

March 2011

# California Kids!

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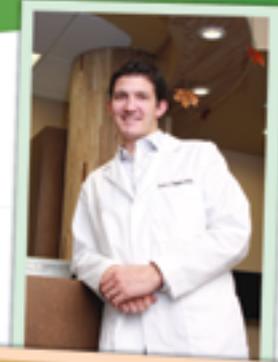
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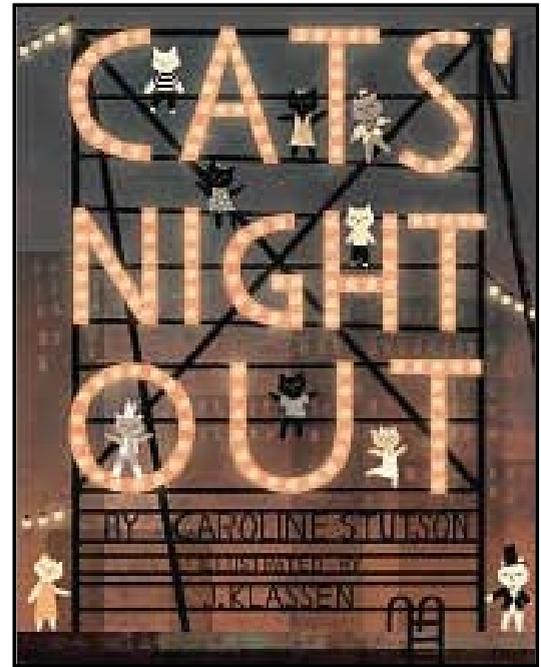
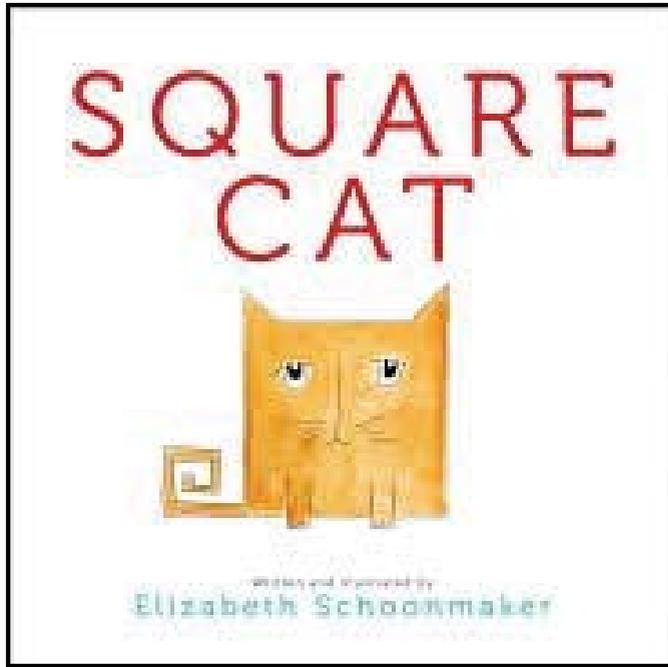
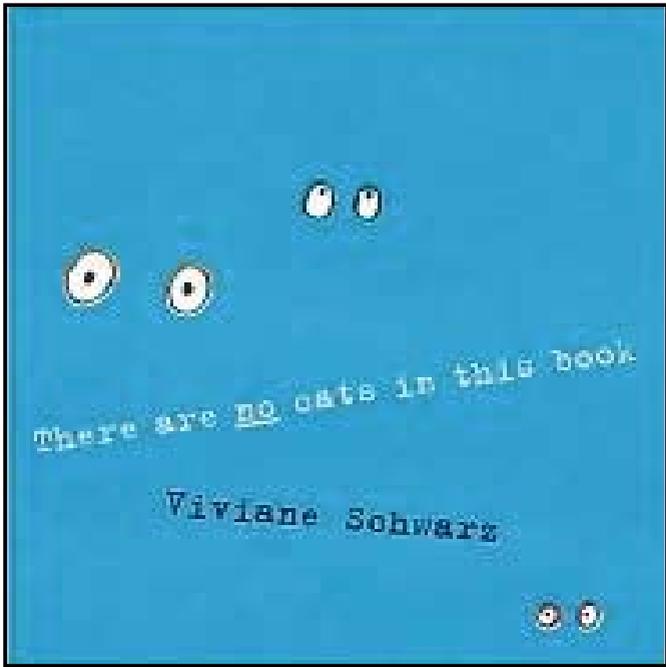
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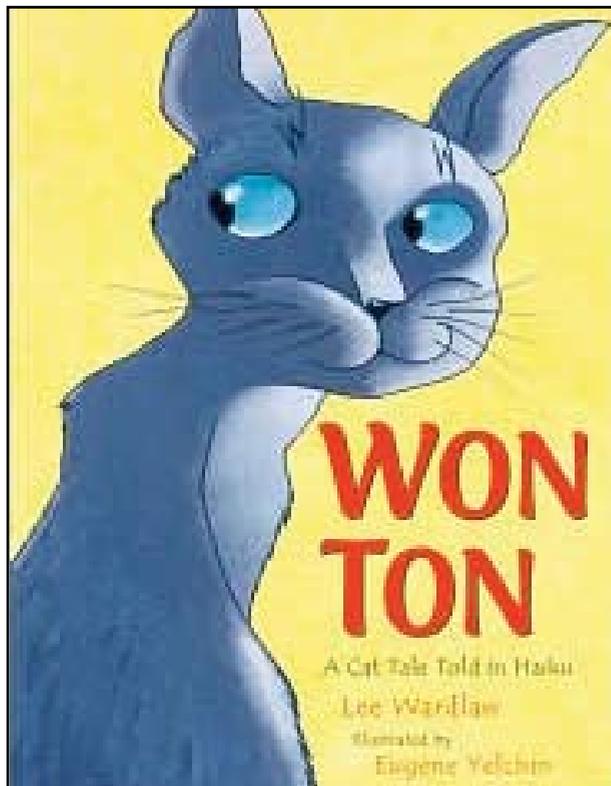
## The Book Report Cats Rule

By Connie Goldsmith

According to the Humane Society, over 93 million cats live with loving families. Maybe you count one or two among your own family members. The soft warmth of an affectionate cat is a treasure to cherish. And nothing calms jittery nerves as well as the purr of a kitty on your lap. Cat people know that cats are as loving and affectionate as dogs – it's just got to be on their terms. Cats are a perennial topic in children's literature. Take a look at some of the newest offerings.

*“Won Ton: a cat tale told in Haiku,”* by Lee Wardlaw, illustrated by Eugene Yelchin. (Henry Holt). Follow the story of Won Ton from his lonely cage in the shelter, “Gypsy on my left. Pumpkin, my right. Together, we are all alone,” to his happy new home. Told in haiku verse, this story is sure to tug at the heart of anyone who's ever adopted a cat. See Won Ton adjust to life with toys and a boy to curl up with. He loves the yard: “Crickets crunch. Mice Snap. Wing thing makes a dusty snack: no meat on a moth.” The accessible art is kid-friendly and engaging. The humorous refrain: “LetmeinLetmin LetminLetmein. Wait – let me back out!” will resonate with all cat owners.

