

November 2014

# California Kids!

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# Table of contents

## A Note from the Nurse

by Connie Goldsmith RN, BSN, MPA.....page 6

**Wordsearch: Turkey Time!** .....page 7

**Make it Yourself!** .....page 8

## The Book Report: November Non-fiction!

by Connie Goldsmith .....page 9

**Perfect Present** .....pages 10–13

## Who Wrote That? Brian Lies

by Patricia Newman ..... page 15

**Calendar of Events** ..... pages 17–18

**Parties! Parties!**..... pages 22–23



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# Sacramento Harvest Festival

For the best and most unique holiday shopping experience this year, avoid the mall and instead head to the Sacramento Harvest Festival®, happening November 21-23 at Cal Expo, 1600 Exposition Drive, Sacramento, 95815.

The Harvest Festival is one of the largest indoor arts and crafts shows on the West Coast, featuring hundreds of vendors, exciting entertainment, delicious specialty foods and fabulous prizes. Guests can browse original art, jewelry, clothing, specialty foods, photography, pottery, toys, home décor and more.

Children are encouraged to “go green” as they take part in eco-friendly art projects at the interactive KidZone. The Elk Grove Food Bank Services will be onsite providing a \$2 off discount admission to anyone who brings a non-perishable food donation.

Each day there will be a grab bag prize giveaway, and one lucky winner will be chosen on Sunday for the grand prize drawing for an iPad mini. Hours are: Friday and Saturday, 10 a.m. – 6 p.m. and Sunday, 10 a.m. – 5 p.m. Admission is: Adults- \$9, Seniors (62+) \$7, Youth (13-17), \$4, Kids 12 and Under- Free. For tickets and additional information, call (800) 346-1212 or visit [www.harvestfestival.com](http://www.harvestfestival.com).



## Fairytale Town Debuts Revamped Farmer Brown's Barn

Fairytale Town has a renovated and improved Farmer Brown's Barn. The Barn is one of the story-book park's original play sets and the home of Eeyore, Charlotte the spider, Daisy, the Cow that Jumped Over the Moon, and more members of Fairytale Town's animal family.



Photo courtesy Fairytale Town

Improvements to Farmer Brown's Barn include the expansion of Eeyore's stall, new stall doors for both Eeyore and Daisy, repainting the interior and exterior, updating the barn loft, and more.

The exhibit space inside the Barn was also expanded with four permanent and changing exhibit spaces, including a new observation beehive, the first dedicated beehive exhibit in a Sacramento attraction. A display of beekeeping tools is located next to the beehive. Charlotte the spider has a new home alongside other arachnids, where families can learn interesting facts about spiders. A fourth exhibition space will change with seasonal exhibits. Come springtime, this space will transform into Farmer Brown's Hatchery, where children can learn about egg development and watch chicken eggs hatch.

“Farmer Brown's Barn has been a beloved part of Fairytale Town since

we opened in 1959,” said Kathy Fleming, executive director of Fairytale Town. “The updates to the Barn and new exhibits help ensure that this play set will be here for many generations to enjoy.”

For more information, visit [www.fairytaletown.org](http://www.fairytaletown.org) or call (916) 808-7462.

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# California Kids!

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## Thanksgiving Camp

November 24–26

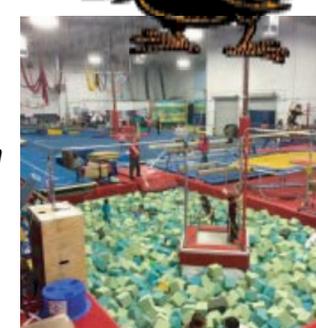
## November Lunch Brunch

November 21 @ 11:00am–2:00pm

## Black Friday Camp

November 28 @ 5:00am–5:00pm

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**FAMILY SUNDAYS AT CENTRAL**

Sunday, November 9 at 2 p.m.  
*The Boy Who Cried Wolf with Puppet Art Theater*  
Enjoy an updated, zany version of the classic tale.

Sunday, December 14 at 2 p.m.  
*The North Pole Review with The Fratello Marionettes*  
A marionette extravaganza that celebrates the winter season.

Special craft activity before each program. Join Art Beast Studio for puppet making at 1 p.m.

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# Special Events!

• **All Aboard for Storytime! California State Railroad Museum, November 3 and 17**

All Aboard for Story Time! Let railroads help introduce and foster the love of reading for your little ones. California State Parks and the California State Railroad Museum have introduced a new reading program on the first and third Monday of each month. This interactive and fun new program is designed for imaginative young children ages two to five. Museum staff will read a different railroad-related book each month. Afterward, little ones can enjoy the Museum with their parents. Whether its toy trains or big locomotives, there is something to discover in the Museum that will thrill children of all ages. For more information about this new program or the Railroad Museum in general, call 916-323-9280 or visit [www.csrmmf.org](http://www.csrmmf.org)

1847 over 80 emigrants became trapped in the Sierra snows. We know them as the Donner Party, but they were many different families and individuals. Sutter's Fort was their destination and became their only hope of survival. Rescue parties of volunteers were assembled at the Fort, mules and packs were gathered, and a variety of food supplies were packed for the rescue. Few people are aware that the second relief party carried 100 lbs. of cocoa and 400 pounds of sugar among other more staple items. The Sutter's Fort Collection is the largest repository of original source Donner Party material in existence. View replicas of these rarely seen original documents and hear the mysterious and haunting stories that have fallen through the cracks. Visitors will be able to pack a wagon or write in their journal with a quill pen, or make a corn husk or rag doll and create their own pioneer souvenir item. Come to the Fort and hear why there is so much discussion about the Donner Party – did you know the snowbound emigrants lived in two separate camps almost 5 miles



apart? Cannon demonstrations will be held at 11, 1, and 3. For more information call 916 445-4422 or visit [www.suttersfort.org](http://www.suttersfort.org).

• **Small Train Holiday, California State Railroad Museum, November 28 and 29**

Visitors of all ages will be dazzled by amazing scale models and toy train displays, fun interpretive handcar rides and much more -- all happening inside the Museum. For more information about this event or the Railroad Museum in general, call 916-323-9280 or visit [www.csrmmf.org](http://www.csrmmf.org)



Courtesy California State Railroad Museum

**LOOK WHO IS COMING TO SACRAMENTO!**

He's SpongeBob Squarepants, America's favorite cartoon character, and he's coming to Sacramento April 11th and 12th, 2015 at the **Sacramento Festival For Kids**. And, Sponge Bob is being his cartoon buddy Dora the Explorer so kids can have a souvenir picture with their favorite character.

The **Sacramento Festival for Kids** will be held at Cal Expo both days from 10 a.m. to 5 p.m. and will be jam packed with activities for kids AND their moms and dads—see the rain forest exhibit, pets, pets, pets, the science building, child safety, and much, much more.

**VENDOR INQUIRIES: (800)787-2248**

[www.festivalforkids.net](http://www.festivalforkids.net) Follow us on Facebook

**SpongeBob Squarepants** **DORA the EXPLORER**

**REAL TRAINS. TOY TRAINS. ALL ABOARD!**

Enjoy our Small Train Holiday on November 28 and 29.

**VISIT** the California State Railroad Museum in Old Sacramento, open daily 10 a.m. - 5 p.m.

**EXPERIENCE** *All Aboard for Story Time!*, the first and third Monday of each month at 11 and 11:30 a.m.

**RIDE** Tuesday Trains through November 4, departures at 11 a.m. and 1 p.m. and the Veteran's Day Train on November 11, departures at 1, 2, and 3 p.m.

**SHOP** at our fabulous Museum Store, a *Thomas & Friends*™ Official Specialty Station — one of 20 exclusive Logan retailers.

**CALIFORNIA STATE RAILROAD MUSEUM**  
125 "I" Street in Old Sacramento | (916) 323-9280 | [www.csrmmf.org](http://www.csrmmf.org)

**CALIFORNIA STATE PARKS 150 YEARS 1849-2014**

## A Note From the Nurse

# Toddler Milestones

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

Is my child developing normally? Many of us ask that question point during our child's early years. Waving bye-bye, crawling, walking – these are all important milestones in a child's development. Children develop at their own pace so it's impossible to tell exactly when a child will learn a given skill. However, developmental milestones give us a general idea of changes to expect as a child grows. The American Academy of Pediatrics (AAP) says toddlerhood is the time between one and three years when children make tremendous growth in intellect and social interactions. AAP describes these skill sets:

### Physical Skills

A toddler can walk alone and pull toys behind him. He can carry toys while walking. She stands on tiptoe and begins to run. She climbs onto and off furniture by herself. Toddlers can kick a ball, although their aim is not yet fully developed. Fine motor skills improve. A two-year old may enjoy scribbling, the precursor to drawing a picture. He tips a bucket and builds a tower of four or more blocks. You may notice your toddler beginning to use

one hand more often than the other, signaling right- or left-handedness.

