558-2174.



Goblin Gardens Pumpkin Patch

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Located in North Natomas West on Arena Blvd., South on El Centro Rd. at Bastiao Farms Produce Co.

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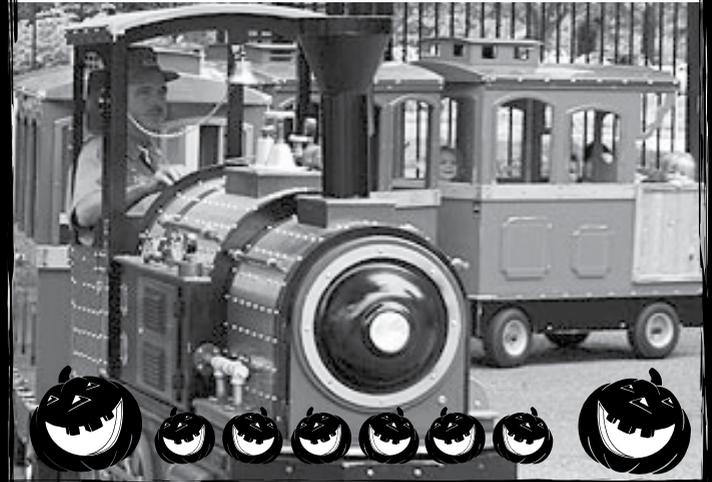
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St. Robert's Fall Festival



SPCA to offer \$5 Cat Microchips

chips Provide Lost cats with a Second chance

Continuing through the end of the year, the Sacramento SPCA will hold \$5 cat microchip clinics on the second Monday of every month from 11 a.m. to 3 p.m. at the SPCA shelter located at 6201 Florin Perkins Road in Sacramento.

The \$5 cat microchip clinics are being held in response to the overwhelming number of cats entering area shelters without any form of identification. Many of these cats are likely owned and may have simply strayed from their homes. Sacramento area animal shelters will take in more than 20,000 homeless cats in 2010, and there are simply not enough adoptive homes for all of them. These low-cost microchip clinics are designed to provide cats with permanent identification, and hopefully their ticket home if they become lost.

The cat microchip clinics are a part of a collaborative effort between the Sacramento SPCA, City of Sacramento Animal Care Services, Sacramento County Animal Care & Regulation and Happy Tails Pet Sanctuary. The Sacramento area collaboration, which is being funded through a generous grant from the American Society for the Prevention of Cruelty to Animals (ASPCA), is addressing the issues of shelter overcrowding and pet overpopulation through a series of targeted spay/neuter, identification and pet wellness clinics designed to decrease the number of stray animals entering shelters, while increasing the number of live animals leaving Sacramento area animal shelters.

A microchip is about the size of a grain of rice. It consists of a tiny computer chip housed in a type of glass made to be compatible with living tissue. The microchips, each coded with a unique number, are implanted between the animal's shoulder blades under the skin with a needle and special syringe. The process is similar to getting a shot, and provides the animal with a permanent form of identification. For more information call (916) 504-2828.

St. Robert Church and School invites the community to attend its Annual Fall Festival, a tradition for over 50 years. The festival benefits the K-8 parochial school and will be held on Saturday and Sunday, October 2 and 3, from noon to 7 p.m. on Saturday, and noon to 6 p.m. on Sunday. St. Robert's School is located at 2251 Irvin Way in Sacramento's Hollywood Park neighborhood. Turn east onto Irvin Way from either northbound or southbound Freeport Boulevard,

or turn west onto Irvin Way from northbound or southbound 24th Avenue.

In the past, funds raised have been used for items such as new playground equipment and a library expansion. Come and enjoy delicious food, including Mexican and Filipino foods, Leatherby's ice cream, games for the kids, all day Bingo, and live entertainment! Reasonable prices, no entrance fee to enter the grounds, and convenient parking. Come join the fun!

Boo!

It won't be long 'till Halloween! Dressing up as ghosts, witches, gypsies, super heroes, pirates or aliens from Mars, plus getting rewarded with all kinds of goodies, is always something we look forward to no matter what our age is. To get you in the spirit (oooh, that's really baaaad!) here's a puzzle that will test your skill at finding hidden words. Those on the list below can be found in disguise, spelled forward, backward, vertically, horizontally, and even diagonally, can you find them?

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

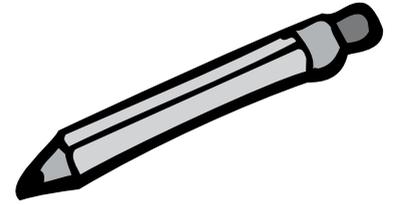
Apple Cider
Bats
Black cat
Boo
Brew
Broom
Candy
Costume
Full Moon

Ghosts
Goblin
Halloween
Haunted House
Jack o Lantern
Mask
owl
Pumpkin
Rats

Scarecrow
Skeleton
Spider
Spider Web
Spooky
Skull
Treat bag
Trick or Treat
Witches



MAKE IT YOURSELF!



Felt toy bat

This felt toy bat might look cute, but he is still a perfect craft for kids to make at Halloween!

You will need: Black felt, needle and embroidery thread, toy stuffing, fabric glue, wiggle eyes, gems, sequins, scraps of felt, fabric

You will need to: Cut two bat shapes from felt. Sew them together around the edge using running stitch. Leave a small gap at the bottom to stuff the toy.

When the toy is full, sew up the gap.

Glue on buttons and ribbons and anything else you have in your craft box to make eyes and a nose. Highlight the wings with fabric paint.

Wooden Spoon Skeleton Puppet

You will need:

A wooden spoon, Black paint, White paint, White craft foam, Glue, Black pen.

Instructions:

Paint the spoon black and allow to dry.

Paint a white oval on the back of the spoon, and a white stripe reaching halfway down the handle.

Cut out two arms, two legs, ribs, collar bone and pelvis from the foam. Glue these to the spoon handle.

Finish off by drawing a face on your skeleton.



Paper Plate Spider Web

This paper plate spider web is just the thing when you have a pom-pom spider which needs a spooky perch! Younger kids in particular will enjoy the lacing activity.

You will need:

A paper plate, black paint, black string or yarn, hole punch

You will need to:

Paint the back of the plate black and leave to dry, then cut out the middle of the plate. Punch holes evenly all around the edge.

Cut a length of black string or yarn. Tie to one of the holes and then weave through others to make a pattern. When you are close to the end, tie to a hole and cut off the excess. Tie on a new piece of yarn and repeat until you are happy with your web. It is easier to use several smaller pieces of yarn so the ends will not fray. Don't forget to make the pom-pom spider for the web.

Pom Pom Spider

The pom-pom spider can be hung around your room or simply left on windowsills, mantel-pieces and nooks and crannies to surprise and delight!

You will need:

2 black pipe cleaners (chenille stems), a black pom-pom, a pair of wiggle eye, glue

You will need to:

Cut the two pipe cleaners in half. Lay the four halves of pipe cleaner side by side, then twist them together in the middle. Glue the pom-pom to the middle of the pipe cleaners. Stick the eyes to the pom-pom. When you are sure the glue is dry, bend the pipe cleaners so your spider's legs are spread out.

Now put him on display!



Crafts courtesy of: www.ActivityVillage.co.uk - Keeping Kids Busy



Campgrounds and RV parks planning fall activities

Private campground and RV park operators are continuing to plan a variety of weekend activities and special events throughout October and November.

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.
- **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.
- **Newport Dunes Waterfront Resort & Marina in Newport Beach:** Special activities this fall include a Halloween party on Friday, October 30, with a costume contest, music, games and dancing for all ages.
- **Sacred Rocks Preserve in Boulevard:** This park, located at the 4,000 foot level in the mountains east of San Diego, is planning a horse camping weekend October 15 to 17, with free camping offered to those who bring a horse.
- **Santa Cruz KOA in La Selva Beach:** This park plans to host its "Howlin Halloween" event on October 22 to 24 with a pumpkin carving contest, a pet costume contest, a campsite decorating contest, a haunted house and trick or treating.
- **Smithwoods RV Park in Felton:** This park plans to host a Halloween spaghetti dinner with Halloween related activities on October 23.
- **Stockton KOA in Stockton:** The park is planning a "Halloween Hoopla" weekend October 29 to 31 with a pumpkin carving contest and a haunted house, and a "battle of the businesses" pie-eating contest on November 13 to raise money for the Toys for Tots charity program. The park also plans to celebrate Thanksgiving weekend with Native American tribal music and dancing.
- **The Springs at Borrego RV Resort and Golf Course in Borrego Springs:** In addition to offering frequent water aerobics



classes and Friday night wine tasting events, guests at this park can participate in star parties with world-renowned astronomer and sky photographer Dennis Mammana on October 10 and 31 and November 28 and December 19.