*“Cats' Night Out,”* by Caroline Stutson, illustrated by J. Klassen. (Simon & Schuster). Did you think kitties stayed home at night? Not these cats. It's Saturday night on Easy Street in the big city and the cats are ready to swing. “Six cats tango in red capes, up and down the fire escapes.” Jazz is in the air and nothing can stop these cool cats from dancing – samba, tango, conga! That is, until the neighbors have had enough: “Cut it



out! The neighbors shriek. No more dancing on Easy Street!” This cat counting book will set your fingers snapping and your feet tapping. The retro digital art is superb and darkly atmospheric. Kids will enjoy both the story and the detailed night-time cityscapes shown in a way that may be new to them. \*\*\* Reviewer's Pick of the Month

*“The Best Cat,”* by Valeri Gorbachev. (Candlewick). Each family member thinks Bootsy would be great at something. When she balances a ball of yarn, Grandmother says Bootsy is a real clown. Little Jeff agrees, “She is the best clown in the world,” while imagining Bootsy decked out in clown togs at the circus. Ginny disagrees. “She would be afraid of the bright lights and the loud applause.” Jeff agrees with every suggestion the family makes. Father thinks she could be a football star; Mother, a ballerina. Jeff pictures each possibility in hilarious detail, while Ginny lists the reasons

why Bootsy wouldn't like it. The siblings agree on one thing: Bootsy is the best cat in the world. The back-and-forth disagreements are fun, and the colorful ink-and-watercolor illustrations will draw young readers into the story.

*“There Are No Cats in This Book,”* by Viviane Schwarz. (Candlewick). Felines Tiny, Moonpie, and Andre star in their second book. In these books the cats peer at the readers and talk directly to them. This time, the friends want to see the world. Suitcases are packed and goodbyes said, but they can't get out of the book. They try to push their way out, then to jump from the page. But they need the reader's help to imagine their way out of the story. A postcard on an empty page promises to be back soon. The cats reappear to ask, “Would you like a surprise?” It's two pages filled with visiting cats talking to the reader. This book entices children to interact with the cats and to enjoy the pop-up page. These brightly colored brush and ink cartoon cats are darling.

*“Square Cat,”* by Elizabeth Schoonmaker. (Aladdin). Eula is a square cat with big problems. For one thing, mouse holes are impossible, red shoes make her look short, and it's really hard to get up when she tips over! Eula wants to be round like her friends. Patsy and Maude do what they can to make Eula look round, but nothing works. Then they show Eula how a checkerboard sweater and a pillbox hat look dazzling on a square cat. They dress themselves in square sacks that double as billboards. This adorable story has two lessons carefully hidden within the whimsical text and watercolor art. First, like yourself for who you are; second, it's wonderful to have good friends to help out.

Connie Goldsmith [www.conniegoldsmith.com](http://www.conniegoldsmith.com) lives in Carmichael where she writes for adults and children. Her newest nonfiction juvenile books, *“Battling Malaria: on the Front Lines Against a Global Killer,”* and *“Skin Cancer,”* one of the new USA Today Health Reports series, have just come out. Her books can be found in school and public libraries, and at online booksellers.



# Spring book sale

March 11 to 13, Friday through Sunday, shop for incredible bargains in 1000's of gently used books, audio books, videos, CDs and much more in both children and adult materials  
Feeling lucky? Raffle for cash. Tickets are only \$1.

The book sale will be held at Folsom Public Library's Georgia Murray Building Meeting Room at 411 Stafford Street. A special Preview Sale will be held Friday, March 11, 5 to 8 p.m. Admission is \$5 per person (including children 12 and over).

The general will be held Saturday and Sunday, March 12 and 13, from 9 to 4 p.m. Admission is free. Fill a bag for only \$5 on "Bargain Sunday".

All proceeds directly benefit the Friends of the Folsom Library, a 100% non-profit association. For more information visit [Friends@FriendsoftheFolsomLibrary.org](mailto:Friends@FriendsoftheFolsomLibrary.org) or call (916) 608-8743 or 355-7374.



ZooBiz

# March Calendar of Events

## March 5, 2011 - Bloomin' Crazy Plant Fest

The sixth annual Bloomin' Crazy Plant Fest will be from 9 a.m. to 4 p.m. Visit with gardening clubs and plant experts; get inspired to start your spring gardens. The Zoo has a significant plant collection and local organizations will educate visitors about gardening and plants. Plants serve a number of functions here at the Zoo. Some are used as cover or shelter and some, such as bamboo, acacia and mirror plants, are grown as browse (fresh treats) for the animals. General admission for ages 12 and over is \$11. Admission for ages 2 to 11 is \$7. Children under two are admitted free. For more information, call (916)808-5888 or visit [saczoo.org](http://saczoo.org).

## March 2, 9, 16, and 23 (Wednesdays) - Little Peeps

Little Peeps classes are 2 hours long and designed for 3 to 5 year-olds with a caregiver. Each class will focus on a different theme and is packed with fun crafts, games, music, and more. Little Peeps will also enjoy a special visit with one of the Sacramento Zoo's animal ambassadors. At the end of the class, caregivers will receive additional activity ideas to continue the learning fun at home. Classes are from 9:30 a.m. to 11:30 a.m. \$20 per class for Sacramento Zoo Members, \$25 for non-Members. For more information, call (916) 808-7714 or visit [saczoo.org](http://saczoo.org).

## March 13, 2011 - Elegantly Exotic Wedding Preview

The Sacramento Zoo is Sacramento's most unique wedding venue! Exchange your vows among exotic animals and lush gardens. Meet with onsite wedding professionals, sample food from Taste of the Wild catering, and tour the Sacramento Zoo's unique ceremony and reception settings. Admission is free for those who RSVP in advance. For more information, call (916) 808-8561 or visit [saczoo.org](http://saczoo.org).

## Sacramento Zoo - Wildly Inspiring!

Open since 1927, the Sacramento Zoo is home to over 450 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9 a.m. to 4 p.m., general admission is \$11; children ages 2 to 11 are \$7 and children under two are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit [saczoo.org](http://saczoo.org).

# Fairy Tale Town Goes Green

Green matters, if we each do a little, we all do a lot! Join Fairytale Town and several local area organizations, Saturday, March 26, 11 a.m. to 3 p.m., and spend the day promoting environmental awareness. The event will feature educational displays on global warming, conservation and pollution. Children will be able to participate in various free recycled hands-on art activities. Local area organizations will also be on hand with booths to discuss green programs they offer, and to provide tips and tools on how to get started. Puppet Art Theater will be performing *The Three Little Pigs*, with a conservation twist, in the Children's Theater. Puppet show tickets will be available at the theater doors. Children 1 and under are admitted free. Puppet show times are 12:30, 1:30 and 2:30 p.m. This event is included with paid park admission. Weekend Admission \$4.50, Children 1 and under free. For more information call, (916) 808-7462 or visit [www.fairytaletown.org](http://www.fairytaletown.org).