A three-year old hops and balances on one foot, and can go up and down stairs without support. Play skills are improving. She can kick a ball forward, usually catches a bounced ball, and throws a ball overhand. His scribbling improves to the point where he copies squares, draws circles, and even draws a person with two to four body parts. Older toddlers begin to use blunt scissors to cut paper.

### Social Skills

What parent hasn't experienced the terrible twos? Friendly or frustrated, smiling or screaming, these mood swings are part of growing up and are signs of emotional changes taking place as your child struggles to take control of actions, impulses, and feelings. In spite of all that moodiness, toddlers achieve important social skills. They learn to imitate the behavior of other people, and are often enthusiastic about the company of children. A toddler becomes aware of herself as a separate person from others.

Allow adequate time for play. Siblings, formal playdates, and informal meetings in the park or neighborhood all contribute to social development. Not

only is the child having fun, but he is learning to be comfortable with other children and how to be a friend, a valuable lesson for the future. Play also prepares children to start school later, to play nicely with others, and to listen to adults other than their own parents.

### Cognitive Thinking

A toddler is making remarkable strides in cognition during these years. She can sort by color and shape. He understands what's real and what's not, and can play make-believe games. A two- and three-year old understands most of what you say to him. He'll move from two- and three- word statements such as "Want juice," to longer sentences complete with pronouns. She understands the concept of mine, and may say, "Where's my ball, Mommy?" She now uses language to describe ideas and information and to express her own needs and wishes. And most of the time, her speech is clear enough for adults to understand it.

Don't measure your toddler's verbal skills against those of other children his age. During toddlerhood, there's a lot of variation in language de-

velopment. Children develop language skills at different speeds, and some children are naturally more talkative than others. This doesn't mean the more verbal children are smarter or more advanced than quieter ones. The quiet child may know just as many words but is choosier about speaking them. And boys start talking later than girls, although this evens out over the next couple of years.

### Assessing Development Delays

As a parent, you know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with your child's development, share your concerns your child's doctor. Regular wellness exams are important because your child's doctor evaluates not only health status, but also developmental skills. If the doctor identifies a problem she will refer you to specialists trained to perform advanced assessments.

Watching your child develop and learn new skills is one of the greatest joys of parent-

hood. You're teaching your child constantly. He is watching your every move, and over time his speech, walk, even facial expressions may come to mirror yours. And at the same time, your child is teaching you, helping you become a more responsive parent and bringing you adventures you would never have encountered without him.

### Resources:

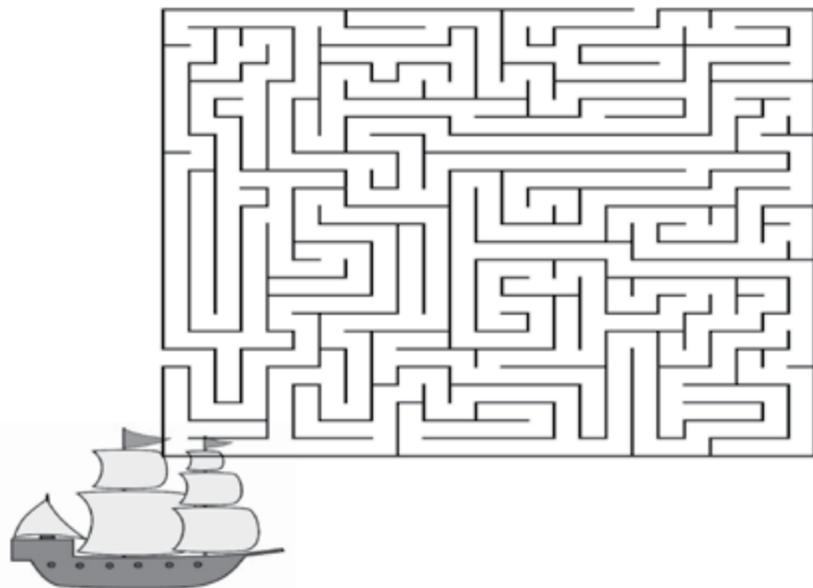
American Academy of Pediatrics site for parents Toddler Development: <http://www.healthychildren.org/english/ages-stages/toddler/Pages/default.aspx>

*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 worked as a pediatric triage nurse on a 24/7 nurse advice line for several years. Her next book, about dietary supplements, will be published spring 2015. She maintains a health blog at [www.conniegoldsmith.com](http://www.conniegoldsmith.com).*

## Thanksgiving Maze

Can you help the Pilgrim find his way through the maze to the Mayflower?



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## Effie Yeaw Nature Center Events

**November Nature Camps for Kids** during Thanksgiving school holidays. Day camps for 5-year olds and 6 – 11 year-olds on Monday, 11/24 and 11/25 from 10 a.m. – 1 p.m.; choose from **Amazing Animals**, **Chinook Shenanigans** or **Nature's Feast**. \$20/day for members, \$25/day for non-members. Register at [www.sacnaturecenter.net](http://www.sacnaturecenter.net)

### Free Weekend Activities

**November 1, Saturday, Black Tailed Deer, 10:30 a.m.**

The bucks are in their glory, with beautiful antler crowns. Grab your binoculars or borrow some from us and catch a closer look at the black-tailed deer in their oak woodland home while learning more about their world.

**November 2, Sunday, What About Water?, 1:30 p.m.**

Join in the conversation about water in California. Where does it come from? Where does it go? How do we use it? Why is it important to conserve it? Get some great tips on ways to conserve water in your own home and yard, and how we all can protect water quality in our local streams and rivers. All ages welcomed.

**November 8, Saturday, Salmon Stroll, 10:30 a.m.**

The annual migration of Chinook salmon have arrived. Join a naturalist and hike to the river to catch a glimpse of these impressive fish as they swish and swirl in the shallows. All ages welcome.

**November 9, Sunday, Fall Colors, 1:30 p.m.**

Create colorful fall art by making leaf rubbings of the leaves found in the Nature Centers' village area. Have fun while learning how leaf shape and size help in identifying trees. All ages welcome.

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

Bring the family out for a birding and nature walk led by a Naturalist and 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 from the staff.

**November 16, Sunday, Critter Close Up, 1:30 p.m.**

Get eye to eye with one of the feathered, furry, or scaly residents.

**November 22, Saturday, Beavers and Otters, 10:30 a.m.**

These two are not related, but are often mistaken for each other. Did you know that otters are highly intelligent and that beavers are actually rodents? Come learn some fun facts about these creatures who roam our local waters.

*The Effie Yeaw Nature Center is located 2850 San Lorenzo Way, at California Avenue and Tarshes Drive, Carmichael. Donations are gratefully accepted. There is a \$5 per car entrance fee into Ancil Hoffman County Park (Free to members). For more information, call (916) 489-4918 or visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net).*



Try Our November Specials!  
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## 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](mailto:kathleen@valcomnews.com)

## Turkey Time! and all the Trimmings!

**Y**UM! Are you ready for some mashed potatoes and gravy, turkey drumsticks and pumpkin pie? Are you ready for football and jumping into piles of leaves? It's that time of the year already! Here's a puzzle that will test your skill at finding hidden words. Those on the list below can be spelled forward, backward, vertically, horizontally and even diagonally. Can you find them?

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

- |                 |                      |               |
|-----------------|----------------------|---------------|
| Acorn           | Falling leaves       | Indian Corn   |
| Apple Pies      | Family Feast         | Pecan Pie     |
| Autumn Berries  | Football             | Pilgrims      |
| cider           | Holiday              | Potatoes      |
| cool weather    | Honey Ham            | Pumpkin Pie   |
| cranberry sauce | Hot cocoa            | Raking leaves |
| Dressing        | Hot rolls and butter | Stuffing      |
| Fall            |                      | Turkey        |
|                 |                      | Wishbone      |



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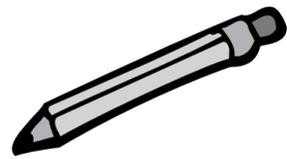
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# MAKE IT YOURSELF!