- Following is contact information for the parks referenced in this release:
- 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
 - Newport Dunes Waterfront Resort and Marina, Newport Beach, Rick Vara, (949) 729-3863 or www.newportdunes.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
 - 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.springsatborrego.com
 - Stockton-Delta KOA, Scott Haar, (209) 369-1041, Ext. 4669 or www.stocktonkoa.com

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Foster children are removed from their homes due to neglect or abuse, and at times with only the clothes on their back. They arrive in a new home with scared eyes and deep uncertainty about their lives. Knowing they will be cared for and receiving genuine concern from the community at large is the first step in providing them with an opportunity to succeed – at school, at home and in life.

You can help. We know not everyone can be a foster parent. Instead consider volunteering at your local foster organization, serving as a mentor for foster children, employing a teen in foster care or participating in programs like the Sleep Train Foster Kids donation drives. The result translates into a brighter future for these children and a better tomorrow for us all.

Other options to support foster care:

www.fosteryouthproject.org
Text or email your name, address, phone & \$6 or \$3 to LiveGreen@smud.org; or Call 1-888-742-7683 and sign up for SMUD's Green-energy Program and use referral code NMFFA.

All proceeds go to foster youth in the region.

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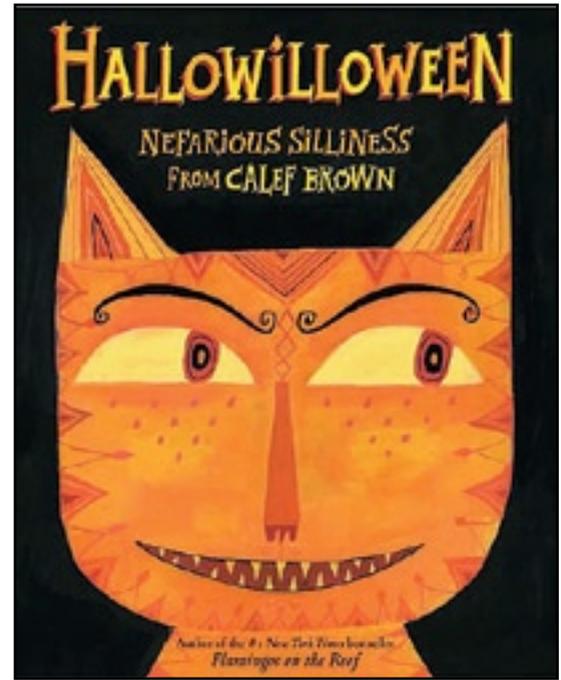
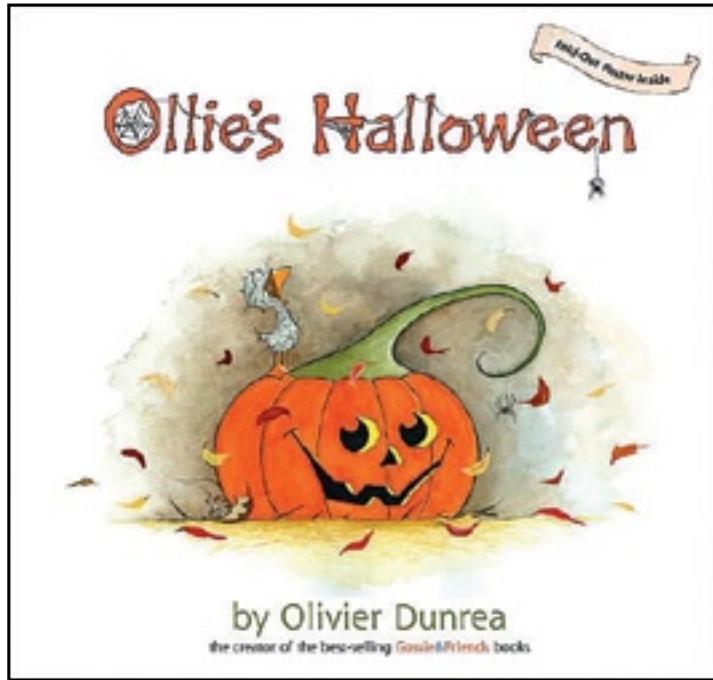
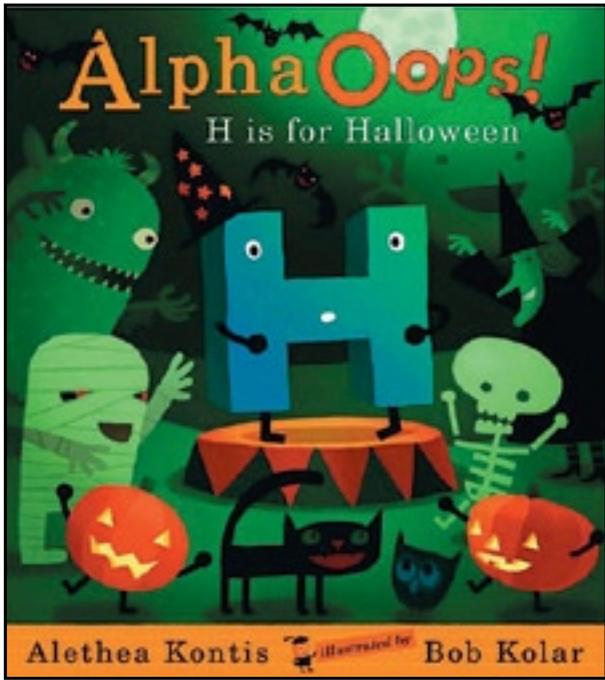
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The Book REPORT

It's Halloween!

By **Connie Goldsmith**

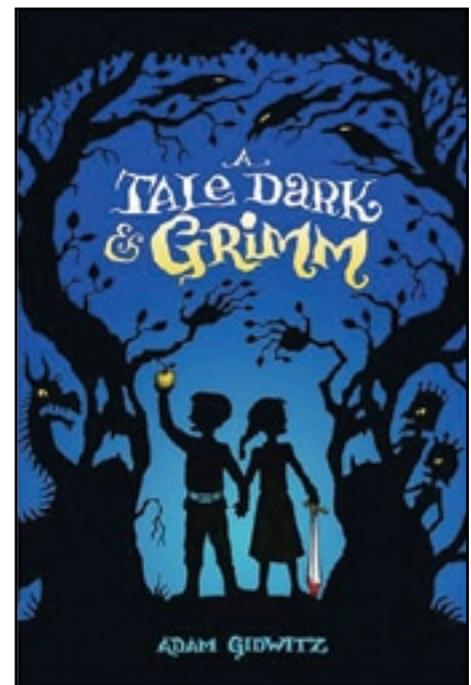
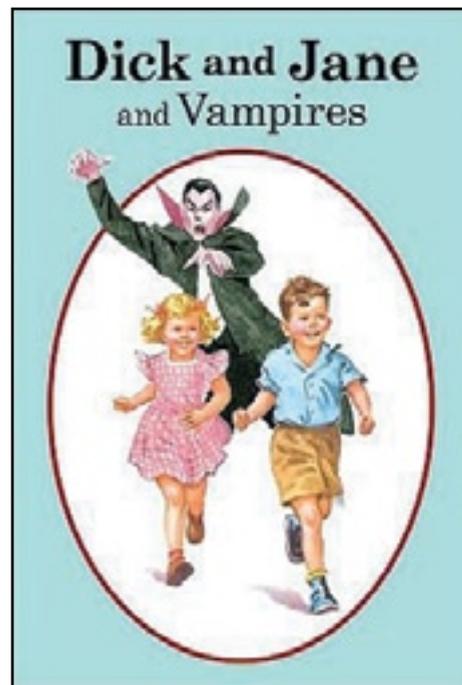
Kids of all ages look forward to Halloween. Maybe they love that feeling of being just a little scared, but still being safe. No matter what your family's Halloween plans, whether it's a party at home with friends, a school gathering, or a trick-or-treat excursion with a goodie bag the size of Sacramento, a new book is always a treat. If older sibs go out on their own, read a story to the little ones left behind so they'll feel like they're part of this favorite holiday.

