

January 2013

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## California Kids!

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

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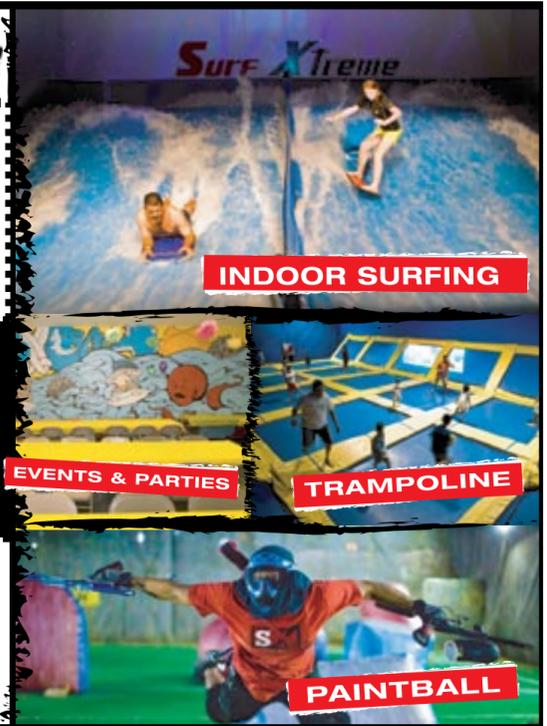
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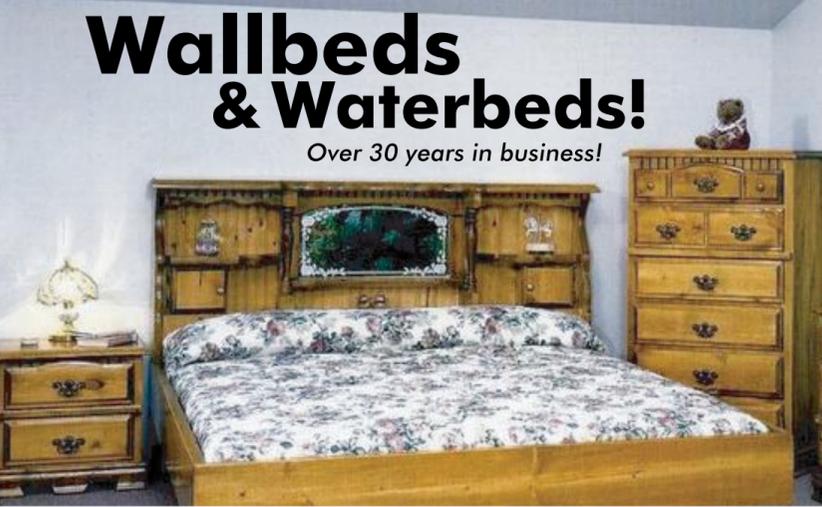
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# Happy New Year!

We at *California Kids!* wish to thank our faithful readers, writers, and advertisers for making 2012 a wonderfully fun year. It's a pleasure to publish *California Kids!* We appreciate all the help we have received, the input from our readers and writers, the lovely compliments and encouragement. We are committed to producing a quality family-oriented publication.

We certainly hope our readers are using the services of our advertisers, for without them, this publication would not be possible.

So, Happy 2013! Here we go again!

## 2013 Number Search

Happy New Year!

Can you find "2013" nineteen times in the puzzle below? You can look for it forwards, backwards and diagonally too!

6	5	2	0	1	3	2	2	5	6
3	8	2	9	5	3	1	0	2	4
1	7	0	2	0	1	3	1	1	9
0	3	1	1	3	1	3	3	3	3
2	5	3	1	0	2	1	6	1	2
3	2	0	1	3	4	0	1	0	0
2	2	0	3	4	1	2	1	2	1
0	2	0	1	3	4	1	0	3	2
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# North Natomas Library's anniversary celebration

The Sacramento Public Library will celebrate the third anniversary of its North Natomas branch from 2 p.m. to 4 p.m., Saturday, January 5, at 4660 Via Ingoglia, Sacramento.

The carnival-themed party will feature free, family activities such as carnival games, prizes, face painting and balloon animals, and refreshments.

"Our branch has a dynamic teen space and children's area designed to engage young readers. We offer 120 Internet and word-processing computer

stations and four early-learning computers for young children," said Suzy Murray, branch supervisor.

The North Natomas Library staff regularly presents a wide variety of free programs in its community room for all ages.

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

# Library Books Sale

The Friends of Arden-Dimick Library has extended the hours of its next book sale to take place on Friday, February 1, from 1 to 6 p.m. and Saturday, February 2, from 10 a.m. to 3 p.m. in the Community Room at the Arden-Dimick Library, 891 Watt Avenue.

It is anticipated that more than 7,500 books will be offered at incredibly low prices; from 50c up to a \$1.50. This will be an excellent, affordable opportunity for adults and children to stock up on reading materials.

The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs and library activities primarily through selling donated books.

# Frosty's Magic Hat puppet show

The Sacramento Public Library invites school-age kids (ages 6 to 12) to a winter-themed puppet show at 4 p.m., Thursday, January 17, at the Arcade branch located at 2443 Marconi Avenue, Sacramento.

The puppet show is about a little girl who makes a wish upon a star and then makes a

magic snowman. The fun-filled program features music, poetry, magic, ventriloquism, and lots of laughs.

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

# 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**—weekends from 11 a.m. to 3 p.m. Tour of the ranch houses at 1 p.m. Visit an early dairy ranch in Santa Cruz County and step back in time to the late 1800's at Wilder Ranch State Park. Weekends at 1 p.m., join the 1-hour tour of the 1897 Victorian home, 1896 water-powered machine shop, and other historic buildings. You can also 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. Call (831) 426-0505 for more weekend scheduled activities.

**History, Nature, and Scenic Views: A Tour of the Grey Whale Ranch Area** -Saturday, January 12 at 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 the hike leader in the Wilder Ranch parking lot. Bring good walking shoes, lunch, snacks, and water.

**Wilder Ranch Coast Nature Walks** -Saturdays, January 5, 19 and 26 at 11 a.m.

On these two-hour natural history excursions you will explore the plants, animals, and geology of the spectacular coastal bluffs. Meet at the Wilder Ranch interpretive center. Bring a snack, water, binoculars, and good walking shoes. Binoculars are available to borrow. Rain cancels.

# National oatmeal Month

The Sacramento Public Library is celebrating National Oatmeal Month with a free school-age children's program at 4 p.m., Thursday, January 17, at its Valley Hi-North Laguna branch, 7400 Imagination Parkway, Sacramento.

Celebrate with all things oatmeal, including making oatmeal play-doh, eating oatmeal cookies, and hearing basic facts about this most basic food.

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

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# Children and Television

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

The American Academy of Pediatrics recommends no television for children younger than two years old.

There's no doubt that watching age-appropriate television in moderation can help educate children. Preschoolers learn their alphabet and numbers from television, while older children learn about nature and life in other countries. But watching too much television is not good for children. That's old news. For years parents have been warned that watching too much television can lead to obesity. It may lead to aggressive or fearful behavior if children watch violent or scary shows. Television characters depict risky behavior, such as drinking and smoking that children may later decide to emulate. Television can reinforce gender and ethnic stereotypes. And how about the 40,000 commercials the average child sees each year pushing junk food and cheap toys?

But what about background television – leaving television on when children aren't watching it? If television serves as the unnoticed background noise of your everyday home life, you're not alone.

A study published in November 2012 by the American Academy of Pediatrics found the average child eight months to eight years old is exposed to nearly four hours of background television noise over a twenty-four hour period. Study authors called the results startling.

Some children are exposed to even more background television noise. Younger children and children from poorer families are exposed to nearly six hours of background television per day. Other factors were also found to increase the hours of daily background television. Children living with one parent have much more background television time than those living with two parents. Parents with higher educational levels are less likely to keep the TV on than are those with lower educational levels. And children who have televisions in their bedrooms had higher exposure to background television than those without a bedroom TV.

Previous studies suggested that too much background television exposure could result in children being less focused during playtime. The possibility of reduced cognitive abilities and lower-quality interactions between parents and

children has also been suggested. However, researchers were not sure how much background television was actually going on in homes.

The study of 1,450 families found that background television is a prevalent problem in American homes. Matthew Lapiere, one of the study researchers, said, "Our results indicate that children are exposed to a tremendous amount of background television." In fact, the study found three hours of background television for every hour of active television watching.

Parents may leave the television on because they themselves are too busy to actively engage with the child. Other parents may leave television on around preverbal children to help fill the silence or because they believe it provides stimulation to the child. Parents may watch TV while their children play in the same room. That's also background television noise. Study authors say that noise from background television can disrupt a child's development of important skills such as problem solving and communication gained through focused play.

There are ways to minimize the effects of background television. Study authors suggest reduction of background television can start with simple steps, such as turning off the television when no one is watching, or turning it off at key points during the child's day, such as during mealtimes, at bedtime and while completing homework. Parents can remove televisions from children's bedrooms.

Turn watching television into a family event instead of annoying background noise. Parents and children can plan on watching certain programs together rather than having the TV on constantly. Afterwards, parents can talk about the show and help guide children's understanding of what they just watched. Better still, play a board game, read a book together, play outdoors, work on crafts, or dance to music. The possibilities for family fun without television are endless. Turn off the television and enjoy quality family time together.

