

January 2015

California Kids!

Free!

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Publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News, and The Valley Shopper.



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Programs at Fairytale Town

January 19, Monday, Martin Luther King Jr. Day, 10 a.m. to 4 p.m.

Fairytale Town will be open on Martin Luther King Jr. Day, weather permitting. Holiday 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.

February 7, Saturday, Sacramento Museum Day, 10 a.m. to 4 p.m.

Sacramento Museum Day returns for a 17th year with half-price or free admission at nearly 25 museums. Fairytale Town will be offering half-price admission on Sacramento Museum Day. Admission is \$2.75 for adults and children ages 2 and older. Children ages 1 and under are free. A Sacramento cultural tradition, Sacramento Museum Day is designed to encourage all members of the community to experience the region's incredible wealth of art, history, science and wildlife at little cost. This hugely popular community event is presented by the Sacramento Association of Museums. For more information, visit www.fairytaletown.org or call (916) 808-7462.

February 9, Monday, Lincoln's Birthday, 10 a.m. to 4 p.m.

Fairytale Town will be open on Lincoln's Birthday, weather permitting.

Holiday 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.

February 16, Monday, Presidents Day, 10 a.m. to 4 p.m.

Fairytale Town will be open on Presidents Day, weather permitting. Holiday 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 more than 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. Fairytale Town is open daily from 9 a.m. to 4 p.m. from March through October and Thursday through Sunday from 10 a.m. to 4 p.m. from November through February, weather permitting and unless otherwise noted. For more information, visit www.fairytaletown.org or call (916) 808-74



Photo courtesy Sacramento Zoo

Small Wonders of Africa Now open!

Small Wonders of Africa is home to new species at the Sacramento Zoo. Small Wonders houses Straw-colored Fruit Bats, Aardvark, Wolf's Guenons, Red-billed Hornbill and Crested Guinea fowl.

Each of these species help tell the story of East Africa, presenting the challenges of conserving wildlife in this unique corner of the world. The Sacramento Zoo has been an active participant in many East African conservation programs to educate the African people who share the landscape with native wildlife.

Small Wonders has expanded and improved an existing structure – both on-and

off-exhibit animal facilities. It replaced the existing mesh with modern, finer-grade stainless steel and glass to allow for greater visibility. The previous parrot, owl, porcupine and lemur habitats (six exhibits in all) were combined to form three large spaces. The renovation also includes an artificial termite mound where guests will be able to observe nocturnal Aardvarks even as they sleep.

The Sacramento Zoo is located near the corner of Land Park Drive and Sutterville Road in William Land Park. For more information, call (916) 808-5888 or visit sac zoo.org. Come see Small Wonders of Africa!

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Santa Cruz Mission State Historic Park

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Mission Living History Programs—Saturdays from 1 to 2 p.m.

January 3, Candle Dipping; January 10, Hides and Tallow; January 17, Mission Cooking; January 24, Archaeology Demonstration; January 31, Wool Spinning and Weaving

Living history activities take place most Saturdays 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 & 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.

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Fennec Foxes at the Zoo

The Sacramento Zoo's Aardvark has two new big-eared roommates!

The two Fennec Fox sisters, Nymeria and Serafina, are from the Rosamond Gifford Zoo in Syracuse, NY. They are both full grown, weighing about three pounds each. The sisters are hard to tell physically apart but very different in personality. Nymeria is more food-motivated (especially bugs) but shy. Her sister Serafina is more curious about the world around her and loves a good mouse! Serafina also loves to run – zipping around the back area and exhibit.



Photo courtesy Sacramento Zoo

When you see the foxes on exhibit – notice their large ears that are very sensitive to sound. If anyone knocks or taps on the exhibit glass they will run back to their off-exhibit rooms. Everyone can help them settle in by being very quiet.

Fennec Foxes are nocturnal omnivores and are the smallest fox in the world. Large,

bat-like ears provide extraordinary hearing that can help locate prey underground or up to 1.5 miles away. Another Fennec Fox adaptation is insulated fur that protects the

animal from sun and hot sand, which the fox would encounter in the Sahara Desert. In a few weeks they will be physically introduced to the aardvark!



Photo courtesy Christa Klein

Birth of a Yellow-backed Duiker calf

The Sacramento Zoo is pleased to announce the birth of a Yellow-backed Duiker, a girl! At this time the mother, father and calf all appear to be doing well. While she spends much of her time inside the barn where it is warm and comfortable, she can occasionally be seen following mom and dad onto exhibit where she briefly explores before dashing back to the barn. Yellow-backed Duikers are native to forests with heavy undergrowth in western central Africa. Newborns hide for protection rather than following the adults around. At about five months of age, they are fully weaned and receive no further parental care. The Sacramento Zoo participates in the Yellow-backed Duiker Species Survival Plan® (SSP). SSPs are cooperative breeding and conservation programs designed to maintain genetically viable populations of animals in captivity, and to organize zoo and aquarium-based efforts to preserve the species in nature.

Effie Yeaw Nature Center Events

NATURE OF THINGS SEMINAR AND FIELD STUDY SERIES

Mushrooms of the Sierra Nevada - Instructor Daniel Nicholson will share his passion and knowledge on how to identify different mushrooms and fungi species in this lecture and field study program. Reservations required; \$20/ARNHA members, \$25/non-members. Reservations at www.sacnaturecenter.net or (916) 489-4918.

Birds of Winter Seminar and Field Study Series - If you are interested in birds, you won't want to miss these. Three informative lectures and three exciting field studies in January and February - all led by instructor Ed Harper. Full Series—\$110 for ARNHA members, \$120 for non-members. Lectures ONLY—\$55 for ARNHA members, \$60 for non-members. Reservations required, this series sells out: www.sacnaturecenter.net or (916) 489-4918.

Free Weekend Activities - Donations gratefully accepted. There is a \$5 per car county entrance fee into Ancil Hoffman Park (Free to members)

January 4, Sunday, Animal Tracks and Signs, 1:30 p.m.

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

January 10, Saturday, Frog and Toad, 10:30 a.m.

What's the difference between frogs and toads? Meet some amphibious creatures up close and find out!

January 11, Sunday, Nature's Symphony, 1:30 p.m.

Take a guided hike and discover the sounds of nature.

January 17, 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 loan a pair from the staff.

January 18, Sunday, Black-tailed Deer, 1:30 p.m.

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

January 24, Saturday, Nor-Cal Snakes, 10:30 a.m.

Slither on in for a special presentation by Lynne Tolman from the Northern California Herpetological Society. Try to "scale" back your enthusiasm as you learn all about our local snakes. Learn about the varieties that are found here, their life history, habitats, and meet live snakes up close.

January 25, Sunday, Mighty Meta-Morphin' Monarchs, 1:30 p.m.

Come in for a special program all about the amazing Monarch butterflies. Learn about their lifecycle, their remarkable migrations, where they are wintering, and take some plant seeds home to make your yard monarch friendly.

January 31, Saturday, Critter Close-Up, 10:30 a.m.

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

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.

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

celebrate the New Year!

