

March 2014

California Kids!

Free!

Valley Community Newspapers, Inc. • 2709 Riverside Boulevard, Sacramento, CA 95818 • www.valcomnews.com
Publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News, and The Valley Shopper.

Summer Guide inside
pages 18-25



2320 El Camino Avenue, Sacramento, CA 95821 | (916) 489-1506 | www.stphilomene.org



St. Philomene

Celebrating 60+ Years of Quality Education

Preparing students with 21st century skills along with Gospel values and the teachings of Jesus Christ.

**Accepting
Registration
for the
2014-15
School Year**



Learners Today, Leaders Tomorrow

Table of contents

A Note from the Nurse

by Connie Goldsmith RN, BSN, MPApage 6

Wordsearch: Happy St. Patrick's Day!...page 7

Make it Yourself!page 8

Who Wrote That? Jim Averbeck

by Patricia Newman page 12

The Book Report: Bedtime Stories

by Connie Goldsmith page 14

Summer Guidepage 18-25

Calendar of Events page 23

Parties! Parties!..... page 26-27



Special Family Style Meals

Come and enjoy a family style meal for four which includes salad, pasta, entrée of tri tip or roast chicken with baked potatoes and ice cream.

Make your reservations today!

Hours

Monday thru Thursday 11:00 am to 9:30 pm

Friday 11:00 am to 10:00 pm

Saturday (Dinner only) 4:00 pm to 10:00 pm

840 Harbor Boulevard, West Sacramento, CA 95691

(916) 371-6395 | www.vinceswestsac.com

www.valcomnews.com

RECYCLE

PLEASE RECYCLE THIS PAPER ♻️



California Kids!

www.valcomnews.com

Publisher: George Macko

General Manager: Kathleen Egan

Contributing Writers:

Connie Goldsmith, Patricia Newman

Art Director: John Ochoa • **Graphic Artist:** Ryan Wunn

Sales Manager: Patty Colmer

Advertising: Jen Henry • 916-429-9901

Distribution/Subscriptions: George Macko

Cover Photo: Wendy Chang

California Kids! is published monthly and distributed to more than 1,000 locations in the Sacramento Valley, including all of Sacramento County, and portions of Yolo (Davis and Woodland), Placer (Rocklin and Roseville), El Dorado (Cameron Park, El Dorado Hills, Placerville) counties.

Subscriptions are available for \$30/year. Mail prepaid check or money order to California Kids!, 2709 Riverside Boulevard, Sacramento, CA 95818. Make sure to specify the person and address to which you wish issues to be mailed.

Deadlines for advertising and calendar listings are the 25th of the month prior to publication. Calendar listings should be mailed to 2709 Riverside Boulevard, Sacramento, CA 95818, faxed to (916) 429-9906, or e-mailed to kathleen@valcomnews.com.

Copyright 2014 by Valley Community Newspapers Inc., 2709 Riverside Boulevard, Sacramento, CA 95818. Phone: (916) 429-9901. Fax: (916) 429-9906. E-mail: kathleen@valcomnews.com. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

sacramentoZOO

SPRING EVENTS

MARCH 1 TIGER BIRTHDAY CELEBRATION

Celebrate CJ's 1st birthday & learn about tiger conservation.

APRIL 5 EARTH FEST: Party for the Planet!

Discover conservation through crafts, games & activities.

Score bargains at the Recycle Rummage Sale.

MAY 3 WHERE THE WILD KIDS ARE

Celebrate culture through art, music & dance.

Plan your visit:

saczoo.org
916.808.5888





We want to see you at the **Micke Grove ZOO**



Join us for *Zoo After Dark*

Experience *Zoofari Camp*

Celebrate *Your Birthday*



Learn more at www.mgzoo.com

ZOORIFIC OFFERS

\$15 OFF **BIRTHDAY PARTIES**
 USE COUPON CODE ZOObDAY14
 Valid for reservations 3/1/14 through 12/28/14. Book parties online at mgzoo.com. Offer expires 6/30/14.

FREE GIFT
 Available at zoo gift shop while supplies last. One gift per coupon. Customer must surrender an original coupon to receive gift. Visit mgzoo.com or call (209) 331-2010 for gift shop hours.



www.mgzoo.com



11793 N. Micke Grove Road, Lodi, CA 95240 | (209) 331-2010 | mgzs@mgzoo.com





2014 Children's Summer Art Classes

FOR ALL LOCAL YOUNG ARTISTS! JUNE 16TH THROUGH AUGUST 1ST, 2014

Learn basic techniques in Fine Arts & Sculpting: Drawing, painting, collage, pastels, printmaking and sculpting.

Grades 1–6 Fine Arts Classes: Weekdays 9:30–11:30am
Two groups: Grades 1–3 & 4–6
Tuition: \$65.00 per week

A different class each week - no repeats!

Group "A"

Grades 1–3

Week 1 June 16–20

Week 2 June 23–27

CLOSED WEEK OF JULY 4TH

Week 3 July 7–11

Week 4 July 14–18

Week 5 July 21–25

Week 6 July 28–Aug 1

Group "B"

Grades 4–6

Week 1 June 16–20

Week 2 June 23–27

CLOSED WEEK OF JULY 4TH

Week 3 July 7–11

Week 4 July 14–18

Week 5 July 21–25

Week 6 July 28–Aug 1

Mid-morning juice & snack break



Limited space - Register early! By mail or at the Sacramento Fine Arts Center. Registration includes all art supplies and snacks.

Come Visit our Center: We have ongoing gallery exhibits free to the public; art classes, workshops, art clubs to join that offer free day and evening demonstrations. We have many brochures and information you can pick up at the center!

If interested:

Call the SACRAMENTO FINE ARTS CENTER

916-971-3713

5330-B Gibbons Drive - Carmichael, CA 95608

www.sacfinearts.org

Summer School & Summer Fun!



**Enriching Summer Activities for Students
5th Grade Through High School**

**High School Courses • High School Review Courses
Middle School Advantage • Science Adventure Camps
Video Production Camp • Sports Camps
Theatre Camp • Arts Camps**

For more information, visit us online at

www.cbhs-sacramento.org

4315 Martin Luther King, Jr. Blvd. Sacramento, CA 95820



Plastic, Ahoy!

Investigating the Great Pacific Garbage Patch

by Patricia Newman
 Photographs by Annie Crawley
 Millbrook Press, Spring 2014
 Junior Library Guild Selection

Plastic: it's used to make everything from drink bottles and bags to toys and toothbrushes. But what happens when it ends up where it doesn't belong—like in the Pacific Ocean? How does it affect ocean life? Is it dangerous? And exactly how much is out there?

Meet a team of researchers who sailed one thousand miles into open ocean. They explored the Great Pacific Garbage Patch, where millions of pieces of plastic have collected from rivers, beaches, and ocean traffic all over the world.

For nearly three weeks at sea, trash detectives gathered bits of plastic and ocean organisms. Their samples helped them learn more about the effects of plastic in the ocean. Using the scientific method the researchers observed, developed hypotheses, and created experiments. Follow along on the expedition to find out how they studied the Garbage Patch—and what alarming discoveries they made.

Teachers & Librarians: A CCSS- and NextGen-aligned teacher guide is available for your use either independently or in conjunction with Patricia's visit to your school. Plastic, Ahoy! curriculum themes include the scientific method, Earth Day (April 22), World Ocean Day (June 8), ocean/marine life, and current events.

Consider an Authors for Earth Day visit in conjunc-

tion with Plastic, Ahoy! Students research a list of five conservations nominees selected by Patricia Newman and then vote for their favorite. Newman writes a check to the winning organization. The mission? To empower young readers to shape the world around them!

Buy it at your local independent retailer, Barnes and Noble, or Amazon.

Fairytale Town events

Spring, Summer and Fall Hours Start
 Saturday, March 1 - Friday, October 31
 9 a.m. - 4 p.m.

Beginning March 1, Fairytale Town will be open daily from 9 a.m. to 4 p.m. for the spring, summer and fall seasons, weather permitting. Weekday admission is \$4.50 for adults and children ages 2 and older. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit www.fairytaletown.org or call (916) 808-7462.

Dr. Seuss' Birthday Celebration
 Sunday, March 2

11 a.m. - 3 p.m. "You're off to great places! Today is your day! Your mountain is waiting, so... get on your way!" Celebrate Theodor Seuss Geisel's birthday at Fairytale Town with popular Seuss-themed hands-on activities and crafts. Stop by the Mother Goose Stage for a unique nonstop read-aloud of your favorite tongue-twisting, rhyming Seuss books. "From there to here, from here to there, funny things are everywhere." This program is free with paid park admission. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit www.fairytaletown.org or call (916) 808-7462.

About Fairytale Town

Fairytale Town is a 501(c)(3) nonprofit children's park and educational center in Land Park whose mission is to promote the imagination, creativity and education of children. 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., weather permitting. 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 www.fairytaletown.org or call (916) 808-7462.

Join us for
 Spring Break Camps!

INTERNATIONAL
 GYMNASTICS
 CENTRE, USA

The Art of Gymnastics

International Gymnastics Centre offers a number of exciting full and half-day camps all year for children ages 5 through 12

Mon-Fri, April 14-18: Spring Break Camp
Mon-Fri, April 21-25: Spring Break Camp

And register early for our Summer Camps.



Your children will gain focus, balance, strength and flexibility. Most importantly they will have fun! Early care (7:30 am-9:00 am) complimentary with enrollment. Feel free to drop your child off on the way to work to be taken care of until instruction begins.

CALL 916-372-4496
 to reserve your space!

916-372-4496 • 1260 Triangle Ct. • www.SacramentoGymnasticsCentre.com

Eating organic: worth the extra money?

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

Most parents want to do what's best for their children. A controversial question parents often debate is whether or not they should be feeding their children organic foods. People cite health concerns, environmental concerns and financial concerns when they talk about organic foods. The market for organic foods and beverages is nearing \$30 billion annually and continues to grow. Organic foods may cost 50% to 100% more than conventionally grown products, a significant factor in today's economy.

What exactly does organic mean? The U.S. Department

of Agriculture regulates terms on organic food labels: "100% organic" means the food has no synthetic ingredients and can use the organic seal; "organic" means the food has a minimum of 95% organic ingredients and can also use the organic seal; and "made with organic ingredients" means the food contains at least 70% organic ingredients, but those foods cannot use the organic seal. Meat, eggs, poultry, and dairy labeled "organic" must come from animals that have never received antibiotics or growth hormones.

Better or not?

The American Academy of Pediatrics (AAP) recently weighed in for the first time

on organic food for children. The AAP noted that organic diets have clearly demonstrated they expose consumers to lower levels of pesticides than conventionally grown foods. This may be significant to children, who are more vulnerable to pesticides than adults. And organically raised animals are also less likely to be contaminated with antibiotic-resistant bacteria because the rules of organic farming prohibit the use of antibiotics in healthy animals. That's an important point to consider with horror stories of raging infections caused by antibiotic-resistant bacteria in the news.

And yet, according to the AAP report, there is currently no direct evidence that consuming an organic diet leads to improved health or a lower risk of disease. There have been no large studies in humans that specifically address this issue. Joel Forman, M.D., one of the study's authors, says, "We simply do not have the scientific evidence to know whether the difference in pesticide levels [between an organic and non-organic

diet] will impact a person's health over a lifetime. We do know that young children whose brains are developing are uniquely vulnerable to chemical exposures."

How about nutrition? Surely organic foods must be healthier for us? The AAP found that nutritional differences between organic and conventional produce are minimal and not clinically relevant. Organic and conventionally grown foods have the same vitamins, minerals, proteins, antioxidants, lipids and other nutrients needed for a child's health. The same is true for organic and conventional milk. Nor does conventional milk contain more bacterial contamination than organic milk. However, pediatricians stress that all milk should be pasteurized to reduce the risk of bacterial infections, such as salmonella and listeria.