## Handprint Turkey

Handprint crafts are a super way to record your child's age and size forever. This colorful handprint turkey makes a charming Thanksgiving project or gift.

### You will need:

2 small paper plates, brown paint, colored construction paper, wiggle eyes, Glue stick



### You will need to:

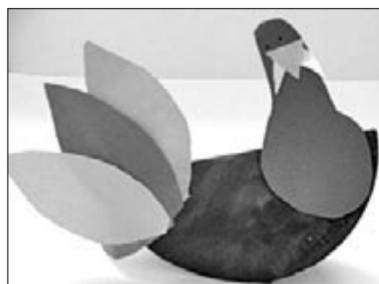
Paint the two plates with brown paint and leave to dry. Cut out lots of handprints from colored paper. Glue your handprints to one of the paper plates to form the feathers. From the second plate cut out an "hour glass" shape to be the turkey's body. Glue this to the front of the feathered plate. Add two legs and a beak cut from orange paper and the wiggle eyes.

## Rocking Turkey

This rocking turkey looks great on display and is fun to make for Thanksgiving, too.

### You will need:

Paper plate, brown paint, brown card, colored paper, scraps of white and yellow paper, black pen, glue



### You will need to:

Paint the back of a paper plate brown and leave to dry. Cut an oval from the brown card to be the turkey's head and neck. Cut a tiny arch shape from the scrap of white paper for your turkey's beard. Glue this to the card near the top. Cut a yellow triangular beak and glue this on top of the beard. Draw on the two eyes. Fold the plate in half. From the colored paper cut four oval feathers. Glue these to one corner of the plate in a fan shape. This is your tail. On the other corner of the plate glue the "head."

## Handprint Feather Turkey

Here's a fun idea for a handprint turkey you can make with the kids for Thanksgiving. This one doesn't involve any paint so it's a relatively mess-free project.

### You will need:

Brown card, scraps of orange paper, colored feathers, glue stick, pen



### You will need to:

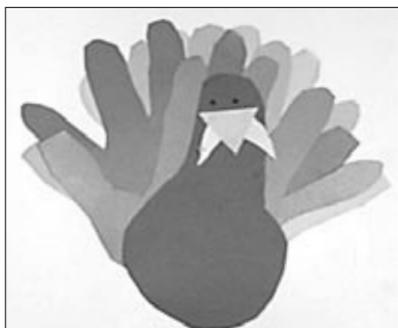
Spread your fingers wide and draw around your hand on the brown card. Cut out your handprint. The thumb of your handprint is the turkey's head and the fingers the body. Cut out a beak and legs from the orange paper and glue these to the turkey. Draw on eyes. Glue lots of feathers to the body.

## Handprint Turkey Tail

Draw and cut around your child's hand on colorful paper to make this fun handprint turkey - a perfect quick Thanksgiving craft.

### You will need:

Paper in brown and 4 additional bright colors, scraps of white and yellow paper, black pen, glue



### You will to:

To make your turkey body, draw around your hand on brown paper. Keep your index and middle fingers together. Cut out the hand, but only cut off the ring and little finger and the thumb. From the scraps of paper cut a tiny arch shape in white to be your turkey's beard. Glue this to the top of the body. Cut a yellow triangular beak and glue this on top of the beard. Draw on two black eyes. Now cut 4 handprints from colored paper. Glue these to the back of your turkey body to make a tail.

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

## THE BOOK REPORT

# November Nonfiction

By Connie Goldsmith

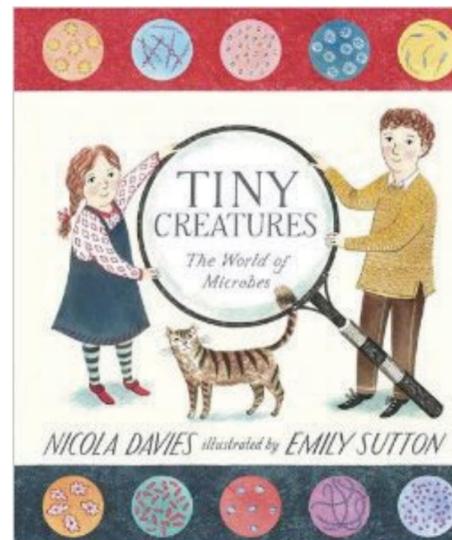
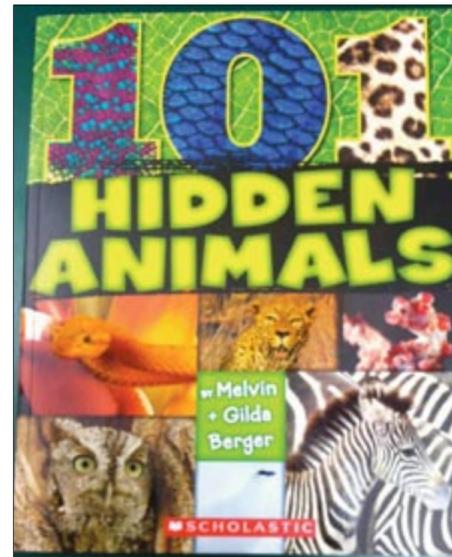
Fewer Thanksgiving books are published these days, but not to worry! Think about giving your children another type of book for Thanksgiving - a nonfiction book to keep them busy while you prepare your Thanksgiving feast. Thanksgiving gives us a chance to show appreciation for the good things in our lives - the love of family, joy of friends, and the comfort of books.

"101 Hidden Animals," by Melvin and Gilda Berger. (Scholastic). Starting with agama lizard and ending with zebra, this engaging book shows us how creatures around the world survive using surprising forms of camouflage. We see a fish with false eyes, a bug that looks like a twig, a cheetah in the grass, and a copperhead in the leaves. The page depicts the animal hidden (and not) and tells us something about it. Kids will get a kick out of looking for and finding the hidden animal in the amazing photographs. Like some of the other books below, this one by an award-winning duo can take hours to explore.

"Unusual Creatures: a Mostly Accurate Account of Some of Earth's Strangest Animals," by Michael Hearst. (Chronicle Books). This remarkable book could entertain for hours. Older readers will peruse the pages with glee and squeals as they discover these fifty strange animals. There's the axolotl, pictured on the cover, a smiling salamander with external gills; the yeti crab with long hairy claws; the tiny pink fairy armadillo; and the horrible hagfish. Some of these animals look like aliens from another planet, but they all make their home on Earth. Filled with quirky poems, fun facts, and humorous quizzes, the book will entice enthusiastic and reluctant readers alike. The pen-and-ink illustrations with soft pastel colors make for a pleasing effect. Many of these creatures are nearly extinct, so the end matter telling how to decrease our harmful footprint is a welcome addition.

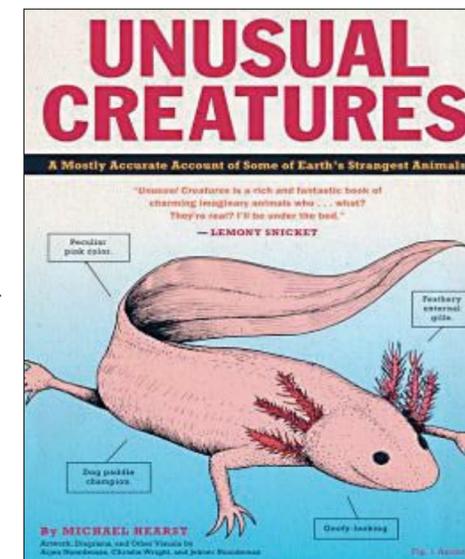
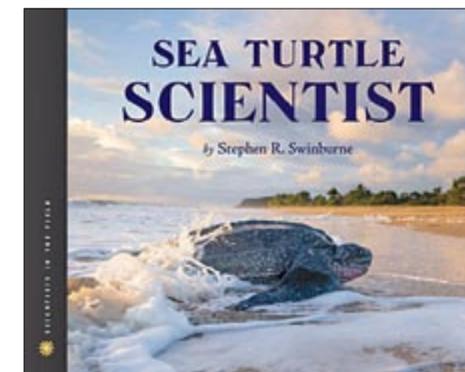
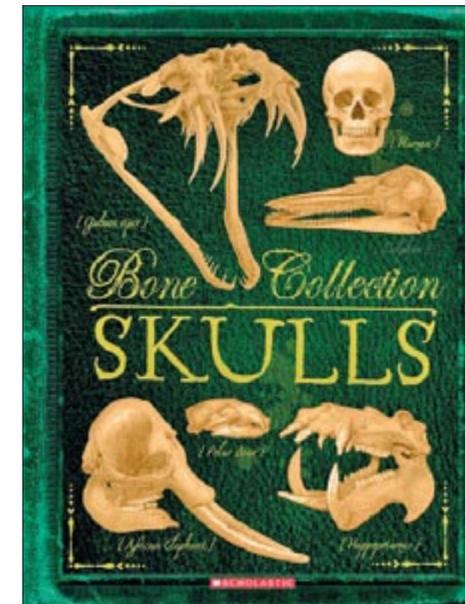
"Sea Turtle Scientist," by Stephen R. Swinburne. (Houghton Mifflin Harcourt). This book is part of the "Scientists in the Field" series in which writers spend time with scientists working to save Earth's animals. The author follows Dr. Kimberly Stewart, Turtle Lady of St. Kitts, as she studies leatherback turtles. Beginning with a chapter showing a turtle digging a beach nest and filling it with eggs, this lovely book goes on to show the hatchlings' mad dash to the sea seconds after birth. Dr. Stewart also works with locals to encourage development of alternatives to turtle meat and shell products. While sea turtle ancestry dates back to the dinosaurs, time is running out for them. Ocean pollution, loss of beach nesting habitat, and human consumption of eggs and turtles have decimated the population by 80%. With only one out of one thousand sea turtle eggs reaching adulthood, the creatures are lucky to have people like Dr. Stewart on their side.