Fairytale Town is located at 3901 Land Park Drive, in William Land Park, in Sacramento.

# Free Family Concert

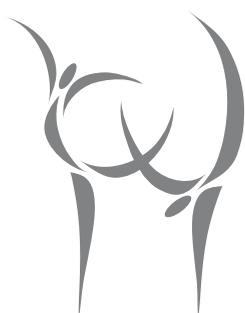
The Camellia Symphony Orchestra will present a free concert designed to introduce children and their families to the world of classical music at 2 p.m., Sunday, March 20, in the Tsakopoulos Library Galleria, at the Central Library, 828 I Street, Sacramento.

The orchestra will be under the direction of Allan Pollack, music director and conductor. A variety of classical music selections will include Lyric Suite, by Grieg; Violin Concerto, by Sibelius; Enigma Variations, by Elgar; and excerpts from the popular Harry Potter movie scores.

Prior to the concert, youngsters can enjoy the Instrument Petting Zoo at 1 p.m. in the Central Library's West Meeting Room. Children will see various musical instruments and meet musicians who will demonstrate how the instruments are played.

Children are also invited to create special musical note cards and rain sticks at various art stations, from 1 p.m. to 2 p.m., in the Central Library's first-floor lobby, with artists from Very Special Arts.

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



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A Note from the Nurse

# Sports-Related Concussions

**Introducing a New Feature**

California Kids is pleased to introduce a new column by Connie Goldsmith. Not only has Connie reviewed children's books for California Kids for the past twelve years in her monthly column, "The Book Report," she is also a nurse who writes articles and books about health issues for other nurses and for children. In addition, she worked for several years as a triage nurse on a 24/7 nurse advice line.

Every other month, Connie will present a topic that is both timely and relevant to parents and their children. If you have comments or would like to request a future topic, please contact Kathleen Eagan, Editor of California Kids at [Kathleen@valcomnews.com](mailto:Kathleen@valcomnews.com).

**By Connie Goldsmith, RN, BSN, MPA**

Sports injuries are the most common cause of concussion in young people. A recent study published in the medical journal *Pediatrics* looked at over half a million ER visits for children and adolescents with concussions. About half of those visits resulted from sports activities. The frequency of concussion is also on the rise. In the past ten years, concussions have doubled among 8 to 12 year olds, and

have more than doubled among teens.

Concussions are no longer viewed as the annoying but inevitable result of participating in sports. Doctors now recognize that a concussion is a potentially dangerous brain injury. Most concussions don't cause bleeding in the brain, so imaging studies are usually normal. Instead, concussions cause a disruption of brain activity that involves cognitive, physical, and emotional changes in the child. Only 10% of people with concussions lose consciousness, so most children with concussions will

not experience that symptom. Common symptoms of concussion include:

**Physical:** headache, nausea, vomiting, balance and vision problems, fatigue, sensitivity to light and/or noise, feeling dazed

**Cognitive:** feeling mentally foggy, difficulty concentrating and remembering, confused about recent events, may answer questions slowly

**Emotional:** irritability, sadness, nervousness

The most common causes of sports-related concussions in 8 to 13 year olds are: football, basketball, baseball, soccer, and ice hockey. Make sure your child wears the protective equipment needed for the sport. And don't allow your brave young athlete to shrug off a possible concussion and return to play. Every child with a suspected concussion needs to be evaluated by a doctor.

If your child is side-lined with a sports-related concussion, be sure the doctor's instructions are clear to you. There is no specific treatment for concussion except time. Most children with concussions need a few days of physical and cognitive rest. That means no school, reading, texting, phone, gaming, or television. A brain that is actively thinking, interacting with others, and problem-solving is not a brain at rest.

Take a look at the guidelines below on sports-related concussion recently published by the American Academy of Neurology. They pertain to athletes of all ages.

American Academy of Neurology Position on Sports Concussion

Any athlete who is suspected to have suffered a concussion should be removed from participation until he or she is evaluated by a physician with training in the evaluation and management of sports concussions.

No athlete should be allowed to participate in sports if he or she is still experiencing symptoms from a concussion.

Following a concussion, a neurologist or physician with proper training should be consulted prior to clearing the athlete for return to participation.

A certified athletic trainer should be present at all sporting events, including practices, where athletes are at risk for concussion.

Education efforts should be maximized to improve the understanding of concussion by all athletes, parents, and coaches.

Source: [www.aan.com/globals/axon/assets/7913.pdf](http://www.aan.com/globals/axon/assets/7913.pdf)

**Coming in May: Whooping Cough – California Epidemic**

*Note: Information contained in this article is not intended to replace medical advice. Parents and caregivers should contact their child's doctor for guidance if they have any health concerns.*



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## Davis Farmers Market's "Picnic in the Park"



Break out the picnic blankets because "Picnic in the Park" is back Wednesday, March 16, 4:30 to 8:30 p.m., in Central Park, 3rd and C Streets in Davis. Shop the farmers market, entertain your kids with clowns, bouncing bungalows, Rocknasium's rock-climbing wall, pony rides and more. Buy dinner at the International Food Faire. Visit the beer and wine garden to benefit local Davis community groups.

Children's entertainment includes pony rides from Pony Ranch Parties, Central Park's

bicycle-powered carousel, the Rocknasium's climbing structure, Bouncing Bungalows, face-painting, and balloon-maker Dilly Dally the Clown.

Picnic in the Park's International Food Faire offers picnickers a wide array of dinner specialties to tantalize worldly palates, including El Mariachi Taqueria, Raja Indian Cuisine, Kathmandu Kitchen, Thai Recipes, and East West Gourmet. Other food vendors include: Monticello Bistro, The Buckhorn, Ciocolat, Davis Creamery, Fat Face, The Hotdogger, Mustard Seed, and



Upper Crust Bakery. Caffé Italia makes farm-fresh pizzas in the ABOW (Artisan Baking Oven on Wheels) to benefit Davis Farm to School (a project of the Davis Farmers Market Foundation) and Soroptomist Club of Davis hosts the beer and wine booth—including green beer on opening day—benefiting local charities.

Spring and late winter vegetables—asparagus, greens, lettuces, kiwis and strawberries—fill the market, and craft booths lining the north end. For additional information, call (530) 756-1695 or visit <http://www.davisfarmersmarket.org>.



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## Discovery Museum Weekend Activities

The Discovery Museum Science & Space Center celebrates their 60th Anniversary with a year-long retrospective of science milestones of the last six decades. In March, come and celebrate great science of the 1960s.

**Have A Heart - Saturday & Sunday, March 5 and 6, 12:30 to 4 p.m.** Did you know that the average adult heart pumps 72 times a minute? Or that in one day a heart creates enough energy to drive a truck 20 miles? Visit the Discovery Museum to learn about this amazing organ. In connection with the Museum's celebration of the 1960s, we are focusing on the first human heart transplant, which occurred in 1967. Hands-on activity stations and a craft is set-up in the classroom for guests to enjoy. Planetarium shows at 1 and 3 p.m. are included with admission (ages 4 and above only); live animal shows at noon and 2 p.m. are for all ages.