When to choose organic

If cost is a factor, families can be selective in choosing organic foods. According to information on WebMD, there are times when it's worth paying extra for certain organic foods, and times when it's just fine to stick with conventionally grown foods. For examples, peaches with their thin skins, are especially susceptible to pesticide contamination. Pesticides tend to accumulate on the skins of fruits and vegetables, so we are likely to get more pesticides when we eat produce with its skin intact. Buy organic apples when possible. Other organic foods to buy include bell peppers, celery, nectarines, strawberries, cherries, pears, grapes, spinach, lettuce, potatoes, carrots, beef (because of added hormones and antibiotic use), peanut butter and baby food.

Foods with thick skins – which we do not typically eat – are safe to buy when conventionally grown. These include papayas, mangoes, kiwi, pineapple, avocados, bananas, melons and

onions. Other conventionally grown foods safe to eat include broccoli, cabbage, peas, corn and asparagus.

The bottom line

The AAP says the most important thing is for children to eat lean meats, low-fat or non-fat dairy products, whole grains, and a wide variety of fruits and vegetables. It's far better for a child to eat five servings of conventionally-grown fruits and vegetables daily than it is to eat one serving of organic produce. The proven health benefits of a diet high in fruits and vegetables far outweigh any potential risks from pesticide exposure for most people.

Janet Silverstein, MD, another of the AAP study's authors says, "Many families have a limited food budget, and we do not want families to choose to consume smaller amounts of more expensive organic foods, and thus reduce their overall intake of healthy foods."

Resources:

American Academy of Pediatrics at:

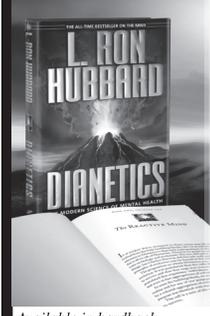
<http://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Weighs-In-For-First-Time-On-Organic-Foods-For-Children.aspx>

Organic Trade Association at:
www.ota.com

WebMD at:
<http://www.webmd.com/parenting/news/20121023/organic-food-kids>

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 also worked as a pediatric triage nurse on a 24/7 nurse advice line for several years. She maintains a health blog on her website at www.conniegoldsmith.com.



Blow away the barriers to happiness with this EXPLOSIVE bestseller!

Buy and read
DIANETICS THE MODERN SCIENCE OF MENTAL HEALTH
DIANETICS enables you to discover and eradicate the causes of unhappiness, self-doubt and negative feelings.

Pick up your copy today at
CHURCH OF SCIENTOLOGY
1007 6TH STREET, SACRAMENTO, CA 95814
(916) 319-5440

Available in hardback, softback and audiobook format

© 2013 All Rights Reserved

AUDITIONS AUDITIONS

Sacramento Youth Symphony

Michael Neumann, Artistic Director

Open Auditions to be held May 24th, 25th, 31st and June 1st, 2014

Engaging. Challenging. Inspiring.

Audition Applications will be accepted on-line beginning February 10, 2014

Contact the SYS Business Office at 916.731.5777 for details.



Join Sacramento's premier youth organization. Expand your musical skills in our symphonic band or one of our five orchestras. Accepting applications for musicians (ages 6-21). Check out our webpage for more information and requirements.

www.sacramentoyouthsymphony.org

Effie Yeaw Nature Center events

Bird and Breakfast!, Saturday, March 22, 8 a.m., 90 min. (approx) walk & breakfast buffet

Join the Sacramento Audubon Society and the American River Natural History Association for a weekend of birding. Ages 12—adult. General admission: \$40/person/Audubon members: \$35/person

Family-Friendly Event, Sunday, March 23, at 8 a.m. 90 min. walk and pancake breakfast by the Carmichael Kiwanis Club

General admission: \$40/person aged 12 - adult; \$10/person aged 6 - 11

ARNHA/Audubon members: \$35/per person aged 12 - adult; \$8/person aged 6 - 11

Reservations required: Register at www.sacnaturecenter.net or call (916) 489-4918

Free Weekend Activities

March 2, Sunday, Get Growing, 1:30 p.m.

Take a walk to look for seedlings on the trail, then sow your own seed to take home.

March 8, Saturday, Precious Plants, 10:30 a.m.

Take a walk and discover how native plants are used for food, shelter, and games.

March 9, Sunday, Fly By Butterfly, 1:30 p.m.

Explore the lifecycle of the butterfly and discover their world as you hike through the preserve. Keep your eye out for one of our common butterflies, the beautiful Pipevine Swallowtail.

March 15, Saturday, Birding for Families, 10:30 a.m.

Bring the family out for a birding and nature walk led by a Naturalist and our special guest guides from the Sacramento Audubon Society. Birdwatchers of all levels welcomed. Make sure to bring your binoculars, or you can borrow a pair.

March 16, Sunday, Seeing Green, 1:30 p.m.

Join a naturalist for some "catch and release" activities in the Nature Centers pond. Explore what critters are living there and see how being green makes life a little easier in the pond.

March 23, Sunday, Sensational Spring, 1:30 p.m.

Explore your senses as you absorb the sights, sounds, and smells of Spring on this Naturalist led hike.

March 29, Saturday, Hawk Talk, 10:30 a.m.

Do you wonder which hawks you are seeing in your neighborhood this season? Come learn some tricks of the trade about how to identify the most common hawks in our area, learn more about these specific raptors, and get close up with one of our resident hawks.

March 30, Sunday, Turtle Talk, 1:30 p.m.

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.

Effie Yeaw Nature Center is located at California Avenue and Tarshes Drive, Carmichael. For more information, call (916) 489-4918 or visit www.sacnaturecenter.net. Donations gratefully accepted. There is a \$5 per car County entrance fee into Ancil Hoffman Park (free for members).

Send us your Photos!

California Kids! is looking for themed photos to use for our monthly publication.

This is your BIG chance to land a cover shot!

For more info please contact kathleen@valcomnews.com

Happy St. Patrick's Day!

St. Patrick's Day is coming March 17, a day which celebrates the Irish culture all over the world. During St. Patrick's Day, you are likely to see many people wearing the color green. Have fun trying your luck finding the hidden words relating to St. Patrick's Day. Look carefully, words can appear vertically, horizontally, diagonally, backward and upside-down. Don't be fooled by the blarney!

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

Blarney

Dance

Dublin

Four leaf clover

Fun

Gold coins

Good Luck

Green

Hat

Ireland

Leprechaun

Limerick

Magical

March

Parade

Pot of gold

Rainbow

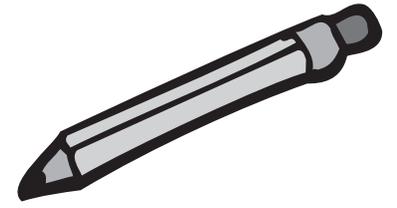
Saint

Shamrock

St. Patrick

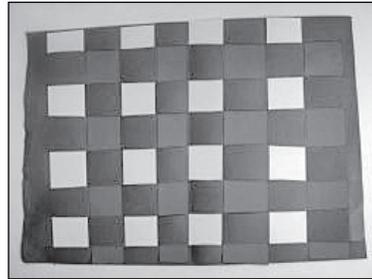


MAKE IT YOURSELF!



St. Patrick's Day Placemat

Get the kids to decorate the table for St. Patrick's Day with this pretty St. Patrick's Day placemat in Irish colors. This paper weaving is fun to do and very effective.



You will need:

Sheet of green card, orange and white paper

You will need to:

Fold the card in half lengthways. Cut long lines in the card about 1-inch apart and about 1-inch from the edge of the card. Cut the paper into strips about 1-inch wide. Take a strip of paper and pass it under the card and then up through the first slit, down through the second and back up through the third and so on until you reach the other side of the card. Push it up so it sits as close to the top of the red card as it can reach. Repeat with a different colored strip of paper, starting the other way, down through the first slit and up through the second and so on. Repeat until the card is full. Laminating will protect your mat.

Rainbow Castanets Craft

The children will enjoy making these rainbow castanets for St. Patrick's Day - remember there's a pot of gold at the end of every rainbow!



You will need:

Paper plate, paints, lids from plastic milk/juice bottles, strong glue

You will need to:

- Paint circles around the back of the paper plate working inwards from red to orange to yellow to green to blue to purple. Leave to dry.
- Fold the plate in half (with the paint to the outside) and with strong glue stick milk bottle lids along the inside edge of the plate, making sure to leave a gap a couple of inches either side of the fold line.
- When the glue is dry, play your castanets by holding between your thumb and fingers and clicking together.

St. Patrick's Day Wreath

Here is a pretty craft idea for a St. Patrick's Day wreath that your children will enjoy making.



You will need:

Paint in all the colors of the rainbow, large sheet of card, green paper, glue

You will need to:

Paint a large red circle on the card. Just inside this paint an orange circle, then a yellow circle, and so on until you reach violet. When the paint is dry, cut around the outside of the red circle and remove the middle of the violet circle to make a doughnut shape. Cut out lots of shamrocks from the green paper, then glue them around your circle and then hang your wreath.

Pot of gold craft

This Pot of Gold craft makes a perfect decoration for St. Patrick's day, especially if you fill it to overflowing with chocolate coins!



You will need:

2 balloons, old newspaper, glue, black paint, brown paint, black chenille stem (pipe cleaner)

You will need to:

Blow a balloon up about half way so it forms a small ball. Rip the newspaper into small pieces, dip these in the glue and stick to the balloon. When the balloon is covered let dry and then add another layer of paper and glue (paper mache).

When the paper is dry, burst the balloon and throw it away. Trim the hole in the pot to a neat circle. Blow the second balloon up to about the same size, and sit it on top of the pot. Rip strips of paper and dip them in glue. Use the strips to join the balloon to the pot. Make the strips come about halfway up the balloon and ensure the join is well covered. When it is dry, pop the balloon. Trim the paper so it forms a lip around the top of the pot.

Paint with black paint. When this is dry sponge a coat of brown paint onto the outside. Make two small holes in the top and thread an end of a chenille stem through to form the handle, twisting to secure.

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

Nurturing the “Grand” in Grandchildren

How grandparents can help young children reach their full potential



A message brought to you by First 5 Sacramento

A grandparent’s love and support has a positive impact on children, particularly in the early years of a child’s life. First 5 Sacramento recognizes the important role grandparents play in the lives of young children. Below are helpful tips on how grandparents can support their grandchildren in their early years.

Pass on Traditions

- Sharing stories helps develop a child’s mental, verbal and communication skills.
- Share family stories with grandchildren.
- Provide kids with wisdom and guidance – grand-ma and grandpa can be great role models.
- Describe the “good old days” in ways that help kids understand their own life and the world around them.

Move and Groove

- Healthy eating and exercise are important. A grandparent can help a child develop a healthy lifestyle even at a very young age.
- Keep physically fit together – indoors and outdoors – by stretching, playing hide-and-go-seek, dancing or walking around the neighborhood.

- Limit a child’s time watching television, on the computer or playing videogames so they can have a more active lifestyle.
- Pass the peas – or oranges, apples and broccoli. Help your grandchildren develop healthy eating habits by encouraging them to eat at least five servings of fruits and vegetables every day.

create Teachable Moments

- Reading to children and playing creative games at an early age helps prepare them for success in school.
- Play games like “peek-a-boo” when they are babies and word games when they are in preschool. Games help kids learn colors, shapes, numbers and letters in a fun way.
- Read rhymes and stories or sing songs together. Choose books that encourage kids to touch and point to pictures.
- Show kids how to play well with others. Teach cooperation and sharing by taking turns and working together to finish a project, put away toys or solve a puzzle.