Almost all over the world people celebrate the arrival of the new year with fireworks and family gatherings. 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 the words associated with celebrating the new year?

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

Banners
celebrate
confetti
countdown
Decorations
Family
Festivities
Fireworks

First of January
Friends
Happy
Hats
Horns
Kiss

Midnight
New year baby
Noisemaker
Parades
Party
Resolutions
Time Square
Toast

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Each party includes a fun-filled hour with one of our experienced coaches. The coach leads children through a variety of activities; rings, bars, trampolines, tumble track, climbing rope, an enormous foam pit - everything is made available for the party! Birthday parties aren't just for children, adults can celebrate too!

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A Note From the Nurse Baby Talk

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

Babies love to “talk” and parents love to talk back. Long before babies can speak clearly, they understand the general meaning of what you’re saying. They also absorb emotional tone. It’s easy to encourage your baby’s communication skills. All you need do is smile, talk, sing, and read to your baby. Why is this so important? Because early speech and language skills are associated with success in developing reading, writing, and interpersonal skills, both later in childhood and later in life.

Smile and Talk Back

Smile often at your baby, especially when she is cooing, gurgling, or vocalizing in baby talk. Be sure to look at your baby when he babbles and laughs, rather than looking away or talking with someone else. This lets the baby know he is important to you, and that what he feels and needs matters to you. Try to decipher your baby’s vocal and non-vocal communications, including facial expressions and gestures. These can signal joy, frustration, pain, or comfort. Find the time to give your baby the time and loving attention she needs, no matter how busy you are.

Communication is a two-way street. By talking back, you show your baby how to carry on a give-and-talk conversation. Imitate the

vocalizations of young babies. If she says, “ba-ba” or “goo-goo,” repeat it back and wait for the next sound. Respond even when you don’t understand what your baby is trying to say. Reinforce communication by smiling and mirroring facial expressions and gestures—which are also part of communication. Babies love to hear you talk, especially to them, and especially in a warm, happy voice.

Babies learn to speak by imitating the sounds they hear around them. So the more you talk to your baby, the faster he will acquire speech and language skills. Engage your baby’s listening skills by talking often to him throughout the day, narrating your activities together. Talk as you’re feeding, dressing, carrying, and bathing your baby, so she begins to associate these sounds of language with everyday objects and activities.

Parent Talk

See a baby and you may start talking in a high-pitched tone and stretching out your vowels. “Whoose a pretty baybee?” Experts call this musical way of talking “parentese” and say it has true value. Parentese helps parents and caregivers connect to their babies and helps babies develop language skills. The sing-song style of speech, often accompanied by exaggerated facial expressions, seems to be used by almost everyone who talks to a baby. Parentese is not merely an English-speaking practice. Mothers, fathers, grandparents, friends, and older siblings everywhere do it.

Parentese delights babies. Research shows that infants actually prefer it to adult speech, probably because it

mimics the female voice, which babies the world over associate with feeding and comfort. Babies not only enjoy the high-pitched sounds, they also like watching our faces as we talk to them. The elongated vowels, high pitch, exaggerated facial expressions and short, simple sentences of parentese actually help infants learn language. We tend to pronounce words precisely when we talk to babies — pulling out the vowel sounds and clearly voicing consonants. A “sweet baby” becomes “sweet baybee.” Move in close so your baby can see your eyes widen and your lips move.

Gender Differences in Communication

The journal *Pediatrics* published a new study in December about gender differences in parent-infant communication. Not surprisingly, infants are exposed more often to female speech than to male speech in their early months. Also not surprisingly, females respond more frequently to their infants’ vocalizations than do males. Babies responded more readily to the female adult voice than to the adult male voice. The study also showed that mothers responded preferentially to female infants, while fathers responded preferentially to male infants.

Communicating with your baby from birth through three years old is directly related to his intelligence and academic achievements. Parental communication has more influence over an infant’s future success than does education or socioeconomic status. Remember, it’s never too early to start reading to your infant.

Being read to helps stimulate the developing brain. Many babies are soothed by the rhythm of poetry and music. They often recognize simple songs by reacting with smiles, gurgles, and waving arms and legs. Babies also love games and songs with words, such as “Itsy Bitsy Spider” and “Patty-Cake.” Watching your baby learn to talk is one of the greatest joys of parenthood.

Resources:

1. *Child Development: Speak Parentese, Not Baby Talk.* PBS Parents. <http://www.pbs.org/parents/child-development/baby-and-toddler/baby-talk-speaking-parentese/>
2. Baby Talk: Communicating With Your Baby. WebMD. <http://www.webmd.com/parenting/baby/infant-development-9/baby-talk>
3. Johnson K, Caskey M, Band K, et al. Gender Differences in Adult-Infant Communication in the First Months of Life. *Pediatrics.* 2014. 134(6): 1-8.

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.

Biggest kids show ever in Sacramento set for Cal Expo

Festival for Kids April 11 & 12, 2015



“It was like he was Elvis. The Police had to escort him out.”

He’s **Sponge Bob Squarepants**, America’s favorite cartoon character, and he’s coming to Sacramento to be a part of THE SACRAMENTO FESTIVAL FOR KIDS, Saturday and Sunday, April 11th and 12th, 2015. The Festival For Kids will encompass 8 buildings at Cal Expo, sight of the California State Fair, and will be jam-packed with activities for kids AND their moms and dads.

Sponge Bob and his cartoon buddy **Dora the Explorer** will be on hand so kids can have a souvenir picture with their favorite character.



Rain Forest Alive!

Pacific Animal Productions will construct their stunning rain forest exhibit. Kids get to up and close and personal with animals from the jungle.

A True Festival for the Whole Family!

Child Safety Building: Allows families to fingerprint their kids to help law enforcement in case of an emergency.

Sports for Kids: Learn about all the unique opportunities and activities for kids and their families.

Celebrity stage: Jugglers. Magicians. Wild animal acts. Continuous entertainment.

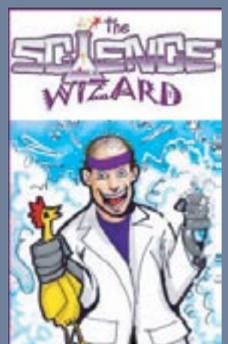
Pets, pets and more pets! A whole building dedicated to our favorite furry friends.

Special Guests

THE SCIENCE WIZARD will anchor the kids science building with his hilarious and educational shows.



Pacific Animal Productions is back with up close and personal displays.



Attention Realtors!

Advertise Your Property Listings in California Kids!

California Kids is an events and activities guide for active families and is published once a month by Valley Community Newspapers, publishers of the *Arden Carmichael News*, *East Sacramento News*, *Land Park News* and the *Pocket News*. View at: www.valcomnews.com

California Kids targets active families who get out and enjoy all the community has to offer. It also serves as a guide to families that are thinking of relocating to a new area. A perfect publication for real estate listings.