Sources: Lapiere MA, Piotrowski JT, Linebarger DL. Background Television in the Homes of US Children. Pediatrics. 2012;130(5):839-846; and [http://www.cbsnews.com/8301-204\\_162-57523509/background-television-at-home-may-be-harming-u.s-kids-development/](http://www.cbsnews.com/8301-204_162-57523509/background-television-at-home-may-be-harming-u.s-kids-development/)

**Coming in March: Childhood Obesity**

Note: The information contained in this article is not intended to replace medical advice. Parents and caregivers should always contact their child's doctor for guidance with any health concerns.

*Connie Goldsmith writes health and science books for young people and continuing education courses for nurses. She has also worked as a pediatric triage nurse on a 24/7 nurse advice line. She maintains a health blog on her website at [www.conniegoldsmith.com](http://www.conniegoldsmith.com).*

# Effie Yeaw Nature Center Events

**Special Program: "Winter Under the Oaks"**- Children's camp programs on January 2 and 3 and family program on January 4. Crafts, games, and nature walks from 9 a.m. to noon. For class descriptions and prices visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net) or call (916) 489-4918. Discounts for ARNHA members. Advanced registration is strongly recommended, space is limited.

**January 5, Saturday, 10:30 a.m., Black-tailed Deer**

The bucks are in their winter glory, with beautiful antler crowns. Grab your binoculars or borrow some from the staff at the Effie Yeaw Nature Center and catch a closer look at the black-tailed deer in their oak woodland habitat while learning more about their world. All ages welcome.

**January 6, Sunday, 1:30 p.m., Kestrel Connection**

Meet Rocky, the Nature Center's resident Kestrel, hear his story and what makes him North America's smallest falcon. After a good look at this handsome bird, make a Kestrel bracelet to remember your new friend. All ages welcome.

**January 12, Saturday, 10:30 a.m., Plant Walk**

Sedges have edges, rushes are round, come discover what plants can be found! Join a naturalist to explore the gardens and trails to learn the varieties and traditional uses of native plants. Recommended for ages 5 and above.

**January 13, Sunday, 1:30 p.m., Egg to Adult**

Learn about some of the amazing growth and changes that happen in the lifecycle of plants and critters in our area. Join a Naturalist in activities to figure out what kind of changes happen in each cycle. Meet a resident critter and learn about its own very special lifecycle. All ages welcome.

**January 19, Saturday, 10:30 a.m., Animal Tracks and Signs**

There are many animal-made signs in the woods that reveal who has used the trail before you. Become a nature detective and search for some animal tracks, scat and signs in the Nature Preserve. All ages welcome.

**January 20, Sunday, 1:30 p.m., Turtle Talk - What is turtle island?**

What's the difference between a turtle and a tortoise? Learn about these shelled critters with a hands-on approach to these amazing reptiles. Find out what's in the shell with Elaine from the Sacramento Turtle and Tortoise Club and her turtles. All ages welcome.

**January 26, Saturday, 10:30 a.m., Winter Bird Walk**

Discover why winter is a great time for bird watching. Join a naturalist for a guided hike while looking for some of the Sacramento area's most common birds. Bring your binoculars or borrow a pair from the Nature Center. All ages welcome.

**January 27, Sunday, 1:30 p.m., Critter Close Up**

Where do our animals come from? Why are they here? Meet a couple of small animal residents at the Nature Center up close. Learn about each of their unique journeys and how they became an educational ambassador for the Nature Center. All ages welcome.

*The Effie Yeaw Nature Center is located at 2850 San Lorenzo Way, Carmichael, at California Avenue and Tarshes Drive. For more information, call (916) 489-4918 or visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net).*



## Let's go to the snow!

Winter in Northern California doesn't mean the end of outside playtime – quite the opposite! Barely two hours away, a world of winter fun awaits in the Sierras: skiing and snowboarding! Even if you don't know how to ski or 'board, you can still have fun making a snowman and having snowball fights. You can also have fun with this puzzle that has words relating to the activities. Look carefully: words can appear vertically, horizontally, diagonally, backwards and upside-down.

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

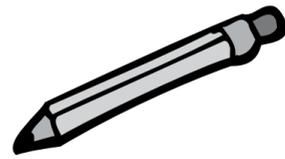
- |               |            |                |
|---------------|------------|----------------|
| Boots         | Mountains  | Snowball fight |
| Cold nose     | Pine Trees | Snowboard      |
| Gloves        | Sled       | Snowman        |
| Goggles       | Skis       | Sunscreen      |
| Hot chocolate | Slopes     | Trails         |
| Lift chair    | Snow       | Winter         |
| Mittens       |            |                |

## Have fun coloring!



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# MAKE IT YOURSELF!



## Giraffe Handprint Painting

Have some fun with this giraffe handprint painting.

### You will need:

Construction paper, and poster paint in yellow and brown

### You will need to:

Print a single yellow handprint. The palm forms the body, the fingers the legs and the thumb forms the tail. Use the side of the hand to print the neck and add a fingerprint for the head. When dry, use brown fingerprints to make the giraffe's spots, not forgetting a fingerprint for the end of the tail.



## Peacock Handprint Painting

Create a beautiful showy peacock with a handprint and two colors of poster paint.

### You will need:

Construction paper, blue and green poster paint, a black pen

### You will need to:

Print a single blue handprint in the middle of your paper. The palm will be the peacock's body and the fingers the tail feathers. Add green finger prints at the ends of each finger to be the 'eyes' of the peacock's feathers. When dry, draw a neck and head shape on the body and add the legs with the black pen.



## Lion Handprint Painting

This gorgeous lion is a super way to record your child's handprint and have some messy fun at the same time!

### You will need:

Construction paper, poster paint in orange and yellow, a black pen

### You will need to:

Keeping fingers together, print a circle of orange handprints with palms forming the center of the circle, to make the lion's mane. Then dry print a yellow handprint with fingers together in the center of the circle, for the lion's face. Draw on the lion's eyes, whiskers and mouth when the paint is dry.



## Resolutions Magnet Hand

Encourage kids to remember their New Year's resolutions with this magnet craft - just stick it on the fridge and you'll see it several times a day!

### You will need:

Craft foam in white and a bright color, permanent marker, glitter glue, glue, magnetic strip

### You will need to:

Draw around your hand on the bright foam. Cut a small rectangle out of white foam. It needs to be small enough to fit on the palm. Write a resolution on the rectangle and glue it to the palm of the foam hand. Fold over the thumb of the hand and glue it down so it is 'holding' the resolution. On the fingers of the hand write the year with glitter glue. On the back of the hand glue the magnetic strip. Now display!



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

## Maidu Museum and Historic Site exhibits

Traditional Maidu Primitive Arts by Jeremy Peconom

Through January 19

Visit the art galleries to see amazing artifacts created by Maidu artist Jeremy Peconom. His fascinating collection of tools, weapons and regalia are all made in the traditional ways passed down by his father and grandfather. Jeremy developed his artistic expression of his culture through this traditional knowledge.

Artistic Expressions of Maidu Legends and History

Frank Day (Ly-dam-lilly) Maidu Indian Artist, Historian and Storyteller

Through January 19

Enjoy viewing the intense, vibrant artwork from Frank Day. Frank was a gifted storyteller and teacher who translated the Maidu perception of the world into colorful narrative images. This collection depicts many Maidu legends he learned from his father who was a headman and historian of the Konkow Maidu.

The Maidu Museum and Historic Site is located at 1970 Johnson Ranch Drive, Roseville. Museum hours are: Monday to Friday, 9 a.m. to 4 p.m., Saturday, 10 a.m. to 1 p.m., 3rd Saturdays 6:30 to 8:30 p.m. Guided tours are Saturdays at 10 a.m. Self-guided tours on weekdays. Call (916) 774-5934 or visit [www.roseville.ca.us/indianmuseum](http://www.roseville.ca.us/indianmuseum) or [www.facebook.com/indianmuseum](http://www.facebook.com/indianmuseum) for more information.

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HAVE FUN COLORING!

HAPPY NEW YEAR!



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# Keeping little fingers busy when the need arises

By Kathleen Egan

Ever waited for a doctor's appointment with a two-year old who kept pulling leaves off the potted plants while trying to climb in the lovely decorative aquarium? How about trying to make that special dessert for Dad that needs your TLC, but you have a three-year-old untying your shoes and rolling your socks down. Have you ever sat on a bus with a four-year old who won't stop sharing stories about mom's body—in a loud voice that gets louder because the people on the bus think it's funny? Well, I have...

And because of these situations, I have discovered a few fun projects that you can have ready when the crisis arises. And it will, in the oddest places, and you want to be prepared before it's too late.

The following activities listed are low-cost, and you should have most of the materials available right in your kitchen.

Remember the golden rule of parenting is "always be prepared"—your sanity depends on it."

First, prepare ahead of time. It may not be convenient now, but it is time well spent. You will be happy you set this time aside to prepare the following:

## Peanut Butter Play-dough (that you can eat!)

### You will need:

- 2 cups powdered dry milk
- 2 cups smooth peanut butter
- 1 cup honey

### What to do:

Mix all the ingredients together. The result will be a soft, pliable, good-tasting modeling dough. It is especially good for younger children, who are often tempted to eat conventional play dough. It's also good on a cracker, in case you get hungry making it. Just remember to leave some for the kids—must not lose focus on why you are making it in the first place.

## Play Dough (not for eating)

Not to be confused with the peanut butter play dough; do not put on a cracker!