"*Ollie's Halloween*," by Olivier Dunrea. (Houghton Mifflin). "It's Halloween night. A night to beware. A night to scare. Goslings are on the prowl!" Gosling Ollie and his friends star in their own series of books by this terrific author/illustrator. Each gosling wears a costume: Gossie is a wizard, Peedie, a dragon. And Ollie is a mummy. The darling little birds poke around the pumpkins and stalk through the cornfields on a windy Halloween night at a friendly farm. Drawn in lively, yet constrained watercolors, the diminutive figures convey just how small children can feel in this big world. The goslings' (safe) adventures can foster the budding independence of a toddler, and best of all, celebrate the joy of good friends. And the bonus pull-out poster would look just right hanging over a special little someone's bed.

"*Dick and Jane and Vampires*," by Laura Marchesani. (Grosset & Dunlap). While teen vampire novels are too much for young readers, this book provides kids with their

very own (not too scary) vampire story. Generations of children grew up learning to read with Dick and Jane. In this version, new content joins original text and illustrations dating from 1940 to tickle your funny bone. It's the same Dick and Jane we always knew, complete with parents, Sally, and dog Spot. But a new friend joins the family – a vampire! "Look, Jane, look. There is Father. Oh, oh, oh. That is not our father. Run Jane! Run Dick!" Vampire hangs in the closet and gets bottled blood from the milkman. As the story ends, Vampire finds a new friend in Goth Girl. This book is a hoot and a half!

"*AlphaOops! H is for Halloween*," by Alethea Kontis, illustrated by Bob Kolar. (Candlewick). These are the bossiest letters you've ever seen! Z's in charge and tells H to begin, because, "Halloween can't start with any other letter." Then comes N for nightmare, K for kraken, P for pirate, B for . . . Wait! "That's not the way the alphabet goes!" Being in the right order doesn't matter to the misbehaving letters in this hilarious story. Listeners who know their alphabet will giggle at the silliness. Each letter comes dressed in its own special Halloween costume. And lest we forget, a little guy on the bottom of each page pushes lettered pumpkins into the correct ABC sequence. The colorful art is spectacular with a theatrical mix of light and darkness. Just as director Z ends the play, C enters (with Santa cap and candy cane): "Hey Z, I have an idea." ****



"*Hallowilloween*," by Calef Brown. (Houghton Mifflin). Creepy silliness is the best description for this zany collection of Halloween poems. Meet Jack the Werewolf, the dreadful Oompachupa Loompacabra, the Frankensteinistic but not Frankenstein human collage, and the unhappily unwrapping mummy. "Within a hollow willow tree behind the village green, busy ants are making plans for Hallowilloween." The poem that titles the book shows us how these diminutive dervishes celebrate the holiday with crazy dances and amazing Mardi Gras-like costumes. The art is a mix of stylized, whimsical details done in colorful acrylic, making for a perfect meld of words and illustrations.

"*A Tale Dark & Grimm*," by Adam Gidwitz. (Dutton). Best reserved for those ten years and up, this wildly original book lets us in on the true GRIMMNESS of Grimm's fairy tales. Meet the Hansel and Gretel you never knew. Find out just why they left home in the first place, and what happened

after they tricked the witch into the oven – you know – the one with the gingerbread house? Hansel and Gretel march through other Grimm stories, fighting the devil, escaping the child-eating moon, foiling the soul-stealing murderer, and finally besting the dragon to restore peace and happiness in the kingdom. The gruesomeness is tempered by the author's own narrative to the reader. "There are no young children in the room, right?" and, "Warning, this next bit is kind of gross." And like all the best books, there's a satisfyingly happy ending.

**** **Reviewer's pick of the month**

Connie Goldsmith (www.conniegoldsmith.com) lives in Carmichael where she writes for adults and children. Her newest non-fiction juvenile books, "*Battling Malaria: on the Front Lines Against a Global Killer*," and "*Skin Cancer*," one of the new USA Today Health Reports series, came out in August. Her books can be found in school and public libraries, and at online booksellers.



Feast for the Senses

Serving Special Needs Children and Their Families

By Carmel L. Mooney

When Lucy Robinson opened the beautiful 1876 Ben Maddox House Bed and Breakfast in Visalia, California, Lucy knew she would be sharing a bit of colorful California History with her guests who enjoy her majestic historical home situated between century old trees and fragrant rose and herb gardens, all just a short drive from Sequoia National Park and Kings Canyon National Park.

What Lucy didn't know was that she would be using her lifelong passion and endless talents to create a history of her own and to etch life-long treasured memories into the hearts and minds of children with special needs and their families.

In 2009, Lucy created Feast for the Senses, which provides a much-needed respite for special needs children and their families from all over the state. Feast for the Senses introduces these special children to new experiences that stimulate every one of their senses---sight, smell, taste, touch, and sound by bringing together small groups with their families in a home-like setting at the Ben Maddox House to share in and participate in various venues that otherwise would not be avail-



able to them, in a safe and nurturing environment, and all free of charge.

Feast for the Senses serves the families as well as the children as the visiting families forge friendships and receive support from the other parents and siblings of the special needs participants. Invaluable networking, compassion, understanding and memories are shared between not just the kids and parents but the siblings and other family members too.

Many of the special needs children who have had the opportunity to partake in Feast for the Senses just since its inception last year, have attained miraculous milestones and have experienced mind-boggling breakthroughs through this incomparable program, all stemming from Lucy Robinson's passion, understanding, and calling to serve the special needs community and their families in a way that's never previously been done.

Families with special needs children face in-

surmountable challenges each and every day due to the exorbitant costs of therapies, medical expenses, special diets, coupled with lack of understanding and support from society. Sadly because of the simple difficulty of integrating these children into regular environments and travel, most families do not venture far from home or are severely hampered by the limited choices available to them. These critical issues have been addressed and overcome by Lucy and her program so that families can enjoy a time of rest, renewal, respite and support, all at no expense to the families. Many families who have benefited from the program have never vacationed as a family or have never been able to travel from home with their special needs child until Feast for the Senses.

An additional benefit of Feast for the Senses is that the location of Ben Maddox House is conducive to so many wonderful venues with nearby dairies, inter-



active World Agri Center, zoos, local art and museums, three national parks nearby, and a plethora of farms and community agricultural learning opportunities all stimulating the senses of the children and building and improving their life and social skills.

Feast for the Senses has come to fruition through a variety of fund raising sources, sponsorships, and the sheer passion and dedication of Lucy

and a core group of individuals who share her concerns and passions for the special needs community.

If you would like to visit the beautiful Ben Maddox House Bed and Breakfast or would like to find out more about how you can support or sponsor this phenomenal program that changes the lives of special needs families forever, please visit: www.feast-forthesenses.org or www.benmaddoxhouse.com

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Carmichael Recreation and Park District Upcoming events

Capra Park Working Farm Community Introduction

Join the staff for pony rides, a petting zoo, arts and crafts and more as they introduce Capra Park's Working Farm to the Carmichael community. Limited parking, but FREE ADMISSION. Saturday, October 9, 1 to 3 p.m. Capra Park, 6000 Kenneth Avenue, Carmichael For more information, call (916) 485-5322 ext 23.

Halloween Carnival

Children 8 and under are invited for some spook-tacular fun on Halloween! Participants will enjoy "creepy" carnival games with prized, trick o' treats, and scary stories in a safe and fun environment. Ages 8 and under - \$1 per participant Sunday, October 31, 1 to 4 pm La Sierra Community Center, Smith Hall, 5325 Engle Road, Carmichael For more information, call (916) 483-7826.

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Halloween at My House

By **Kathleen California Kids!**

I had one of those houses on the block where the kids run to in a hurry and away from in a hurry on Halloween night. It's the house where the creepy music plays, lights flicker, and only the brave make it to the front door alone. But once the visitor climbs the stairs, passes the spider webs and old woman in her rocking chair, the journey is worth it. As soon as the doorbell rings, a friendly real-human answers, holding a witch's cauldron of goodies for eager hands to dip into.