Some of the drops include: schools, restaurants, doctors and dentists, libraries, museums, grocery stores, attorney offices, visitor centers, chamber of commerces, real estate offices, parks and recreation offices, coffee shops, book stores, churches, child care centers, pizza parlors, gymnastic centers, reaching those parents most likely to purchase products, use services, and search real estate listings.

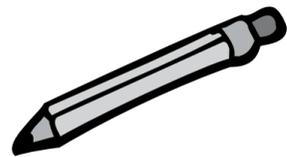
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MAKE IT YOURSELF!



Footprint Horse

Little kids can have some fun drawing around feet, cutting out the shape, sticking it and ending up with this fabulous footprint horse.

You will need:

Brown paper, sheet of A3 paper for background, brown wool, wiggle eye, glue, black pen



You will need:

Draw around both feet onto the brown paper. Cut out and glue to the A3 paper so the toes meet at right angles. One foot is the neck and one is the face. Cut short lengths of wool and glue them along the neck for the mane and to the front of the face as the forelock. Stick on the eye and draw on a nostril. Your footprint horse is done!



Hobby Horse Bookmark

This quick and easy hobby horse bookmark makes a super craft for any horse or farm theme. For younger children, cut out the necessary pieces in advance and leave them to do the sticking.

You will need:

Craft foam, colored popsicle stick, embroidery thread or wool, wiggle eyes, glue

You will need to:

Cut out your own shape of a horse from the craft foam. Cut lots of lengths of thread. Glue the horse's heads together, sandwiching the ends of the threads and the lolly stick inbetween them. Stick on the wiggle eyes.

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

'Year of the Sheep' collage

This sheep collage craft is so simple but includes all the elements loved by young children - glue and mess!

You will need:

Green paper, black pen, glue, cotton wool balls

You will need to:

Draw a sheep on to the paper with the black pen. Cover the body of the sheep in glue and stick on the cotton wool balls.



Toilet Roll Sheep

Kids will love making this toilet roll sheep - particularly sticking the cotton wool balls on and watching it take shape! Add a bit of weight to the inside of the cardboard roll, make two and they would make lovely book ends.

You will need:

Roll tube, 5 corks, black paint (or a permanent marker pen), wiggle eyes, glue, cotton wool balls

You will need to:

Color the corks black. Using a permanent marker pen or paint them instead. When the corks are dry, glue 4 of them to the roll tube to make legs and leave them to dry. You will probably need to prop up the tube to keep the legs in position while they are drying. Meanwhile, glue the wiggle eyes to the 5th cork and put to one side.

When the legs are dry, cover the tube in glue and stick on the cotton wool balls. To cover up the holes at the ends of the tubes you will need to dab glue onto the cotton wool balls and stick them to on to the other balls. Take the cork with the eyes and dab on some glue. Stick the cork to the cotton wool balls at one end of the tube to form the head.



Who wrote that?

The Creators of Your Child's Favorite Books

Featuring Gretchen Woelfle

By Patricia Newman

Nonfiction author Gretchen Woelfle says she suffers from an incurable disease: research rapture. She's happiest digging through books, footnotes, scholarly articles, and primary sources for information about her latest historical subject. "It's so hard to stop researching because it's so much more fun than writing," she says. "I hate writing the first draft. It's so hard for me to spit it out." Once the first draft is written, though, Woelfle (pronounced wolf-lee) enjoys revising and cutting to make what she calls her "wretchedly awful first draft" shine.



Revolution where she found a reference to Elizabeth "Mumbet" Freeman, a slave who sued the Commonwealth of Massachusetts for her freedom, and the subject of Woelfle's most recent title *Mumbet's Declaration of Independence*.

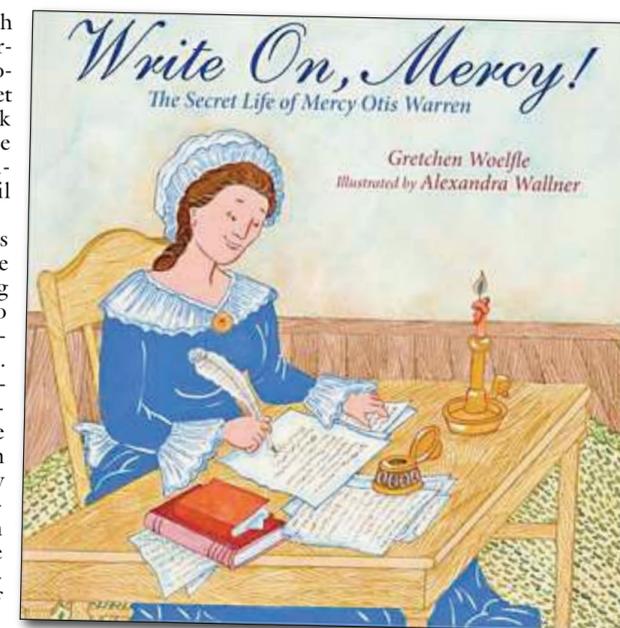
Research about Mumbet led Woelfle to other Revolutionary War-era African Americans profiled in her 2016 release *Answering the Cry for Freedom: African Americans and the American Revolution*. "The American Revolution had an enormous impact on African Americans because they heard all that talk about equality and liberty," Woelfle says. The book chronicles the dramatic stories of seven men and six women from the 18th century. "It's a part of history that isn't really studied by kids. When they think of African American slavery

they think of the 19th century...the Underground Railroad, Sojourner Truth, Harriet Tubman, Frederick Douglass...and the Abolitionists leading up to the Civil War."

Woelfle chooses subjects who have achieved something remarkable and who have "bucked the system" in some way. "[They have] an inner strength, a resilience, and a native intelligence—even if they're not highly educated" to persevere and take on challenges. Woelfle believes that biographies are the best of fiction and nonfiction. "You have a character and the drama of an individual person, but you don't have to make up the plot." Unfortunately, the record of an individual person can be full of gaps that challenge a biographer. "When there are holes in the record, you can't make it up," Woelfle says. "All those years where you don't know what happened, or you know what happened, but you don't know what the person felt about it."

Travel is a large part of Woelfle's research process for each biography. "I try to go to the places where the people lived because the landscape, the climate, the geography impacted [their lives]." When writing *Answering the Cry for Freedom*, she started in Monticello, Virginia and stopped in Philadelphia, Boston, the Berkshires, and Nova Scotia.

Site research also lent an air of authenticity to her one and only novel, *All the World's a Stage: A Novel in Five Acts*. Prior to writing the story, Woelfle was reading a biography of William Shakespeare. A dispute he had with his landlord over his theater at the time planted a seed for the novel. "I did the research in London." Her daughter lived in London at the time and Woelfle visited every year. "The research



was so much fun. I went to plays at the Globe Theater. I rode around the city on a bicycle because the street plan is the same as it was [in Shakespeare's time]."

In fact, Woelfle Skyped from London for this interview. She frequently participates in home exchanges, living in a London house while the occupants live in her home in Los Angeles. Even in London, she keeps to her disciplined writing and research schedule five days a week, preferring to

write at her desk rather than coffee shops or libraries. She treats herself to a workout at the gym at the end of the day, and if the weather permits, boogie boarding on the California coast.