### You will need:

- 2 cups flour
- 1 cup salt
- 3/4 cup water
- Few drops food coloring
- 2 tablespoons cooking oil

### What to do:

In a large bowl, mix together the flour and salt. Add the food coloring (you may want to wear rubber gloves because of the food

coloring) and oil to the water. Slowly, add the water mixture to the flour mixture, kneading until a soft dough is formed.

Store in a plastic bag or covered container and refrigerate when not using. It will last about two weeks. Projects made from this dough can be air-dried or dried in a 250-degree oven for 1 1/2 to 2 hours, then painted with poster or acrylic paints.

This next project will keep little fingers busy. It comes in handy for those long waits when you're stranded in a crowded room that is completely silent, with people sitting and reading, where you desperately hope your little one will not say or do anything to

embarrass you and amuse the folks.

## Box-front jigsaw puzzles

### You will need:

- Box fronts from detergent, cereal, cracker, and cookie boxes
- Scissors
- Envelopes or zip-lock plastic storage bags.

### What to do:

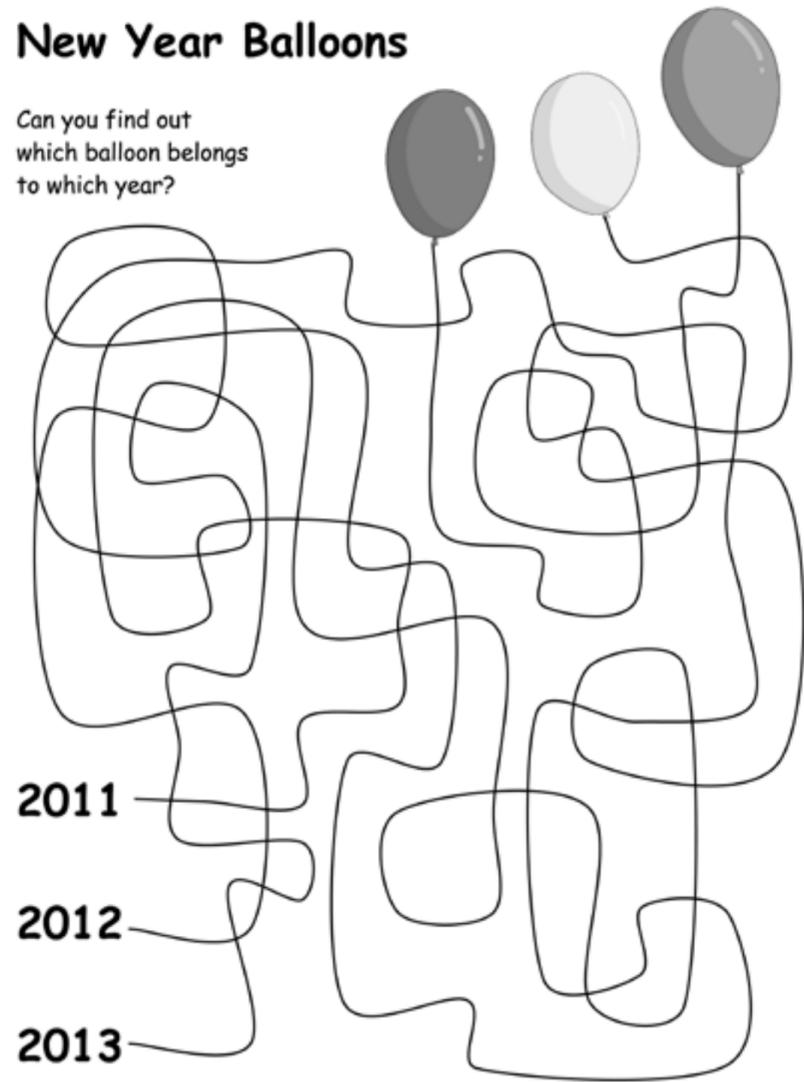
Cut the box fronts up into as many or as few pieces as you like. For a more challenging puzzle, cut all pieces into similar shapes, such as squared,

rectangles, or triangles. Your little ones will have fun trying to recreate their favorite cereal or treat box. It's a great surprise to carry the contents along as a reward when they finish the puzzle. Example: if it's a cracker box, bring some crackers along as a reward. Also, they come in handy if you also bring along some of your peanut butter play dough! Great snack!

*Note to parents and teachers: Let us know if you have any unusual fun projects for kids you'd like to share. Write us at California Kids! 2709 Riverside Boulevard, Sacramento, CA 95818 or e-mail to kathleen@valcomnews.com.*

## New Year Balloons

Can you find out which balloon belongs to which year?



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# Who wrote that?

The Creators of Your Child's Favorite Books

Featuring Bridget Heos

By Bitsy Kemper



The other day I was volunteering at my son's classroom and a girl came by. Staring up at me, she asked, "Are you an author?" I nodded and smiled with a "Yes." She paused for a minute, her steely gaze never softening, and then asked "Are you ever going to be a famous one?"

How many books would I need to write before she'd consider me famous? I decided to ask prolific author Bridget Heos (rhymes with Rios) her thoughts on the matter. Much like her writing style, Bridget has a great sense of humor and I thought she'd give it to me straight. She's written 47 children's books in four years, on everything from Lady Gaga to spiders, yet I doubt that little classroom girl has heard of her either.

"I would have to be on The Simpsons to be famous!" Heos replied with a laugh. "I hold out no hope of being famous. I enjoy school visits and tell kids if they are going through something hard, they are in the middle of their story, not the end. Afterwards, a student thanked me. Her teacher said, 'She needed to hear that.' That meant a lot to me." Maybe that's better than stardom.

Bridget's next book, *Stronger Than Steel: Spider Silk DNA and the Quest for Better Bullet-proof Vests, Sutures, and Parachute Rope* (Houghton Mifflin) isn't due to come out until next month, yet was already named Junior Library Guild selection. No, it's not a star on the Hollywood Walk of Fame, but it's an honor all the same.

Her book talks about how scientists are working to cure injuries through special silk made by a new species of spider-goats. "Sometimes we think of genetic engineering in terms of mad scientists or worst case scenarios," Heos said. "But the truth is worst case scenarios are happening to people right now with injuries and disease. Kids today could grow up to find cures through genetic engineering." If her book inspires that one child to create great things, wouldn't that beat all?

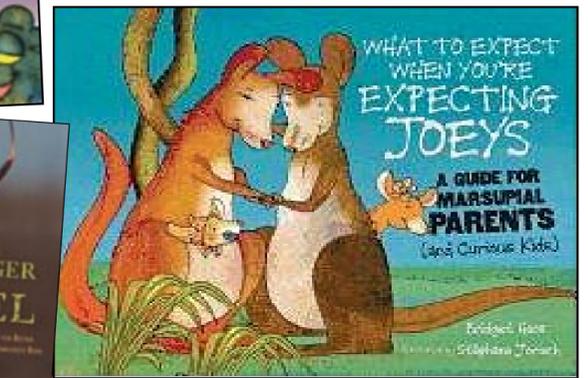
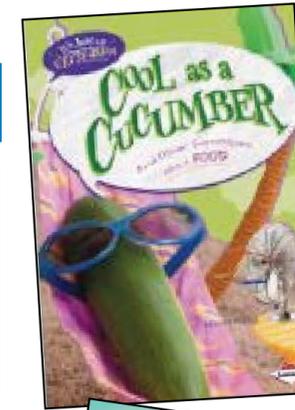
Fame wasn't the first thing she thought of when she start-

ed her writing career. After majoring in English at St. Louis University with a minor in philosophy, she was a social worker, a teacher, and then wrote for newspapers and magazines before writing children's book full time. "I really don't know what my plan was. I wanted to be a writer growing up, but in college, I could never imagine writing books. That possibility only came to light when I discovered children's nonfiction writing."

Her discovery came about when her oldest boy was little. "We read about dinosaurs and turtles. A LOT of books about turtles. Finally, I googled 'who writes all these nonfiction books for children,' and found out it was freelancers like me." She joined a local writing group, and from the listserv, got a lead on her first editor at Rosen Publishing, whom she still writes for. Her first book about Jay-Z was on the shelf in libraries about a year and a half later. She hasn't slowed down since.

How does she come up with ideas for 47 books? Many were work for hire, and the topics were assigned. Some she came up with on her own, with the help of mommyhood and growing up in a big family. She says stories were as important as real life in her family, and she thinks a lot of families feel the same way.

"My boys can inspire ideas based on their interests and the kinds of stories I think they would like," Heos explained. For instance, her upcoming fiction picture book *Mustache Baby* illustrated by Joy Ang (Houghton Mifflin, May 2013) came from a family library trip. The book *Crash* by Jerry Spinelli was on display, and the cover had a baby with a mustache.