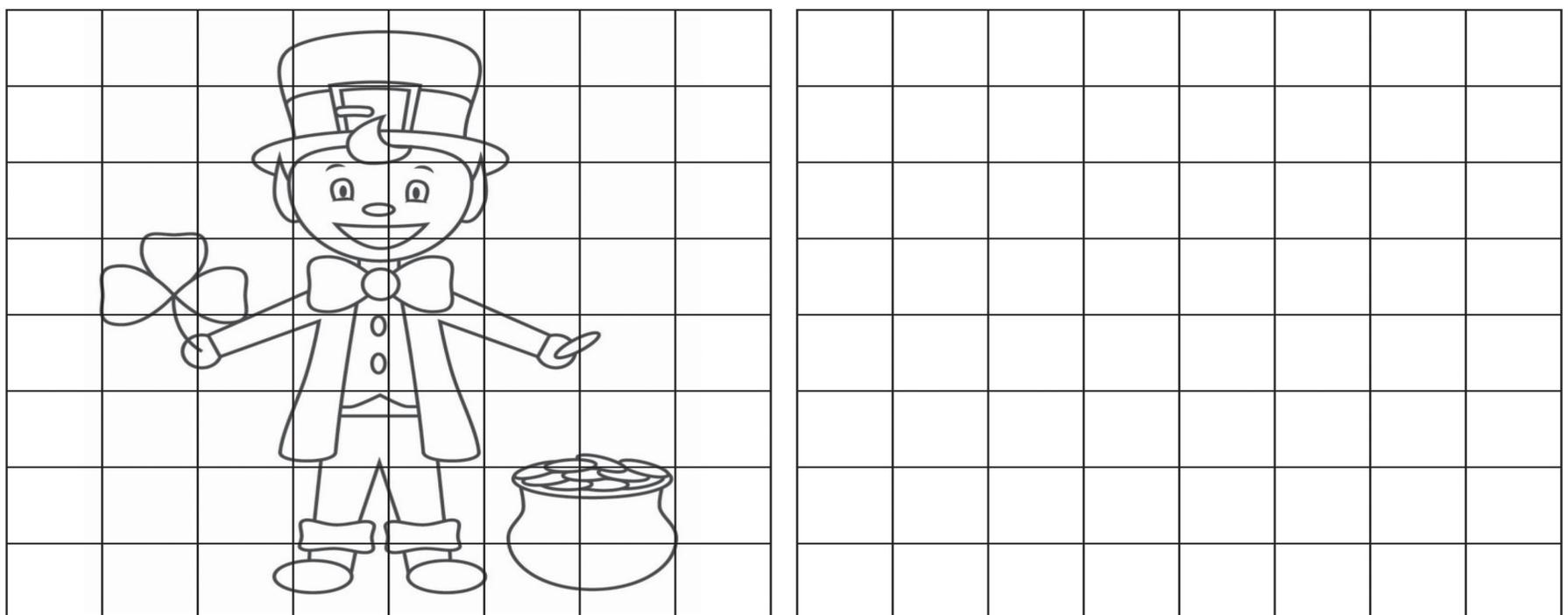
First 5 Sacramento encourages all grandparents and other caregivers to learn about local resources that can help young children. For more information, please call (916) 876-5865 or visit www.first5sacramento.net.



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.

Copy the Leprechaun



Copy the picture using the grid lines as a guide. You might find it easier to copy one square at a time. Count the squares carefully!



Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy

HAVE FUN COLORING!





Prestige™

PRESCHOOL ACADEMY

Exceptional care in an academic-rich environment

- Preschool & Pre-K
- Infant & Toddler
- Before and After School care
- Transportation to & from school
- Enrichment programs all ages
- Common core curriculum
- Certified teaching staff
- Security cameras throughout



www.prestigepreschoolacademy.com



SAVE \$400*

Roseville
855.520.5437
1800 Eureka Rd.
Open Soon!!!

Elk Grove
916.684.4222
8160 Sheldon Rd.
Lic. #343615846, 847, 848

Natomas
916.285.7700
3100 Macon Dr.
Lic. #343616168, 169, 170

*\$50 off for 8 consecutive weeks. Before and after school care offer is \$200 off at \$25 per week for 8 consecutive weeks. New enrollees only. Valid only at participating locations. Not valid with any other offer or discount. Must enroll for a minimum of three half-days per week. Subject to availability. Offer expires March 31st, 2014. Code 0314-400

Storytime Theatre of Sacramento City College Proudly Presents

GOLDILOCKS

Adapted by Doug Lawson & Matt K. Miller, Directed by Matt K. Miller

**Opens March 8th and plays Saturdays and Sundays
at 12 noon through April 6th**

\$5 Admission for all ages. Children 2 and under FREE!
-20% OFF group rate for parties of 20 or more!
-Half-price opening day special! March 8th only!

PLEASE NOTE OUR LOCATION!

All performances in the **Little Theatre** in the Performing Arts Center (PAC)
on Sacramento City College Campus!

Sunday, March 22nd
Will Be Interpreted In American Sign Language

3835 Freeport Blvd.
Sacramento, CA 95822

For tickets & information visit
www.citytheatre.net
or call
(916) 558-2174



Who wrote that?

The Creators of Your Child's Favorite Books

Featuring Jim Averbeck

By Patricia Newman

When Jim Averbeck was a child in Ohio he watched a television show called *Larry Smith and His Puppets*, which included songs, cartoons, and art from young viewers. "Every day I would draw a picture [to send to the show]," Averbeck says. One time he created a shoe box diorama puppet stage. "I drew a picture of each of [Smith's] puppets. I stood them up and glued them inside this shoe box." One day a post card arrived to say that his puppet stage would be featured on an upcoming show. "I treasured that thing," he says. "The corners got turned up on that post card. I had it for years and years and years."

In spite of his creative streak, Averbeck received no formal art training. He remembers a "really cool" art teacher in high school, but there was no time for art in the life of a college chemistry/engineering major, and art was not considered a career option in his family.

During a stint in the Peace Corps in Cameroon, Averbeck reacquainted himself with creative pursuits. He remembers lying in bed, "trancing out" to drums in the distance. A fully formed story came to him about characters who interact with color to create a new world. A fellow Peace Corps volunteer and published author



recognized a kindred spirit and gave Averbeck writing exercises to develop his craft. A couple of editors expressed interest in his story, but it remains unpublished. Always optimistic, Averbeck says, "I have hopes for it."

Back on U.S. soil Averbeck shifted gears. He moved to San Francisco and enrolled in extension classes at the University of California, Berkeley—one writing class, and two illustration classes. "I really want to create something that outlives me," he says.

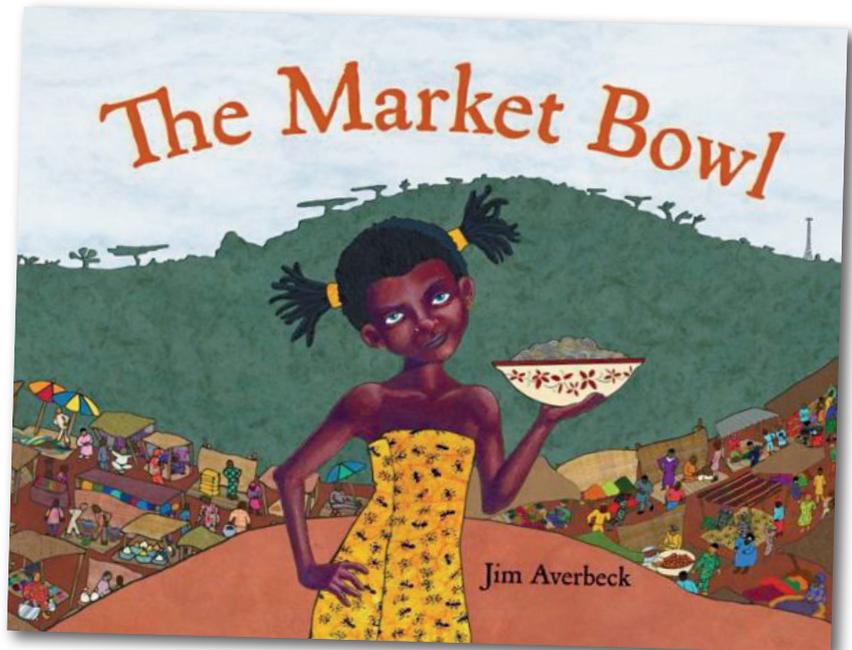
His first published book, *In a Blue Room*, received The Charlotte Zolotow Award for the best picture book text. "I wanted to do a concept book that would have a narrative as well," Averbeck says. "I knew I wanted to do a book on colors and the senses, and I would combine it with a bedtime book." He remembered that blue was supposed to be a soothing color, so his text began, *In a blue room*. "When I think about expanding an idea, I

always try to think about what's the opposite, so I said what if I have a kid who's really hyper." Interestingly, Averbeck's illustrations were not chosen to accompany his text. His style tends to be more graphic with hard edges, and the editor wanted a softer style.

Oh No, Little Dragon! developed on Averbeck's trip to China to see a solar eclipse. His guide unwittingly started the creative machine rolling when he translated his name, Xiao Long, as Little Dragon. Averbeck thought, "Oh, little dragon, that's a character for a book." He bought a notebook to list ideas for a story about a fire-breathing dragon, but when he arrived home and did some research he realized that Chinese dragons don't breathe fire, so his story veered toward Scandinavia.

Cut paper combined with digital wizardry best describes Averbeck's artistic style. He used a crayon line of varying weight to create volume for his flat paper images in *Oh No, Little Dragon!* and *Except If*. Rather than become a slave to his X-ACTO knife to cut paper shapes, he has developed a multi-step, multi-layered digital process. For instance, in *The Market Bowl* he painted body parts onto paper (heads, arms, legs) and scanned them into his computer. Then he scanned papers of various colors and textures and overlaid outlines of clothes and backgrounds. Using a Hollywood-like green screen effect, he deleted everything he didn't want and added the pre-painted body parts.

Averbeck's upcoming middle-grade novel, *A Hitch at the Fairmont*, started at a writers' conference. "[Newbery Medalist] Richard Peck said, 'We don't write what we know, we write what we can research.' And I thought oh God, research. It sounded dreadful, but then I realized that there are topics that I love that I research all the time in an informal way. One of them was San Francisco history." So he considered



writing a book set in San Francisco. "Then I stumbled across another book that talked about [Alfred] Hitchcock," Averbeck says. "San Francisco history and Hitchcock sort of intersect. And I thought there are two things I really like. I could get into researching these."

In an interesting twist on the usual authors' critique group, Averbeck and his colleagues challenge each other with a specific writing assignment. "Once a year we put aside everything and we have a theme. From that theme we create a new story. We have a very short time to do it—just a couple of weeks." A baby book was one of the themes, but Averbeck didn't want to write

about a baby so he shifted into brainstorming mode. "An egg is like a baby, but it's not," he says. And *Except If* was born.

Once as a child, Averbeck ran into a vacant lot overgrown with boy-sized weeds topped with black and blue flowers. As he barreled forward the flowers took wing and he was surrounded by a cloud of butterflies. "I went back [to the lot over and over]," he says, "but it never happened again." Averbeck writes for his inner child. Perhaps that is why he makes books for children—to give them the same sense of wonder and joy he experienced in the vacant lot.

Next month: Melissa Stewart

Patricia Newman visits schools! Her newest book *Plastic, Ahoy! Investigating the Great Pacific Garbage Patch* a Junior Library Guild Selection, is now available. Other titles include *Surviving Animal Attacks*; *Navy SEALs: Elite Operations*; *Army Special Forces: Elite Operations*; *Nugget on the Flight Deck*, recipient of the California Reading Association's Eureka! Silver Honor Award for excellence in children's nonfiction; and *Jingle the Brass*, Junior Library Guild Selection and recommended by the Smithsonian National American History Museum. Visit her website at www.patriciannewman.com for more information.

LEARN MORE ABOUT JIM AVERBECK

Visit: <http://www.jimaverbeck.com/>

SELECTIONS FROM JIM AVERBECK'S LIBRARY

The Market Bowl, Charlesbridge, 2013.

Oh no, Little Dragon!, Atheneum, 2012.