"Bone Collection: SKULLS," by Camilla de la Bedoyere. (Scholastic). Beginning with a description of what a skull is (bone) and why it's important (to protect the brain), this fascinating narrative shows what an animal's skull looks like on one page, while the fol-



lowing pages tell the reader about the animal's life and habits. We see the baleen and teeth of whales and dolphins; the constantly growing teeth of the capybara, the world's largest rodent; the bony horns of bighorn sheep; elephant and walrus tusks, which are actually giant incisors; and the massive skulls of hippos, first cousin to horses. The spectacular collection of awesome skulls compares and contrasts the skulls of animals, humans, birds, reptiles, and fish. A glossary and disassembled human skull completes this amazing book. \*\* Reviewer's pick of the month\*\*

"Tiny Creatures: the World of Microbes," by Nicola Davies, illustrated by Emily Sutton. (Candlewick Press). *Tiny Creatures* serves as an excellent introduction for the very young to the world of microbes living in, on, and around us. "You know about big animals, and you know about small animals... but do you know there are creatures so tiny that millions could fit on this ant's antenna?" With easy-to-understand size comparisons, children can begin to grasp how tiny microbes really are, and how many there are: "... more... on your skin than there are people on Earth." The large format watercolor illustrations are cleverly done and perfectly depict the variety of microbes as they'd appear through a microscope: round, skinny, squishy, with tails, etc. The concept that microbes can cause and prevent disease is presented in a simple way. This well-designed and attractive book will appeal to the young scientists in your family.



Connie Goldsmith ([www.conniegoldsmith.com](http://www.conniegoldsmith.com)) lives in Carmichael where she writes for adults and children. Her newest nonfiction juvenile books, "Bombs over Bikini," 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.

# Perfect Present

## TrendiY Art

TrendiY Art is an assortment of edgy and fashion forward D.I.Y art and craft activity kits inspired by the latest designers creations. TrendiY Art's packaging includes an array of magazines, each issued for an individual product. Young girls can get even more creative and still look hip and fashionable with these craft kits. Perfect for ages 8-16 years old/\$9.99. For more information visit [www.trendiart.com](http://www.trendiart.com). TrendiY Art Doodle Bracelets, Chain Jewelry and Beaded Chains can we purchased at specialty stores and Amazon.com. The website is [www.ohioart.com](http://www.ohioart.com)



## Tumble 'N Glow Froggie Toy

Feed your FROGGIO friend for some tumblin' fun! Drop the colorful balls into froggy's mouth, then watch as they tumble down the track, activating music and lights, and causing the froggy friend to make silly ribbit sounds! Each time kids feed him, they experience light and sound rewards that helps encourage motor skill development and an introduction to cause and effect. Press the butterfly button to spill the balls on the floor to play again. This fun take on classic put-and-take play encourages motor skills, hand-eye coordination, and dexterity. Requires two AA batteries. Demo batteries included. For ages 12 months and up/Approx. Retail Price: \$19.99. Available at most major toy retailers nationwide and on [HasbroToyShop.com](http://HasbroToyShop.com).



## Name 5 by Endless Games

Can you name 5 things that could make a person sneeze? How about 5 TV dads? ...5 video games? ...Vegetables beginning with "a"? **Name 5** is the outrageous new party game from Endless Games that asks the easy questions you know the answers to. Sure you know 1 Tom Hanks movie, 1 Tina Turner song... Maybe even two... But can you name 5??? Ages: 12 and Up / For 2 or more Players. Name 5 costs \$18.99 and can be found online at [www.endlessgames.com/](http://www.endlessgames.com/).



## VRÜM

Wicked Cool Toys is rockin' and a rollin' with excitement with **VRÜM Ride-On Storage!** Their new licensed character based ride-on portable storage for kids is packed with 3 in 1 features: Pack, Ride and Play. The VRÜM product line features today's top kids brands: Spiderman, Ironman, DC Comics Batman, Dora the Explorer, SpongeBob SquarePants, Teenage Mutant Ninja Turtles and Disney Princesses. Each ride-on storage character is 18"W X 8"D X 12"H, has a dual purpose pull/carrying strap, a handle-bar for comfort and support, is safe and fun to ride, and perfect for being on the go. Kids will love taking their favorite VRÜM Ride-On Storage friends with them everywhere they go, and parents will appreciate the entire package of convenience. Available NOW at [Target.com](http://Target.com), [ToyRUs.com](http://ToyRUs.com), [Amazon.com](http://Amazon.com), [Ebags.com](http://Ebags.com), [Overstock.com](http://Overstock.com), and [Wayfair.com](http://Wayfair.com). Ages 3+, SRP \$49.99 - Here is the Sizzle of VRÜM in Action: <http://govrum.com/>



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# Perfect Present

## NEW Badminton

A classic game with a portable twist, **Zume Badminton** features a weighted base that eliminates issues of set-up with traditional stake and pole sets. Base doubles as a convenient carrying case for all equipment (no tools required), which includes 4 rackets, 2 shuttlecocks (birdies) and a regulation height net. Ideal for ages 8+ and is available for purchase online at [Amazon.com](http://Amazon.com), [Hammacher.com](http://Hammacher.com) and at select sporting goods stores. For more information: <http://www.zume-games.com/outdoor-games/badminton>



For purchase: [http://www.amazon.com/ZUME-GAMES-Player-Badminton-Set/dp/B00EFY9EYU/ref=sr\\_1\\_1?ie=UTF8&qid=1404847085&sr=8-1&keywords=zume+badminton](http://www.amazon.com/ZUME-GAMES-Player-Badminton-Set/dp/B00EFY9EYU/ref=sr_1_1?ie=UTF8&qid=1404847085&sr=8-1&keywords=zume+badminton)  
<http://www.hammacher.com/Product/Default.aspx?sku=84557&promo=Outdoor-Living-Outdoor-Games&catid=1730>

SPEED DRIFTER



BLAZE RACER



SPEED BUSTER



## Kids Preferred Buildex Wooden Construction Toys

The Buildex world of products are designed for little engineers and young minds. This new generation of toys and kids furniture encourages children to develop three dimensional thinking and an appreciation for construction, movement and design. Safe, non-toxic water based paint highlights the natural wood and don't require the use of glue or tools. The collection utilizes a construction system that allows for safe assembly and play. Featuring a patent pending Grid-Lock system, the cars and vehicles are made with natural suspension and have functional steering. The Speed Machines collection from Buildex includes The Road Glider and Speed Drifter Street Bikes, The Blaze Racer, The Buildex Speed Buster, The Fire Blaster fire truck, and the Rail Runner high-speed train. For more information, visit [buildexsystems.com](http://buildexsystems.com)

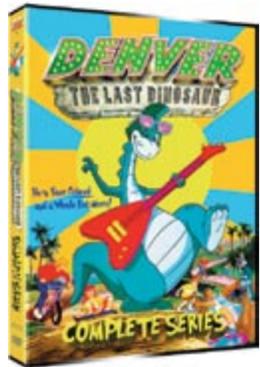
## Cat Paw - The Friendly Yet Feisty Toy