HOW TO CONTACT JENNIFER ADAMS  
Website: <http://www.authorbridgetheos.com>

## SELECTIONS FROM BRIDGET HEOS' LIBRARY

### AUTHOR

*Jay-Z (The Library of Hip-Hop Biographies)*, Rosen Publishing, January 2009

*The Human Genome (Understanding Genetics)*, Rosen Publishing, August 2010

*Lady Gaga (Megastars)*, Rosen Publishing, January 2011

*What to Expect When You're Expecting Larvae: A Guide for Insect Parents (And Curious Kids) (Expecting Animal Babies)*, Lerner Publishing, March 2011

*What to Expect When You're Expecting Joeys: A Guide for Marsupial Parents (And Curious Kids) (Expecting Animal Babies)*, Lerner Publishing, March 2011

*What to Expect When You're Expecting Hatchlings: A Guide for Crocodilian Parents (And Curious Kids) (Expecting Animal Babies)*, Lerner Publishing, March 2012

*Cool as a Cucumber: And Other Expressions About Food (It's Just an Expression!)* Lerner Publishing, August 2012

*Let's Meet a Construction Worker (Community Helpers!)* Illustrated by Mike Moran, Lerner Publishing, February 2013

*Stronger Than Steel: Spider Silk DNA and the Quest for Better Bulletproof Vests, Sutures, and Parachute Rope (Scientists in the Field Series)* Photographed by Andy Comins Houghton Mifflin, February 2013

*Mustache Baby*, illustrated by Joy Ang Houghton Mifflin, May 2013

"My son and his friends fell on the floor laughing. 'Aaaaa, the baby has a mustache!' they screeched and pointed. I thought, okay, if these children want to hear about a baby with a mustache, I can write THAT. What would happen if a baby really did have a mustache? Wouldn't it depend on if it were a bad guy mustache or good guy mustache? That's what that story is about."

Now in the midst of writing novels about early humans, her present inspiration is the things people do, and how things have changed but stayed the same. "I mean, many of us feel safer with a blanket or a sheet over us. And I laugh about that—like it will really save us from whatever scares us. But at one time, it might

have made us safer from animals." Her next book might not make her famous, but it is bound to be a good read.

### MORE ABOUT BRIDGET HEOS

Bridget lives in Kansas City, Missouri with her husband, three sons, and a baby girl on the way. She spends about five hours a day writing, revising and editing, and in what little spare time she has left, teaches creative writing to middle schoolers at St. Paul's Episcopal Day School. Visit <http://www.authorbridgetheos.com>, or her Facebook author page titled "Author Bridget Heos." She invites readers to come there to talk with her about children's books.

Next month: Tara Lazar

*Bitsy Kemper is happy to be guest "Who Wrote That?" columnist for Patricia Newman. Bitsy is author of six picture books and hopes to some day have as many titles in print as Bridget does. While not technically famous yet, you may have seen Bitsy on CNN, heard her on national radio, noticed her quoted in anything from Parenting magazine to Writing Children's Books For Dummies, or seen her work in countless newspapers, radio and TV stations across the U.S. Maybe you drove past her on the freeway and didn't even know it... Busy with three kids (four if you count her husband), she finds time to present at writer conferences and author visits from L.A. to N.Y. Wander over to [www.BitsyKemper.com](http://www.BitsyKemper.com) or follow her on Twitter (under, understandably, BitsyKemper).*

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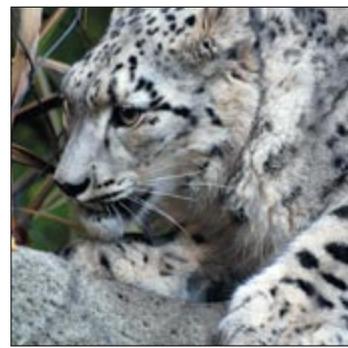
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**Snow Leopards at the zoo**

Snow Leopards, who are native to small areas in central Asia, are very elusive and rarely sighted in the wild. They are not fast runners and so they rely on stealth and their great rock climbing abilities to evade predators and catch prey. They are a medium sized cat, weighing between 60 and 120 pounds.



Snow leopards have many features that help them in their natural habitats. Their large paws act like snow shoes while their long, thick tails can wrap around their body and face protecting themselves from the cold wind. Their smoke-grey fur with large, dark rosettes and spots help them blend in with rocks and snow.

Researchers estimate that there are between 3,500 and 7,000 endangered snow leopards left in the wild. Because they are so elusive and solitary no one has been able to get an exact count. There are many threats facing snow leopards, including poaching and habitat loss.

While visiting the Sacramento Zoo you may notice that they now have two snow leopards. The older female, who has resided at the zoo for quite some time, recently gained a roommate. Blizzard is a young male from Canada who is full of energy. Currently he is smaller than the female, but once he reaches adulthood he will be the larger of the two.

**Quarters for Conservation**

The Sacramento Zoo is increasing its commitment to conservation by



supporting exciting field conservation projects with the Quarters for Conservation program. Through the collection of quarters, the zoo provides funding for wildlife conservation projects both locally and around the globe. Members and visitors are part of this exciting contribution to wildlife conservation.

Each project is guaranteed \$5,000 annually with additional funding based on the number of votes each project receives.

As guests enter the zoo they receive a token representing a contribution to conservation. The token enables guests to vote for a conservation project of their choice—the vote helps the zoo determine how much funding each project receives. Guests have an opportunity to learn more about the projects and cast

In 2012, the first year of the Quarters for Conservation at the Sacramento Zoo, the zoo was able to provide funding for the Burrowing Owl Conservation Society, Mabula Ground Hornbill Conservation Project and the Sumatran Orangutan Conservation Program. During the 2013 year zoo guests will be able to cast their vote for the Riparian Brush Rabbit Recovery Program, Mountain Gorilla Veterinary Project and the Masai Giraffe Conservation Project.

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# Bedtime Stories

By **Connie Goldsmith**

Every parent has struggled to put a cranky toddler down at bedtime – it's practically a rite of passage. Reading a bedtime story together can smooth the way to sleep and sweet dreams. Story time is a standard ritual for many families. If you're not reading to your child, give it a try – it just might work. It can also instill a life-long love of reading. Take a look at one of these bedtime story books to send your little one off to sleep.

**"Dream Friends,"** by You Byun. (Nancy Paulson Books). "Once there was a girl named Melody, and she had a very special friend . . . in her dreams." Every night was a magical new adventure. Melody and her dream friend (a big white dog) watched fireworks; they played hide-and-seek; and best of all, they flew through the skies. But Melody was new to her neighborhood and she hadn't made a real friend

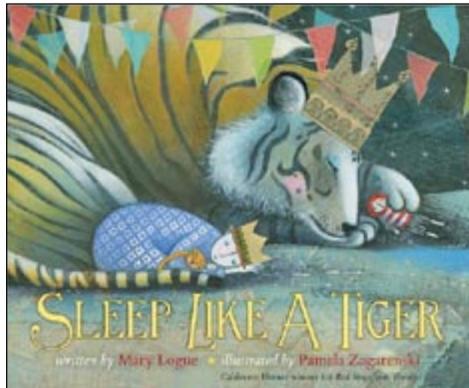
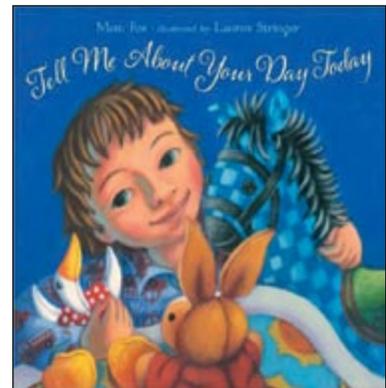
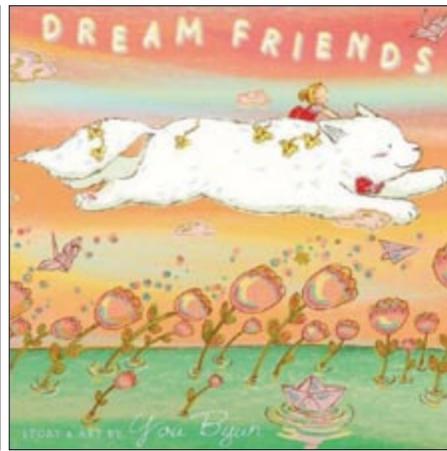
– not yet anyway. She was too shy to meet anyone and tried to bring her dream friend into the real world. At the playground she remembers dancing with her dream friend and begins to dance by herself. Next thing you know, Melody has a new special friend – another little girl who likes to dance. This story of a lonely girl wanting a friend is a theme all children can understand. Take the time to study the stunning art in this debut picture book.

The whimsical landscapes will captivate and delight.

**"Sleep Like a Tiger,"** by Mary Logue, illustrated by Pamela Zagarenski. (Houghton Mifflin Harcourt). "Once there was a little girl who didn't want to go to sleep even though the sun had gone away." Sound familiar? In this lyrical bedtime story the understanding parents ask the girl to put on her pajamas, to brush her teeth and climb into bed. But she doesn't have to go to sleep. Instead, she asks her parents how animals sleep. At long last, she snuggles deep into her covers like a sleeping bear; finds the warmest spot like a sleeping cat; and finally falls asleep like a tiger. The luminous art by this award-winning illustrator is made of mixed media paintings, filled with imaginative details to examine and discuss with your own not-too-sleepy child.

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

**"Bedtime is Canceled,"** Cece Meng, illustrated by Aurelie Neyret. (Clarion). Give this story a try if you enjoy a bit of bedtime giggling. "The note read: Bedtime is canceled. Maggie thought of it. Her brother wrote it." The note ends up on a reporter's desk and the newspaper prints it in giant letters. If it's in the paper, it must be true, right? Principal Nancy at Maggie's school believes it. She tells the parents, who throw tantrums



in the flower beds. People e-mail the message to other people. No kid goes to sleep that night. But the next day, even the children are tired. A new message makes the rounds. "Bedtime is not cancelled." The exaggerations compound throughout this zany story, and even though we know the inevitable ending, getting there is a lot of fun.