I used to worry that the little ones would be scared of the lady in the rocking chair, but they never seemed to mind, they thought she was grandma reading a story. Most of the other visitors thought she was real and would creep by waiting for her to lunge. One time a neighbor stopped by to say hello, but grandma just stayed slumped. After all, she's only stuffed pillows, a wig-stand head, white hair and glasses—wearing a shawl, black dress and granny shoes. She sits slumped in her rocking chair, so as to appear to be daydreaming, but ready to attack!

When my kids were little...the decorating began a weekend before the holiday. Boxes filled with costume items were pulled from their storage: giant rubber spiders, lizards and grandma's outfit. This was always a very social event. The neighborhood kids joined in and everyone began decorating. Kids love to go through boxes! Silliness took hold as the kids tried on the masks and waved at cars going by. Or they'd walk around the block with their scary faces, causing people to stare as they worked in their yards. With all the willing volunteers, it didn't take long to decorate.

Each Halloween my children would decorate their own "pumpkin person" to display at the bot-

tom of the porch. We used tomato cages for the body. The kids would turn the cage upside down so the circle was the base. Then they would pick a pumpkin from their back yard garden and secure it on the cage spokes for the head. Using clothes from the costume box, they would create their own pumpkin person.

For the face, they would use green peppers for ears, walnuts for eyes, marshmallow teeth and a date or potato for a nose, topped off with a hat and scarf. The cool weather usually kept them fresh through Halloween. But you can use anything! I always took a photo for their scrapbook, which was taken out each year to reminisce.

One of my favorite stories is the time my younger son was Dracula. He must have been around seven years old. He was such a good kid, sitting still for so long as I carefully painted his face. I was so happy about my handiwork and how good he was at sitting still that I decided to treat him to a hamburger. He proudly received a lot of compliments at the fast-food place. When he was finished, he wiped his mouth off with his napkin, taking off half his face. My mistake, not his. I realized I had just learned a valuable lesson. Eat first, paint next.

Now the kids are grown with children of their own, and I'm home alone answering the doorbell, greeting my costumed visitors. It's always fun to see their smiling faces and great costumes. Parents have wonderful imaginations; even the littlest ones have adorable costumes. And what's even nicer is how polite all the children are, with their thank-yous and Happy Halloween goodnights. I miss the pumpkin people, though. They don't come around anymore. Maybe I can introduce them to my grandkids and bring them back to life. The nine-month old may have a problem, but the others will have a blast!



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Orange Tennis	Mon/Wed	5-6pm	10/31/10	12/12/10	9-14
	Sun	1:30-3pm			
Green Tennis	Tue	5-6:30pm	10/31/10	12/12/10	12-18
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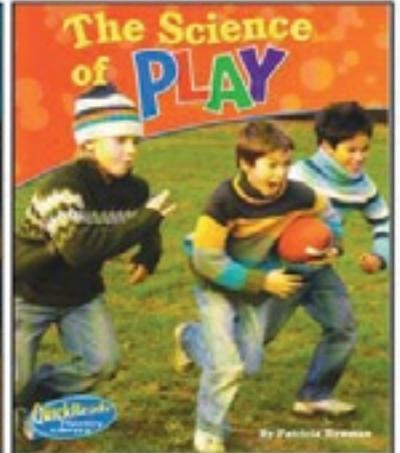
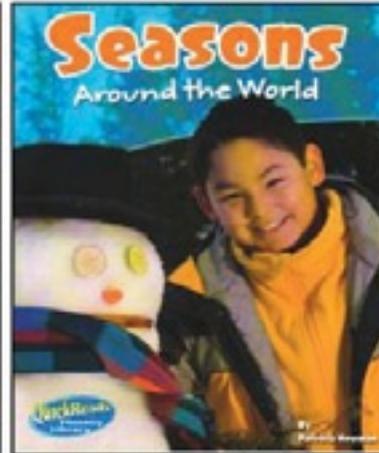
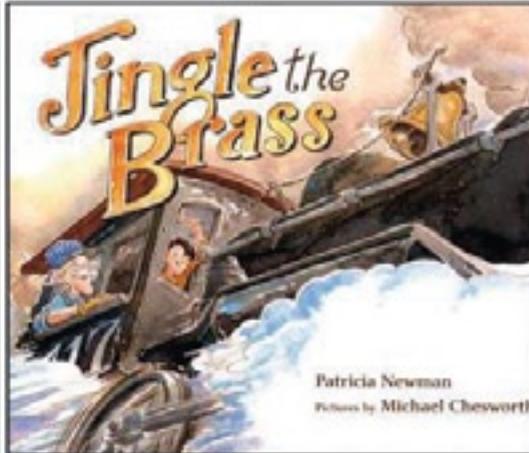
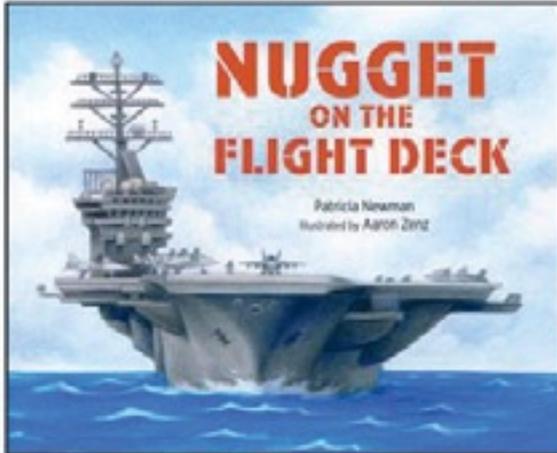
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SPOOKTACULAR GIFT GUIDE

'Tis the season to start your holiday shopping. Why not avoid the crowds at the malls and shop locally at your neighborhood specialty shops. Need a little help this holiday season? Check out the retailers in California Kids! They have fabulous ideas!

Alice in Wonderland Costume

Alice in Wonderland is a classic costume for little girls, and they are easily available from costume stores. If you'd prefer to make your own, you will need a pretty, old fashioned dress (preferably pale blue) and a white pinafore or apron. Tie a blue ribbon in the hair, and your costume is done.



If you like, you could stitch a small red heart and diamond, and a black club and spade cut from felt to the apron. Alice could also carry a white rabbit with her - perhaps a soft toy?

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Scary Story time

Kids love a good scary story. Set the scene by lowering the lights and perhaps lighting a few candles (always supervise children around candles). You can also play some low spooky music in the background...

Take turns telling scary stories appropriate to the age group of children. For younger children you can read a suitable scary story and not make the scene too intense for them.

Make this time special by serving a Halloween punch (see one below) or witch's milk (warm milk sprinkled with a little chocolate and cinnamon).

creepy crawly Fruit Punch

This has a great color, and the kids tell me it tastes delicious!

Ingredients: 2 10oz packages frozen strawberries, thawed (or equivalent fresh), 1 6 oz. can lemonade concentrate, thawed, 1 quart ginger ale, Gummy worms

You will need to: Place the strawberries in a food processor. Add thawed lemonade and process until smooth. Pour into a punch bowl, add the ginger ale and blend well together.

Place some of the gummy worms in the punch and put the rest around the top of the punch bowl. Serve with a gummy worm over the side of the cup!

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Beauty Queen costume

Every little girl wants to look pretty sometimes and this costume is easy and quick to produce, especially if you use a bought tiara. But it is more fun to go to your local hobby store or thrift store and make your own!

Bring out your daughter's most glamorous dress for the beauty pageant - or perhaps she can wear one of mother's pretty, silky nighties, adapted with a strategic safety pin or two!

Make a sash out of a length of wide satin ribbon and some permanent markers or fabric paints. You will need just short of 2 yards. You could staple together some good quality white paper or lightweight card, too, but it will be a little more uncomfortable to wear.

For Miss Halloween: You can make a spooky adaptation of this costume for Halloween by wearing a scary mask, adding long gloves, and perhaps painting your face white or green! Or perhaps you could wear last year's witch's or wizard's black or purple robe with a Miss Halloween sash, black fingernails and gruesome makeup.

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Tiara craft

This gorgeous tiara craft is perfect for girls of all ages and can be adapted in many ways.