**Calling All Star Trek Fans! - Saturday and Sunday, March 12 and 13, 12:30 to 4 p.m.** Do you remember when the first Star Trek aired in 1967? This show has spanned the decades and become part of our culture. Celebrate this groundbreaking program at the Discovery Museum. For this weekend only, the Museum has the show playing, a craft for kids and other themed activities to be announced. As a bonus, wear your Star Trek costume to receive \$1 off admission! Planetarium shows at 1 and 3 p.m. are included with admission (ages 4 and above only); live animal shows at noon and 2 p.m. are for all ages.

**Water Wonders - Saturday and Sunday, March 19 and 20, 12:30 to 4 p.m.** It is easy for all of us to take something as simple as water for granted. Whether it's a cup of water quenching our thirst after a long day, or one of the tranquil waterways that we see daily in Sacramento, water is part of our daily lives. The Clean Water Act (1960) and the Water Quality Act (1965) helps keep this water safe and clean for people and animals. In celebration of these important acts, the Discovery Museum is having a water weekend with guest exhibitors. Family activities keep all visitors busy and learning. You can even look at some microscopic pond critters using microscopes! Planetarium shows at 1 and 3 p.m. are included with admission (ages 4 and above only); live animal shows at noon and 2 p.m. are for all ages.

**NanoDays - Saturday and Sunday, March 26 and 27, 12:30 to 4 p.m.** NanoDays is a nationwide festival of educational programs about nanoscale science and engineering and the potential impact on the future. The Museum is a member of the Nanoscale Informal Science Education Network and is offering a nano-celebration this weekend. Their classroom is full of hands-on activities to help your family understand the nano-world and its importance to our society. Planetarium shows at 1 and 3 p.m. are included with admission (ages 4 and above only); live animal shows at noon and 2 p.m. are for all ages.

*The Discovery Museum Science and Space Center is located at 3615 Auburn Boulevard, Sacramento. Admission is: \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). Exhibits are age appropriate for: 4 to 12 years old. For more information, call (916) 808-3942 or visit [www.thediscovery.org](http://www.thediscovery.org).*

## Help support the Nature Center

The American River Natural History Association (ARNHA), a nonprofit organization since 1981, supports educational and interpretive activities in the American River parkway in cooperation with the Effie Yeaw Nature Center. It provides critical fundraising, volunteer and advisory support for the nature Center's mission to introduce thousands of schoolchildren each year to the beauty and diversity of the Parkway. Here visitors of all ages learn the importance of conserving and protecting our most precious natural resource. Due to the loss of County funding, the Nature Center needs your help more than ever. Join ARNHA at the Nature Center or at [www.arnha.org](http://www.arnha.org). Check out the member benefits!

*The Effie Yeaw Nature Center is located at 2850 San Lorenzo Way, in Ancil Hoffman Park, Carmichael. For more information about the Center, call (916) 489-4918.*

## St. Patrick's Day Fun!

Hey kids! It looks like we've made it through the winter and now it's time to think about the month of March. Take a minute to search for the hidden words related to St. Patrick's Day. Look carefully, words can appear vertically, horizontally, diagonally, backwards, and upside down. Good luck!

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

cabbage

celebration

corned beef

Dance

Four leaf clovers

Gold

Green

Happy

Irish

Irish ballads

Irish coffee

Irish stew

Leprechauns

Luck

Marching bands

Music

Parades

Pot of gold

Rainbow

Singing

St Patrick's day



# MAKE IT YOURSELF!



## Leprechaun Hat craft

Kids can make this cute leprechaun hat for St Patrick's Day - it's a fun craft which they will enjoy wearing, too!

### You will need:

Large sheet of green card (A1 size ideal), orange paper, gold card, sticky tape and glue.

### You will need to:

Fold the green card in half lengthwise and cut along the fold. Ask someone to bend the end of the pieces of card around your head and tape to secure.

Place your cylinder of card on the other piece and draw around the circular end (it won't be a neat circle but don't worry, it doesn't matter). Draw another circle around the outside of the first. Cut out the larger circle and then cut snips from the outside to the inside circle to make tabs. Fold in these tabs.

Carefully push the circle of card inside your cylinder so the tabs sit inside. Tape the tabs down. You now have a top to your hat.

To make the brim, again draw around the end of the cylinder on the remaining green card. Draw another circle around the outside (about 10cm larger). Cut out the larger circle. Draw a small circle in the center and carefully cut this out. Cut snips from the center to the pencil line to make tabs. Fold these upwards.

Turn your hat upside down and balance the brim on the open end so the tabs sit inside the hat. Tape the tabs down.

Cut a band of orange paper and glue around the hat. Carefully cut a buckle from the gold card and glue this over the band.



## Paper Plate Shamrock

This paper plate shamrock makes a satisfying kids craft for St Patrick's Day, with painting, cutting and sticking involved!

### You will need:

3 small paper plates, green paint, green glitter glue, sticky tape and a green card You will need to: Paint the front of the plates green and leave to dry.

Cut out a 'v' shape from the edge of each plate and draw on a central vein with glitter glue.

When the plates are dry, arrange them into a shamrock shape and glue or tape together. Glue or tape on a green card rectangle as a stem.



## Rainbow Necklace

Make a rainbow to wear round your neck for St Patrick's Day, Spring, or any time you need something bright and pretty to cheer you up!

### You will need:

Polymer clay (you need the colors red, orange, yellow, green, blue and purple. However, as long as you have red, yellow and blue you can mix the others). Thin lengths of ribbon in red, yellow, orange, green, blue and purple.

### You will need to:

Take a very small amount of each color of clay. Roll into a sausage shape. Lay the lengths of clay next to one another so they are in the order of the rainbow. Press lightly together so they all stick.

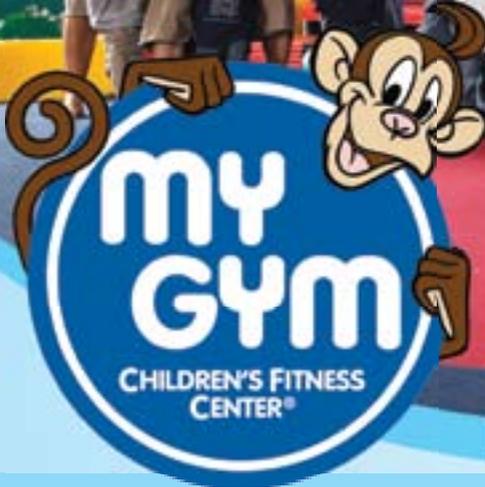
Shape your clay to form a semi circle, trimming any uneven edges with a knife (with adult supervision). Make a hole in the top center of your rainbow. You can use a sharp pencil or a plastic drinking straw to make the hole.

Ask an adult to bake according to the manufacturers' instructions. Leave to cool. Lie your ribbons together so that they meet at the top and tie together. Separate into three groups of two strands, and plait. Thread the ribbons through the hole in the rainbow. Knot the two ends of the lengths of ribbon together and wear with pride.