**"Tell Me About Your Day Today,"** by Mem Fox, illustrated by Lauren Stringer. (Beach Lane Books). "There once was a boy who loved bedtime." He loved the last kiss, the last story and the last good night. Because . . . then he snuggles up with

his stuffed animal friends to hear about their days. Greedy Goose, Blue Horse, and Fat Rabbit share the story of their days – the who, the what, the why, and the way, the whole wild day. Then the animals ask the boy about his day. The bold acrylic art is a good match for the poetic and repetitive cadence of the story that tells us good friends are also good listeners, a lovely lesson for all. This gentle story is perfect for bedtime sharing.

**"Good Night!"** by Benoit Marchon and Soledad Bravi. (Houghton Mifflin Harcourt). This sturdy board book is meant for the very youngest. With

cutout centers, each page opens to another way of saying good-night: "Good night, my love. Good night, my little fox. Good night, my duckling." A cute baby face appears in the cutouts surrounded by a drawing of a fox, a duckling, a bear. At the end, the baby wants more story, more hugs. Affectionate and loving, this little book should send baby off to dreamland.

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

Connie Goldsmith ([www.connie-goldsmith.com](http://www.connie-goldsmith.com)) lives in Carmichael where she writes for adults and children. See her nonfiction juvenile books, "Battling Malaria: on the Front Lines Against a Global Killer," and "Leukemia," one of the USA Today Health Reports series, in school and public libraries, and at online booksellers.

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## Fairytale Town Programs

### E-Waste Collection Day

Saturday, January 12, 8 a.m. to 1 p.m.  
Support Fairytale Town and rid your home of e-waste for the New Year! Old televisions, monitors, laptops, computers, printers, scanners and more are wanted for donation to Fairytale Town's e-waste collection fundraiser. Items will be collected in a drive-thru format in the parking lot behind Fairytale Town, off of 15th Avenue. Volunteers will be available to help unload items. All items collected will be recycled. For a complete list of acceptable items for donation and for more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

### Princess Academy

Saturday, January 19, 10 a.m. to 12 p.m.  
Bibbidi-Bobbidi-Boo! Little princesses-in-training will learn the magical secrets of being a fairytale princess in this one-day workshop for ages 5 to 8. Princesses will play dress up, attend a pink tea party and decorate delicious treats to enjoy. From

princess etiquette and attire to royal manners and social skills, this fairytale-fun workshop has everything a budding princess needs, including a Fairy Godmother. This program is \$25 per princess. Limited spots are available. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

### Super H.E.R.O. School

Sunday, January 20, 10 a.m. to noon  
Superheroes Assemble! In a one-day workshop for ages 4 to 8, young heroes will learn the importance of bravery, honor and respect while engaging in a dynamic discussion of their favorite superheroes, both real and fictional. The workshop also includes an energizing hero snack and an introduction to super hero stretching techniques and exercises. Heroes then design and create their own secret identity, special powers and costumes. Male and female heroes are welcome. This program is \$25 per hero. Limited spots are available. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.



### Martin Luther King Jr. Day

Monday, January 21, 10 a.m. to 4 p.m.  
Fairytale Town will be open on Martin Luther King Jr. Day from 10 a.m. to 4 p.m. Holiday admission is \$5 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

*Established in 1959, Fairytale Town is home to 25 three-dimensional play sets based on favorite fairytales and nursery rhymes, a family of 22 rare and miniature breed animals, three interactive learning gardens and two performing arts stages. From March through October, the park is open daily from 9 a.m. to 4 p.m. From November through February, the park is open Thursday through Sunday from 10 a.m. to 4 p.m., weather permitting. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.*

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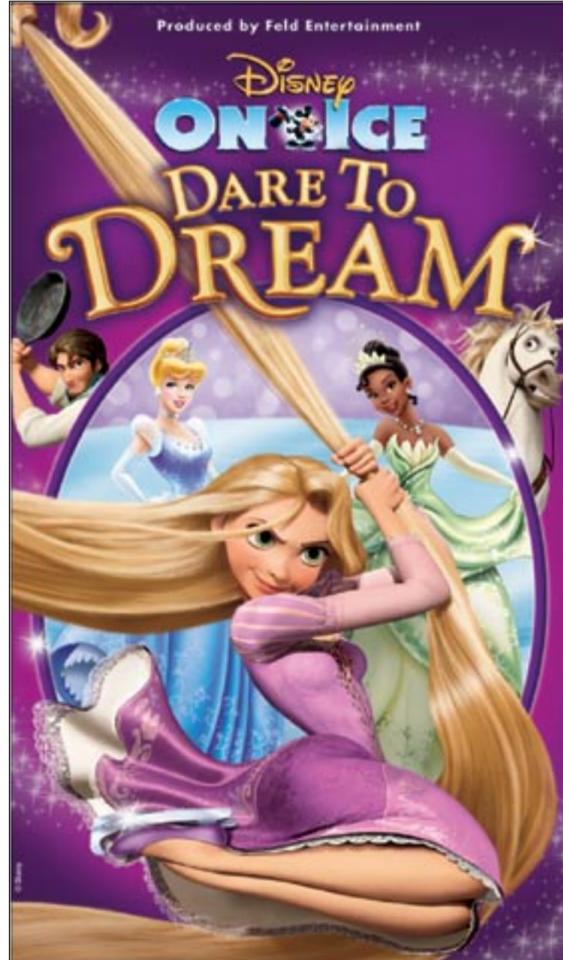
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**FEB. 7 - 10**

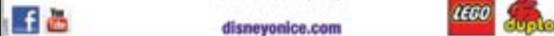
Thu, FEB. 7 • 7:00 PM	Fri, FEB. 8	Sat, FEB. 9	Sun, FEB. 10
<b>OPENING NIGHT TICKETS \$11!*</b>	7:00 PM	11:00 AM 3:00 PM 7:00 PM	1:00 PM 5:00 PM

**FEB. 13 - 18 SLEEP TRAIN ARENA**

Wed, FEB. 13 • 7:00 PM	Thu, FEB. 14	Fri, FEB. 15	Sat, FEB. 16	Sun, FEB. 17	Mon, FEB. 18
<b>OPENING NIGHT TICKETS \$11!*</b>	7:00 PM	7:00 PM	3:00 PM 7:00 PM	11:00 AM 3:00 PM	12:00 PM 4:00 PM

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# Seal Adventures at Año Nuevo State Park

Travel into the sand dunes while hundreds of elephant seals are on shore to give birth and mate at the spectacular Año Nuevo State Park rookery. On Saturday and Sunday, January 26 and 27, the Coastside State Parks Association (formerly the San Mateo Coast Natural History Association) and California State Parks will host Seal Adventures, a special fundraising event to support educational and interpretive programs at Año Nuevo State Park and other state parks along the San Mateo coast.

For these two days only, visitors will have extraordinary access, enabling them to linger for an entire morning (8:30 to noon) or afternoon (1 to 4:30) to view the elephant seals at the peak of the breeding season.

Seal Adventure tickets are available online ([www.CoastsideStateParks.org](http://www.CoastsideStateParks.org)). Tickets are \$50 per person, with a state-

mandated \$10 per vehicle parking fee (day passes are valid). The number of tickets is limited, so register early.

The adventure includes a 4-mile walk over bluff trails and rolling sand dunes to the elephant seal viewing area. On the way, visitors will be able to enjoy views of the ocean and Año Nuevo Island, observe birds and other wildlife, and hear the guttural sound of the elephant seals in the distance.

Arriving at the viewing area, you will have a memorable experience surveying the beach crowded with hundreds of elephant seals—the males sparring among themselves and females giving birth and nursing their newly born pups. Volunteer naturalists and park staff will be available to direct you to the best viewing areas, where you can observe the elephant seals for as long as you like during your view-



Photo courtesy Año Nuevo State Park

ing time period, and can answer questions about the seals and the park.

Before and after observing the seals, you can explore historic ranch buildings dating back to the 19th century, visit the Año Nuevo Bookstore and Marine Education Center, and enjoy free refreshments in an old Horse Barn that now serves as a classroom and meeting area.

Año Nuevo State Park is located on State Route 1, between Santa Cruz and

Half Moon Bay, about 1.5 hours south of San Francisco.

Seal Adventures will be held rain or shine. Visitors should prepare for an outdoor hiking adventure that may include wind, rain, and cold. Recommended clothing includes hooded rain gear, layered clothing, and sturdy walking shoes. For safety reasons, umbrellas and baby strollers are not allowed.

# Discovery Museum weekend activities

**Make 2013 a Banner Year!** - Wednesday, Thursday and Friday, January 2, 3 and 4 Start off 2013 by visiting the Discovery Museum with family and friends. Explore exhibits, a nature walk and the craft room. Kids 12 and under color and assemble a New Year Banner to take home. Visit the Bone Zone exhibit. Learn about skulls, skeletons and bone health. Little ones enjoy the Healthy Bones Diner and Doctor's Office play spaces. Dress up as a tiger – or a skeleton or a butterfly! Don't forget your camera to capture all the fun. Remember, your admission also includes an animal presentation at noon or 2 p.m., and a planetarium show at 1 or 3 p.m. (for ages 4 and above only).

**A Touch of Understanding** - Saturday and Sunday, January 5 and 6 Visit the museum to experience the Bone Zone exhibit for its final weekend. Learn about skeletons, biology and health, while having fun trying on costumes and acting in our play stations. Your hands-on experience is complemented by the organization, A Touch of Understanding. This award-winning group educates the public on living with disabilities. This weekend we are highlighting autism, learning disabilities, orthotics, prosthetics and visual impairment. Give your child the oppor-

tunity to understand the challenges associated with disabilities and to accept and respect all individuals. Planetarium shows are at 1 or 3 p.m. for ages 4 and older.