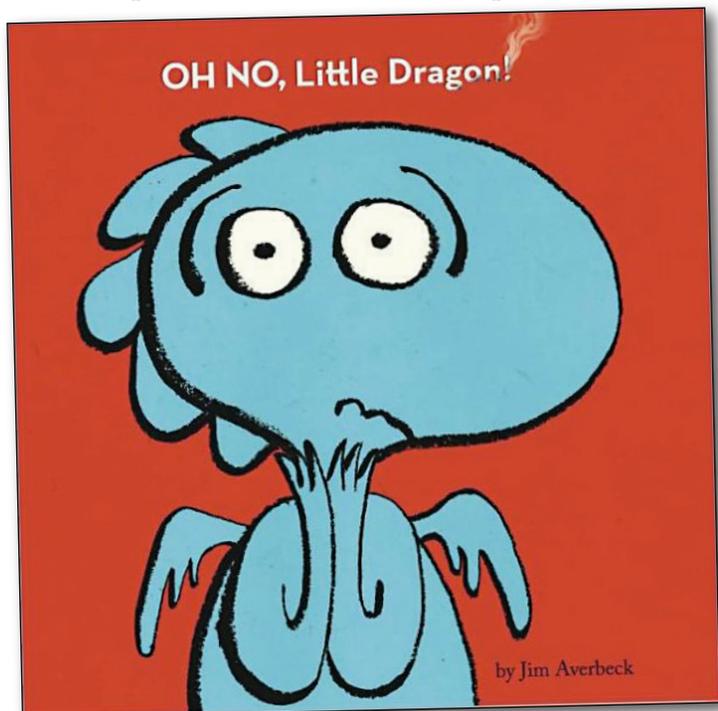
Except If, Atheneum, 2011.

In a Blue Room, Harcourt, 2008.

UPCOMING

A Hitch at the Fairmont, Atheneum, June 2014.

One Word From Sophie (tentative title), Atheneum, 2015.





For Over 50 Years We've Been Giving Young People the Tools They Need to Meet Life's Challenges. Make Victory Christian School Your HOME.



High School AP courses

Outstanding academics with a Biblical worldview

Music, Band, Drama, Foreign Language

Extracurricular Sports

Over 50 Years of Proven Educational Excellence from Elementary to Our Fully WASC and ACSI Accredited High School



Contact us today by calling:

Elementary (K-6) at 916-488-6740

Junior & Senior High School (7-12) at 916-488-5601

Or visit us on the web at www.victorycs.org

Sacramento
1910 J Street
(916) 443-2862

Rancho Cordova
12401 Folsom Blvd.
(916) 985-0822

Elk Grove
7727 Laguna Blvd.
(916) 478-2400

Roseville
731 Sunrise Ave.
(916) 773-3950



WALLY THE TROLLEY



Present this for
a **FREE** kid's meal!*

Valid until 3/31/14. *For kids 12 and under.
One Kid's meal per adult entrée purchased.

Visit us at www.OSF.com

Bedtime Stories

By **Connie Goldsmith**

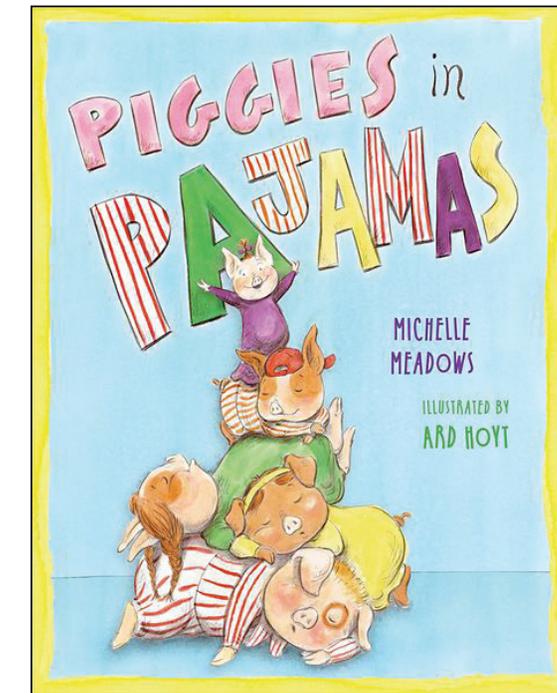
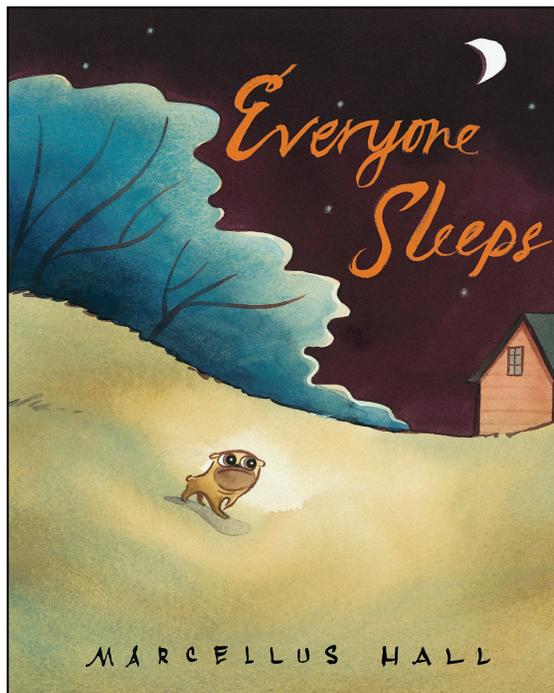
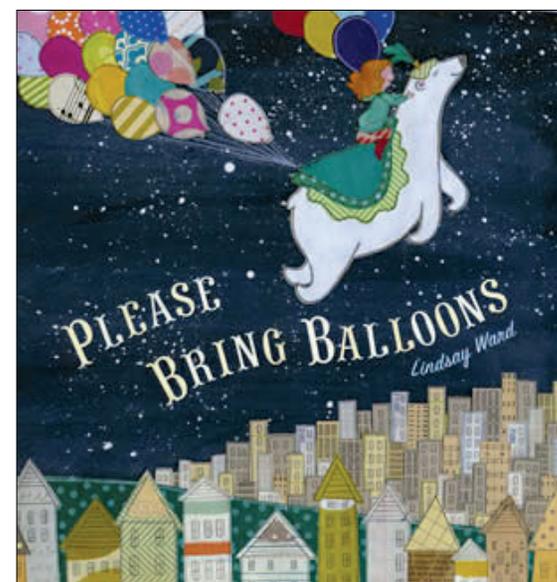
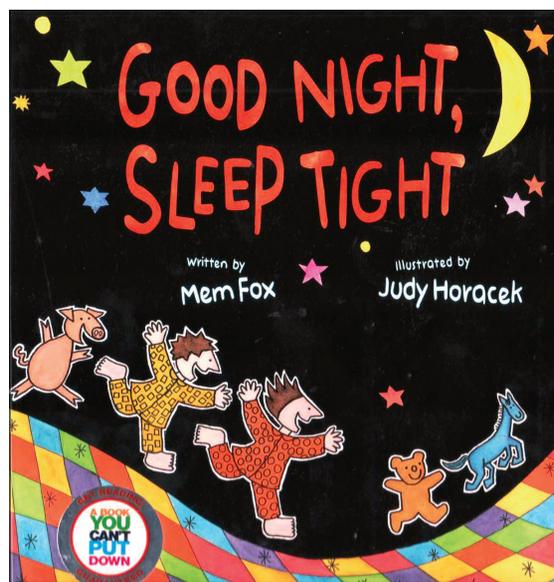
Who hasn't struggled to put a cranky toddler down at bedtime – it's practically a rite of passage! Reading a bedtime story can smooth the way to sleep and sweet dreams. Story time is a standard ritual for many families. If you're not reading to your child, give it a try – it just might work. It can also 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.

"Good Night, Mouse!" by Jed Henry. (Houghton Mifflin). It's good to have a lot of friends, especially when you can't go to sleep. Tired Mouse can't fall asleep. "How are we going to help Mouse sleep?" his friends wonder. Each friend has an idea. Tire Mouse out with games? A hot bath? A toasty bed that's snuggle-ready? Fresh air? Soft light? A bedtime snack? Everything seems perfect, yet Mouse still can't get to sleep. Bat descends and conducts an orchestra of relaxing bedtime sounds. With tree frogs a-singing and crickets a-ringing, Mouse finally dozes off surrounded by friends. This story will reassure your little ones as they drift off to sleep all warm and safe in their own beds.

"Good Night, Sleep Tight," by Mem Fox, illustrated by Judy Horacek. (Orchard Books). Skinny Doug is babysitting

Ben and Bonnie. As often happens when a babysitter's in charge, the kids don't want to sleep. But Doug has his own method. He sings rhymes. "Good night, sleep tight. Hope the fleas don't bite! If they do, squeeze 'em tight and they won't bite another night!" Bonnie and Ben love the rhymes and beg for a repeat performance. "I'll tell you another I heard from my mother." He gives his version of several old favorites such as *This Little Piggy* and *Pat-a-cake*. After wishing on the first star, it's time for bed. The ink-and-watercolor art cleverly portrays Doug, Ben and Bonnie in each of the rhymes.

"Please Bring Balloons," by Lindsay Ward. (Dial). When Emma rides the carousel, she finds a note asking for balloons tucked into the polar bear's saddle. She ties one red balloon to the saddle, but when she returns, another note asks for more balloons – a lot more! After Emma ties all the new balloons to the polar bear, they lift into the night sky and head north, where they float on icebergs, scale icy mountains and trudge through knee-deep snow. After they climb the very last hill – a polar bear rumpus! It was a perfect adventure. The bear takes Emma home and tucks her into bed. The next morning when Emma visits the carousel, everything

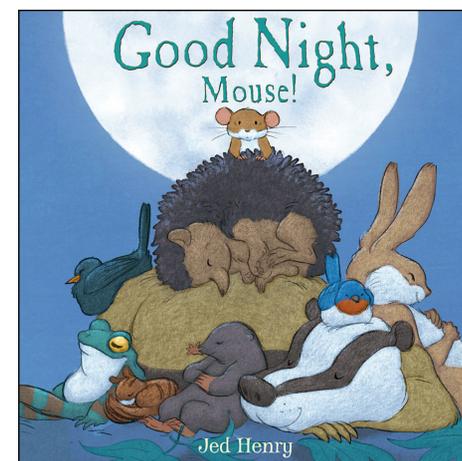


seems the same, until she finds a new note in his saddle asking for (a surprise!). This magical story and the lovely art that combines maps and cut-paper collages, is sure to inspire bedazzled young listeners to ask for repeated readings. ** Reviewer's pick of the month**

"Piggies in Pajamas," by Michelle Meadows, illustrated by Ard Hoyt. (Simon & Schuster). Just the name of this book is enough to set off the giggles! "Piggies in pajamas, jumping in the air, tossing up the pillows, popcorn in their hair." The five siblings are not ready for bed, and Mom is busy on the phone. Time to play! They climb the mountain (bunk beds) with a rope made of sheets. They play train, and do cartwheels and somersaults around their room. They are totally out of control! Then... a "scratch, scratch, tap, tap..." at the window. Is it a bear? A wolf? Piggies end up snuggled in Mom's bed. The soft pen and ink, and watercolor draw-

ings are playful and well-done in a variety of angles showing the piggy hilarity – a perfect accompaniment to the amusing story.

"Everyone Sleeps," by Marcellus Hall. (Nancy Paulson Books). Pity the pug. When Conrad's family says good night and tiptoes off to bed, he wonders why he can't sleep. Mom and Dad sleep. Baby and Cat sleep. Even the computer sleeps. The big-eyed dog goes outside to check out all the sleeping animals. Squirrels, rabbits, horses, ducks, fish – everyone sleeps. Everyone except Conrad. "Am I the only one who doesn't sleep?" The ink, gouache and watercolor art takes us around the world on a nighttime tour, where the rich landscapes teem with sleeping animals. In each spread Conrad observes the animals at rest (rather like a canine "Where's Waldo?") He returns home to discover his little girl is awake – maybe



they can sleep together? Enjoy the surprise ending.

Connie Goldsmith (www.connie-goldsmith.com) lives in Carmichael where she writes for adults and children. Her newest nonfiction juvenile books, *"Bombs over Bikini: the world's first nuclear disaster,"* and *"Traumatic Brain Injury: from concussion to coma,"* are now available. Other books include: *"Battling Malaria: on the Front Lines Against a Global Killer,"* and *"Influenza,"* one of the USA Today Health Reports series. Her books can be found in school and public libraries, and at online booksellers.

Opening Day March 30, 2014



Everyone's a Kid

Value Membership

\$39.99
EACH

On Sale
March 1

Includes Unlimited Visits until Nov 30, 2014

Plus NEW...