CAT PAWS are wild fun and purrfect for everyone! Creep out co-workers, amuse cat lovers and STUPEFY cats themselves with the amazing, bizarre, wonderful and super fun CAT PAW! Cat Paw features 4 different cat styles to choose from. Each Cat Paw includes 2 realistic sounds and an awesome clawing action! Simply pull the trigger on the handle to activate sound and movement. Once you see one, you have to have them all! Cat Paw is sure to be the life of any party, fill an ordinary day with extraordinary moments, strike up conversations with just about anyone, and guaranteed to deliver endless joy to everyone, even your beloved four-legged family members! Available at [Kmart](http://Kmart), [Toys "R" Us](http://ToysRUs.com) and [Amazon](http://Amazon.com) NOW. Ages 0-100, SRP \$9.99 - Twitter - [@mycatpaw](https://twitter.com/mycatpaw) - #CatPaw - Please LIKE us on Facebook - <https://www.facebook.com/mycatpaw> Pinterest - [www.pinterest.com/thecatpaw](http://www.pinterest.com/thecatpaw)



## Denver the Last Dinosaur - Complete Series

Relive the magic of everyone's favorite skateboarding Corythosaurus with "Denver The Last Dinosaur" Complete Series on DVD from Cinedigm (NASDAQ: CIDM) and produced by VCI Entertainment. When a pleasant and unusually intelligent dinosaur unexpectedly hatches from a fossilized egg in present day California, a group of teenagers adopt him as their new best friend. Join in on the excitement as they protect him from the prying eyes of other humans and teach him their favorite pastimes, including skateboarding. Fun for the whole family, the "Denver the Last Dinosaur" Complete Series DVD is packed with bonus features and galleries and seven additional episodes of various classic cartoons, including "Saber Rider and the Star Sheriffs," making it the perfect set for fans, collectors and 80s cartoon enthusiasts. It can be purchased at [Amazon](http://Amazon.com)



## PLAY-DOH DIGGIN' RIGS BUZZ SAW Playset

Create, cut and haul it with this construction playset that combines the creativity of PLAY-DOH play with this hard-working vehicle! Kids can extrude their construction materials through the back of the **DIGGIN' RIGS BUZZ SAW** vehicle, and then cut it all up with the saw arm that swings from the front to the back of the truck! Use the included PLAY-DOH cans to double as construction street signs and warn the drivers passing by. Set includes vehicle, two saw blades, and four 3 ounce cans of PLAY-DOH compound. For ages 3 years & up/Approx. Retail Price: \$19.99. Available at most major toy retailers nationwide and on [HasbroToyShop.com](http://HasbroToyShop.com).



# Perfect Present



## Transformers Rescue Bots Optimus Primal Figure

**O**ptimus Prime robot goes primal! With one simple twist of the torso, everyone's favorite AUTOBOT hero will convert from bot to Tyrannosaurus Rex! The OPTIMUS PRIMAL figure features over 20 phrases and dino sound effects and will even let out a load "roar" in dino mode. Little adventurers won't be able to resist the awesome special effects, like the blue Energize Hide activation panel, dino chomping action, and working rescue drill. Requires 3 AA batteries, demo batteries included. For ages 3-7 years/approx. and retails for \$34.99. Available at most major toy retailers nationwide and on HasbroToyShop.com.



## GYROBOT the Science of Gyroscopes

**W**ith the Gyrobot from Thames & Kosmos, children can explore the astonishing powers of the gyroscope by building seven motorized models, including a robot that can balance on two linear wheels and move along a tightrope! A gyroscope is a rapidly spinning wheel mounted in such a way that its axle can move in any direction. Kids will learn about the physical science principles that keep the robot balanced, making it appear to defy gravity. 8 and up/\$44.95. For more information or to purchase, visit [www.thamesandkosmos.com](http://www.thamesandkosmos.com).

Gyrobot can also be purchased at speciality stores, Barnes & Noble and Toys "R" Us.



## Silverlit's Nano Falcon

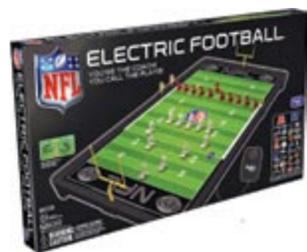
**S**ilverlit's Nano Falcon holds the Guinness World Record Title for the Smallest RC Helicopter! With a size of just 65mm and weighs just 11g, this 3 channel indoor heli flies up and down; forward and backward; left and right. Built-in Gyro Stabilizer makes flying easier. Precise variable speed rotor delivers excellent flying control. Pre-selected tri band system. Slim design for transmitter. For more information, visit <http://www.silverlit.com>. MSRP \$49.99.

## NFL Electric Football

**N**FL Electric Football™ 9072: With all 32 NFL team logos and PlayAction™ Remote Control, powered by variable speed handheld, the all-time, best-selling favorite

is back and it's better than ever! Play fun and competitive NFL Electric Football on a whisper-quiet SpeedTurf™ playing field. Includes a complete set of NFL team stickers to customize your game. New INVISIBASE™ Clear technology is translucent in color and gives complete control of player routes.

NFL Electric Football lets you call the plays to march your football action figures down the vibrating gridiron! The all new PlayAction remote control places the fate of your offense in the palm of your hand, with its on-board variable speed control. Slow down the play with your PlayAction remote to see your blockers in action as the play develops. Got a man wide open downfield? Shift into high speed and accelerate your team to victory! Requires two AA batteries for hours of fun, creative, and interactive play! The game can be purchased at Amazon, Toys r Us, Walmart and Sears. For more information, visit [www.tudorgames.com](http://www.tudorgames.com).



## Heli Beast from Silverlit

**H**eli Beast from Silverlit: 2 Channel Radio Control. Includes beast gear for realistic walking action. Launch your Heli with the touch of a button on the remote. Special Propeller system with auto stabilization technology. Precision speed control for a smooth flying experience. Easy to recharge through transmitter. \$39.99. Helibest can be purchased at Toys-R-Us and/or <http://shop.silverlit.com/> and [www.amazon.com](http://www.amazon.com).



## Hyperspeed Hangtime Roller coaster™ Building Set

**K**'NEX Thrill Rides building sets have been a favorite among fans since the line was introduced in 1992, and appeal to builders of all ages. K'NEX has led this part of the market for over 20 years by continuing to offer the most exciting designs and features in roller coaster building sets, including glow-in-the-dark track.

Build a speed-of-light roller coaster that features a unique inverted blaster motor technology that shoots the hanging coaster car, and takes the included K'NEXmen™ on an out-of-this-world adventure! Set features 624 pieces including 18 feet of twisting track and includes a building idea for a second coaster model. All K'NEX rods and connectors are made in the USA. Suggested retail price \$69.99. Batteries not included. Ages 9+. Available now at [knex.com](http://knex.com) and toy retailers nationwide.



## Ko Robots

**I**nteractive battling machines just got even better with KO Robots! There are two amazing play modes, self-training and battling. The Smart Sensor is able to detect how hard you've been punching and the sound effects are surreal. The ring announcer calls out each round just as he would in real life. Hit your opponent hard enough and knock him out of the ring. Self-training - 1 player mode: practice with the computer. Battling Mode: 2 players challenge your parents and friends. Learn the tricks to knock out your opponent and win the battle! MSRP \$49.99. They can be purchased at QVC. For more information, visit [www.silverlit.com](http://www.silverlit.com).

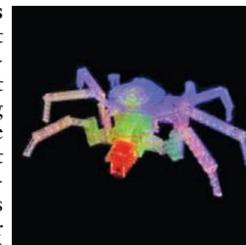


# Perfect Present

## Let Your child's Creativity Shine!

**L**aser Pegs is the first construction toy sets that light up! Using low-voltage LEDs to light up durable plastic bricks, pegs and pieces, Laser Pegs stack and slide together to create cars, bugs, helicopters and more that are not only fun to build but amazing to display and play with. Each kit comes with a variety of pattern ideas that boost abstract thinking, inspire creativity and encourage problem solving. Creep and crawl all day long with Laser Peg's hair-raising 12-in-1 Spider kit. Build incredible insects and amazing arachnids. From Grasshopper to Scorpion and many more, this kit is limitless fun for any adventurous bug enthusiast with an eye for design. For more info, your readers can visit:

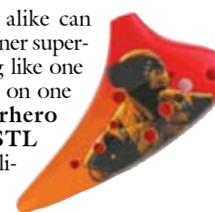
*They can be purchased at [www.laserpegs.com](http://www.laserpegs.com) or stores such as Target.*



## Superhero ocarinas!

**K**ids and adults alike can channel their inner superhero by playing like one this holiday season on one of the new Superhero ocarinas from STL Ocarina (officially licensed by Marvel). From traditional holiday tunes to movie themes, learning to play these musical instruments is easy. These superhero gifts retail from \$27.49 to \$65.