## Space Quest! Opening Weekend

Date: Saturday, Sunday & Monday, January 19, 20 & 21, 2013 Time: 12:30pm to 4:00pm Location/venue name: Discovery Museum Science & Space Center Location: 3615 Auburn Blvd. Sacramento, CA 95821 Cost: \$8 adults (18+), \$7 seniors (60+), \$7 teens (13-17), \$6 children (4-12), \$0 children (3 and under) Ages appropriate for: 4-12 years old Contact phone number: 916-808-3942 Contact website: [www.thediscovery.org](http://www.thediscovery.org) Contact email address: [events@thediscovery.org](mailto:events@thediscovery.org) Description: 3...2...1 Blast off! Join us for the opening of Space Quest!

Learn about the science of the universe and about our own solar system in this entertaining and hands-on exhibit. Visit the 12-foot rocket play space and dress up in an astronaut costume and helmet. Explore color and light in the light affects room then try to use the astronaut glove boxes to complete building tasks. Children 12 and under make a paper rocket wand to fly around the exhibit and to take home. Planetarium shows are at 1pm or 3pm for ages 4 and older.



## Living In Space

Date: Saturday & Sunday, January 26 & 27, 2013 Time: Museum opens at 10am-4:30pm: Science Discovery activities 11am - 4:00pm Location/venue name: Discovery Museum Science & Space Center Location: 3615 Auburn Blvd. Sacramento, CA 95821 Cost: \$8 adults (18+), \$7 seniors (60+), \$7 teens (13-17), \$6 children (4-12), \$0 children (3 and under) Contact phone number: 916-808-3942 Contact website: [www.thediscovery.org](http://www.thediscovery.org) Contact email address: [events@thediscovery.org](mailto:events@thediscovery.org) Description: What is an astronaut and what do they do? Learn more about the work these scientists do in space. Try on an astronaut costume and use glove boxes or perform simple

science. The planetarium shows feature astronaut life and the International Space Station (at 1:00pm and 3:00pm for ages 4 and older). All children 12 years old and under are invited to make an astronaut-themed craft to take home.

Time: 10am-4:30pm: Science Discovery activities 12:30pm to 4:00pm Location/venue name: Discovery Museum Science & Space Center Location: 3615 Auburn Blvd. Sacramento, CA 95821 Cost: \$8 adults (18+), \$7 seniors (60+), \$7 teens (13-17), \$6 children (4-12), \$0 children (3 and under) Ages appropriate for: 4-12 years old Contact phone number: 916-808-3942 Contact website: [www.thediscovery.org](http://www.thediscovery.org) Contact email address: [events@thediscovery.org](mailto:events@thediscovery.org)

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# Big Basin Redwoods State Park

Located 9 miles outside of Boulder Creek on Hwy 236 (831) 338-8883

## Redwood Loop Walk

Saturday, January 5, 6, 12, 19, and 26 at 1 p.m.

How do these grand redwoods grow to be so old? So tall? How are they important to humans? Join us for 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 90-minute walk. Stroller and wheelchair accessible. Meet at Park Headquarters. Rain cancels.

## The Road Less Traveled—A Dog-Friendly Walk

Saturday, January 12 at 1 p.m.

On this dog-friendly walk, travel on North Escape Road, a paved road closed to traffic. Tour stunning old-growth red-

wood groves along beautiful Opal Creek. This is a fun, easy, three-mile, two-hour roundtrip walk with docent Elise Scripps and her dogs Romeo and Brie. Dogs not required, but welcome. Bring water and meet at Park Headquarters. Rain cancels.

## Berry Creek Falls Hike

Sunday, January 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 guide you on this seven-hour hike. Meet at Park Headquarters.

## Winter Wildflower Walk!

Saturday, January 19 and Sunday, January 20 at 10 a.m.

Flowers in the winter? Fall rains bring a whole new blooming season upon us—many plants survived through the long, hot, dry summer just waiting for the cooler, wetter months to return and refresh them. Lichens, mosses and many chaparral plants just begin blooming this time of year. Join docent Scott Peden and learn to identify these flowering plants. 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 travels from creek side to ridge top. Bring water and lunch. Meet at Park Headquarters.

# Sanfa Cruz Mission State Historic Park

Located on School St. off of Mission and Emmet Street in Santa Cruz (831) 425-5849

## Wool, Spinning, and Weaving

Saturday, January 5, 1 to 2 p.m.

How did an isolated settlement clothe the hundreds of people who lived there? Take an in depth look at the cloth industry of Mission Santa Cruz. Follow the path of wool from the sheep to the shirt. You will have the chance to try your hand at a drop spindle and spin your own wool. The event is free. Rain or shine. Call (831) 425-5849 for more information.

## Mission Cooking Demonstration

Saturday, January 12, 1 to 2 p.m.

Come to Santa Cruz Mission State Historic Park for a taste of history. There will be a presentation of Ohlone and Spanish cuisine including hot rock cooking, tortilla frying on a Comal and baking in our Horno. You can even sample the creations and make your own tortilla. The event is free. Rain cancels. Call (831) 425-5849 for more information.

## Building Methods at the Mission

Saturday, January 19, 1 to 2 p.m.

Come and see how the oldest building in town was made. Work with the materials used by the Ohlone to build their homes and the materials used by the Spanish to build Mission Santa Cruz. You will have the chance to get your hands dirty and make your own mini abode brick. The event is free. Rain Cancels. Call (831) 425-5849 for more information.

## Hides and Tallow

Saturday, January 26, 1 to 2 p.m.

Come and see how Mission Santa Cruz participated in a world economy back in the early 1800's. Look at some of the major products of the mission; leather and tallow, and demonstrate how they were used. You will see how a branding iron works and get to make your own candle. The event is free. Rain Cancels. Call (831) 425-5849 for more information.

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# HAPPY NEW YEAR!



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# Rancho del oso Nature and History Center

Located 17 miles north of Santa Cruz off highway 1 (831) 427-2288

## Wildflower Hike -

Sunday, January 13 at 10:00 am

Take a hike among the wildflowers of Rancho del Oso's Waddell Valley. Docent Scott Peden will lead an approximately 4 mile hike to view a variety of wildflowers in a rainbow of colors within 5 different habitats, where there are easily over 50 species of flowers. Photographers are easily accommodated. Show up starting at the Rancho del Oso gate located along Highway 1 across from the Waddell Beach Parking Lot with lunch, water and energy to hike!

## Fireside Stories -

Sunday, January 13 at 2:00 pm

Pretend, play, sing and explore! Bring the family and gather round the fireplace together at the Nature and History Center for a story followed by activities focused on the theme of the story. This 45-minute program will introduce youngsters (recommend children be at least 3) to the wonders of nature!

## Berry creek Falls Hike -

Join in the fun for an all-day hike to Berry Creek Falls, Sunday, January 27, 10 a.m. Arrive early to hike in to the Ranger Station to meet your guide. Hiking from the Ranger Station to the three gorgeous waterfalls is an all-day affair so bring lunch, water and energy. The hike is 7 miles each way over moderately easy trail except for the uphill around the 3 sets of gorgeous waterfalls. Please wear good hiking shoes for the 14-mile trek. Arrive early at the Hwy 1 gate across from Waddell Beach, and then walk in approximately 1 mile to the ranger station to meet your guide at 10 a.m. at the Ranger Station. Call to RSVP - (831) 427-2288 or just show up!

From Santa Cruz, turn right just before the Waddell Creek Bridge at the sign for Rancho Del Oso Nature and History Center. From Half Moon Bay take Highway One south 30 miles and turn left after the Waddell Creek Bridge (2.6 miles south of Año Nuevo State Reserve). For more information call (831) 427-2288 or (831) 425-1218.

# Monthly Family Library program

Families are invited to a free monthly entertainment program, January 27, 2 p.m., at the Tsakopoulos Library Galleria at the Central Library. Join children's singer-story-teller Francie Dillon and the fantastic puppetry of Puppet Art Theater for "Puppetry, Music and Stories," a lively program filled with songs, stories and lots of humor. The library is located at 828 I Street, Sacramento.



For more information, call (916) 264-2920.

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# Calendar of Events

## Critter Events

Elaine from the Sacramento Turtle and Tortoise Club and her turtles. All ages welcome. For more information, call (916) 489-4918.

**January 5, Black-tailed Deer, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Bring the family to the Effie Yeaw Nature Center, the bucks are in their winter glory, with beautiful antler crowns. Grab your binoculars or borrow some from the staff and catch a closer look at the deer in their oak woodland habitat, while learning more about their world. All ages are welcome. For more information, call (916) 489-4918 or visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net).

**January 19, Animal Tracks and Signs, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** There are many animal-made signs in the woods that reveal who has used the trail before you. Become a nature detective and search for some animal tracks, scat and signs in the Effie Yeaw Nature Preserve. All ages are welcome. For more information, call (916) 489-4918.

**January 27, Critter Close Up, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Where do our animals come from? Why are they here? Meet a couple of small animal residents at the Effie Yeaw Nature Center up close. Learn about each of their unique journeys and how they became an educational ambassador for the Nature Center. All ages are welcome. For more information, call (916) 489-4918.

## Special Events

**Almond Festival**  
Sunday, Feb. 24, 2013  
Enjoy a Culinary Tour of Capay Valley  
Food, Arts & Crafts, Music, Car Show  
and much, much more!  
[www.espartoregionalchamber.com](http://www.espartoregionalchamber.com)  
for locations and times

free tree pruning clinic is presented by the Sacramento Tree Foundation in partnership with SMUD. It will be held on the grounds of the Elk Grove Library. Register at [www.sactree.com/events](http://www.sactree.com/events).