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# Fairy Tale Town

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**DON'T MISS OUR SPECIAL EVENT**

Fairy Tale Town  
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Saturday, March 26th, 11am-3pm

STORYTIME THEATRE OF SACRAMENTO CITY COLLEGE proudly presents...

# Jack & the Beanstalk

Adapted and Directed by Doug Lawson

— Opens March 12th —

**NEW STARTING TIME and NEW LOCATION!**

Plays Saturdays & Sundays @ 12 noon through April 10th

Performances will be located in the West Sacramento Community Center  
on the corner of West Capitol Avenue and Merkley  
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**Half-Price Opening Day Special!**  
**March 12th Only!**

Admission is \$5 for all ages  
(Children 2 yrs & under are FREE)

Group Rate: Parties of 15 or more - 20% OFF

Saturday, April 9th performance will be  
interpreted in American Sign Language.

Parking is FREE and available at the site or  
across the street at City Hall

For more information Call Doug Lawson  
Children's Theatre Coordinator

**916.558.2174**



# SUMMER GUIDE

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For ad rates, call Marc (916) 429-9901

## Activities at Big Basin Redwoods State Park

Located 9 miles outside of Boulder Creek on Hwy 236 (831) 338-8861

**Redwood Loop Walk - Every Saturday and Sunday at 11 a.m. and 2 p.m. (except Saturday, March 5)**

How do these grand redwoods grow to be so old? So tall? How are they important to humans? Join this fun and informative guided half-mile stroll through a magnificent old-growth redwood forest. Meet the famous Mother Tree, the Father of the Forest and the incredible

Chimney Tree on this one-hour walk. Stroller and wheelchair accessible. Meet at Park Headquarters.

**Shadowbrook Stroll - Sunday, March 6 at 11 a.m.**

Take a less-traveled trail with Docent Doreen Devorah that meanders by Union Creek, over to the Sempervirens Falls and back, all through the redwoods. This is a four-mile, three-hour hike. Bring water and good hiking shoes. Meet at Park Headquarters.

**Ocean View Summit Hike - Saturday, March 12 at 10 a.m.**

Join docent David Auerbach on one of our most diverse hikes—by mountain streams, oak woodlands, chaparral and redwoods. You'll discuss forests, flowers and fires on a six-mile, four-hour hike. This somewhat strenuous ascent is rewarded with ocean views on a clear day. Bring water, lunch and good hiking shoes. Meet at Park Headquarters.

**Berry Creek Falls Hike - Sunday, March 13 at 9:30 a.m.**

Travel deep into the heart of Big Basin as you experience a wide range of habitats on this moderate to strenuous 11-mile-loop hike. Wind through shady redwood canyons and climb dry ridges as you hike to the jewel of Big Basin—65-foot Berry Creek Falls. Bring lots of water, lunch and wear layers. Docent Bill Rhoades will be

your guide on this seven-hour hike. Meet at Park Headquarters.

**Creeping Forest Ramble - Sunday, March 13 at Noon**

Explore the natural history of this less-visited trail with docent Doreen Devorah on a three-hour, 2.5-mile hike up and down the "creeping" terrain, along creeks, through fire-scarred redwoods and over log bridges. Bring water and good hiking shoes. Meet at Park Headquarters.

**Wildflower Walk! - Saturday, March 19 at 10 a.m., Sunday, March 20 at 10 a.m.**

Join docent Scott Peden to learn to identify the plants and communities of the redwood forest. You'll also visit several historical spots within the park. Saturday's walk is a four-mile, four-hour walk that includes two chimney trees and a waterfall. Sunday's walk is a five-mile, five-hour walk that includes a chimney tree. Bring water and lunch. Meet at Park Headquarters.

**Footsteps of the Pioneers - Saturday, March 19 at Noon**

Join docent Doreen Devorah on an easy three-mile, two-hour round trip to the site of the Maddock Cabin. Enjoy a beautiful walk through the redwoods and hear stories of the early settlers and their life deep in the forest. Meet at Park Headquarters and bring water.

**Outlook from Mt. McAbee - Saturday, March 26 at 10 a.m.**

Join docent Doreen Devorah on a hike to McAbee Outlook. You'll stop at the top and enjoy the lovely ocean views, returning through a beautiful old-growth redwood forest. Difficulty level is moderate. The hike is six miles and about three and a half hours. Bring plenty of water, snacks and good hiking shoes. Meet at Park Headquarters.

Co-Sponsored by California State Parks and Mountain Parks Foundation

**Activities at Wilder Ranch State Park**

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

**Wilder Ranch Living History Demonstrations and Ranch Tours - Saturdays and Sundays from 11 a.m. to 3 p.m. Tour of the ranch buildings begins at 1 p.m.**

Step back in time to visit a circa 1900 dairy ranch in Santa Cruz County at Wilder Ranch State Park. Play Victorian Games or bring a picnic to enjoy on the front lawn, visit the farm animals and see what activities are taking place on the ranch this weekend. You may learn about hand quilting, watch blacksmithing, or learn about the Meder Family voyage to California. Join Saturdays and Sundays at 1 p.m. for an hour-long tour of the 1897 Victorian home, 1896 water-powered machine shop, and other historic buildings.



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Shop the Farmers Market. Buy dinner at the International Food Faire. Visit the beer and wine garden. Enjoy live music from local bands. Entertain your kids with pony rides bouncing bungalows, clowns and more!

[www.DavisFarmersMarket.com](http://www.DavisFarmersMarket.com)

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Jacob Vuksinich as Jack and Mikayla Lambeth as Kobe the Cow.  
Photo by David Steutel

## Storytime Theatre presents Jack and the Beanstalk

Storytime Theatre of Sacramento City College proudly presents Jack and the Beanstalk adapted and directed by Doug Lawson. Jack and the Beanstalk opens March 12 and plays Saturdays and Sundays at noon through April 10.

Admission is \$5 for all ages, children two years old and under are admitted free. A 20% discount given for groups of 15 or more. Half-price opening day special, March 12th only.

Performances will be held in the West Sacramento Community Center located on the corner of West Capitol

Avenue and Merkle, directly across the street from the West Sacramento City Hall, 1110 West Capitol. Parking is free and available at the site or across the street at City Hall.

The Saturday, April 9th performance, will be interpreted in American Sign Language.

For more information, call Doug Lawson at (916) 558-2174.

**Woodcreek Montessori School**  
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**Our Safety Squad Characters need names!**  
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# SUMMER GUIDE

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## A camp for Every child The Perfect fit

Courtesy the American Camp Association

### Near or Far?

Camp can last for just a few days or stretch to all summer long. It's worth it to investigate the variety of choices offered by camps before your child packs a backpack. These questions can help you consider the options.

Where do you want your child to go to camp? Locally or far away? While each camp experience has something unique to offer your child, this is an opportunity for families to assess what they value for their campers.