The ocarina is a flute-like wind instrument with an enchanting, melodic sound and roots in ancient cultures around the world. With its soothing sounds, the easy-to-play ocarina is a great inexpensive and stress-relieving gift for adults and kids of all ages. STL Ocarina produces a wide variety of these ancient-sounding, pocket-sized wind instruments including five new 12 Hole Plastic Tenor Ocarinas in C Major and superhero themes (retail \$29.99, sale \$27.49); two new six-hole ocarina superhero shields (retail \$32.99); and a ceramic 12-hole tenor superhero ocarina (retail: \$70, Sale \$65) - all inspired by Thor, Wolverine, Captain America, Spider-Man and Iron Man. See the full selection at [www.stlocarina.com/](http://www.stlocarina.com/) and for more information, call (314) 594-2994



## Stocking Stuffer Idea!



**N**anoblock®, the world's smallest building block system, a favorite with kids, parents and collectors, allows kids to create miniature, detailed replicas. Nanoblocks® features a patented double-feather design to lock micro-sized pieces firmly together, allowing for very realistic creations featuring significant detail and design. Some of the new designs this holiday season from The Ohio Art Company include the nanoblock Motorcycle, Deluxe Space Shuttle, ladybugs and even a Great White Shark! Ages 8 and up. For more information visit <http://www.mynanoblock.com/site>. Nanoblocks® can be purchased at TARGET, Barnes and Noble, Amazon.com, and [www.ohioart.com](http://www.ohioart.com).



## Smart car Robotics from Thames & Kosmos

**E**xplore the cutting edge of automotive technology with this futuristic car. Construct the sleek, high-tech car, and then use your tablet or smartphone to control the car's motorized wheels and steer it in any direction. On your device's screen, watch the car as it drives through a virtual, augmented reality cityscape. Great for ages 10 and up. Smart Car - can be purchased at speciality stores, Barnes & Noble and [www.thamesandkosmos.com](http://www.thamesandkosmos.com). For more information, visit [www.ThamesAndKosmos.com](http://www.ThamesAndKosmos.com)



## Spider-man Adventures Web Wing Car

**L**ittle web-slingers are going to go crazy for Spidey's Web Wing Car! This chunky little vehicle is the right size for your little hero, and your child will have a ton of fun in all their Spider-Man adventures. The included Spider-Man figure fits in the seat, and with the press of a button the car changes from a racer to a hovercar. Just flip the wheels up to reset. The car also launches web rockets. Give your little hero even better Spider-Man fun with the Web Wing Car! Vehicle comes with figure. For ages 3-7 years /Approx. Retail Price: \$26.99. Available at most major toy retailers nationwide and on [HasbroToyShop.com](http://HasbroToyShop.com).

## Super Hero Adventures Spider-man Spider Strike Plane!

**S**oar into action with a new iconic Spider-Man vehicle! The SPIDER STRIKE PLANE vehicle will help your 5" Spider-Man figure reach new heights.

With launching web projectiles, this iconic vehicle will let your preschooler's imagination soar with their favorite super hero. Available at most major toy retailers nationwide and on [HasbroToyShop.com](http://HasbroToyShop.com). For ages 3-7 years.



## Storytime Toys

**S**torytime Toys are richly imagined, artfully designed books and playhouses in one. Made of lightweight EVA foam and high-quality card stock, the houses fit together like a 3-D puzzle and fold flat in a portable carrying case conveniently designed to fit on your bookshelf. Perfect to take with you to keep the kids busy on long car rides or flights! Assembling these houses and furniture is as easy as pressing tabs into place. No tools or screws required. Storytime Toys promotes imaginative play, creativity and encourages literacy. Safe, environmentally friendly and best of all, battery-free. Stories include: *Goldilocks and the Three Bears*, *Hansel and Gretel* and *The Three Little Pigs*. For more information or to purchase, visit [www.storytimetoys.com](http://www.storytimetoys.com)



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**Willy Wonka** March 21, 28 & April 4

**The Wizard of Oz** July 18, 25, August 1, 8, & 15

**Frog and Toad** October 31, November 7 & 14

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## Who wrote that?

The Creators of Your Child's Favorite Books

Featuring Brian Lies

By Patricia Newman

Some of Brian Lies's happiest childhood memories involved "inventing stuff" on long rainy afternoons. He gathered a variety of materials together and set to work. "Something about the trying was addictive," he says. He challenged himself to make something that worked or was somehow real. "In high school I wanted to do something so well it didn't look like I had done it," he says.

Lies (rhymes with cheese) received initial inspiration from his older sister who wanted to be a writer. "If you ask most younger siblings, they don't want older siblings to get ahead of them and be better at anything," he quips. So, in third grade Lies decided to write a book about fossils because he wanted to be a paleontologist. "I got about a page into it and realized that it was an awful lot of hard work. But the idea of putting together a writing project was a magical thing." And the people who wrote them were magical beings whose skill was inaccessible to mere mortals.

In fifth grade, author Harry Devlin visited Lies's school, and planted the idea that writing was a viable occupation. "That blew me away," Lies says. Devlin shared his art with the class and Lies says, "I looked at my fifth grade art work and I couldn't see the bridge between the two." He thought he wasn't good enough, so his dream went underground for about fifteen years.

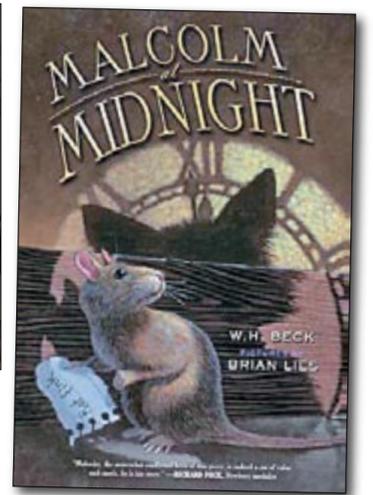
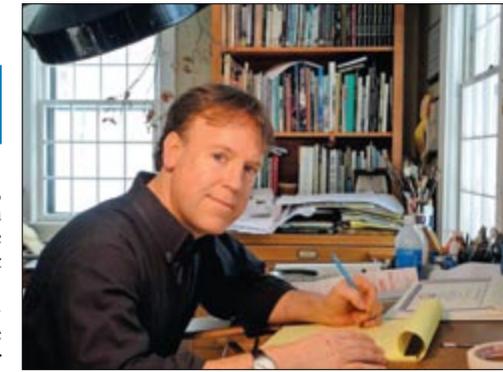
Eventually, Lies resurrected his dream by attending School

of the Museum of Fine Arts, Boston after graduating from Brown University. Once he embraced his dream, the magic began to find him.

In college he visited the career center and jotted down the name of a possible art director at a children's book publisher to whom he might eventually send a portfolio. But luck intervened. While standing in line at a store he chatted with a friend about his art. A woman in line ahead of him asked if he'd ever thought about writing for children. She turned out to be the same art director whose name he'd jotted down. A month later she sent him his first contract to illustrate *Flatfoot Fox and the Case of the Nosy Otter* by Eth Clifford.

One morning his daughter, a current college sophomore who was in second grade at the time, pointed out four bumps of frost on the guest room window of their Duxbury, Massachusetts home. "It's a bat with sea foam," she said. Lies mind started to race, and he recalls thinking, "It's a story I've never read which means I can probably write it." He grabbed a legal pad to scribble notes. "As soon as I imagined a story I starting picturing what the bats might be doing, so I took out a sketch book... To me a story starts out as little glimpses into what's happening."

Lies submitted *Bats at the Beach* to an editor and waited. The magic found him again. While sailing with friends, a hitchhiker bat landed on the roof of the boat's cabin and hung upside down from a



rubber grommet. When they anchored in Salem, Massachusetts, the bat shook out its wings and flew away. They next day Lies received an offer to publish *Bats at the Beach*.

His local librarian told him she'd once had a bat in the library. Lies remembers thinking, "Hmmm. Interesting. I think my bats would love to read." But he challenged himself to make the book a companion rather than a sequel by changing the rhyme scheme and ending with a surprise.