You will need: Two green pipe cleaners (chenille stems), pink/ purple craft foam or pre-cut shapes, flower shaped craft punch, and glue

You will need to: Cut one of the pipe cleaners into 6 pieces. Punch 6 flowers from the foam and glue to the ends of the small pieces of pipe cleaner, leaving to dry.

Bend the remaining pipe cleaner into an arc. This is the 'band' of your tiara. Twist the smaller pieces of pipe cleaner onto the band. For a Sparkly tiara use kitchen foil

cut into rectangles and then rolled and twisted instead of pipe cleaners, and sparkly card instead of foam.

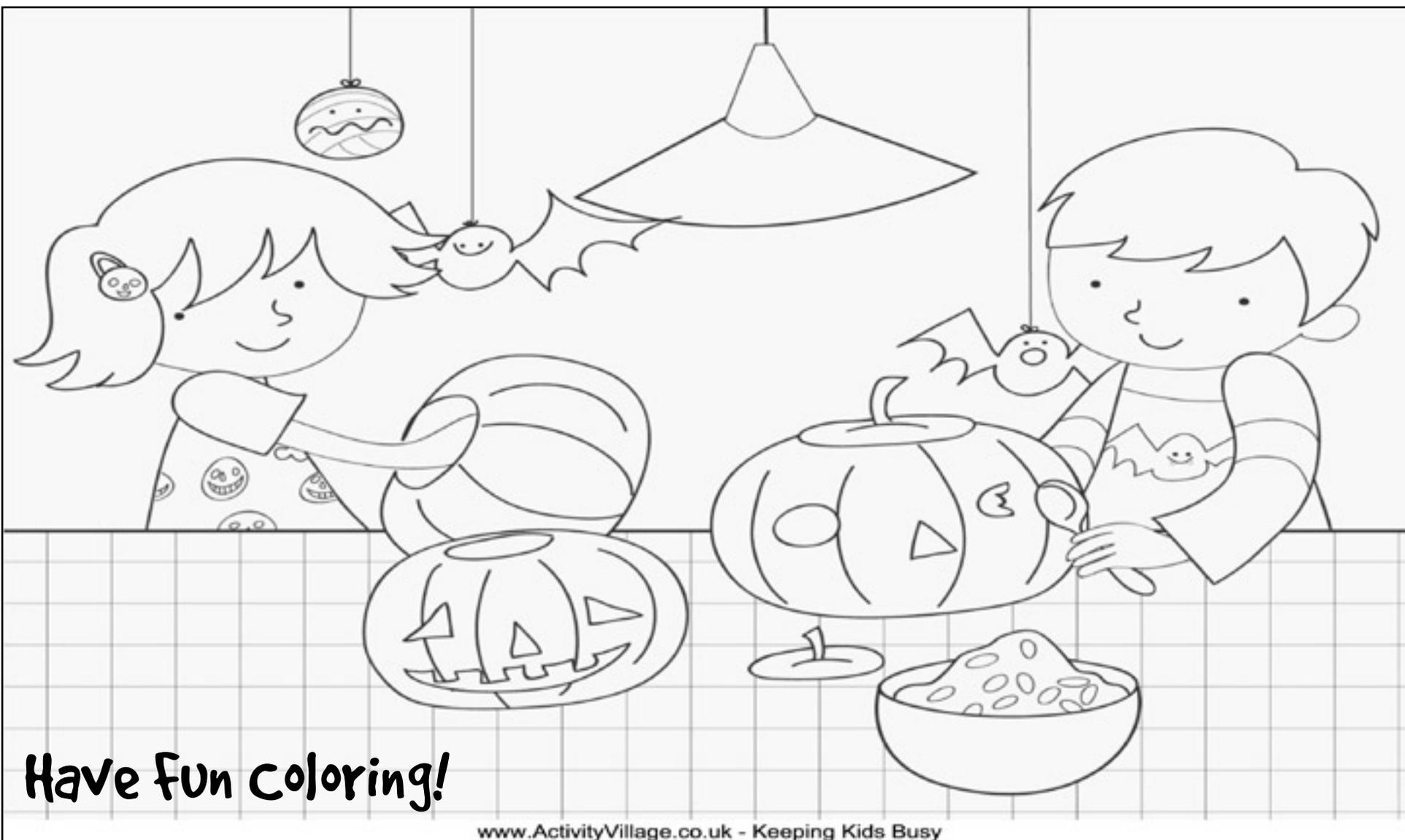


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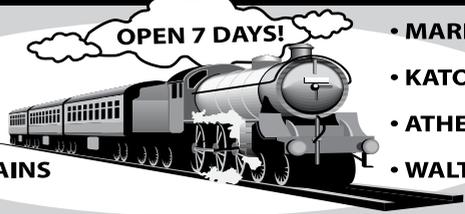
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Calendar of Events

Arts and Crafts

October 6, Mardi Gras Mask, 3:30 p.m. 8900 Elk Grove Boulevard, Elk Grove. Children ages 5 to 12 are invited to the Elk Grove Library to make Mardi Gras Masks with ArtWorks. For more information, call (916) 264-2920.

October 16, Mardi Gras Mask, 2 p.m. 2443 Marconi Avenue, Sacramento. Children ages 5 to 12 are invited to the Arcade Library

to make Mardi Gras Masks with ArtWorks. For more information, call (916) 264-2920.

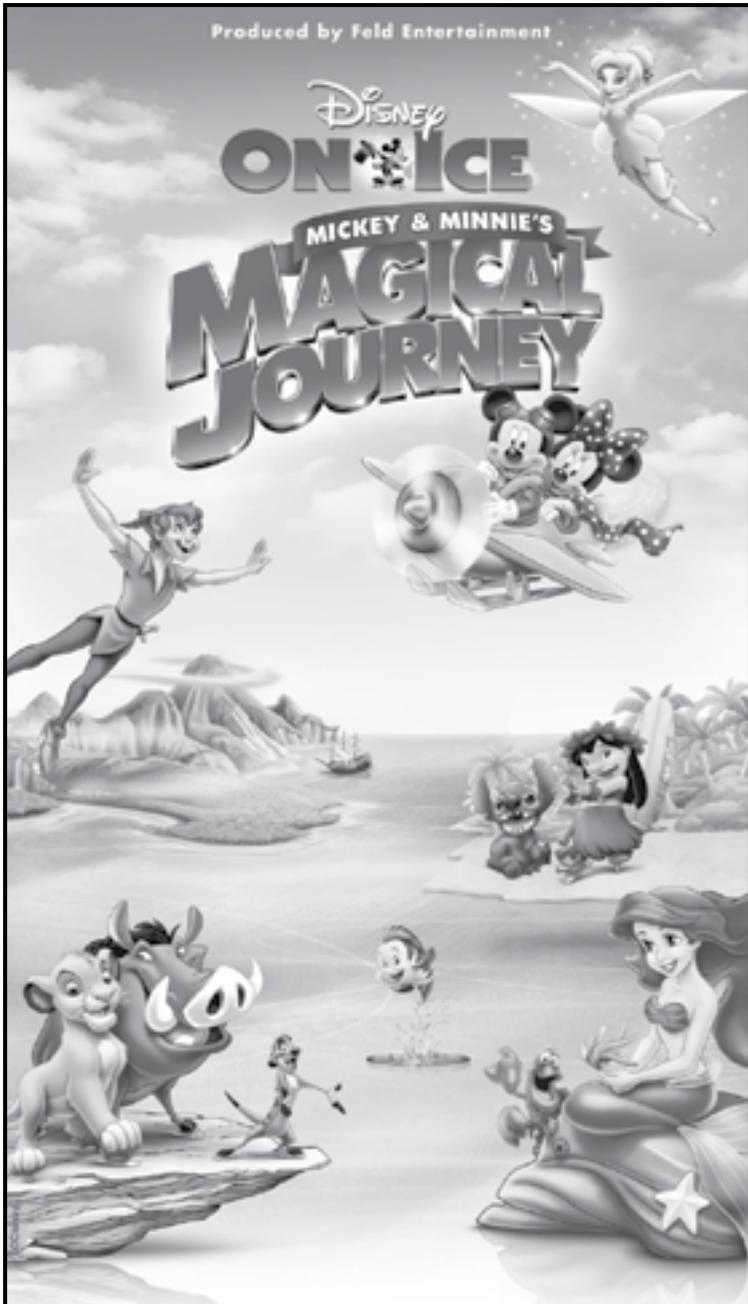
October 21, Mardi Gras Mask, 4 p.m. 891 Watt Avenue, Sacramento. Children ages 5 to 12 are invited to the Arden-Dimick Library to make Mardi Gras Masks with ArtWorks. For more information, call (916) 264-2920.