Don't expect Woelfle's next book to be about Abraham Lincoln or Harriet Tubman. "I want to write about people who kids haven't heard about," she says. "There are so many stories that haven't been told."

Next month: Guest columnist Betsy Kemper fills in

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 for more information.

LEARN MORE ABOUT GRETCHEN WOELFLE

Visit: www.GretchenWoelfle.com

Author

- Mumbet's Declaration of Independence*, Carolrhoda/Lerner, 2014.
- The Wind at Work: An Activity Guide to Windmills (2nd edition)* Chicago Review Press, 2013.
- Write On, Mercy! The Secret Life of Mercy Otis Warren*, Boyds Mills/Calkins Creek, 2012.
- All the World's a Stage: A Novel in Five Acts*, Holiday House, 2011.
- Jeannette Rankin: Political Pioneer*, Boyds Mills/Calkins Creek, 2007.
- Animal Families, Animal Friends*, NorthWord Books, 2005.
- Katje, the Windmill Cat*, Candlewick Press, 2001.

Upcoming books:

- Answering the Cry for Freedom: African Americans and the American Revolution*, Calkins Creek/Boyds Mills, 2016.

one of the Biggest Kids Shows Ever!

Sponge Bob Squarepants, America's favorite cartoon character, will be coming to Sacramento to be a part of **THE SACRAMENTO FESTIVAL FOR KIDS**, Saturday and Sunday, April 11th and 12th, 2015. The Festival for Kids will encompass eight buildings at Cal Expo, sight of the California State Fair, and will be jam-packed with activities for kids AND their moms and dads.

Sponge Bob and his cartoon buddy Dora the Explorer will be on hand so kids can have a souvenir picture with their favorite character.

Rain Forest Alive!

Pacific Animal Productions will construct their stunning rain forest exhibit. Kids get to be up close and personal with animals from the jungle.

Child Safety Building

The Child Safety Building allows families to fingerprint their kids to help law enforcement in case of an emergency.

Sports for Kids

Sports for Kids will help families learn all the unique opportunities and activities for kids and their families.

Celebrity Stage

At Celebrity Stage enjoy jugglers, magicians, wild animal acts and continuous entertainment.

Pets, pets and more pets!

A whole building dedicated to our favorite furry friends!

Special Guest

THE SCIENCE WIZARD will anchor the kids science building with his hilarious and educational shows.

So, mark you calendars to attend this festival for the whole family! For more information, visit www.festivalforkids.net or call (800) 787-2248.



Big Basin Redwoods State Park

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

Coffee Talk and Crafts: Saturday, January 10, 17, from 9-12, Saturday, January 24, 9:30-12:30. Come to the Sempervirens Room next to Park Headquarters for free coffee or hot chocolate. This is a great way to start your day in Big Basin. A Big Basin Docent will be happy to answer your questions about the park and help get you going on the right trail. And there's a fun craft activity for the kids.

Shadowbrook Stroll, Saturday, January 10 at Noon

Join Docent Hal Anjo as he guides you on a less-traveled trail that takes you by Union Creek, to the Sempervirens Falls and back through the redwoods. This is a four-mile, 3.5-hour hike. Bring water and good hiking shoes. Meet at Park Headquarters.

Discover Big Basin Redwoods, Sunday, January 4 18, 24, Noon

Explore some of the park's less travelled backcountry with docent naturalist Barry Grimm. This hike will be individually tailored to your group—so distance can vary from 2 to 8 miles, depending on your needs. The pace is always moderate—with occasional short stops to discover the park's unique animals, plants and other natural features. Based on group size, experience level and weather conditions, we will choose from the many trails that explore the park's most scenic areas. Dress in layers for changeable weather and temperatures. Bring sturdy walking shoes, water and trail snacks. Heavy rain cancels. Meet at Park Headquarters.

Hike to Ocean View Summit, Saturday, January 3, 10 a.m.

Escape the crowds on this 6-mile, 4.5-hour loop through shaded forest to a hilltop view of the coast. Join docent Steve Stolper as we climb the Meteor Trail through the trees, gaining 600 feet before emerging at Ocean View Summit. After a relaxed lunch we descend back into the forest and return to headquarters. Bring *at least* one liter of water, lunch, snacks, and appropriate clothing. This hike runs rain or shine. Meet at Park Headquarters.

Berry Creek Falls Hike, Sunday, January 11, 9:30 a.m.

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

Winter Wildflower Walk! Saturday, January 17, 10 a.m. and Sunday, January 18, 10 a.m.

Flowers in the winter? Fall rains bring a whole new blooming season upon us—many plants survived through the long, hot, dry summer just waiting for the cooler, wetter months to return and refresh them. Lichens, mosses and many chaparral plants just begin blooming this time of year. Join docent Scott Peden and learn to identify many of Big Basin's flowering plants. You'll also visit several historical spots within the park. Saturday's walk is a leisurely four-mile, four-hour amble that includes two chimney trees and a waterfall. Sunday's walk is a relaxed five-mile, five-hour amble that includes a chimney tree. Bring water and lunch. Meet at Park Headquarters.

Henry Cowell Redwoods State Park

Located Off Hwy 9 in Felton (831) 335-7077

Basket Making Workshop: Learn how to make a basket with local pine needles. Friday, January 9, 2 to 4 p.m. and Saturday, January 24, 10 a.m. to Noon

Meet at the Visitor Center via the Parks main entrance off Hwy 9 in Felton. Join Henry Cowell Redwoods State Park docent Cheryl VanDeVeer for a fun, free, family workshop learning how to make a basket from local pine needles. Meet at the Visitor Center. No experience necessary and all materials are supplied. Children should be accompanied by an adult. Program is free, parking fee \$10.

Old-Growth Redwood Walks, Every Saturday in January, 1 p.m.

Meet at the Visitor Center via the Park's main entrance off Hwy 9 in Felton.

Experience a guided forest adventure on a docent-led walk through the magnificent old-growth coast redwood forest. This .8 mile long stroll begins at 1pm and lasts about 1.5 hours. The trail is wheelchair and stroller accessible. Program is free, parking fee is \$10. More information is available at (831) 335-7077.

A Walk through the Sandhills, Thursday, January 8, 11 a.m. to 1 p.m.

This walk will lead you through the mysterious sandhill ecosystem that is a hidden gem within Henry Cowell Redwoods State Park. Learn about the rare plants and animals that call this place home. Meet at the Juvenile Hall Parking Lot located off Graham Hill Road, where we will cross the road to access the trail. Dress in layers and bring water to drink. More information is available if you call (831) 335-7077.

2015 Number Search

Happy New Year!

Can you find "2015" twenty times in the puzzle below? You can look for it forwards, backwards and diagonally too!