Nearby camps are generally easier to evaluate and visit, reduce travel costs,

and increase the chances that your child will connect with classmates or children from the same area.

Far-away camps increase the number of choices you have, and probably offer different experiences and geography. Such camps also promote independence, particularly for early and late adolescent campers, and increase the chances of a diverse group of campers.



### Long or Short?

Camps offer widely varying options to help parents and children reach their goals for summer fun and exploration.

Short sessions (one to three weeks) enable first-time or younger campers to easily learn new skills. Such sessions provide great exposure to the camp experience, are less expensive than longer sessions, and usually minimize homesickness.

Longer sessions (four to twelve weeks) provide the opportunity to learn new skills and develop specialized skills. Campers have multiple opportunities for learning and enrichment, and often develop lifelong friendships.

### Boys only? Girls only? or co-ed?

Now may be the opportunity to explore the choices and benefits of all boys, all girls, or co-ed camps.

Single-gender camps can help break gender stereotypes because girls interact with women in positions of authority and boys interact with men who act as nurturers. Such camps give campers the opportunity to "be themselves" without feeling the need to impress or compete with the opposite sex. And the camp philosophy itself may be tuned into gender strengths and weaknesses.

Co-ed camps can also help break gender stereotypes. Such camps help prepare campers for everyday living in a co-ed world, and allow brothers and sisters to attend the same camp.

### Traditional? Specialty? Special Needs?

Choices abound when it comes to camp programs. One may highlight a wide variety of activities geared to campers of all ages and skill levels. Others may concentrate on one or two activities while providing traditional activities as well. Parents of children with special needs are generally pleased to learn about the range of camp activities that help kids be kids first.

Traditional camps give campers the opportunity to try a wide variety of new activities.

Specialty camps, by definition, focus on one or two activities (often combined with traditional offerings). Such camps provide the opportunity to deepen knowledge and skill in a particular area.

Special needs camps tailor activities geared to campers' abilities. Typically the knowledgeable staff has the expertise to understand the campers' strengths and challenges.

## TIME STOCK FARM

### SUMMER HORSE CAMP

Weekly youth camps in Meadow Vista teaching care, riding & related activities.  
Three styles of camps June 13 through August 5.  
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Horse Care & Riding: June 20-24 • July 25-29  
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## Camp Discovery!

Summer camp at the Discovery Museum combines innovative science projects, outdoor games, creativity challenges, character development and FUN!

Visit [www.TheDiscovery.org](http://www.TheDiscovery.org) for more details on our summer camps!

- ★ Mommy & Me (ages 3 & 4)
- ★ Little Scientists (ages 5 & 6)
- ★ Junior Scientists (ages 7 & 8)
- ★ Science Techs (ages 9-11)
- ★ Space Explorers (ages 7 & 8, 9-11)
- ★ Robotics (ages 9-11, 12-14)

Ask about Girl Scout summer camps! Call (916) 485-8836 for information.

Planetarium Shows (ages 4 & up only)  
Weekends & some holidays: 1pm & 3pm  
Wildlife Presentations (all ages)  
Weekends & some holidays: Noon & 2pm  
Sunday Science Cinema (all ages)  
Sundays 10:30am in Planetarium  
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Saturday & Sunday: 10am-4:30pm

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## Hansel and Gretel's adventure fills the Sutter Street Stage

Here is the classic story of Hansel and Gretel with all the excitement of the Grimm's adventure tale! In this play for young people the witch is happened upon by the children and their father, three performers in a traveling show. Written by award winning playwright Kathryn Schultz Miller and directed by Steve Read, the show features audience participation and also some puppets. Suitable for all ages.

**When:** To March 20

**Time:** Saturday and Sunday at 1 p.m.

**Where:** Sutter Street Theatre

717 Sutter Street, Folsom

**Tickets:** General \$17, Senior/SARTA \$15,  
Children \$13 (group rates and Birthday  
Parties are available)

**Reservations:** Call (916) 353-1001

## SUMMER MINI-CAMPS FOR KIDS in DANCE, DRAMA, and ART



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members begins March 18.

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davisartcenter.org

## Have Fun Coloring!



www.ActivityVillage.co.uk



# Clover Crispie Treats

15 Servings  
Prep: 30 min. + cooling

### You will need:

- 3 tablespoons butter
- 4 cups large marshmallows (about 40)
- 1/4 teaspoon peppermint extract
- 6 cups crisp rice cereal
- 6 ounces white candy coating, coarsely chopped
- 4 drops green food coloring, optional
- Green sprinkles



### You will need to:

In a large saucepan, melt butter. Add marshmallows; cook and stir over low heat until melted. Remove from the heat; stir in extract and cereal. With buttered hands, press mixture into a greased foil-lined 13-in. x 9-in. pan. Cool completely on a wire rack.

Turn onto a cutting board; remove foil. Cut with a 3-in. shamrock cookie cutter; reshape shamrock stem if needed (save scraps for another use).

In a microwave, melt candy coating at 70% power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth.

Stir in food coloring if desired. Spoon over cutouts and spread evenly. Decorate with sprinkles. Let stand until set. Yield: 15 servings.

For more yummy recipes, visit [www.tasteofhome.com](http://www.tasteofhome.com)

Can you help these two leprechaun friends get together?

[www.ActivityVillage.co.uk](http://www.ActivityVillage.co.uk)  
Keeping Kids Busy

Have Fun coloring!

St. Patrick's Day

[www.ActivityVillage.co.uk](http://www.ActivityVillage.co.uk)



# A Parent is A child's First Teacher

## A message brought to you by First 5 Sacramento

Preparing your children for kindergarten these days involves more than registering them for class and making sure they have school supplies. This includes preparing children physically, mentally and emotionally for school—and should begin long before their first day of kindergarten. That's why First 5 Sacramento offers parents and caregivers the following tips to help prepare your children to enter school learning:

### Research and Review

Find out if your family is eligible for no- or low-cost health insurance. Without health insurance, children often do not get the treatment needed for common childhood ailments. It is well documented that healthy children perform better in school. Although rising health insurance costs make access to health care more difficult, programs such as "Healthy Families", "Medi-Cal", and "Healthy Kids" offer no- and low-cost plans for those who qualify. Contact Cover the Kids at 1-866-850-4321 to enroll your child for no-or low-cost health insurance.

### Immunize and Enroll

Immunize your child. Protect children from preventable diseases that can cause school absences and/or limit their ability to perform well in class by making sure they are properly immunized. Parents should contact their child's healthcare provider to begin the immunization process. If the child doesn't have a regular health care provider, contact Sacramento County's Department of Health and Human Services at (916) 875-SHOT (7468).

Research local preschool programs in your community and consider enrolling your child in preschool. Quality preschool introduces children to a classroom setting—they learn to share, identify colors and numbers, take turns, raise a hand and focus on tasks. To find a quality preschool call Child Action, Inc. at 369-0191 or online at [www.childaction.org](http://www.childaction.org). Children who have attended quality preschool already have a jump-start toward success, as group and individual activities provide children with early learn-

ing experiences. Also, preschool helps prepare children to adjust to a kindergarten environment since they are used to spending time in the classroom.