"My dad passed away of ALS about six months before *Bats at the Beach* came out so he never saw his son have a bestselling book." So Lies set *Bats at the Library* in the local library of his father's youth in Riverside, Illinois. "It's my favorite library in the whole world. It looks like a cathedral of the mind. Stained glass windows. Deep red leather Mission chairs. As a boy... it felt like a place that made you want to be a writer."

Yet Lies dawdled before entering the library again after a twenty-seven-year hiatus because he wondered if it would have the same power over him. "Just as I was getting ready to stand up, a little girl darted out of the doorway followed by her mother with an armload of books and I'll be damned if the book that was at the bottom of the pile... wasn't *Bats at the Beach*. The first book that I saw coming out of the library I'd come to research was my own."

In *Bats in the Band* Lies takes great pleasure in creating characters who make music. "I am a frustrated musician... but I always loved making sound." Lies owns several instruments that he says he "plays badly," including a banjo, electric and acoustic guitars, an alto saxophone, a piano, a mandolin, and his newest acquisition—a drum kit. Lies suggests that because his bats have big ears, they might appreciate music.

Lies researched bats in order to draw them correctly. And because bats have been so good to him, he donates part of the proceeds of his books to Bat Conservation International ([www.batcon.org](http://www.batcon.org)).

Additionally, he was "concerned about getting the light right" because each *Bats* book takes place at night. "I tried to cheat the light to make it bright enough to see things. And I thought we, the readers, might actually be [bats] so our eyes might be more adjusted to the light." All of Lies's *Bats* books take place during a full moon, but readers never see it. Rather they see how the light

reflects off objects. Lies also finds pools of light in which to stage his bats' actions.

Although Lies does not write to a theme, he likes knowing that his early childhood emotional memories and experiences are just a breath away so he can tap into "the unbridled enthusiasm for something... [where] you're so excited you just have to bounce on the balls of your feet because you can't sit still."

Lies challenges himself to be as honest as possible with his readers. "Kids can see through a fake really easily."

**Next month:** Dianne de las Casas

Patricia Newman visits schools! Her newest book *Plastic, Ahoy!* Investigating the Great Pacific Garbage Patch a Junior Library Guild Selection, is now available. Visit her website at [www.patriciamnewman.com](http://www.patriciamnewman.com) for more information.

### LEARN MORE ABOUT BRIAN LIES

Visit: [www.brianlies.com](http://www.brianlies.com)

#### Author/Illustrator

*Bats in the Band*, Houghton Mifflin, 2014.  
*Bats at the Ballgame*, Houghton Mifflin, 2010.  
*Bats at the Library*, Houghton Mifflin, 2008.  
*Bats at the Beach*, Houghton Mifflin, 2006.

#### Illustrator

More by I.C. Springman, Houghton Mifflin, 2012.  
*Malcolm At Midnight* by W. H. Beck, Houghton Mifflin, 2012.  
*Deep in the swamp* by Donna M. Bateman, Charlesbridge, 2007.  
*Popcorn* by Elaine Landau, Charlesbridge, 2003.  
*Finkhopper Frog* by Irene Livingston, Tricycle Press, 2003.

#### Upcoming books:

*Malcolm Under the Stars* by W. H. Beck, Houghton Mifflin Harcourt, Spring 2015.  
An unnamed picture book, Spring 2016.

# MarbleSpark's 'Twas the Mouse Who Saved Christmas

In this uniquely crafted book, it's not just the front cover that's personalized. The entire story is specially designed and based around your child. You'll follow a young mouse named Pipp Squeak on an adventure through Santa's house. Pipp finds trouble when she accidentally rips a name — your child's

name — from Santa's list! Tag along as Pipp works valiantly to fix the list and save your child's Christmas. Kids will feel like the whole story was written specifically for them. 'Twas the Mouse Who Saved Christmas offers kids the best of both worlds this holiday season: Fun AND educa-

tion. It makes a wonderful keepsake that children will cherish year after year. Take a tour of the book: <http://www.marblespark.com/Tour/twasthemouse>. \$29.95, and to order and personalize your book, go to [www.marblespark.com](http://www.marblespark.com) and/or <http://www.marblespark.com/Book/twasthemouse>.



# Calendar of Events

## Natural Bridges State Beach

Located at the end of West Cliff Drive in Santa Cruz (831) 423-4609

Tours of the Monarch Grove - through January, Saturdays and Sundays at 11 a.m. and 2 p.m.

Join a Docent Naturalist for a tour of the state designated monarch butterfly preserve at Natural Bridges State Beach. Monarch butterflies are returning this fall to their winter home along our coast. Learn the story of this beautiful creature and its fascinating seasonal migration. Public tours are offered on weekends and no reservations are necessary, or you may call 423-4609 to arrange a tour for a group of 10 or more. Fall walks continue through January or as long as monarchs are present: Monarch numbers vary, usually the highest numbers are visible in November/December. Meet at the Visitor Center for the hour-long program. The walk is wheelchair accessible.

## Arts & Crafts

November 9, Fall Colors, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Create colorful Fall art by making leaf rubbings of the leaves found in the Effie Yeaw Nature Center's village area. Have fun while learning how leaf shape and size help in identifying trees. All ages welcome. For more information, call (916) 489-4918.

November 12, Thanksgiving Craft, 3:30 p.m., 601 Alhambra Boulevard, Sacramento. Get ready for Thanksgiving by making your very own cornucopia for a festive decoration or an afternoon sweet treat. You will make your cornucopias out of waffle cones, decorate them with frosting sprinkles and other edible materials and then fill them with an assortment of small candy. For more information, call (916) 264-2920.

## Critter Events

November 8, Salmon Stroll, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. The annual migration of Chinook salmon have arrived. Join a naturalist from the Effie Yeaw Nature Center and hike to the river to catch a glimpse of these impressive fish as they swish and swirl in the shallows. All ages welcome. For more information, call (916) 489-4918.

November 12, Wild Things, 4 p.m., 2443 Marconi Avenue, Sacramento. Bring the kids, ages 6 to 12, to the Arcade Library for "Animals of the World," with Wild Things. Come see live animals from around the world at you local library. For more information, call (916) 264-2920.

November 16, Critter Close Up, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Get eye to eye with one of the feathered, furry, or scaly residents of the Effie Yeaw Nature Center. For more information, call (916) 489-4918.

November 22, Beavers and Otters, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. These two are not related, but are often mistaken for each other. Did you know that otters are highly intelligent and that beavers are actually rodents? Come to the Effie Yeaw Nature Center and learn some fun facts about these creatures who roam our local waters. For more information, call (916) 489-4918.

November 23, Great Gobs, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Beards, wattles and snoods—what strange things to find on a bird. Look and listen for wild turkeys as you explore their world on this guided walk through the Effie Yeaw Nature Preserve. For more information, call (916) 489-4918.

November 30, Turkey Vultures, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. What bird is truly bald-headed? These relatives of the condor and stork are intelligent, family-oriented and playful. Learn how these birds are important to our ecosystem and take a hike to the river in hopes of catching nature's clean-up crew in action. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

## Nature Events

November 15, Birding for Families, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Bring the family out to the Effie Yeaw Nature Center for a birding and nature walk led by a Naturalist and

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 from the staff. For more information, call (916) 489-4918.

## Special Events

November 2, What About Water?, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Join the staff at the Effie Yeaw Nature Center in a conversation about water in California. Where does it come from? Where does it go? How do we use it? Why is it important to conserve it? Get some great tips on ways to conserve water in your own home and yard, and how we all can protect water quality in our local streams and rivers. All ages are welcome. For more information, call (916) 489-4918.

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

November 6, Stay and Play, 11:45 a.m., 5605 Marconi Avenue, Carmichael. Parents and caregivers are invited to the Carmichael Library and to bring their babies, toddlers, and other children to "stay and play." The staff will put out toys for the children to play with while their parents socialize. For more information, call (916) 264-2920.

November 6, 13, 20, Homework Zone, 3:30 p.m., 5600 South Land Park Drive, Sacramento. Need homework help? Drop in to the Belle Cooledge Library for free help from students in grades 1-8 with trained teen volunteers. Help is available in all subject areas including support to develop reading skills. For more information, call (916) 264-2920.