October 27, Mardi Gras Mask, 4 p.m. 902 Oak Lane, Rio Linda. Children ages 5 to 12 are invited to the Rio Linda Library to make Mardi Gras Masks with ArtWorks. For more information, call (916) 264-2920.

October 28, Mardi Gras Mask, 3:30 p.m. 10055 Franklin High Road, Elk Grove. Children ages 5 to 12 are invited to the Franklin Community Library to make Mardi Gras Masks with ArtWorks. For more information, call (916) 264-2920.

Preservers will hold these workshops at the Sacramento Cooperative Extension Office. There is a \$3 fee but no advanced registration is required. For more information, call (916) 875-6913.

Wednesdays, Crochet and Knitting Circle, 6:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks. Enjoy a bit of conversation and companionship at the Fair Oaks Library Crochet and Knitting Circle. All ages and skills are welcome; this is not an instructional class but some assistance will be available. Please bring your own hooks, needles, yarn and a project to work on. If you need a project, the library can provide you with ideas and patterns to make newborn baby hats. Those wishing to donate their baby hat creations to the Mad Hatters, who provide free newborn baby hats to local hospitals— can do so through the Fair Oaks Library. For details, call (916) 264-2920 or visit saclibrary.org.



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Especially for Parents

October 2, Master Gardener Program, 9 a.m. to Noon, 11549 Fair Oaks Boulevard, Fair Oaks. Workshops: "Effective Watering: Use Every Drop Wisely," "Rethink Your Irrigation System," will be presented by the Master Gardeners. Bring insect and plant questions to the Master Gardener Plant Clinic in the Fair Oaks Horticulture Center. This is a free program. For more information, call (916) 875-6913.

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 Book Den is operated by members of Friends of the Sacramento Public Library. For more information, call (916) 264-2880.

October 20, Food Preservation Demonstration, 6:30 to 8:30 p.m. and October 23, 10 a.m. to Noon, 4145 Branch Center Road, Sacramento. The Sacramento County UC Cooperative Extension Master Food

Holiday Events

October 31, Halloween Carnival, 1 to 4 p.m., 5325 Engle Road, Carmichael. Children 8 and under are welcome to come for some spook-tacular fun on Halloween! Participants will enjoy creepy carnival games with prizes, trick o' treats, and scary stories in a safe and fun environment. Join the fun at the La Sierra Community Center, Smith Hall. Admission for ages 8 and under-\$1 per participant. For more information, call (916) 483-7826.

November 26, 27, 28, Holiday Arts & Craft Festival, 6151 H Street, Sacramento. Find unique gifts for everyone on your list at the Crocker Art Museum's annual Holiday Art and Craft Festival. More than 80 artists and craftspeople will offer a variety of items in a range of prices. Have your photo taken with a Victorian Santa and enjoy delicious cuisine at the Ambrosai Café. Free parking. Admission is free for members, \$6 for nonmembers and \$3 for students and seniors. The times are Friday, 26th, 1 to 7 p.m., Saturday, 27th, 10 a.m. to 5 p.m., and Sunday, 28th, 10 a.m. to 4 p.m.



Calendar of Events

Special Events

October 6, Special Teen Program, 4 p.m. 6351 Mack Road, Sacramento. A special teen program will be held at the Valley Hi-North Laguna Hi Library. For more information, call (916) 264-2920.

October 7, Writing Workshop for Teens, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove. There is a movement in cities across the country for everyday people to become journalists through blogs and local e-newsletters. Come to the Elk Grove Library and learn a few journalistic techniques—research, interviewing, and the pyramid style of writing. Then try your hand at telling the story of someone else in the workshop. For more information, call (916) 264-2920.

October 9, Working Farm Event, 1 to 3 p.m., 6000 Kenneth Avenue, Carmichael. Join the staff at the Capra Park's Working Farm, for pony rides, a petting zoo, arts and crafts and more. The event is free to the community, but parking is limited. Sponsored by the Carmichael Recreation and Park District. For more information call (916) 485-5322 x 23.

October 9, Writing Workshop for Teens and Adults, 1:30 p.m., 10055 Franklin High Road, Elk Grove. Bring in family photographs to the Franklin Community Library, or best yet, bring in a family member

Registration for after-school at the YMCA is now open

As children and teens return to school, in the Sacramento/Carmichael area, the Northeast YMCA encourages parents looking for safe, educational and fun activities outside the classroom to take advantage of its after-school program. Combining play with academics, the YMCA of Superior California after-school program fills gaps in schools and in the Sacramento/Carmichael/Arden area by offering enrichment through arts, music, physical education, sports and nutrition.

After-school programming at the Y is a healthy way for children and teens to stay active and productive when the school day ends. Youth in the Northeast's after-school program receive homework assistance and tutoring on tough subjects and can engage in arts, sports and games.

For more information about the YMCA of Superior California's after-school program, contact Nora Shigemoto, Senior Program Director, at (916) 483-6426 or nshigemoto@ymcasuperiorcal.org.

to photograph and to interview, and the library staff will help you create a simple family scrapbook, using interview, and we'll help you create a simple family scrapbook, using words and collage. For more information, call (916) 264-2920.

October 14, Writing Workshop for Teens, 4 p.m., 4660 Via Ingegolia, Sacramento. Come to the North Natomas Library and create a scroll book with ArtWorks that proclaims something you'd like to do in your daily life to help others or to address injustice. If could be a simple act of kindness or ways to add creativity to each day. Special papers, paints, gel pens, ribbons, and collage materials will be available to create the book. For more information, call (916) 264-2920.

October 16, Self-Reliance Community Fair, 10 a.m. to 2 p.m., 7410 24th Street, Sacramento. Come learn how you and your family can be better prepared in times of adversity and emergency and learn technique for self-reliance such as portable water purification, financial preparedness, food preservation, and 72-hour kits. The Sacramento

Emergency Preparedness Self-Reliance Fair will be held at The Church of Jesus Christ of Latter-day Saints. Enjoy workshops, interactive exhibits, kids activities, rescue vehicles and more. Translator available. For questions call (916) 429-7701.

October 16, Historical Program on Carmichael, 1 to 3 p.m., 5750 Grant Avenue, Carmichael. Interested in local history? Join the staff of the Carmichael Recreation and Park District for a fascinating program on Carmichael Colony founder, Daniel Carmichael. A 'reversal of fortune' story, he cam to California as a teenager, made millions, then died broke. Presenter Susan Maxwell Skinner will also illustrate vignettes from the Victorian life on the Rancho Del Paso land grant and show historical photographs providing insight into life in the early days of the area. Admission is free for everyone and there is plenty of parking. This event will be held at the Carmichael Park Clubhouse. For more information, call (916) 485-5322.

November 13, Celebration of Miracles, 5 to 11 p.m., Historic Folsom. Friends of NICU (www.friendsofnicu.org), a charitable organization dedicated to helping the families of sick and premature babies in Sacramento area hospitals, invite you to attend, "Celebration of Miracles." The event will be held at Lake Natoma Inn, in the Historic District of Folsom. The event hopes to raise funds to help families with sick and premature babies in the NICUs at Mercy and Sutter hospitals.

to help everyone see that Muslims strive to be good people, just like people of other faiths do. For more information, call (916) 264-2920.

Storytellers & Puppetry

October 17, Storyteller, 2 p.m., 828 I Street, Sacramento. Author Tricia Brown will discuss her heartwarming book, *Salaam: A Muslim American Boy's Story* at the Central Library. The non-fiction book tells of the daily life of Inam, a young Muslim American boy who lives in the San Francisco Bay Area. He likes to do the same things as most kids his age—play in the park, take karate lessons, and tell jokes with his friends. Inram knows that some people don't understand what it means to be a Muslim. He wants

October 23, Storyteller, 1 p.m., 9845 Folsom Boulevard, Sacramento. Author Tricia Brown will discuss her heartwarming book, *Salaam: A Muslim American Boy's Story* at the Rancho Cordova Library. The non-fiction book tells of the daily life of Inam, a young Muslim American boy who lives in the San Francisco Bay Area. He likes to do the same things as most kids his age—play in the park, take karate lessons, and tell jokes with his friends. Inram knows that some people don't understand what it means to be a Muslim. He wants to help everyone see that Muslims strive to be good people, just like people of other faiths do. For more information, call (916) 264-2920.