**January 5, Tree Pruning Clinic, 2 to 3:30 p.m., 891 Watt Avenue, Sacramento.** The free tree pruning clinic is presented by the Sacramento Tree Foundation in partnership with SMUD. It will be held on the grounds of the Arden-Dimick Library. Register at [www.sactree.com/events](http://www.sactree.com/events).

**January 5, Food Preservation Demonstration, 10 a.m. to noon, 4145 Branch Center Road, Sacramento.** The public is invited to the Sacramento Cooperative Extension Office for a demonstration called, "The Pressure's On! basic introduction to safe pressure canning techniques. This is a free program. No registration required. For more information, call (916) 875-6913.

**January 5, Library Anniversary Celebration, 2 to 4 p.m., 4660 Via Ingoglia, Sacramento.** Have fun at the North Natomas branch as they celebrate their third anniversary. The carnival-themed party will feature free, family activities such as carnival games, prizes, face painting and balloon animals. For more information call (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

**January 11, Worm Workshop, 1 to 2:30 p.m., 9845 Folsom Boulevard, Sacramento.** Worm composting is easy, fun, and an activity for everyone. Worm castings are called "gold" for good reason. the workshop will cover the basics of worm composting, the bin, the worms, feeding worms, and harvesting worm castings. Bring the entire family to this workshop, presented by Sacramento County UC Cooperative Extension Master Gardeners. This is a free workshop, no advanced registration required. For more information, call (916) 875-6913.

**January 16, Food Preservation Demonstration, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento.** The public is invited to this demonstration, "Citrus, the Sunshine of Winter." There is a \$3

material fee, payable at the door. No advanced registration is required. For more information, call (916) 875-6913.

**January 19, Tree Pruning Clinic, 10:30 a.m. to noon, 411 Stafford Street, Folsom.** The free tree pruning clinic is presented by the Sacramento Tree Foundation in partnership with SMUD. It will be held on the grounds of the Folsom Public Library. Register at [www.sactree.com/events](http://www.sactree.com/events).

**January 19, Winter Maintenance Workshop, 9 a.m. to noon, 11549 Fair Oaks Boulevard, Fair Oaks.** Learn pruning techniques for blueberries, cane berries, fruit trees, grapes and ornamental grasses. View a tool display and learn tool maintenance tips. This workshop is sponsored by Fair Oaks Boulevard Nursery. It will be located outside, rain or shine. This is a free program, but donations are accepted. For more information contact the UC Cooperative Extension, (916) 875-6913.

**January 20, Depression Glass and Pottery Collecting program, 1 to 3 p.m., 828 I Street, Sacramento.** Don't throw out your grandmother's wine glasses—begin collecting today. Continue the tradition, or develop your own style in glassware, china or pottery at the Sacramento Public Library's Depression Glass and Pottery Collecting program at the Central Library. International Depression Glass Club members will share their expertise. Attendees are encouraged to bring their collectibles to the library event for identification. For more information, call (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

**January 26, Tree Pruning Clinic, 11 a.m. to 12:30 p.m., 5600 South Land Park Drive, Sacramento.** The free tree pruning clinic is presented by the Sacramento Tree Foundation in partnership with SMUD. It will be held on the grounds of the Belle Cooledge Library. Register at [www.sactree.com/events](http://www.sactree.com/events).

Ongoing, Music for Young Children Classes, Sacramento. Sacramento Piano Conservatory is offering summer group music camps

for kids. For more information about Sacramento Piano Conservatory call (916) 538-3357.

## Storytime & Puppet

**January 17, Puppet Show, 4 p.m., 2443 Marconi Avenue, Sacramento.** The Sacramento Public Library invites kids age 6 to 12 to a winter-themed puppet show at the Arcade Library. The show is about a little girl who makes a wish upon a star and then makes a magic snowman. The fun-filled program features music, poetry, magic, ventriloquism, and lots of laughs. For more information, call (916) 264-2920.

**Tuesdays, Baby Storytime, Noon, 8900 Elk Grove Boulevard, Elk Grove.** Looking for a fun, fabulous and educational program for you and your baby? Join the staff at the Elk Grove Library for an interactive experience focused on babies from birth to 18 months. This program encourages early literacy development through movement, songs and shared reading. For more information, call (916) 264-2920.

**Tuesdays, Preschool Story and Play, 10 a.m., 10055 Franklin High Road, Elk Grove.** Preschoolers, age 3 to 5, are invited to the Franklin Library for 30 minutes of interactive play with parent or caregiver followed by stories, songs, fingerplays and crafts. For more information, call (916) 264-2920.

**Wednesdays, Toddler Story and Play, 10 a.m., 10055 Franklin High Road, Elk Grove.** Toddlers, age 0 to 3 years, are invited to the Franklin Library for 30 minutes of interactive play with parent or caregiver followed by stories, songs, fingerplays and crafts. Available to the first 30 children. For more information, call (916) 264-2920.

**Thursdays, Preschool Storytime, 11 a.m., 8900 Elk Grove Boulevard, Elk Grove.** Children, ages 3 to 5, are invited to the Elk Grove Library to enjoy stories, music and more. For more information, call (916) 264-2920.

# A new way to understand your baby's crying



### A Message from First 5 Sacramento

The "Period of PURPLE Crying", more commonly known as "colic", is the new term used to describe the developmental stage of increased crying during the first few months of a baby's life. The phase typically begins at about 2-weeks-old and may continue until about 3 to 4 months of age.

When told their baby has colic, many parents feel confused and concerned because it sounds like an illness or something is wrong, when actually it is a normal developmental phase. Thus, the term "Period of PURPLE Crying" provides an easier way to help parents understand what their babies are experiencing. PURPLE is an acronym to describe the characteristics of the stage:

- Peak of crying – Your baby may cry more each week; the most at 2 months, then less at 3 to 5 months.
- Unexpected – Crying can come and go and you don't know why.
- Resists soothing – Your baby may not stop crying no matter what you try.
- Pain-like face – A crying baby may look like they are in pain, even when they are not.
- Long lasting – Crying can last as long as five hours each day, and on some days more.
- Evening – Your baby may cry more in the late afternoon or in the evening.

During this period of a baby's life, many parents or caregivers often feel frustrated and discouraged. In fact,

the Period of PURPLE Crying is the number one trigger for parents shaking and abusing their babies, likely to cause bodily injury and even death. To avoid such feelings, the best thing parents and caregivers can do is to ask a loved one to take care of the baby for a while. If someone is not available, place your baby in a safe place and take a minute or two to calm down in another room.

The Sacramento Crisis Nurseries also offer free parent respite care for just a day or up to 30 days. Being a parent is not easy, but just remember, you are not alone. Call the confidential parent hotline 24-hours a day at: 1-888-281-3000. Additional information is online at [www.purplecrying.info](http://www.purplecrying.info).

*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 \$14 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.

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Mass and Open House: Sunday, January 27<sup>th</sup>, 9:30 am - 12:00 pm  
3245 Arden Way, Sacramento, CA | 916-488-3907 | [www.StIgnatiusSacSchool.org](http://www.StIgnatiusSacSchool.org)

# Cat in the Hat Party Ideas

www.birthdaypartyideas4kids.com

**C**at in the Hat birthday party ideas will bring the fun of the Cat in the Hat Story books to your birthday party.

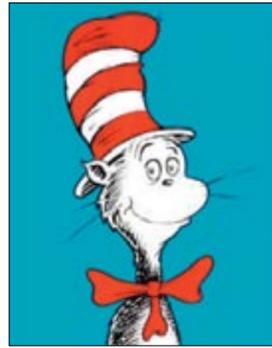
## Party Invitation Ideas

- Red and white striped note cards - write party information inside with a red marker and fill with red and white confetti.
- Fill out party information on solid red note card and then tie a white and blue ribbon around the card in a bow.
- Make bows out of red satin ribbon and glue to the front of white note cards.
- Glue red boa feathers on the side of white or blue note cards.
- Print out and color the Hat from the Cat in the Hat

books and glue onto note cards.

## Decoration Ideas

- Tie red and white helium balloons to the mailbox. Hang kites in the trees. Cut out paw prints from construction paper and tape them down on the driveway and walkways leading to the party (you can also draw them on with sidewalk chalk).
- Decorate the party table with a red or white tablecloth and black or light blue flatware, cups and plates. Use red and white striped straws in the drinks. For a centerpiece place some of the items that the Cat in the Hat balances in the book - teacup, rake, 3 books, fishbowl, cake, toy boat, red fan, umbrella and a ball.
- Make a quick and easy Cat in the Hat themed banner above door-



ways and along mantles and stairways by alternating red and white balloons. The balloons make it look festive and it is an easy and inexpensive way to make a white and red striped banner.

## Party Activities

- **Make Cat in the Hat Tall Hats** - Cut strips of white and red construction paper from 11"x 17" paper lengthwise. Staple or glue the strips together alternating white and red. Glue 8 to 10 together and then put ends together to form a tube and fit them on the party guests heads. Staple the sides together for a tall Cat in the Hat hat.
- **Fly a Kite** - Set up several kites before the party and give each party guest an opportunity to fly one of the kites.