### Be a teacher

Teach your child healthy eating habits and encourage physical activity. Stressing the importance of a nutritious diet and regular exercise will boost your child's health, increase their level of development and help them stay mentally alert in class.

Make everyday activities learning opportunities. From laundry sorting to grocery shopping to car rides, you can make every moment a learning experience for your child. Take them to public places and encourage social interaction with other kids their age.

### Keep them learning at home

Talk to your child. Begin a dialogue with children early on so they can learn how to express their thoughts and emotions appropriately.

Read to your child. Reading to them on a regular basis helps develop key skills.

Play with your child. Paint. Draw a picture book. Let them tell you a story. All of these activities support creativity and

provide an opportunity for emotional expression.

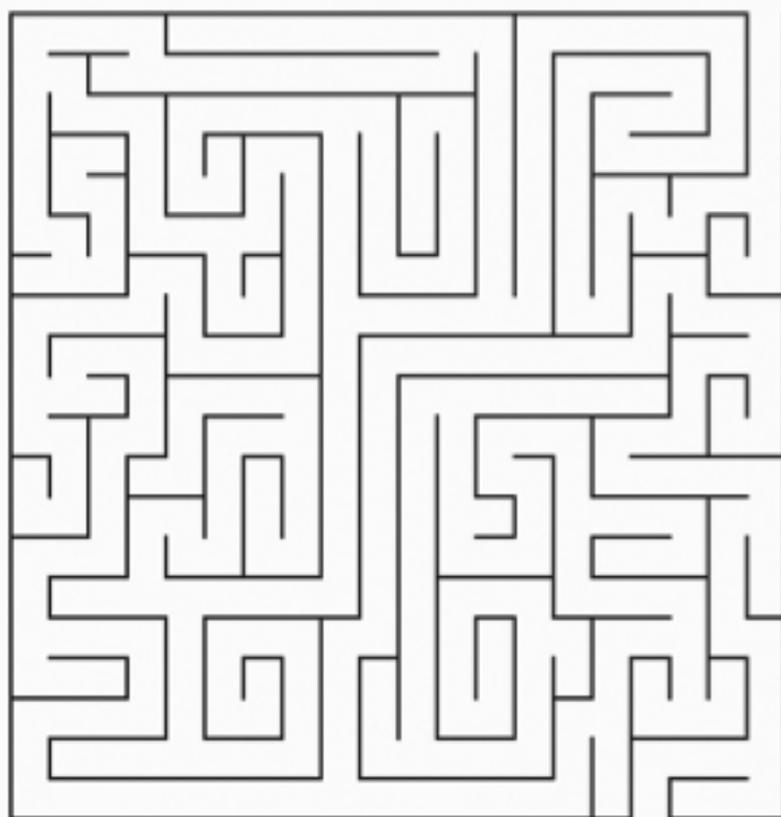
The above tips are all great ways to make sure children are ready for school throughout the year. For more tips and resources on school readiness programs or how to make the most of your child's first five years visit First 5 Sacramento's at [www.first5sacramento.net](http://www.first5sacramento.net) or call (916) 876-5865.

### 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.

Can you help this cheeky leprechaun find the rainbow?



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[www.ActivityVillage.co.uk](http://www.ActivityVillage.co.uk) - Keeping Kids Busy



# Calendar of Events

## Critter Events

**March 5, Nature's Symphony, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Bring the family to the Effie Yeaw Nature Center for this very special program. Listen for a drumming woodpecker, a sweet soprano songbird and the deep bass notes of a bullfrog on this guided walk to discover the sounds of Nature. There is a \$5 per car park entrance fee. For more information, call (916) 489-4918.

## Especially for Parents

**March 16, Food Preservation Demonstration, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento.** The Sacramento County UC Cooperative Extension Master Food Preservers invite you to attend a public demonstration: "Condiments, Flavored Vinegars and Safe Methods of Making Flavored Oil." The program will be held in the Sacramento Cooperative Extension Office.

There is a \$3 fee and no advanced registration is required. For more information, call (916) 875-6913.

**March 26, Plant Program, 9 a.m. to Noon, 11549 Fair Oaks Boulevard, Fair Oaks.** Learn from UC Master Gardeners to beautify and enrich your garden using quality gardening principles; spring irrigation system tune-up; and learn least toxic tactics to prevent plant pests and diseases. The workshop will be held rain or shine in the Horticulture Center. 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.

**First Wednesday, Adult Storytelling, 6:30 p.m., 5600 South Land Park Drive, Sacramento.** Adults have the opportunity to tell their true stories live, without scripts, from recollections, and memory with plenty of

heart through May 4, at the Belle Coolege Library. Each storytelling program will last five to ten minutes. Listeners and storytellers are welcome. For details, call the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org)

**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](http://saclibrary.org).

**Second Wednesday of each month, French-language workshop, 2 to 4 p.m., 9845 Folsom Boulevard, Sacramento.** Practice speaking and reading basic French at Rancho Cordova Library. Native French speakers very welcome to help participants practice, as this is not a class. For more information, call (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org).

## Nature Events

**March 19, Map and Compass Walk, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Learn about map and compass basics during a walk around the Effie Yeaw nature area. Docent Jennifer Kerr will explain how to read a map and use a compass, then send participants out on an easy walk to find specific spots on the map and answer questions about those spots. Suggested for ages 6 and above. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

**March 26, Saturday Safari, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Grab your binoculars (or borrow some from the staff at the Effie Yeaw Nature Center) and take a guided walk to see the animals and plants that make up the unique habitat along the American River. For more information, call (916) 489-4918.

**March 5, 11 a.m. to 2 p.m., 2391 St. Mark's Way, Sacramento.** Join the fun at the 21st Annual St. Mark's Preschool Play Day, near Watt and El Camino. There will be carnival games and face painting for kids, prizes, food, and a silent auction. Admission is free. Play games and eat a meal for a small fee. For more information, call (916) 485-6509.

**March 11 to 13, Spring Book Sale, 9 a.m. to 4 p.m., 411 Stafford Street, Folsom.** The Friends of the Folsom Library will hold their Spring Book Sale in the Folsom Public Library's Georgia Murray Building Meeting Room. Special Preview Sale will be Friday, March 11, 5 to 8 p.m. Admission is \$5 per person, including children 12 and over. On Saturday and Sunday admission is free. Fill a bag for only \$5 on "Bargain Sunday." Raffle tickets are only a \$1. For more information, call (916) 608-8743 or 355-7374.

**April 6, 13, 20 and 27, Wee Wednesday, 11 a.m., 216 O Street, Sacramento.** Bring your little one and yourself to the Crocker Art Museum for gallery-based art activities for children ages 3 to 5. Free with museum admission. This is a family program and space is limited. Signup begins at 10 a.m. on the day of the event at the Museum Admission Desk. For more information, call (916) 808-7000 or visit [crockerartmuseum.org](http://crockerartmuseum.org).