6	5	2	0	1	5	2	2	5	6
5	8	2	9	5	5	1	0	2	4
1	7	0	2	0	1	5	1	1	9
0	3	1	1	5	1	5	5	5	5
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0	2	0	1	5	4	0	0	5	5
1	5	6	0	5	0	1	8	1	8
5	3	2	2	0	1	5	4	4	5



See answers on page 13

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8th Annual Galt
Winter Bird Festival
Saturday, February 7, 2015
8am to 4pm

- Free Admission
- Local Food Vendors
- Arts and Crafts Vendors
- Free Children's Activities All Day
- Tours to various local preserves including specialty tours
- Wild Animal Presentation
- Guest Speakers

LOCATION
McCaffrey Middle School
977 Park Terrace Drive
Galt, CA 95632

Friday February 6
Wildlife Habitat Celebration Dinner
A delightful evening of theater & music at Brewster's brings forth the magical nature of wildlife and a vital message of conservation. Grammy Award winning musician Mary Youngblood will captivate our guests with the artistry of the Native American Flute.

Saturday February 7
Tours, presentations & activities begin!
Take advantage of this incredible opportunity to catch sightings of waterfowl, shorebirds and wildlife in their winter habitat. Festival headquarters provide a starting point for exclusive preserve tours, educational presentations, wildlife shows, art displays, wine walk, hometown history and hands-on activities. This is a winter wildlife celebration you'll always remember.

SPECIAL FEATURES

- International award winning photographer Paul Bannick
- Canon Camera Consumnes River Photo tour
- Wildlife biologist Mike Denega
- Zen Optic Tour with Lon Yarbrough
- Sustainable Landscape Artists Mike and Annette Heacox
- Native plant specialist Corey Shake
- Heritage Oak Wine and Bird Walk with David Yee
- Field Sketching on the Consumnes River Preserve
- Hawks, Honkers & Hoots/Wild Things animal ambassadors
- Introduction to Birding for all ages!

Yellow-billed Tropicbird

Pre-register for tours @ www.ci.galt.ca.us For info call 209-366-7115

Cats – Cats – Cats

By Connie Goldsmith

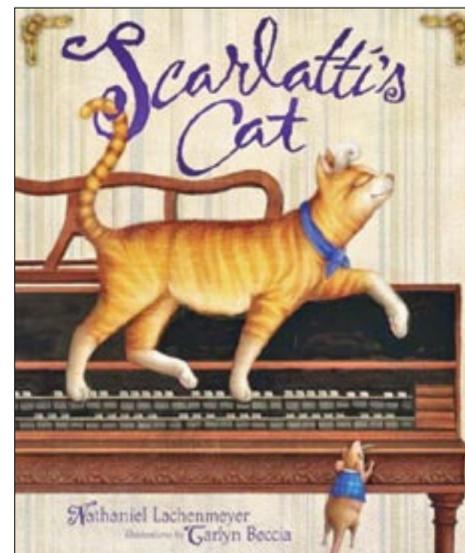
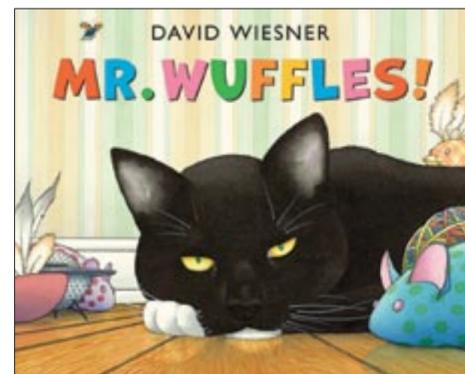
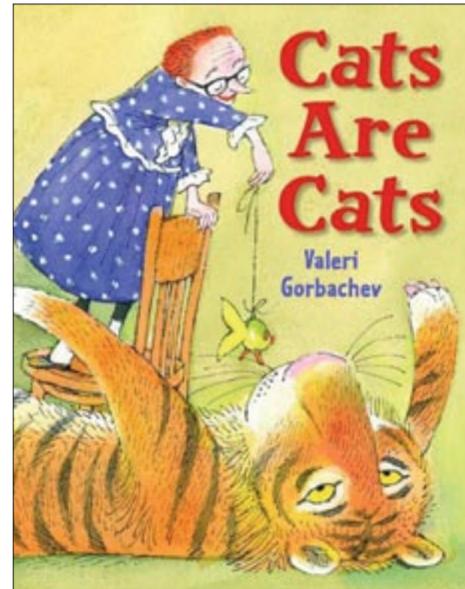
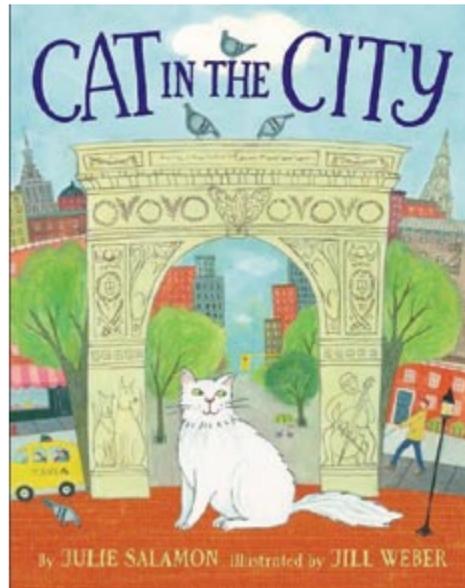
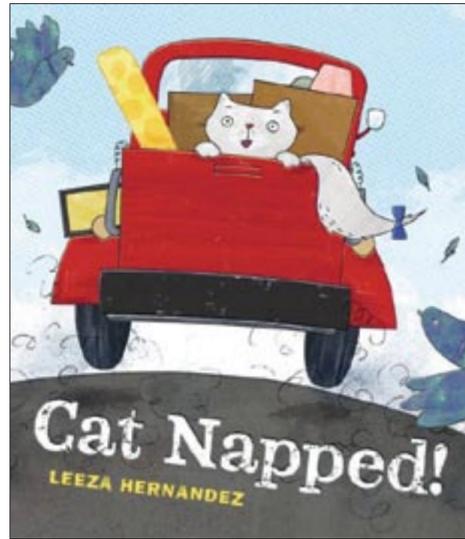
Nearly 96 million cats live with loving American families. Cats are like potato chips: it's hard to stop at just one! The soft warmth of an affectionate cat is a treasure to cherish. And nothing calms jittery nerves as well as the purr of a kitty on your lap. Cats are a perennial topic in children's literature. Take a look at some of the newest offerings.

"Cat Napped!" by Leeza Hernandez. (G.P. Putnam's). "Kitty cat. Pretty cat. Living in the city cat." Cat's little girl loves her and takes good care of her. But like all cats, she likes to wander. Cat curls up on a nice sofa, which happens to be in back of a pickup truck in front of the girl's apartment. The truck takes off down the street. Uh oh! Cat Napped! The frightened cat jumps from the moving truck into a garbage can and a nice lady takes her to the animal shelter. The girl is looking desperately for cat, posting signs all over the neighborhood. As expected, the girl and cat are reunited, but the simple story with a happy ending told in a pleasing rhythm will resonate with young readers. Mixed media art deftly develops the emotions of both girl and cat.