## Cat in the Hat Party Games

- **Balance Relay** - Teams must run a relay race while balancing items on a tray. Before the party, gather two circular drink-

and items for the children to balance. Empty 1/2 gallon milk cartons, blocks, a cup filled with water, etc. are good things for them to try and balance. At the party set up a relay course with a cone or marker for them to run around before they can run back to their team. Divide guests into teams. Line up behind the starting point. Have them stack the items on their tray. On "go" the first person from each team must carry the tray (with one hand) to the cone and then back to the starting line. They then hand off the tray to the next child in line. If they drop the items from the tray or if the items topple they run back to start, stack the items again and start over. First team finished wins.

- **Fishbowl Toss** - Set up several fish bowls on the ground at different distances from the playing line. Give each bowl a point value. Have party guests stand behind the playing line and one by one give them 3 to 5 ping pong balls to throw into the fishbowls. Keep score and give prizes to the guest with the highest score.

- **Fishbowl Frenzy Game** - This is a fun relay type game. The object is to see which team can fill up their fishbowl the quickest. Before the party buy two fishbowls (or buckets) and write on them "Fishbowl 1" and "Fishbowl 2". In the backyard or park set up the fishbowls on a sturdy surface about 30 yards from where the teams will line up to begin the game. At the starting line fill up a large tub with water. Take 2 plastic drink-

ing cups and poke several holes in each one. Make sure that when they are filled with water the two cups leak at the same rate. During the party, line the two teams up at the starting line and tell them they will have to one at a time dip their cup into the water and then run to the fishbowl and empty it into the fishbowl. Tell them they are not allowed to plug up the holes on the bottom of the cup. The first team to fill their bowl to overflowing wins!

- **Cat in the Hat Hunt** - Set up a treasure hunt that will lead the party guests to find the items in the Cat in the Hat book such as a tea cup, ball, book, goldfish bowl, etc. Have the birthday cake be the last item they have to find.

- **Cat in the Hat Base Tag** - Make bases out of paper or different objects from the Cat in the Hat book such as a teacup, books, toy boat, red fan, umbrella or a ball, or simply use red cushions or circles of red and blue fabric. Players can use the bases to be "safe" for 10 seconds at a time.

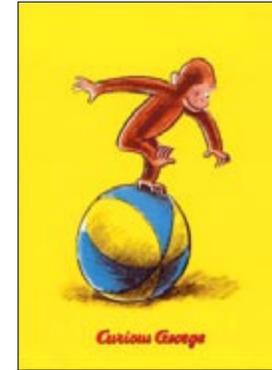
- **Freeze tag Game** - When a child gets tagged they must freeze in that position until they are unfrozen by another player. When "it" freezes everyone they get to pick the next "it".

**Party Food Ideas** - Cupcakes in red paper containers with light blue cotton candy on top, strawberries, blueberries and whipped crème, Goldfish crackers, cookies decorated with white and red icing, cupcakes decorated with red and white striped candles

# Curious George Party Ideas

www.birthdaypartyideas4kids.com

**I**deas for fun party games, activities, favors, food and goody bags that are taken from some of the most loved Curious George books.



## Invitation Ideas

- **Banana invitation** - Send party information written in permanent marker on a plastic banana.
- **Puzzle invitation** - (*Curious George Goes to the Hospital*) Buy blank pre-cut puzzles (at craft stores) and write party information on them. Make sure to leave one of the pieces blank. Send all of the pieces \*except the blank one\* out to guests for the invitation. Save the blank piece and use it as a thank you note. Wrap it up like the nurse did at the end of the story.

## Decoration Ideas

- Yellow with blue and red accents - yellow table cloth with red helium balloons or Jungle theme with raffia skirts on the tables and jungle vines.
- Place large yellow hats (straw sun hats will work) upside down on the party table and place containers of snack food inside.
- If using helium balloons tie them to bunches of bananas on the party table.
- Hang kites around the room (from the book *Curious George Flies a Kite*).
- Make a Happy Birthday banner using pictures of the letters from the book *Curious George Learns the Alphabet*. Print or draw the letters for the banner and color them. Glue or tape to heavy weight cardstock or paper plates in bright colors (alternate yellow, blue and red). Punch holes in the sides of each paper or plate close to the edge. Tie the letters together in order with curling ribbon and hang in party area.

## Activities

- **Bounce House** - Rent a jungle theme bounce house.
- **Piñata** - Choose a banana, monkey or jungle themed piñata.

- **Make paper boats** out of newspapers (from *Curious George Rides a Bike*) then decorate them and if you have a wading pool let the children float them in the water.

- **Letter Fun** - (from *Curious George Learns the Alphabet*) Print out copies of the first letter of the guests names using a very large font. Give the guests crayons and markers and ask them to make an animal out of the first letter of their name.
- **Create a puzzle station** where children can put together puzzles. (From *Curious George Goes to the Hospital*). Turn this into a relay race game by dividing children into two teams and one by one they have to try and put 1 piece of the puzzle together. Then they run back to their team and the next person goes.

- **Put on a puppet show** - (from *Curious George Goes to the Hospital*) Let the children make puppets from socks or paper bags. Pre-cut eyes, noses, ears and mouths out of paper (for paper bag puppets) or felt (for sock puppets). Then let the children sit behind a covered table and put on a puppet show for the adults.

- **Fly Kites** - If the weather permits and you have a large open space take party guests and let them fly a kite! (From *Curious George Flies a Kite*)

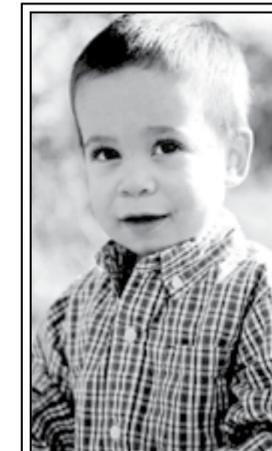
## Curious George Party Games

- **Bubble relay** - (from *Curious George Earns a Medal*) This is a fun relay race to play outside in the summer - caution ... kids can get wet! You need two large tubs filled with soap (add some dishwashing soap to make bubbles) and 2 smaller containers which are equal in size. The idea is to get water from the larger containers, run across an area (more than 20 feet) and dump it inside the smaller containers. The team which fills their own container first wins. There are several ways to do this - you can transfer the water using spoons, sponges or, our personal favorite, plastic cups that have holes punched in the bottom. Divide guests into two teams and have them line up behind one another. One at a time they take their "water

carrier" and get water from the big bucket - run across the play area and then put the water into the smaller container. Then they run back to hand off to the next player on their team. This continues until one team's container is filled up - or to a pre-determined mark.

- **Monkey Wrap** - (from *Curious George Takes a Job*) Curious George breaks his leg and has to get a cast in the book *Takes a Job*. For this game party guests will be

wrapping up each others legs using rolls of toilet paper for casts. Divide party guests into teams of 2. Give each team a roll of toilet paper (make sure they are small rolls - not the double ones!) and tell them that they need to fix their partners "broken leg". They will roll the toilet paper around their partners leg to resemble a cast. First team done with using all the toilet paper on their roll first wins. Play again switching places so everyone gets a turn.



Happy Birthday,  
Nathaniel!  
3 years January 1



Sophie Maya  
Sophie turned 1 on Dec. 23. Over her first year of life, she has experienced many new and exciting things. From trying tasty new foods (the most exotic being butternut squash risotto) to saying her first words (in order: hungry, mama, dada, that, raggedy, Lucky, doggie, baby, thank you, all done), Sophie has grown into a beautiful little girl, whom we love with all our hearts.

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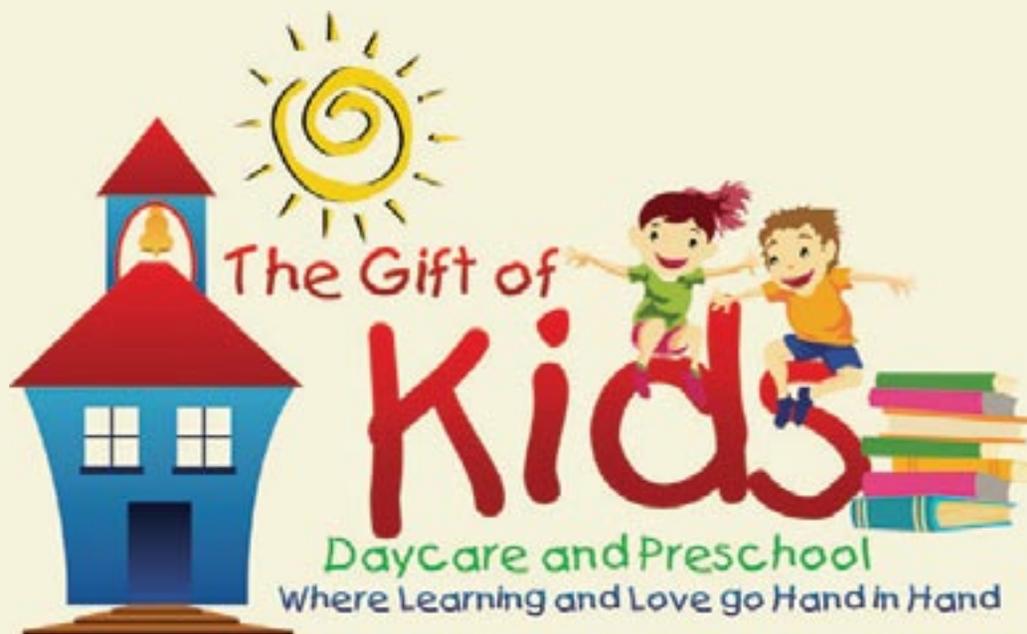
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