Water Oasis

Coming
Summer
2014!

Sale ends on Memorial Day!

\$20 OFF
GENERAL ADMISSION

Must present printed, physical coupon at any open ticket window at Gilroy Gardens Family Theme Park to receive \$20.00 off each adult single-day general admission (ages 3 & up), up to six (6) people. Valid for single day general admission only, which includes use of all rides, shows and attractions in operation on day of use except pay events/concerts and pay-per-play attractions. Coupon is valid 3/30/2014 – 11/30/2014 during 2014 public operating days only. Parking not included. Not valid with any Membership promotion. Not valid with any other offer, discount, coupon or promotion. Not valid on park company rentals or special events, including but not limited to Holiday Lights. Call (408) 840-7100 or visit www.gilroygardens.org to confirm public operating dates and hours as they are subject to change. PLU 75140875

©2014 Gilroy Gardens, Inc. A 501(c)(3) Nonprofit Corporation Created & Built by Michael Bonfante.



Join us for

Picnic in the Park

Shop the farmers market. Enjoy live music from local bands. Entertain your kids with Bouncing Bungalows, bicycle-powered carousel, Rocknasium's rock-climbing wall, clowns, pony rides & more! Crazy-good eats from local food vendors, beer & wine from Davis Soroptimists.



Central Park, 3rd & C Streets
Davis, California
www.DavisFarmersMarket.org

Market Hours:
Saturdays, 8am to 1pm
Year-round, rain or shine

Picnic in the Park:
Wednesdays, 4:30pm to 8:30pm
March 19 thru October 29

Winter Wednesday Market:
November 5 thru March 11, 2015

2014 Picnic in the Park Entertainment Schedule

March 19	Blue Blazes	Rockabilly/Blues
March 26	Lisa Phenix Band	Folk/Americana
April 2	Peter Franklin Band	Classic Rock
April 9	Guitar Mac & the Blues Express	Blues
April 16	The Road Crew	Folk Rock
April 23	The Notorious Shank Brothers	Bluegrass
April 30	Tha' Dirt Feeling	Hip Hop & Rock 'n Roll
May 7	Sticky Vikki & the Pinecones	Rockabilly
May 14	Sidetracked	Eclectic Folk
May 21	Papa Hip	Rock 'n R&B
May 28	Avalanche & Cal Aggie Band-uh!	Bluegrass & Pops
June 4	High Strung	Bluegrass
June 11	Hardwater	Pop/Rock/Folk/Blues
June 18	Frankie & the Fabletones	Rock 'n Roll Oldies
June 25	Odd Man Out	Folk/'60s&'70s Rock
July 2	Over Forté	Dixieland
July 9	Acoustic S & M	50 Years of Folk/Rock
July 16	The Hucklebucks	Blues
July 23	Lincoln Highway Band	Country/Rockabilly
July 30	Julie & the Jukes	Blues
August 6	The Plainfield Pickers	Western Swing/Bluegrass
August 13	Cold Shot	Dance Music
August 20	Anderson-Gram Duo	Folk/Americana
August 27	YoloMambo	World Music
Sept 3	It's About Time	Big Band/Swing
Sept 10	The Undulations	Post-Modern Swing
Sept 17	Jenny Lynn & Her Real Gone Daddies	Bluegrass
Sept 24	Catfish & the Crowdaddies	American Roots
Oct 1	Pleasant Valley Boys	Bluegrass
Oct 8	Reegal Beezers	Jazz & Beatles
Oct 15	The Sharks	'60s Rock Instrumentals
Oct 22	Walkin' the Dawg	Rock 'n Roll
Oct 29	Red Union Blues	Rock/Pop/Folk/Country

WILLIAM LAND GOLF COURSE

1701 Sutterville Road, Sacramento, CA 95822 // 916.277.1207 // www.tftgs.org

The First Tee of Greater Sacramento Junior Programs:

Now Enrolling:

- Spring Saturday Group Lesson Classes
- Year Round After School Program
- Parent/Daughter Classes

Classes start in March.

Call our Program Director to register or with questions at 916-451-6240.



William Land
GOLF COURSE



Coming Soon: Footgolf!
Call for Details: 916-277-1207



iD Tech
CAMPS, ACADEMIES & ONLINE



iD Tech.com
1-888-709-TECH (8324)

Tech Camps held at
Sacramento State, UC Berkeley,
Stanford, and 80+ Universities
Ages 7-18

Fairytale Town

Come Over & Play!



March 1

Spring & Summer Hours Begin • Open Daily 9 AM to 4 PM

March 2

Dr. Seuss' Birthday Celebration • Seussical crafts & a read-aloud!

March 15, 16, 22 & 23

Fairytale Town Troupers present *Cinder-Allan*



Weekdays \$4.50/Weekends & Holidays \$5.50
FREE ADMISSION for Children 1 and Under

3901 Land Park Drive, Sacramento
(916) 808-7462

For more programs and events, visit www.fairytaletown.org



LEARN * LAUGH * PLAY * GROW



STOP IN FOR A TOUR!

801 SIBLEY STREET
FOLSOM, CA
916-985-7055



INFANT & TODDLER PROGRAM

Loving & nurturing caregivers share a beautiful, cozy environment with your precious bundle. Baby signs begin in the infant room and follow through both toddler classrooms. Physical & emotional development milestones are encouraged in a fun and secure environment. Your little one will have a day full of music, art, story time, sensory development & more!



PRESCHOOL / PRE-K & JUNIOR-K

Your preschooler will enjoy opportunities experiencing success, positive self-esteem and character building. Fun and exciting hands-on curriculum includes math, science, social studies, cooking, art, Zoo Phonics, computer learning, dramatic play, Handwriting Without Tears, and physical fitness are sure to develop a life long love of learning!



SCHOOL AGE PROGRAM

Little Folks offers a unique and thrilling before & after school option for your school ager. Just when you think the cooking, group games, art lessons, science experiments and mind benders couldn't be any more spectacular; summer camp bursts at the seam with a one-of-kind adventure! Don't let your little folk lose their chance to join in the fun - stop in for a tour today!

TWO YEAR OLDS PROGRAM

Our Two Year Old Program is designed to keep your child as busy as they are! Art, music & movement, science, social studies and Zoo Phonics fill their days with learning and fun. Every activity encourages fine and gross motor development, and social and emotional growth.



WWW.LITTLEFOLKSU.COM



SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!
For ad rates, call (916) 429-9901

NEW EXHIBIT

It's Electrifying!

Alternative Fuel Vehicles in California

Presented By  **SMUD**
Electric Vehicles



UPCOMING: Youth Basic Engine Class
March 15, 2014 / 12:30 pm - 4:00 pm

150+ cars on display

2200 Front Street · Sacramento Waterfront
916.442.6802 · calautomuseum.org



Summer Camps

Kinder Camp

Ages 3 to 6: 8am–1pm daily
Extended Care Available:
1–6pm daily

Grade Camp

Ages 7 to 9: 8am–1pm daily

Three Sessions

Session 1: June 16–July 3
Session 2: July 7–July 25
Session 3: July 28–August 15



Inspire and delight your child with age appropriate, hands-on activities and outdoor fun this summer.



Camellia Waldorf School
Preschool · Elementary · Middle School

Reserve your spot
online or by phone.

5701 Freeport Boulevard, Sacramento CA
www.camelliawaldorf.org
(916) 427-5022 ext. 13

Camp Winnarainbow

Northern CA's Premiere Sleepaway Circus and Performing Arts Camp

Founded by Bay Area cultural icon, Wavy Gravy

As seen in the New York Times, Nick News, Bay Area Backroads & KQED's Truly CA.
For nearly 40 years, children have run away to join our circus in beautiful Mendocino County!

Our multi-cultural curriculum of circus and performing arts encourages self-discovery, leadership and growth in a positive and affirming environment. Voted Family Favorite by Bay Area Parent and Best Overnight Camp by East Bay Parent's Press and Oakland Magazine!



www.campwinnarainbow.org
Email: arainbow@mcn.org
Phone: 510-525-4304





SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!

For ad rates, call (916) 429-9901

Should families be thinking about summer camp? You bet!

American Camp Association®

As the air turns cooler, and the beauty of fall begins to bloom, many families aren't thinking about summer camp. However, now is the perfect time to begin searching for the perfect camp experience for next summer.

When should families start the camp selection process? • The earlier the better! The sooner a family begins searching, the more time they have to evaluate multiple camps, speak with camp directors, and take advantage of any special pricing or early bird offers provided by the camp.

• What are some of the best ways for families to do their research? Choosing a camp should be a shared process for the whole family. Families can research online to learn what opportunities are available. ACA's family resource site, www.CampParents.org, offers Find A Camp, a searchable database of ACA's 2,400 accredited camps. Other ways to learn about great camp possibilities is to seek recommendations from friends, consult faith com-

munities or community centers, and attend local camp fairs. For personal assistance close to home, parents can contact one of ACA's 24 local offices.

- What are some of the camp options to consider? Is a day camp or resident (overnight) camp more appropriate for the child involved? Will the child be more comfortable in a single-sex or co-ed camp? Families can visit ACA's parent resource site for information on gauging a child's readiness and selecting the right camp.
- How can parents be assured of a camp's commitment to health and safety? ACA-Accreditation® is the best evidence for parents that a camp is committed to providing a safe and nurturing environment for their children. A camp that is ACA-accredited has undergone a thorough review, and has met up to 300 health and safety standards. Parents should always ask if a camp is currently accredited. If not, ask why.
- What about camp as a gift for the holidays? For

a unique gift this year that doesn't involve boxes or batteries, friends and family can consider giving the Gift of Camp. Camp provides extraordinary learning opportunities, lasting memories, an opportunity to unplug and connect with nature, and a chance to just be a kid.

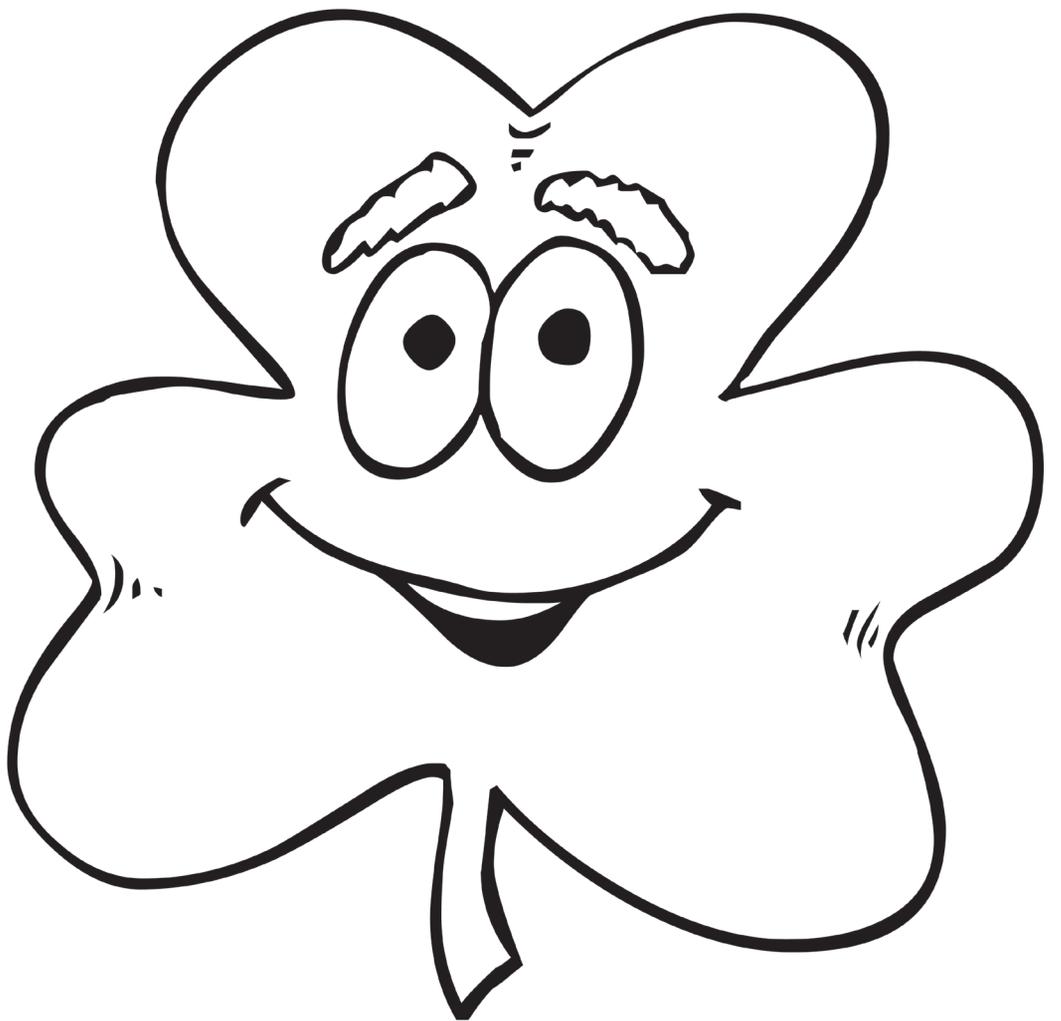
For more information, visit www.ACACamps.org.