First Mondays of each month, Dog Program, 6:30 p.m., 9845 Folsom Boulevard, Sacramento. Join the fun the first Monday of each month at the Rancho Cordova Library for "Reading with Dogs," with Lend a Heart Pet Therapy. For more information, call (916) 264-2920.

EVENT LISTING SECTION

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in *California Kids!*
Call Marc (916) 429-9901 for details and rates.

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FALL FOOD FESTIVAL
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Keeping Children Safe and Families Connected at the Sacramento Crisis Nurseries

Special to California Kids

About the Crisis Nursery

With the current economic crisis in the community, the Sacramento Crisis Nurseries, (operated by the Sacramento Children's Home) continues to provide emergency childcare and overnight shelter for young children. Funding by First 5 Sacramento has enabled a continued commitment to the safety of children ages zero to five and support for families in crisis.

Not only are the Crisis Nurseries a safe place for a child to stay during a crisis, caregivers are provided assistance in maintaining stability for their family. Families report reduced stress and increased parenting skills as a result of the support services they received at the Nursery. Caregivers also report that their child was kept safe as a result of the services.

During a child's visit to the Crisis Nursery they participate in a certified infant and preschool program to foster developmentally appropriate learning skills and school readiness. A newer service at the Nursery is educating children on health and nutrition through sharing "family style meals." Children are introduced to fresh fruits and vegetables, many of which they have never seen or eaten. Often it is the first time they have eaten together as a family for meals. Sharing family style meals allows children to serve themselves from the table, provide an opportunity to talk about the food, allow them to make good food choices and think about portion control.

The Crisis Nursery is a nationally recognized model program for prevention services and support to vulnerable families. The First 5 Sacramento funded Crisis Nurseries are located in North and South Sacramento which allows greater access to serve families throughout Sacramento County. Visit the Crisis Nursery Online to learn more about this unique family service or call the Crisis Nursery toll free at 1-877-KIDSPLACE (543-7752.)

About First 5 Sacramento Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$16 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: 530-669-2475; First 5 Placer: 530-745-1304; and First 5 El Dorado: 530-672-8298.



There are two nurseries available to provide safety to children and support to families. Call 1-877-KIDSPLACE for information.

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Thurs at 6:30pm: Oct. 21

* Sunday, Oct. 10 performance will be ASL interpreted

American River College Theatre
4700 College Oak Drive, Sacramento

Call (916) 484-8234 or visit ARCTheatre.org





Welcome back Monarchs Day

Natural Bridges State Beach— It's time for a Santa Cruz tradition as friends and families gather for Welcome Back Monarchs Day on Saturday, October 10, from 10 a.m. to 4 p.m. For 30 years enthusiastic locals and visitors have celebrated the return of our over-wintering, migratory monarch butterflies! This annual event marks the homecoming of the brilliantly-colored orange and black monarchs with guided tours of the monarch grove, live music by the 5-M's band (Mostly Mediocre Musical Monarch Mariposas), educational displays and guest lecturers that will reveal the mystery of monarch migration and more. Children can participate in active games and crafts, and everyone is invited to dress up for the butterfly-themed parade.

The park's Monarch Grove provides a temporary home for thousands of monarch butterflies each winter. From mid-October until early February, they form a "city in the trees." The areas mild ocean air and protected eucalyptus grove provide a safe roost until spring. In spring and summer, the butterflies migrate to valley regions west of the Rocky Mountains where milkweed, the only plant a monarch caterpillar eats, is plentiful.

Visitors can view the over-wintering Monarchs by walking down the park's wheelchair and stroller-accessible boardwalk to the observation deck in the eucalyptus grove. The Monarch Grove has been declared a Natural Preserve, thus protecting the Monarchs and their winter habitat from human encroachment

or harm. This is the only State Monarch Preserve in California.

The grove's eucalyptus trees are located in a small, protected canyon, providing the Monarch needed shelter from the wind. These winter flowering trees are also a convenient source of nectar for the butterfly. On chilly days when the temperature drops below 60 degrees, the butterflies cluster together in the eucalyptus trees for warmth and protection.

The park maintains a demonstration milkweed patch where visitors may view Monarch eggs, caterpillars and chrysalides. For about half a year, milkweed is the Monarch's home, super market and maternity ward. The Monarch larva eats only the milkweed plant. Visitors can learn and explore even more about the mysterious migration and lifecycle of the monarch on one of the parks tours.

Weekend Guided tours for the public take place on Saturdays and Sundays at 11 a.m. and 2 p.m. from October 11 until the monarchs migrate inland, usually early February. Public tours are offered on weekends and no reservations are necessary, or call (831) 423-4609 to arrange a tour for a group of 10 or more. Meet at the Visitor Center for the hour-long program. The walk is stroller and wheelchair accessible.

Natural Bridges State Park is located at the end of West Cliff Drive at the north end of Santa Cruz. Take Swift Avenue west from Highway 1, or follow West Cliff Drive north along the in-town bluffs until it ends at Natural Bridges.

Activities at Rancho Del Oso Nature & History Center

Located 16 miles north of Santa Cruz along Highway One, at Waddell Creek (831) 427-2288

BATS! BATS! BATS!

Saturday, October 23, 6 to 8 p.m.

Rancho del Oso Nature and History Center To reserve your free seat call (831) 427-2288

Bats, mysterious quiet night time flyers that capture our imagination... Come dispel some of the myths about bats and find out how cool and important they really are. Monique Lee Smith is an outreach instructor for the California Bat Conservation Fund. She will share the mystery and facts about bats using slides, showing live bats and taking us out on a short bat walk.

To reserve your free seat call (831) 427-2288. Rancho del Oso Nature and History Center is located just before Waddell Beach. Look for the dirt road to the right just before the Waddell Creek Bridge and follow the signs.

Poison Oak Hike & Photo Op

Sunday, October 19, 3 p.m.

Natural History Hike—Poison oak turns brilliant red and orange as fall leaves become translucent. At Rancho del Oso and Waddell Creek, Poison Oak vines climb 50 feet up Douglas Fir trees—a photographer's delight! Join naturalist Laura Shaw for a 3 mile loop through prime poison oak habitat and see how beautiful this plant can be in the fall. Meet at the ranger station located .5 miles inland from the Waddell beach parking lot. Call (831) 427-2288 for information and to reserve your free spot.

Activities at Wilder Ranch State Park

Located two miles north of Santa Cruz, on Highway 1 (831) 426-0505

The History of Wilder Ranch: A tour of the Historic Ranch Buildings All Saturdays and Sundays in October at 1 p.m. Discover what life was like a century or more ago on this innovative dairy ranch. The hour-long tour includes the newly renovated 1850's Gothic Revival Meder house, the 1897 Victorian home, 1896 water-powered machine shop, and other historic buildings.

Living History Demonstrations: Some Saturdays and Sundays, 11 a.m to 3 p.m. History comes alive at Wilder Ranch State Park on many weekends. Come for a picnic and you will find old-fashioned lawn games, and perhaps a blacksmith working in the shop, quilting demonstrations, and cooking in the Victorian. Call (831) 426-0505 for other days and activities.

History, Nature, and Scenic Views: A Tour of the Grey Whale Ranch Area

Saturday, October 16, 9 a.m.

This challenging guided three-hour hike will explore the natural and cultural history of the upper hills of Wilder Ranch State Park. Meet at the Wilder Ranch interpretive center. Bring good walking shoes, lunch, snacks, and water. Hike is canceled if rain.

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

Put the haunt in your Halloween parties

By Igor, Special Party Consultant
To California Kids

If you want your next Halloween bash to be the black cat's meow, try these tips to keep your guests screaming for more.

Inviting Ghoulish Guests

Paint the party details on a huge pumpkin (or line up three smaller ones, each bearing a different piece of information, such as date, time, or place). Take a close-up photo of the "invitation" and send copies to guests in bright orange envelopes covered with Halloween stickers.