November 8, Arts and Crafts Fair, 9 a.m. to 3 p.m., 6446 Riverside Boulevard, Sacramento. The annual Holiday Arts and Crafts Fair at the Sacramento Elks Lodge #6, with over 70 crafters and artisans of handmade crafts and unique gifts. Free admission, lots of drawings to benefit local community scholarships and charities. Stay to indulge with friends and family at the Elks Bistro and Bakery for a fun day of shopping and getting acquainted with Sacramento-area's special artists, authors and crafters.

November 14, Magic Performance, 4 p.m., 5600 South Land Park Drive, Sacramento. Come to the Belle Cooledge Library and see Magical Mary as she transforms the library to a land of wonder, excitement and magic. Watch as she performs magic tricks all the while keeping the audience laughing and engaged. This program is free. For more information, call (916) 264-2920.

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Starts November 7, 2014  
Friday: 10am-6pm • Saturday: 10am-5pm  
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Christmas decor, Christmas trees, lights, ornaments, china, silver, linens, gift items and much more.  
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**916.484.0227**  
[cancer.org/discovery](http://cancer.org/discovery)

**Save the Date**  
"Celebrating and honoring those that have served and are continuing to serve."  
**4th Annual VETERANS DAY PARADE**  
Tuesday, November 11, 2014  
Parade begins at 11:00 am  
Capitol Mall  
(Between 3rd & 9th Streets)  
**FREE**  
Program at West Steps of State Capitol  
Immediately following the parade  
(37th Street between L & N Streets)  
Info Booths • Children Activities • Food Trucks • Band Contest  
Interested being a vendor or participating in the parade?  
Apply now! Deadline is October 24th, 2014  
For more information contact (916) 808-6789 or email [savetparade@cityofsacramento.org](mailto:savetparade@cityofsacramento.org)

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## SHADOW DAYS

October - December 2014

## PLACEMENT TEST

Saturday, November 22, 2014

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# "American Journeys: Travel Posters from Railroading's Golden Age" Exhibit

California State Parks and the California State Railroad Museum are proud to display a special exhibit titled "American Journeys: Travel Posters from Railroading's Golden Age." The 12 visually-exciting travel posters are from the California State Park's collection and are not normally on public display as part of a special exhibit. The "American Journeys" travel posters depict how railroads promoted various destinations to the traveling public, helping to kindle the American desire to travel. Among the posters featured are works by prominent artists and illustrators including Sam Hyde Harris, Gustav Krollmann, Chesley Bonestell, Maurice Logan, and Leslie Ragan. Continuing through May 31, 2015

*About the California State Railroad Museum - Operated by California State Parks with financial assistance from the non-profit California State Railroad Museum Foundation, the California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year's Day. Widely regarded as North America's finest and most popular railroad museum, the complex of facilities includes the 100,000-square foot Railroad History Museum plus the reconstructed Central Pacific Railroad Passenger Station and Freight Depot, 1849 Eagle Theatre, and Big Four and Dingley Spice Mill commercial buildings in Old Sacramento. For 24-hour information, visit [www.csrnm.org](http://www.csrnm.org) or call 916-323-9280. Museum admission -- \$10 adults, \$5 youths ages 6-17, free for children ages 5 and under.*



Photos courtesy California State Railroad Museum



**Elizabeth Axelgard**

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# A Time Out for Parents



### A Message from First 5 Sacramento

**F**rom the moment you step into parenthood, your needs often come second to the needs of your child. Taking care of YOU becomes a difficult task. Your priorities change; and your own physical and mental health just doesn't seem as important as the attention you give to your child. First 5 Sacramento reminds parents and caregivers that taking care of your own health and well-being is an important step towards being the best parent you can be.

### Here are some tips for taking care of your physical, emotional and mental health:

**Eat healthy** - Make sure you eat balanced, nutritious meals, and snacks each day. Fill your plate with plenty of fruits and vegetables, but also include a whole grain, dairy prod-

uct, and lean protein like chicken, fish, or beans.

**Exercise** - Fit exercise into your daily routine. Exercise is not only good for your physical health, but helps with your emotional and mental health too. Exercise helps to boost confidence and reduces stress and anxiety. Don't feel like you have to exercise for long periods of time either. It's the quality not the quantity. Experts say that with just a 15-20 minute workout, you can achieve great benefits.

**Get sleep** - Sleep is often the first thing you may lose out on once you become a parent. When you have a newborn or an infant, try to sleep when they sleep. Once your child is sleeping independently, try to get 7-8 hours of sleep each night.

**Take time out for yourself** - Whether it's to read a book or go for a walk, take some "me" time each day. You may even try wak-

ing up early before everyone else to have some time alone, gather your thoughts, and plan your day accordingly.

**Build a support system** - Creating a strong support system of family and friends is critical. If you don't have family nearby, establish a quality network of friends who you can trust to help take care of your child and give you a break every now and then.

First 5 Sacramento provides resources for parents of children ages 0-5 including a no-cost Kit for New Parents, which consists of an Advice for New Parents guide, DVD, and local parent services. Order your Kit online at [www.first5sacramento.net](http://www.first5sacramento.net) and have it delivered to you for free.

There are nine family resource centers in Sacramento County that offer parenting resources and networking. The newest location is in Arden

Arcade. Call 2-1-1 to find a Family Resource Center near you.

*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.*

## Have fun coloring!



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## Mexican Fiesta Party Ideas

www.birthdaypartyideas4kids.com

### Mexican Fiesta Invitation Ideas

- Cut out fun shapes such as cactus, Mexican sombreros or chili peppers and paste on the front of note cards. Write party information inside.
- Make or buy small Mexican Flags. On blank index cards or small note cards write party information and then attach to the flags. Embellish the flags by tying long pieces of green, red and white ribbon to the flags.
- Buy plastic maracas and write party information on the maraca with a permanent black marker.



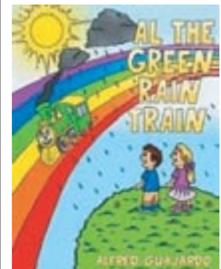
can flags and place them in the ground leading from the street to the entrance of the party. Cover fences with Mexican blankets.

- Decorate the party table with solid red table cloths, green plates, cups and napkins and white or yellow flatware.

Use small Mexican blankets for placemats and a runner for the table. Use new sombrero hats or Mexican pottery to hold snack foods on the party table.

### Mexican Fiesta Decorations

- Leading into the party area make (or buy) Mexican



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See Fiesta, page 22

## Fiesta:

Continued from page 22

- circle. Continue until everyone has had several turns.
- **Cactus Ring Toss** - Buy a blow up cactus or make one out of a large cardboard box. Cut rings out of cardboard big enough to fit over the arms of the cactus. Line up party guests and have them try to throw the rings onto the arms of the cactus.
- **Pin the Tail on the Burro** - Place a poster of a Burro (donkey) on the wall and put a piece of tape on the back Burro tails. Blindfold children, spin them around, and point them toward the poster. The child who pins their burro tail closest to the designated spot, is the winner.

sour cream, onions, refried beans and lettuce  
• Tamales, enchiladas, nachos, rice and beans, flan  
• Sombrero Cookies - Make a quick and easy sombrero cookie by piping white frosting around the edges of a sugar cookie and in the center to hold the gumdrop. Place a large gumdrop in the center of the cookie and then add colorful sprinkles to the frosting.



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Upcoming WINTER Events: Elk Grove: Holiday Toy/Equipment Sale December 6-7 - CWH Event Hall

### Mexican Fiesta Food Ideas

- Set up a Taco bar with dishes of meat, cheese,

### Mexican Fiesta Party Games

- **Piñata** - Make or buy a Piñata and fill it with candy and small toys.
- **Jumping Beans** - Play fast paced music and let the kids jump around like jumping beans. When the music stops they have to freeze. Then start the music again and so on.
- **Mexican Hat Dance** - Place a large sombrero on the floor and have party guests gather around it and make a big circle. Have them stretch out and hold hands. Play fast paced Mexican music and have the children start dancing clockwise around the hat. Call out the name of a party guest and that child leaves the large circle and gets to dance around the sombrero going counter clockwise while the rest of the children are still dancing clockwise. After 15 - 20 seconds call out another child's name. That child takes the place of the inside dancer and the first dancer takes their place back in the large

### Mexican Fiesta Party Favor Ideas:

small Mexican blankets, maracas, small cactus plants, Mexican jumping beans, stuffed burros

### Mexican Fiesta Loot / Goody Bags:

Sombrero, solid color red, green and white bags



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- Get transportation to the Center, your doctor, and dentist appointments
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