YMCA Camp Willson (Bellefontaine, Ohio).

Courtesy American Camp Association®

HAVE FUN COLORING!



Happy St Patrick's Day!

www.ActivityVillage.co.uk - Keeping Kids Busy



FOSTER FAMILY & ADOPTION SERVICES

Become a Foster or Adoptive Parent and Help Us in Healing the Hope for Tomorrow

Please join us for an information meeting on how to become a foster/adoptive parent on the **FIRST TUESDAY** of every month beginning March 4th from 5-7pm at our Sacramento office located at:

2775 Cottage Way #11,
Sacramento CA, 95825

Please R.S.V.P. or call for more information:

916-487-2111



SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!

For ad rates, call (916) 429-9901

Comforting camp-sick campers

American Camp Association®

Life at camp brings new challenges, new activities, and new friends. Leaving all this fun and excitement is often a letdown for children. It doesn't help that the end of camp may signal the start of school with all its stresses and demands. When camp comes to an end, the blues can often set in — causing some children to be tired, moody, quieter than usual, or even irritable or grumpy. The American Camp Association® (ACA) recommends these tips to help your camp-sick camper:

- Nothing beats a hot shower — Welcome your camper home by helping them relax and adjust to the slower pace of non-camp life. Suggest they take a warm shower and get plenty of rest. Plan to have an “old favorite” for dinner.
- Familiar favorites — Have your child reconnect with friends from the neighborhood or school.

Encourage play dates and get-togethers to help re-establish a sense of belonging with friends they haven't seen in a long time.

- Contact camp cronies — Allow your child to write, e-mail, or call camp friends. Many camps encourage campers to exchange e-mail and IM addresses with one another. Parents should oversee their child's online activities and make sure that all camp policies are being followed.
- This one time, at camp — Be open and available to talk about camp. Allowing your children to reflect on their friends, their favorite moment at camp, and what they miss most about camp will help.
- It's not too soon for a camp reunion — Organize a small “reunion” of more local camp friends can help reassure your child that though his or her friends are out of sight, they are not out of mind.



Courtesy American Camp Association®

Happy Hollow Children's Camp (Nashville, Indiana).

Not all children show signs of camp-sickness, but if your child does, just remember that they miss camp because it is a safe, supportive, nurturing environment. It's normal and natural for children to miss the close relationships developed at camp. Families can help ease any sadness by being supportive and understanding — and helping their camper remember that next summer is not that far away.

About ACA The American Camp Association® (ACA) works to preserve, promote, and enhance the camp experience for children and adults. ACA-Accredited® camp programs ensure that children are provided with a diversity of educational and developmentally challenging learning opportunities. There are over 2,400 ACA-accredited camps that meet up to 300 health and safety standards. For more information, visit www.ACAcamps.org.

HAVE FUN COLORING!



www.ActivityVillage.co.uk - Keeping Kids Busy



SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!
For ad rates, call (916) 429-9901

Discovery Museum Science and Space Center events

- **Snarly Saber-tooths, Saturday and Sunday, March 1 and 2, 12:30 to 4 p.m. ROAR!** - Watch out for a fun weekend of prehistoric mammals at the Discovery Museum. This weekend the Museum is highlighting a favorite- the snarly Saber-tooth cat. Enjoy a replica skull in our Blast from the Past exhibit. Fun facts about these wild cats are shared in our noon and 2 p.m. family feature. After constructing a mask, kids might snarl and growl like a Saber-tooth. Remember, admission includes planetarium shows at 1 or 3 p.m. for ages 4 and older.
- **Dinosaur Stamp-A-Rama, Saturday and Sunday, March 8 and 9, 12:30 to 4 p.m.** Make your own dinosaur fact book. Children 12 and under use a dozen different dinosaur stamps and match them up with interesting prehistoric facts to construct a personal take-home memento. Remember to bring your camera for the many photo opportunities available in the "Blast from the Past" exhibit, featuring rocks, crystals, dinosaurs, volcanoes and fossils. Admission includes an animal presentation at noon and 2 p.m. and planetarium shows at 1 and 3 p.m. (for ages 4 and older).
- **In Your Own Backyard, Saturday and Sunday, March 15 and 16, 12:30 to 4 p.m.** Does your family take for granted the animals and plants that you have living in your own backyard? Join the Museum this weekend to have some fun learning about an array of critters and plant life. For his high school senior project, Daniel Lundberg is hosting a noon and 2 p.m. presentation on some of the interesting biology in Sacramento. Children reinforce this new knowledge by constructing a diorama to take home. Remember, admission includes planetarium shows at 1 or 3 p.m. for ages 4 and older.
- **It's a Small World...at the Discovery Museum!, Saturday and Sunday, March 22 and 23, 12:30 to 4 p.m.** It really is a small world after all! Visit the Museum this weekend for the opening of a beautiful photographic exhibit of small subject matter. Nikon's Small World microphotography exhibit is on a national tour and has made its way to the Museum. To add to the fun, a Microscope Lab is available for visitors: older kids (and adults) have fun with the pond water lab; youngsters enjoy stereoscopes and magnifying glasses. A great opportunity for students of all ages. Planetarium shows are at 1 and 3 p.m. for ages 4 and older.
- **Nano Days, Saturday and Sunday, March 29 and 30, 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. The 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).

The Discovery Museum Science and Space Center is located at 3615 Auburn Boulevard, Sacramento. General admission is \$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. For more information, call (916) 808-3942 or visit www.thediscovery.org.

My Spy Birdhouse

By the time the warm weather finally makes a comeback, most people are itching to get off their couches and take advantage of the outdoors. Spring flowers begin to bloom and small backyard species return to their warm weathered homes. Make the most out of this miracle of nature by getting a firsthand looking into the life cycle of birds. The My Spy Birdhouse allows bird enthusiasts and curious children to get a unique view into the secret life of these common backyard feathered friends.



My Spy Birdhouse Unique Features include:

- Suction cups and weatherproof material, which makes it possible to be positioned outside any window, allowing bird watchers to see all of the action right from the comfort of their own home.
- Clear acrylic window backing and a two way mirror insert allows viewers to watch birds build nests, lay eggs and raise their young without ever being disturbed by on lookers.

You can purchase online at <https://www.myspybirdhouse.com/> and at major retailers including Walgreens, Bed Bath & Beyond, Walmart, CVS, RiteAid, and Target. For more information, visit www.customerstatus.com or call 1-888-406-1765.

Maidu Museum & Historic Site Events

Night out at the Museum:

Every 3rd Saturday, through November from 6:30 to 8:30 p.m. Museum doors open at 6:30 p.m. Cultural programs start at 7 p.m. FREE event. Light refreshments will be available.

Night out at the Museum:

Saturday, March 15, from 6:30 to 8:30 p.m. Museum doors open at 6:30 p.m. Cultural program starts at 7 p.m. FREE event. Light refreshments will be available.

Campfires:

Every 3rd Friday, April through October from 7:30 to 8:30 p.m. Museum doors open at 7 p.m. Native Storytelling and roasting marshmallows around the campfire. \$5 per person, \$16 family of four, under 2 are FREE.

Maidu Museum and Historic Site is located at 1970 Johnson Ranch Drive, Roseville. The Museum Hours: Monday-Friday, 9 a.m. - 4 p.m., Saturday, 9 a.m. - 1 p.m., 3rd Saturdays 6:30 to 8:30 p.m. Guided Tours Saturdays at 10 a.m. Self-guided tours on weekdays. Admission Fees: \$4.50 Adults, \$4 Senior/Child, \$2 after 2 p.m. For more information, call (916) 774-5934 or visit www.roseville.ca.us/indianmuseum.

**ALLIED
DOORS**



"Straight
& True"

6550 Belleau Wood Lane
Sacramento, CA 95822
(916) 421-3080
www.ncsallieddoors.com

COME VISIT US TODAY & SAVE UP TO 50% OFF
On Showroom Clearance Doors & Items

THANK YOU TO ALL OUR LOYAL CUSTOMERS!!!
We have sustained 45 years of growth and will be relocating to a larger facility soon.

**Call Jen
for ad
rates**

429-9901



SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!

For ad rates, call (916) 429-9901

FOR THE FINEST IN MODEL TRAINS AT DISCOUNT PRICES

RAILROAD HOBBIES

- LGB
- LIONEL
- ATLAS
- MICRO-TRAINS



OPEN 7 DAYS!

- MARKLIN
- KATO
- ATHEARN
- WALTHERS

119 VERNON ST., ROSEVILLE • 782-6067

Santa Cruz Mission State Historic Park

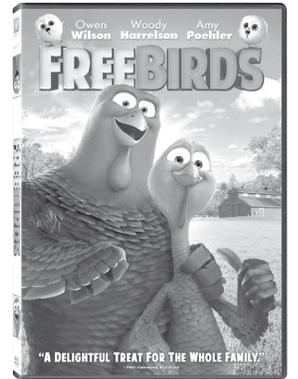
Located on School Street off of Mission and Emmet Street in Santa Cruz (831) 425-5849

Mission Living History Programs - Saturdays, 1 p.m. to 2 p.m.

Living history activities take place most Saturdays from 1 to 2 p.m. at the Santa Cruz Mission State Historic Park. Activities vary and may include mission cooking, mission building methods, working with leather and tallow, or early textiles: wool spinning and weaving. Each activity is aimed to give a feel for the way of life introduced to this area in the late 1700's to early 1800's as part of California's Mission Period.

Shake a Tail Feather!

From the Academy Award®-winning* producer of Shrek comes a hilarious animated adventure about two turkeys from opposite sides of the tracks who travel back in time in order to keep their species off the Thanksgiving menu. Featuring an all-star voice cast, including Owen Wilson, Woody Harrelson and Amy Poehler, Free Birds is loaded with laughs and stuffed with fun for the whole family!



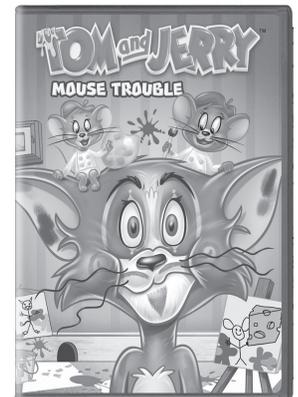
The Free Birds Blu-ray combo pack is bursting with 115 minutes of content, including never-before seen special features. In the Blu-ray, adults and kids alike can brush up on their turkey history with "Birds Flipping History"; get a behind-the-scenes look at the animation process in "Animating Free Birds: The Main Course" and "Winging It: Animators in Action"; and then learn about the making of Free Birds' music in "Talking Turkey with Composer Dominic Lewis."

20th Century Fox Home Entertainment For more information, visit:

<http://www.amazon.com/Free-Birds-Woody-Harrelson/dp/B00GRZPQCO>

The delightfully mischievous duo is back!

The pursuit of laughter and fun continues with the release of Tom and Jerry: Mouse Trouble, from Warner Bros. Home Entertainment Inc. This rollicking new collection features 30 cartoons totaling over three hours of animated cat and mouse antics the whole family will enjoy together. It will retail for \$19.97 SRP.