Spooky Decor

Many area stores will be carrying a variety of decorations and Halloween accessories that can help make your party a howling success. For example, Mr. and Mrs. Skeleton can greet your guests. Give Mr. Skeleton a paper hat and tape flowers on Mrs. Skeleton. Then put them outside to point the way in. Add some festive orange pumpkin-string-lights, hang bats and spiders with plenty of cobwebs, decorate with plastic rats and hanging snakes, and for sound effects, use one of those scary Halloween noise tapes.

Frightening Food

Guests may enjoy digging into chips n' dip, served in an orange plastic bowl with black corn chips. Drinks are red punch

served with gummy worm-laced cupcakes. Another fun dessert idea is the RIP cookies. Using sugar cookie dough, cut into tombstone shapes and bake, frost with white frosting, then write R.I.P. and each guests name in black on each.

Gruesome Games

Ask everyone to bring a carved pumpkin to the party. Set up a special table to display them (this will also enhance your party décor) and provide paper and pens so guests can vote their favorites. Use a Jack-o-lantern as a ballot box. At the end of the night, turn out the lights and put a flashlight in each or a small lit votive candle, one at a time, to show off the pumpkin's face, then let your guests vote. Count the votes and award a sack of Halloween treats to the winner.

Funny chocolate chip eyeball cupcakes!

Your kids will have fun making eyeball cupcakes. When you're done, every time you walk past them, you'll get a creepy feeling you're being watched! LOOK OUT! THEY WILL BE GONE FAST!

Here is what you'll need:

- 1 package of 8 ounce chocolate chips
- 1 small package of large gumdrops/sliced
- 1 box of your favorite cake mix
- 1 can of vanilla frosting
- 1 tube of blue and 1 tube of green decorating icing
- 1 tube of red decorating gel
- 24 paper cupcake liners
- Cupcake pans

Here is what you do:

- Preheat the oven as the cake mix suggests, usually 350 degrees.
- Line the cupcake pans with the paper liners.
- Prepare the cake mix according to directions for cupcakes
- Fold in the chocolate chips and fill the paper cups. Bake 18-21 minutes.
- Remove from oven and cool on wire rack.

How to create the eyeball:

Frost each cupcake with white frosting. Using the blue or green icing, trace a circle in the middle of each cupcake, (like the blue/green of real eyes) then in the center of each blue/green circle pop a slice of the large gumdrop. Next, draw squiggly lines using the red gel to make the eyeball look like it is bloodshot! Start at the blue/green center and go out to the sides of the cupcake. Make about 6 to 8 lines.

NOW EAT AN EYEBALL!

PS: Another fun cupcake project is to frost each cupcake and cut some gummy worms up and stand them up all over the cupcake. Make it look like worms are coming out of the cupcake! ECK!

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



Halloween Word Search

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q	k	h	u	d	i	o	y	b	c	g	v
a	b	e	a	k	t	t	p	a	r	t	y
e	t	o	l	u	o	r	c	j	e	m	p
d	o	l	o	e	n	c	e	h	a	o	q
m	m	c	g	h	t	t	a	a	m	n	y
g	b	m	o	e	z	o	e	t	t	s	g
f	f	u	b	f	t	t	n	d	t	t	h
b	t	m	l	g	f	r	m	k	w	e	o
o	f	m	i	d	j	i	x	o	b	r	s
s	u	y	n	j	o	c	n	p	o	b	t
s	p	o	o	k	y	k	j	v	y	n	b

coffin	party	trick	treat	ghost
moon	boo	bat	cat	witch
mummy	haunted	scream	tomb	spooky
goblin	monster	skeleton		



www.ActivityVillage.co.uk

Mummy Wrap

Buy some cheap rolls or toilet paper and perhaps some crepe paper streamers in Halloween colors. Split the kids up into teams of two. One child will be the "mummy" and the other is in charge of wrapping up the child like a mummy.



When you start playing the music the teams can start wrapping up the mummy. Try to play some fun Halloween songs like "Monster Mash". When you turn the music off the kids need to stop. The team whose mummy is more mummified (or wrapped) wins.

Older kids can have even more fun if you turn the lights right down when you turn the music on - it makes it much harder and they will get the giggles!

Variations:

Don't play this as a competitive game - just let the kids go to town!

See who can use the tissue paper to wrap up one of their team mates the fastest. The first one to complete their mummy using the entire roll wins.

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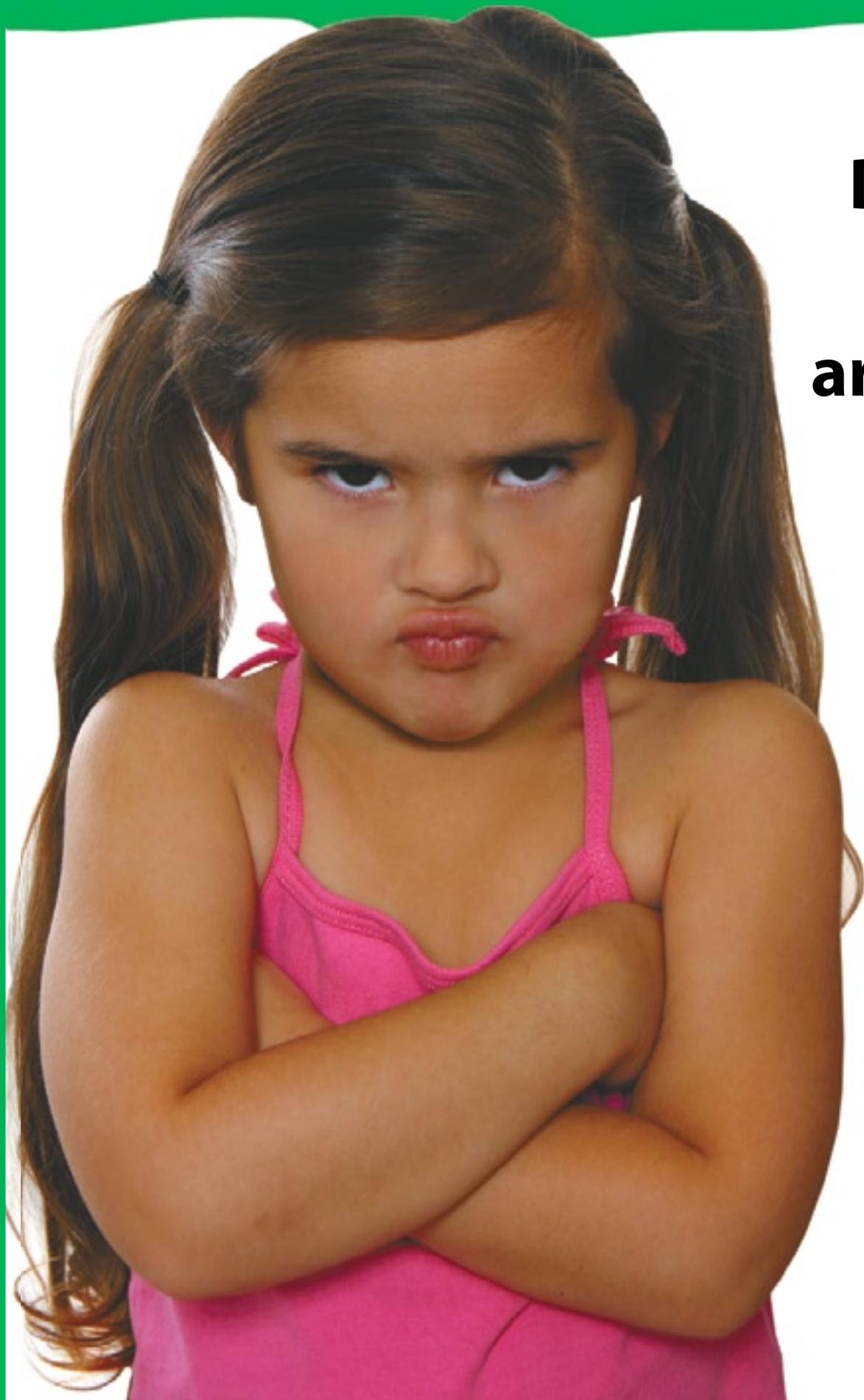


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