"Cats Are Cats," by Valeri Gorbachev. (Holiday House). Don't skip the title page in this charming book, because the story starts there with Miss Bell examining kittens in a pet store. She picks her favorite and takes him home. "He had stripes like a tiger. He had a tail like a tiger. He had a smile like a tiger. So Miss Bell named him Tiger." She loved Tiger very much. But he grew. And grew. "He roared a big tiger roar." She still loved Tiger. After all, "Cats are cats." When Miss Bell and Tiger go back to the pet store to get some fish, the customers are very surprised. But not as surprised as Miss Bell and Tiger are when one of the fish starts growing! "Fish are Fish." Gorbachev's excellent double-page spreads of Tiger and Miss Bell will tickle the funny bone.

"Scarlati's Cat," by Nathaniel Lachenmeyer, illustrated by Carlyn Beccia. (Carolrhoda Books). Italian composer Scarlati had an orange tabby named Pulcinella. Scarlati loved to compose beautiful music. So did Pulcinella. She composed music in her dreams, but dared not try out Scarlati's harpsichord. "Every morning Pulcinella stared longingly at the keys," but kept her music to herself. While chasing a mouse, Pulcinella falls from the drapes to the harpsichord and gets her chance to play! Scarlati writes down every note, amazed at what he hears. But he fears people won't respect him if they learn his cat composes music, so he gives Pulcinella to a famous painter (who oddly enough, begins to paint his greatest works). The lovely digital art, reminiscent of Scarlati's era, is filled with whimsical details. Check out Scarlati's *Cat's Fugue* at www.youtube.com/watch?v=q4x86sE8ygg. Does it sound like a cat on a harpsichord to you?

"Mr. Wuffles!" by David Wiesner. (Clarion). Garnering a coveted Caldecott Honor award, this nearly wordless book could entertain for hours. Be sure to notice the story starts on the page before the title page as Mr. Wuffles walks by his toys and out of the



picture entirely. But one of the toys is actually a tiny spiky spaceship filled with tiny green aliens. From inside the ship, we see giant cat eyes pecking in at the aliens. From the outside, we see that Mr. Wuffles likes *this* 'toy.' He bats it around as cats do, until he's tired of the game. The aliens evacuate the ship and run behind a radiator, barely escaping giant claws. They enter a world of insects with 'cave' paintings on the wall that depict past cat/insect battles. The aliens draw their own heroic exploits with Mr. Wuffles. Aliens and bugs join forces to defeat the cat. The tiny world existing beside our own is an intriguing premise. Older kids will love deciphering the alien language, and will discover new details with each reading. ** Reviewer's pick of the month**

"Cat in the City," by Julie Salamon, illustrated by Jill Weber. (Dial). Pretty Boy is a spunky and savvy city cat who takes care of himself. Yet, once he makes new friends (dogs and people) he begins to understand the power and joy of friendship and home. The story *feels* like New York City, the street life seems real. And the full-color illustrations show New York at its best. By turns funny, sad, and satisfying, Pretty Boy is the quintessential city cat, living at the edges of society at first, but finding his home at last.

Connie Goldsmith (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.



Photo courtesy Sutter's Fort State Historic Park

Hands on History

Trappers were jacks of many trades. They explored new territory, negotiating and trading with local Native Americans. They guided wagon trains of emigrants across the vast West.

On January 17, come to Sutter's Fort State Historic Park, located at 2701 L Street, Sacramento, 10 a.m. to 5 p.m., to learn about how trappers lived and worked in the 1840s, paving the way for emigrants just a few years later. During the hands on history event, you'll see examples of game traps and how they work, see and hear musket demonstrations and learn about some of the many facets of a trapper's way of life from the docents. Visitors can examine fur pelts, create souvenir documents with a quill pen and oak gall ink, string trade beads to take home, or learn to make a fire using flint and steel. Cannon firing demonstrations will be held at 11 a.m., 1 and 3 p.m.

Admission is \$7 for adults; \$5 for youth; free for children 5 and under. For more information, call (916) 445-4422 or visit www.suttersfort.org.

2015 Number Search

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1	5	6	0	5	0	1	8	1	8
5	3	2	2	0	1	5	4	4	5



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Space Quest! Exhibit Returns to the Discovery Museum Science & Space Center

One of the most popular of the museum's rotating exhibits Space Quest! returns on January 17. Visitors will learn the latest about the planets and the universe through interactive stations and displays. Special science-interest areas include the elements of the universe, the color and light room, and the bicycle-wheel gyroscope.

Included in the Space Quest! exhibit is a 12-foot long play rocket that offers little scientists a chance to dress up as astronauts while they pretend to fly to the moon. Even the younger set can dress up in little rocket costumes to orbit the interactive stations. "Science Encounter" guide-sheets are available for those who want to learn more. Visitors can search the exhibit to find the answers to these fun, grade-specific questions.

The popular Cosmic Café also returns with presentations on how astronauts eat—both in space and on Earth. In this hands-on interactive display, children can serve healthy meals of plastic foods to their families and friends along the eight-foot diner counter.

The Mars Rover, Opportunity, is also on display at the Discovery Museum in 2015. On January 25, 2004, the Mars Exploration Rover Opportunity landed in Meridiani Planum on Mars. Opportunity's mission was scheduled to last 30 Martian days, called Sols. Ten years (more than 3,200 sols) later, Opportunity is still working, making important contributions to our understanding of Mars. A remarkably detailed model of the Mars Rover Opportunity is back on display, enhanced with hands-on stations with current facts and information about Mars.

Weekends at the Discovery Museum include the above exhibit, planetarium star shows for ages four years and older, all-ages Family Feature shows, and Science Discovery Weekend activities for children 12 and younger.

All weekend shows and activities are included in the weekend general admission price:

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All Aboard for Story Time!

On January 5 and 19, 11 a.m. to noon, 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 it's toy trains or big locomotives, there is something to discover in the Museum that will thrill children of all ages.

The program is free with Museum admission. The Museum is located at the corner of 2nd and "I" Streets, Old Sacramento. Admission is \$10 adults, \$5 youths ages 6 to 17, free for children ages 5 and under. For more information, call (916) 323-9280 or visit www.csrmf.org.



All Aboard for Story Time with Dick Cable!

All Aboard for Story Time, January 19, at the California State Railroad Museum, with former News10 anchor and legendary local newscaster Dick Cable! With the help of Dick Cable reading the children's book *All Aboard the Dinotrain*, at 11 a.m. and 11:30 a.m., let railroads help introduce and foster the love of reading for your little ones. This popular reading program, introduced in 2013 by Califor-

nia State Parks and the California State Railroad Museum, is offered on the first and third Monday of each month. The interactive and fun program is designed for imaginative young children ages two to five. A different railroad-related book is showcased each month — with four opportunities for little ones to hear the monthly story, then enjoy the Museum with their parents. Whether it's toy trains or big locomotives,

there is something to discover in the Museum that will thrill children of all ages! Don't miss the special All Aboard for Story Time with celebrity reader Dick Cable. Free with Museum admission: \$10 adults; \$5 youths ages 6–17; free for children ages 5 and under. For more information about the reading program or the Railroad Museum in general, call 916-323-9280 or visit www.csrmf.org

Butano State Park

1500 Cloverdale Rd., Pescadero, CA 94060
(650) 879-2040
www.friendsofbutano.blogspot.com or
[facebook.com/ButanoStatePark](https://www.facebook.com/ButanoStatePark)

Wildflower Walk, Sunday, January 4, 11 a.m. to 3 p.m.