Join the favorite cat and mouse duo in Tom and Jerry: Mouse Trouble, a collection of shorts comprised of some of the funniest episodes from Tom and Jerry Tales and classic, theatrical Tom and Jerry shorts. Each cartoon is filled with fur-flying, action-packed chases, schemes and pranks that will delight kids and their parents time and time again.

Look at what the cat and mouse dragged in! Included in this all-new, expansive collection is the Academy Award®-winning (Best Short Subject: Cartoon) Mouse Trouble, which has Tom following the ill-fated advice of a book on how to catch mice. Get ready for a rowdy reunion when Jerry's Uncle Pecos comes to visit in Cry Uncle. Cat got your tongue? Maybe it's Cat Got Your Luggage?, the short which has Tom working as a bellhop in a fancy hotel and Jerry is a guest that is sure to overstay his welcome. Then Jerry helps an escaped circus lion in Jerry and the Lion. Tom presents Jerry as a gift to his beautiful feline girlfriend, Toodles Galore in Love Me, Love My Mouse. These and several other hilarious cartoons are featured on this must-own set. So sit back, relax and hide the frying pans and mousetraps, this one is going to be a laugh riot!

For more information or to purchase, Warner Bros. Home Entertainment directly distributes to consumers through WBSshop.com and WB Ultra.



Giving back to our community for over 10 years!

FREE Family Concert

MARCH 23, 2014

1:00pm Instrument Petting Zoo and FUNSHOP
art stations offered by I Can Do That!

2:00pm Concert

CENTRAL LIBRARY, TSAKOPOULOS LIBRARY GALLERIA
828 I Street, Sacramento, CA 95815

WWW.CAMELLIASYMPHONY.ORG or 916.929.6655



SEASON 51



Event Calendar 2014

- **Taste of the Little City:** May 8, 2014, 5:30–9:30pm
- **Family Health & Safety Expo:** June 14, 2014, 10am–3pm
Come Celebrate Safetyville's 30th Birthday! Free Ice Cream & Cake!
- **Free Family Bike Nights:** Thurs & Fri June 19–Aug 29, 2014, 5:30–8:30pm
- **Fire Fighter Chili Cook-Off:** September 20, 2014, 12–4pm
- **Halloween Haunt:** Saturday October 18, 2014, 11am–4pm



Sponsorship & Volunteer Opportunities Available

(916) 438-3351

3909 Bradshaw Rd., Sacramento, CA

Safetycenter.org • Facebook.com/SafetyvilleUSA

Calendar of Events

Arts & Crafts

March 29, Beading, 2 p.m., 2443 Marconi Avenue, Sacramento. Join the fun at the Arcade Library and bring the family and make whatever you can imagine with beads. For more information, call (916) 264-2920.

Critter Events

March 15, Bat Program, 2:30 p.m., 601 Alhambra Boulevard, Sacramento. Come to the McKinley Library to learn all about bats. NorCal Bats explains the importance of bats as related to food, insect control, pollination, and seed dispersal. The discussion is followed by the viewing of live, native California bats. For more information, call (916) 264-2920.

Magic Events

March 21, Magic With Trevor, 4 p.m., 5600 South Land Park Drive, Sacramento. Prepare to be amazed and amused with magician Trevor Wyatt at the Belle Coolege Library. Join the staff in the community room for this Friday afternoon treat. For more information, call (916) 264-2920.

Nature Events

Every Saturday, through May 31, Free Hiking, 9 a.m. to 1 p.m., Deer Creek Hills Preserve. Explore newly marked trails on 4400+ acres of a working cattle ranch. A self-guided trail will be yours to run, explore with your kids, do landscape photography, bird watching or create your own art. Observe wildlife or simply

stroll the green lush hillsides, at Deer Creek Hills Preserve. Bring your cell phone, sturdy boots, water supply and high energy snacks. Check-in with the Sacramento Valley Conservancy staff, exchange cell phone numbers and handoff your signed liability form. The gates to the private preserve are unlocked at 9 a.m. and locked at 1 p.m. All ages are welcome and there is no entry fee. Register online at www.sacramentovalley-conservancy.org/calendar.asp

Special Events

March 4, Bricktastic Building Fun, 4 p.m., 5600 South Land Park Drive, Sacramento. The Belle Coolege Library has piles of Legos, Duplos, and Megablocks for kids of all ages to try out their building skills. Join the staff for some brick building fun in the community room. All creations will be taken apart at the end of the program. For more information, call (916) 264-2920.

March 4, 11, 18, 25, Stay and Play, 10:15 a.m., 7335 Gloria Drive, Sacramento. "Stay and Play" is an unstructured social time for babies and toddlers and their caretakers. Developmental toys and board books will be available. These informal play sessions will be immediately followed by a storytime for babies and toddlers (0-3) and their caretakers/families, except on the last Tuesday of each month, when we have a special performance by Mister Cooper instead. For more information, call (916) 264-2920.

March 5, Chess Club, 4:15 p.m., 5605 Marconi Avenue, Carmichael. Do you want to learn to play chess? Do you already know how to play? All skill levels are welcome to join us at the Chess Club at the Carmichael Library. The club meets the first Wednesday of each month from 4:15 to 5:15 p.m. and there will be an instructor to teach beginners. All supplies will be provided. Bring a snack if you like. For more information, call (916) 264-2920.

March 8, Lego Building Bash, 2 p.m., 2443 Marconi Avenue, Sacramento. Do you love building things? Are Legos your passion? Come to this monthly Lego building party at the Arcade Library. The staff will provide the Legos and some ideas for how to use them. For more information, call (916) 264-2920.

March 8, Girls Like You!, 2:30 p.m., 601 Alhambra Boulevard, Sacramento. Come to the McKinley Library and celebrate Women's History month by learning about and being inspired by some amazing young women. Afterwards participants will be invited to do a couple of art activities. For more information, call (916) 264-2920.

March 19 to October 29, Wednesday, Picnic in the Park, 4:30 to 8:30 p.m., 4th and C Streets, Davis. Bring the family to the Farmers Market in Central Park. Enjoy the International Food Faire, kids activities, and live music. For more information, visit www.davisfarmersmarket.org.

March 20, Sacramento Audubon Society Meeting, 7 p.m., 2850 San Lorenzo Way, Carmichael. How California spotted owls and Pacific fishers are affected by fuel-reduction projects will be discussed at this meeting held at the Effie Yeaw Nature Center in Ancil Hoffman Park. Kim Ingram, Program Representative of a University of California study site in the Tahoe National Forest near Forest Hill, will share some of the lessons learned about the effects of projects to lessen fire danger by clearing out underbrush, removing small trees, and selective harvesting. This is a free program and no park-entry fee.

March 23, Family Game Day, 2 p.m., 5605 Marconi Avenue, Sacramento. Drop in at the Carmichael Library and play some board games on the fourth Sunday of the month. There will be all sorts of games for all ages. The staff will supply the games. You are welcome to bring a snack. For more information, call (916) 264-2920.

March 23, Family Concert, 1 p.m., 828 I Street, Sacramento. Join the Camellia Symphony Orchestra at the Central Library for a family concert. Come and meet the musicians in the west meeting room and enjoy a craft in the library lobby. The one-hour concert will begin at 2 in the library Galleria. For more information, call (916) 264-2920.

March 26, Movie Madness, 6 p.m., 891 Watt Avenue, Sacramento. Join the staff at the Arden-Dimick Library for a fabulous feature film, never rated more than PG. You will be provided with refreshments. Lots of great family fun at the library. For movie titles, call (916) 264-2920.

Storytime & Puppet Events

March 4, 11, 18, 25, Baby Storytime, Noon, 8900 Elk Grove Boulevard, Elk Grove. Join the library staff at the Elk Grove Library for an interactive experience focused on babies from birth through 18 months. This program encourages early literacy development through movement, songs and shared reading followed by stay and play activities. Additional parking is available south of the library at Journey Church, located at 9645 Elk Grove-Florin Road.

March 4, 11, 18, 25, Toddler Storytime, 11:30 a.m., 6700 Auburn Boulevard, Citrus Heights. Children ages 12 months to 3 years will share songs, fingerplays, stories and fun at the Sylvan Oaks Library. For more information, call (916) 264-2920.

March 5, 12, 19, 26, Baby Lapsit, 1 p.m., 6700 Auburn Boulevard, Citrus Heights. Infants from birth to 12 months are welcome at the Sylvan Oaks Library. Enjoy gentle rhymes, songs, and stories help build early literacy skills and provide a bonding experience for babies and parents. For more information, call (916) 264-2920.

March 5, 12, 19, 26, Preschool Storytime, 10:15 a.m., 6700 Auburn Boulevard, Citrus Heights. Come to the Sylvan Oaks Library for stories, singing, and craft time with Poppy. Each week the program starts out with storytime and finishes the morning off with a fun and easy craft to take home. For more information, call (916) 264-2920.

March 6, 13, 20, 27, Toddler/Preschool Storytime, 11:15 a.m., 601 Alhambra Boulevard, Sacramento. Come to the McKinley Library for a special treat the last Thursday of the month—storytime with Miss Gail. Enjoy stories, fingerplays and fun with puppets. For more information, call (916) 264-2920.

March 4, 11, 18, 25, Baby Lapsit Storytime, 601 Alhambra Boulevard, Sacramento. Babies from birth to 18 months are invited to the McKinley Library for this special program. Parents/caregivers can enjoy great books, lively songs, and rhymes, and meet other babies in the neighborhood. For more information, call (916) 264-2920.

March 8, Sensory Storytime, 11 a.m., 891 Watt Avenue, Sacramento. Join the staff at the Arden-Dimick Library for a special storytime for kids with Autism and/or sensory disorders, featuring songs, stories, sensory activities and interactive materials. Targeted for a developmental age of 2 years to 6 years old, there will be lots of fun and time to socialize as well. Behaviors and/or noise are no problem, and siblings are welcome. The staff has developed this program for those children who may have difficulty in traditional storytime and the presenter is also the parent of a child with autism. For more information, call (916) 264-2920.

March 5, 12, 19, 26, Toddler Storytime, 10 a.m., 8900 Elk Grove Boulevard, Sacramento. Toddlers and their caregivers will enjoy fun songs, stories, and fingerplays at the Elk Grove Library. For more information, call (916) 264-2920.



SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!
For ad rates, call (916) 429-9901



Picnic in the Park

Bring the whole family, shop the Farmers Market and enjoy the International Food Faire and beer and wine garden. Enjoy kids activities, live music from local bands, playing a wide variety of music and more. "Picnic in the Park" runs Wednesdays, March 19 to October 19, 4:30 to 8:30 p.m. The event is located in Central Park, 4th and C Streets, Davis. For more information, visit www.davisfarmersmarket.org.

Leprechaun Hat Cookies

www.BettyCrocker.com

Prep Time 1 hr 15 min / Servings 24

Ingredients

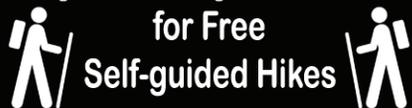
- 1 pouch Betty Crocker® sugar cookie mix
- 1/2 cup butter or margarine, softened
- 1 egg
- 1 container (1 lb) Betty Crocker® Rich & Creamy vanilla frosting
- 1/4 teaspoon Betty Crocker® green gel food color
- 24 large marshmallows
- 24 small (1-inch) chewy chocolate candies
- 12 small green gumdrops

Directions

1. Heat oven to 375°F. In medium bowl, stir cookie mix, butter and egg until soft dough forms. Roll dough in 24 (1-inch) balls. On ungreased cookie sheets, place 2 inches apart.
2. Bake 10 to 12 minutes or until edges are light golden brown. Immediately place marshmallow on each cookie. Remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.
3. In microwavable bowl, microwave frosting on High 30 seconds. Stir; frosting should be a thick spoonable glaze. Stir food color into frosting, adding more if needed to achieve desired color. Spoon warm frosting over each cookie, coating completely and allowing excess to drip off. Let stand 20 minutes to set.
4. Roll chocolate candies into ropes. Flatten with rolling pin into 1/8-inch-thick ribbons. Cut into strips with scissors to resemble hat bands; arrange around base of marshmallow on each cookie. Cut gumdrops crosswise in half (reshaping as needed). Press cut side onto hat band. Lift cookies onto serving platter with pancake turner, leaving excess frosting behind. Store in airtight container.