**April 9, Craft Fair, 10 a.m. to 3 p.m., 5630 Illinois Avenue, Fair Oaks.** Over 20 booths will make great shopping for Easter and Mother's Day gifts at the Orangevale Open School's MP Room/Piazza craft fair. Also, visitors can purchase delicious baked goods. My 92.5 will be there broadcasting live from the parking lot.

**April 12, Homeschool Day, Noon to 2 p.m., 216 O Street, Sacramento.** Homeschool and family groups are invited to visit the Crocker Art Museum regularly for thematic gallery adventures designed to intrigue children ages six and older. Registration is required. For pricing specifics and registration, visit [crockerartmuseum.org](http://crockerartmuseum.org) or call (916) 808-1182.

## Effie Yeaw Nature Center Program

Bird and Breakfast - Saturday the 12, 8 to 10:30 a.m.

Fee: \$35 per person, advanced registration required by March 8. Enjoy a guided bird walk in the Nature Area followed by a hearty breakfast. Bring binoculars, walking shoes, friends and a healthy appetite. This event is a fundraiser for the Nature Center's educational programs and is appropriate for ages 12 years and older.

There is a park entrance fee of \$5 per car or free to ARNHA members.

The Effie Yeaw Nature Center is located in Ancil Hoffman Park, 2850 San Lorenzo Way, Carmichael. For more information, call (916) 489-4918. Open Wednesday through Sunday, 9 a.m. to 5 p.m. The Nature Center may be closed in stormy weather, so call to confirmation.

## Special Events

**March 4, 11 a.m. to 3 p.m., March 5, 9 a.m. to 2 p.m., 2076 Sutterville Road, Sacramento.** All Saints Episcopal Church will hold their rummage sale. Shop for clothing, jewelry, collectibles and more.

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# Patrick's Day parade planned

The 15<sup>th</sup> Annual St. Patrick's Day Parade will be held – rain or shine – on Saturday, March 12. Always a free event, the parade steps off promptly at 1 p.m. from 2<sup>nd</sup> and L Streets, Sacramento, and proceeds throughout the historic district.

Over 50 units with approximately 1,000 marchers will be featured. Irish dancers in elaborate Celtic costumes, bagpipers, school bands, military regiments, police and fire representatives, costumed marchers and a variety of cultural organizations will bring the luck of the Irish to the event. The parade draws people from all over Northern California bringing together thousands in the 28-acre historic state park. Last year more than 15,000 people turned out to enjoy the event.

"The parade is a family-centered event that has become a much-anticipated celebrated tradition," said Melissa Martinez, Executive Director of the Old Sacramento Business Association.

All Old Sacramento streets will be closed to traffic from noon to 3 p.m., as several thousand people are expected to line the streets and Gold-rush era wooden boardwalks to enjoy the festivities. A reviewing stand will be located at the intersection of Front and K Streets.

For more information about the St. Patrick's Day parade or to download a parade application, visit [www.oldsacramento.com](http://www.oldsacramento.com).

## 2011 Parade Route

Parade heads North on 2nd Street to J Street  
 Left (West) on J Street to Front Street  
 Left (South) on Front Street  
 Past the reviewing stand on Front and K Streets  
 (in front of the Delta King)  
 Left (East) on L Street  
 Right (South) on 2nd Street back to the staging and parking area to disband

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

# Alice in Wonderland Birthday Party Theme Ideas

**F**un ideas for an Alice in Wonderland Themed Birthday Party. Mix and match these ideas to create your own special party.

**Alice in Wonderland Decorations** Set a large table with mismatched teacups and saucers, teapots, chandeliers and mismatched chairs - so that the chair heights are different. Use a white table cloth and scatter decks of cards on the top. Use odd shaped serving dishes with bright colors. Attach small labels (like old fashioned price tags with string) to all of the food and drinks that say "Eat me" and "Drink me". Place several clocks that are stopped on the table (pocket watches, too).

**Paint signs** that say "This Way" and "That Way" and hang them throughout the party room. Decorate the walls with playing cards. Make a chessboard design on the floor and scatter chess pieces on tables.

**On the branch of a tree** (real or fake) place a Cheshire cat - or use just his grin.

**Hang Chinese paper lanterns** above the table for a festive look.

**Tie blue and white balloons** to the mailbox.

**Fun Ideas** Buy a child's tunnel from the toystore and place it in front of the front door. Place a sign that says "Enter through the rabbit hole". Guests have to crawl through the rabbit hole to enter the party.

**Icebreaker** When birthday party guests arrive for the Alice in Wonderland party let them make a nametag for themselves. Spell their name backwards on the nametag and then let them decorate it. Have the guests use their backwards names for the rest of the party. For example: Mary would be spelled Yram.

## Alice in Wonderland Party Games

**Croquet**- Great game for an outdoor party. Set up the croquet game according to the instructions and play a round or two.

**Chess**- Chess is relatively easy to learn and kids love it. Teach them the basics and let them play during the meal.

**Pin the smile on the Cheshire Cat**- Played like Pin the Tail on the Donkey, except kids will pin a smile on the Cheshire cat face. Trace or draw a large Cheshire Cat onto poster board. Cut out big smiles (matching the one on the poster you drew) and cut them out. Number them on the back. Place double sided tape on the back of each smile. Blindfold the guests one at a time and let them see who can place their smile closest to the real one on the poster.

**Timed Scavenger Hunt** - This is fun when you make sure the kids have to hurry through it. Continually tell them ... "you're late,

you're late! Musical Chairs - Place the chairs in a circle and start the music. When ever the music stops, everyone must find a chair to sit in. The person who does not have a seat is out and one chair is taken away. (You may want to give a small prize to those who get out so they will have something to keep them occupied while the game is going on.). Continue until there are only 2 children and 1 chair. The guest who sits in the chair in the last round wins a prize.

You can also play a version on musical chairs that is crazy and fun to watch. It is played the same as regular musical chairs, except the person who doesn't have a seat must sit on a chair with someone else. The next round a chair is taken away and 2 people must sit with others in the circle. It goes on until all the children are trying to fit on one chair.

**Teacup Toss** - Throw ping pong balls into teacups. Set 5 teacups on the floor in a line 1 foot apart. Have the guests stand on one side of the teacups and try to throw a ping pong ball into each one of them in order - #1 being the closest - #5 the furthest away.

**Activities** - Decorate cupcakes with different colored icing, sprinkles, candies and writing gel. Decorate photo frames with designs from Alice in Wonderland. Have a mad hatter's tea party.

**Food** - Small sandwiches cut in shapes of hearts, clubs, diamonds



or spades with cookie cutters. Small petite fours or chocolates. Pink lemonade (don't add sugar - let them add it themselves from the sugar bowl). Pepperidge farm shortbread cookies - the ones with the card imprints on them.

**Alice in Wonderland Party Favors** - Top hats or rabbit ears to wear at the party, small chess sets, small decks of cards,

necklaces with small bottles of bubbles attached, Beanie Baby white rabbits

**Goody Bags** - Decorate light blue paper bags with Alice in Wonderland stickers - attach a white helium balloon. Teacups filled with goodies

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