Walk along the trails of Butano State Park with Volunteer Naturalist Scott Peden. This is a slowly-paced walk with time to discover and identify plants, flowers and animals in the park, and allow for photography if you choose. Bring water, lunch or snacks, and plenty of questions. Meet Scott at the park's Visitor Center near the entrance station. Allow 3 to 4 hours for this walk.



Photo courtesy Butano State Park

Native American Flute Workshop

Learn to play Native American flute at the California State Indian Museum. On January 24, 10 a.m. to noon, a Native American Workshop will be held. Join Al Striplen as he shares concepts and techniques for the beginner—and be on your way to playing Native American music.

The workshop is adult-level, 7th grade and up. Participants purchase the flute for \$99 (with case, instructional DVD, and booklet) and get the workshop for free.

The Museum is located at 2618 K Street, Sacramento. For more information, call (916) 324-8112.



Photo courtesy State Indian Museum

The Maidu Museum and Historic Site Events

2015 New Exhibits: Indians Irony and Identity curated by Judith Lowry, Charlie Burns, Native American Youth Art Show, Great Basin Native Artists Collective, Dugan Aguilar, Dal Castro, and the third annual "Calling All Coyotes" show.

Night Out at the Museum: Every 3rd Saturday, January 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.

17th Annual Sacramento Museum Day: On Saturday, February 7, 9 a.m. to 4 p.m. Free admission, free guided tours and free children's activities all day.

The Maidu Museum is open: Monday–Friday, 9 a.m. to 4 p.m., Saturday, 9 a.m. to 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, \$16/Family of Four, \$2 after 2 p.m. The Museum is located at 1970 Johnson Ranch Drive, Roseville. For more information, call (916) 774-5934 or visit www.roseville.ca.us/indianmuseum.

Runaway Stage productions 24TH STREET THEATRE 2791 24TH STREET (AT SIERRA 2) (916) 207-1226

2015 Storybook Children's Theatre

LIMITED 3 WEEK ENGAGEMENT!
JANUARY 10, 17 & 25
SATURDAYS @ 12 & 2PM
\$6 KIDS / \$8 ADULTS

- Audience participation
- Discounted 20 admission cards available
- Shows at 12 noon and 2 p.m.
- Great for audiences 2 to 102
- Birthday Parties Available
- Great Year of Fantastic Shows!

THE Aristocats
June 6, 13 & 20

Aladdin
June 6, 13 & 20

Willy Wonka
March 21, 28 & April 4

The WIZARD of OZ
July 18, 25, August 1, 8, & 15

Sleeping Beauty
August 29, September 5 & 12

Frog and Toad
October 31, November 7 & 14

GET TICKETS AT WWW.RUNAWAYSTAGE.COM

Happy New Year!
Can you help the children get together for their New Year party?

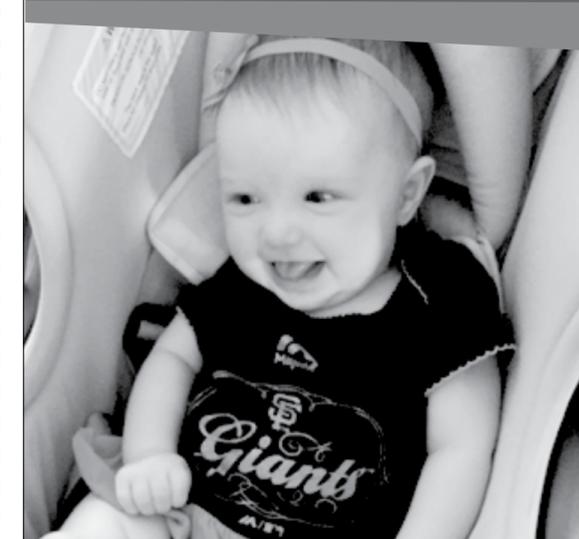
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Your New Year's Solution: Healthy Family Resolutions



Resolve to Make It a Healthy 2015 with Goals Fit for the Whole Family

A Message Brought to You by First 5 Sacramento

With the New Year comes the time for making resolutions and pledging a fresh start. This year, nearly half of all Americans are expected to make New Year's resolutions. And just like past years, one of the most common resolutions people will make is to live a healthier lifestyle. First 5 Sacramento is committed to improving the lives of children through age five and challenges you to resolve to make it a healthy 2015 for both yourself and your family.

One of the best ways you can keep your resolutions is to get your whole family involved. By working together, you and your family can support each other to meet your goals and live a healthy life. As an added bonus, making and keeping resolutions with the whole family offers a great opportunity to spend more quality time together.

First 5 Sacramento offers the following tips to help your family set – and keep – its New Year's resolutions:

Set goals that are attainable. Challenge your family to play a sport or do an activity together, such as going for a walk, riding bikes or playing in the park, at least once a week.

For variety and to involve everyone encourage a different member of the family to choose a different activity each week.

Focus on one resolution at a time and avoid "overdoing" it. With your family, identify those goals that are most important to meet. For example, family members who smoke should begin the quitting process right away. Smokers should focus on "kicking the habit" (no matter how many tries it takes) before tackling another resolution.

Start small. Rather than changing your family's diet too abruptly, begin by serving smaller portions and replacing one dish at a time with healthier options, such as low-fat versions of your family's favorites. As further encouragement, only allow "seconds" for healthy dishes.

Create a pledge card to remind everyone of their resolutions. As a family, design and decorate a family resolution checklist. Once your family's card is complete, place it in a central spot – such as the kitchen. Then, eat regular meals as a family and support each other to help reach your goals.

Turn your resolutions into fun challenges to keep your children



interested and involved. Identify resolutions that children can track themselves, such as brushing their teeth. Challenge your children to brush their teeth twice a day, and each time they do, allow them to mark a chart or table with fun stickers or crayons.

Celebrate milestones to encourage everyone to keep going throughout the year. Make resolutions – such as exercising regularly – fun by setting and celebrating goals throughout the year. Reward regular fitness each month with a family-friendly outing, such as visiting your local zoo.

First 5 Sacramento encourages all parents to be aware of their child's development and share any concerns with a health care professional. For more information on parenting resources please call 2-1-1.

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. More information at www.first5sacramento.net or #first5sac.

Calendar of Events

Critter Events

January 10, Frog or Toad, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center to learn what's the difference between frogs and toads. Meet some amphibious creatures up close and find out. For more information, call (916) 489-4918.

January 17, Birding, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Bring the family to the Effie Yeaw Nature Center for a birding and nature walk led by a naturalist and guides from the Sacramento Audubon Society. Birdwatchers of all levels welcomed. Bring binoculars or borrow one from the staff. For more information, call (916) 489-4918.