Deer Creek Hills now open
every Saturday and Sunday



Also see website for guided hikes,
equestrian rides, and mtn bike
tours. Register online:

www.sacramentovalleyconservancy.org

www.ActivityVillage.co.uk - Keeping Kids Busy

SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!

For ad rates, call (916) 429-9901

Adopt or Foster a Child



Attend an
Orientation Meeting

6:30 to 8:30 pm

Sacramento
3050 Fite Cir., Ste. 111
Apr 29, Jun 24, Aug 19

Loomis
3731 Magnolia St.
Mar 11, Apr 1, May 13

RSVP to secure your spot today



KOINONIA
FAMILY SERVICES

Call: (877) CHILDS-HOPE
or visit us online at www.kfh.org

How fun could your child's summer be?

LET US COUNT THE WAYS...

45 Lifelong
Friendships
at...

TeenCamp

June 16-July 25
Monday-Friday
9:00-5:00 pm

Club West
1125 Riverbend Rd.
\$35/week

Scholarships available
Free lunch provided
Incoming 6-8th grade

6 Weeks of...
Summer

KIDS CAMP!

June 16 - July 25
Monday - Friday 10 am - 2pm

Elkhorn & Westfield Elementary (Free)
Southport & Bridgeway Elementary (\$15 per week)
FREE LUNCH PROVIDED at qualified sites
Scholarships available
Kinder - 5th grade



39 Awesome
Days of...

CAMP LAKESIDE

Monday-Friday 7:30-5:30 pm

Bridgeway Lakes Boathouse,
3650 Southport Pkwy.

\$95/week
Kinder-5th grade

1 amazing & fun

Kids Night Out!

Dinner, crafts, splash park time,
& a movie

Friday, May 23 6:30 - 9:30pm

Bridgeway Lakes Boathouse

3650 Southport Pkwy.

\$12 1st child, \$9 each additional

Kinder - 5th



Registration for West Sacramento summer
youth programs opens Thursday, April 10 at
8:30am. Register online at westsacfun.org or
in person at the

Community Center at 1075 West Capitol Ave
Recreation Center at 2801 Jefferson Blvd
or call (916)617-5320 for more information!

We want YOU to have a
FANTASTIC birthday this year!
That's why we're offering FREE
birthday activities at each of our
locations including zipping on
our 1500 foot zip lines, rappelling
165 feet down Moaning Cavern's
main chamber, climbing tower
climbs and guided cave tours. Get
more information from our
website or call toll free
866.762.2837. Offer only good on
your actual birthday with proof
of your birth date.



FREE BIRTHDAYS



CaveAndMineAdventures.com

866.762.2837

Little Man Party Ideas

www.birthdaypartyideas4kids.com

The Little Man birthday party theme is perfect for young boys and especially fun for a 1st birthday party theme. These party ideas will make the Little Man party something to remember.

Little Man Invitation Ideas

- Make invitations out of blue note cards by cutting out either a tie or bowtie from scrapbook paper and gluing to the front of the note card. If you use a bow tie you can also glue 3 or 4 white buttons underneath the bowtie in a vertical line.
- Cut out shapes of mustaches, bowties, long ties or dress shirts and paste to the front of note cards.
- Make or buy note cards that have a tuxedo pattern on the front.

Little Man Decorations

- Decorate with long ties and bowties. Start outside and tie ties and bowties around the mailbox

and hang them from trees outside. (Thrift shops and garage sales are great places to find cheap ties in large quantities.)

- Hang ties and/or bowties from chandeliers, the mantle, staircases and entryways. Make a banner using long ties draped over a cord and gluing the letters of your little man's name to each tie. Or make a paper banner using scrapbook paper in tie patterns. Or make a cute banner using triangles and paper mustaches glued to the center of each triangle.
- Set out a table full of bowties and regular ties and ask guests to wear them during the party. A piece of string attached to each side of a bowtie will make it easy to wear as a necklace.
- For the birthday boy and his guests make an easy tie appliqué t-shirt for them to wear. You will need Heat and Bond, a t-shirt and some fabric. Following the directions on the Heat and Bond iron the fabric and the Heat and Bond together. On the Heat and Bond side trace a bowtie or regular tie pattern and cut out. Peel off the back of the Heat and Bond paper, place the tie on the t-shirt

and iron. Very easy and fun to give as a party favor! Decorate tables with bright blues, greens and oranges or make it subtle and use old chambray shirts sewed together as a table runner.

- Place snacks and food in dishes and then place inside men's hats such as a fedora or top hat.
- Dress up tall food containers by cutting off a sleeve from a man's shirt and setting the container inside it.
- Cut out paper mustaches and glue to party hats.

Party Food Ideas

- Serve bowtie shaped food by cutting out two triangles and placing them together at the point of the triangles to make a bowtie shape. Cut out bowties from sandwiches, fruit, brownies and cookies.
- Serve bowtie pasta with different sauces.
- Set out your choice of drinks in a large tub on ice.
- Make a candy table full of different types of candies that match your birthday theme colors. Use different sizes and shapes of jars and bowls.
- Make a bowtie style cake for everyone to enjoy.
- Dress up water bottles with small bowties, mustaches or regular ties.

Party Favors:

Bubbles - attach a small bowtie or mustache to each bottle with hot glue. Chocolate mustaches or ties - buy a candy mold and make your own. Boxes of animal crackers.

Goody / Loof Bag Ideas

Decorate plain brown bags by gluing on a tie or bowtie made of scrapbook paper or fabric. Place party favors in different types of men's hats. Tie up favors in chambray fabric and tie with a white ribbon or raffia.



Have Fun in the Mud

Kids Ceramic Classes • Birthday Parties • Ages 5-99

Starting Weekly Camps from June 9th–August 9th, 2014

Register Online at: www.ACAIstudios.com or call 916-966-2453

The Rhythm Symphony



GIVE THE GIFT OF MUSIC

Ages 3½ thru adult • Private piano instruction
Over 30 years of teaching experience
Call (916) 238-8072



Nature's Critters

(916) 77-FROGS
www.naturescritters.com
Let the animals touch you!



Live Animal Education Programs!

Reptiles • Amphibians • Birds • Mammals • Invertebrates

NEW! Jungle Party Room located in Fair Oaks.
Party Packages available! See our website for more information.

Ideal For:
Parties, Schools, Daycares & Special Events

HIPPOLOGY

IT'S NOT ABOUT HIPPOS—IT'S ALL ABOUT HORSES

Presented by
World of Wonders Science Museum with All Seasons Carriage Company

SATURDAY, MARCH 22ND 2014

10AM-3PM
★ RESERVATIONS REQUIRED ★

HOURLY EQUINE ENLIGHTENMENT PRESENTATIONS BY
DR. ALAN GOLDBAHN, DVM

PONY PAINTING

FAMILY CARRIAGE RIDES
WESTERN ACTIVITIES ON THE MUSEUM FLOOR



2 NORTH SACRAMENTO STREET
LODI, CALIFORNIA 95240
209-368-OWOW (0969)
WWW.WOWSCIENCEMUSEUM.ORG
WWW.ALLSEASONSARRIAGE.COM
(GENERAL ADMISSION APPLIES)

Unicorn Party Ideas

www.birthdaypartyideas4kids.com

Invitation Ideas

- Decorate plain note cards with stickers of unicorns and rainbows.
- Decorate rainbow note cards with a unicorn cut-out in a solid color glued on the front. Enclose glitter in the invitations.

Party Decorations

- Cut out horseshoe shapes from construction paper or poster board and tape to the driveway or walkway leading up to the party.
- Decorate in bright rainbow shades or use silver, pink and purple.
- Silver candelabras make a pretty centerpiece or accent pieces for the party table.
- Instead of party hats make the birthday guests unicorn hats by making the party hat smaller and adding rhinestones and glitter.
- You can give the guests the unicorn horns already made up or have them basically done and let the kids decorate the hats themselves.

Party Games

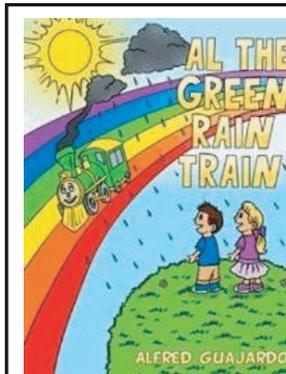
Pin the Tale on the Unicorn - same as Pin the Tale on the Donkey, except use cut out of a unicorn. You can pin the tail or the horn.

Rainbow Tag - The goal don't be caught or tagged by the unicorn catcher!

To start choose a "unicorn catcher". Their job is to stand inside the playing field and catch the unicorns as they fly past. Without the catcher hearing give the other kids each a different color that they will answer to when called. When everyone knows what color they are the catcher yells out the name of a rainbow color and the ones who are that color have to fly past the unicorn catcher without getting caught to the other side of the field. The catcher can tag as many unicorns as he/she can as they fly by. The players that are caught become helpers to the catcher and stand inside the center of the playing field and help tag unicorns with the catcher. Tell the catcher that sometimes they can shout "Rainbow" and if they do all the players have to cross the field together. The child that is caught last is the new unicorn catcher.

Catch the Unicorn's Tail - The unicorn tries to catch their own tail in this fast paced game of tag. To make the unicorn the kids line up and hold hands during the game. The head tries to tag it's tail (the last person in line) by running and trying to touch them through the other party guests in between the tail and the head. The tail tries to hide behind the rest of the kids (they can not let go of their hands) while being chased by the unicorn head. When the tail is caught the head moves into the tails position and the next child in line becomes the new unicorn head.

Unicorn Roundup - Each team needs 3 balloons and 1 broom. Before the birthday party blow up pink, purple and silver balloons - these will be the unicorns. Divide party guests into 2 teams. One child per team starts and must herd the three unicorn balloons to the opposite side of the room and back.



Parents and grandparents, introduce your child or grandchildren to an environmental learning experience to be remembered and appreciated...

"Al the Green Rain Train" a children's picture book.



Purchase a copy from www.amazon.com
www.althegreenraintrain.com

Sacramento's Favorite Children's Magician!



**(916) 80-MAGIC
(62442)**

Amazing Magic

Laughs Galore

Fun for ALL ages!



www.greatscotthemagicdude.com

JONES JUMPERS

Get your party jumpin' with Jones Jumpers; We have all your party needs; We have jumpers, canopies, tables, chairs, snow cone and cotton candy machines; Home of the 18' water slide; Obstacle courses available for parks or large yards!

(5867)
CALL TO BOOK TODAY! 916-505-JUMP

Hey Kids of All Ages!!!

Ever Dreamed of Playing in a Chocolate Factory?

Now you can at
Capital Confections at Town & Country Village
Have a party with 9 of your closest friends and create some chocolate masterpieces!

It's 2 hours of chocolate heavenly bliss!

2605 El Paseo Lane, Town & Country Village
Sacramento, CA 95821
(916)973-0249 www.sacchocolate.com

Holy Family Preschool

Our program is a Family Oriented Program designed to focus on the needs of the child by involving the family and staff at the Center, building a relationship that will enhance the child's experience. We provide an environment in which your child will grow emotionally, cognitively, developmentally, and spiritually in a safe and loving environment.

- Infants/Toddler Class (6 Weeks–24 Months)
- Preschool Class (2–3 Years Old)
- Pre-Kindergarten Class (4–5 Years Old)
- Afternoon Pre-School Class (3–5 Years Old)

Holy Family Preschool and Child Care Center
7817 Old Auburn Rd
Citrus Heights, CA 95610
(916) 722-4620 www.holyfamilyca.org

Learning begins at birth...



Did you know that 90%
of a child's brain develops
in the first 5 years?

Find us on  at [/first5sacramento](https://www.facebook.com/first5sacramento)
for more parent tips and local resources