January 18, Black-tailed Deer, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. The bucks are in their winter glory, with beautiful antler crowns. Grab your binoculars and come to the Effie Yeaw Nature Center and catch a closer look at the black-tailed deer in their oak woodland habitat. All ages welcome. For more information, call (916) 489-4918.

January 24, Snakes, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center for a special presentation by Lynn Tolman from Northern California Herpetological Society. Learn all about the local snakes and meet live snakes up close. For more information, call (916) 489-4918.

January 25, Monarchs, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center for a special program all about the amazing Monarch butterflies. Learn about their lifecycle, their remarkable migrations, where they are wintering, and take some plant seeds home to make your yard monarch friendly. For more information, call (916) 489-4918.

January 31, Critter Close-up, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Get eye to eye with one of the Effie Yeaw Nature Center's furry, scaly or feathered residents. For more information, call (916) 489-4918.

Nature Events

January 3, New Year's Stroll, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Join a naturalist at the Effie Yeaw Nature Center for the first guided hike of the year. You may hear the splash of a fish, the call of a circling hawk or maybe even the ruby red head of an acorn woodpecker will catch your eye. For more information, call (916) 489-4918.

January 4, Animal Tracks and Signs Hike, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. There are many animal-made signs in the woods that reveal who has used the trail before you. Come to the Effie Yeaw Nature Center and become a nature detective and search for some animal tracks, scat and signs in the preserve. All ages welcome. For more information, call (916) 489-4918.

January 11, Nature Hike, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Take a guided hike at the Effie Yeaw Nature Center and discover the sounds of nature. For more information, call (916) 489-4918.

Special Events

January 5, Moms in Motion Gathering, 7 to 8:30 p.m., 2475 Elk Grove Boulevard, Elk Grove. Moms in Motion will hold a fun gathering at Grace Coffee Roasters. Look for the Flower Power Shirts inside the coffee shop. The shop is just past home to make your yard monarch friendly. For more information, call (916) 489-4918.

of supportive women who love to stay fit, have fun and support the community. Enjoy sparkling cider to toast 2015. Learn details on teams and events. Register for January team and take a chance at the raffle. More information, visit www.momsinmotion.com

January 17, Horticulture Center Workshop, 9 a.m. to noon, 11549 Fair Oaks Boulevard, Fair Oaks. Winter maintenance has arrived. Learn pruning techniques for fruit trees, grape vines and blueberries. Add a new variety to your fruit trees by learning to graft. Master Gardeners will be available to help solve your gardening problems. For more information about this free program, call (916) 875-6913.

Storytime & Puppet Events

Baby Storytime takes a break, 5600 South Land Park Drive, Sacramento. Baby Storytime will return January 6. Storytime breaks on Thursday, will return January 8. For more information, call (916) 264-2920.

January 4, 11, 18, 25, Sunday, Baby Storytime, 12:10 p.m., 828 I Street, Sacramento. Bond with your baby and make new friends at the Central Library. Baby Storytime is designed to encourage early literacy development through shared reading, songs, games and movement. Recommended for birth through 24 months, but older kids are welcome. Held in lower level, Kids' Place. For more information, call (916) 264-2920.

January 6, 13, 20, 27, Tuesday, Baby Lapsit, 10:30 a.m., 2443 Marconi Avenue, Sacramento. Come to the Arcade Library for this program for you and baby (0-18 mos). Stories, songs, rhymes, finger plays and more. Stay afterward (11:20) for play time with age-appropriate toys

and a chance for caregivers to socialize. For more information, call (916) 264-2920.

January 6, 13, 20, 27, Tuesday, Baby Lapsit, 2443 Marconi Avenue, Sacramento. Come to the Arcade Library for this program designed for ages 0-18 months. Enjoy stories, songs, rhymes, finger plays and more. Stay afterwards, until 11:20, for play time with age-appropriate toys and a chance for caregivers to socialize.

January 6, LEGO Block Party, 6 p.m., 828 I Street, Sacramento. Children ages 6-12 are invited to the Central Library for Lego and Duplo block fun. You bring your imagination! Come build with the staff in Kids Place. Street parking is free after 6 p.m. For more information, call (916) 264-2920.

January 6, 13, 20, 27, Tuesday, Baby Storytime, 12:30 p.m., 5600 South Land Park Drive, Sacramento. Join the staff at the Belle Cooleedge Library for nursery rhymes, finger plays, simple stories, and songs designed to encourage a range of early literacy skills for early childhood, ages 18 months old or until they are ready for toddler storytime. Each child must be accompanied by a participating adult. For more information, call (916) 264-2920.

January 6, 13, 20, Tuesday, Baby/Toddler Storytime, 11 a.m., 7335 Gloria Drive, Sacramento. A combined toddler and baby storytime in which babies and toddlers up to age 3 years, and their caretakers, enjoy songs and rhymes at the Robbie Waters Pocket-Greenhaven Library. For more information, call (916) 264-2920.

January 6, 13, 20, 27, Tuesday, Toddler Storytime, 11:20 a.m., 2443 Marconi Avenue, Sacramento. Come to the Arcade Library and enjoy stories, songs, rhymes and fingerplays. Program best suited for 18 months to 3 years. Join the staff for play time before the program, at 10:50) which gives toddlers a chance to play with age-appropriate toys and caregivers a chance to socialize.

January 6, 13, 20, 27, Tuesday, Toddler Storytime, 11:20 a.m., 2443 Marconi Avenue, Sacramento. Enjoy stories, songs, rhymes, and fingerplays at the Acade Library. This program is best suited for (0-5 yrs). Join play time before the program at 10:50 a.m. which gives toddlers a chance to play with age-appropriate toys and caregivers a chance to socialize. For more information, call (916) 264-2920.

January 6, 13, 20, Tuesday, Baby/Toddler Stay & Play, 10:15 a.m., 7335 Gloria Drive, Sacramento. "Stay and Play" is an unstructured social time for babies and toddlers and their caretakers at the Robbie Waters Pocket-Greenhaven Library. Books and toys will be available for this informal play time. For more information, call (916) 264-2920.

January 7, 14, 21, 28, Wednesday, Toddler Storytime, 11:15 a.m., 891 Watt Avenue, Sacramento. Listen, sing, play, create and have fun at the Arden-Dimick Library. Each week features either a craft activity or "stay and play" time. For more information, call (916) 264-2920.

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Giraffe Party

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Decoration Ideas

A giraffe is everyone's favorite animal and having a giraffe birthday party theme will make the party even more special!

Invitation Ideas

- Make tall skinny giraffe invitations (5" x 2") from yellow or off white cardstock and draw on brown giraffe spots.
- Buy giraffe print note cards and write party information on the inside. Make your own cards by attaching giraffe printed scrapbook paper to the front of blank invitations.

- Tie a bunch of yellow and brown (or whatever color combination you choose your giraffe to be for the party) and tie them on tall strings to the mailbox or outside the party area so that guests will know where the party is located. Make tall signs and place them outside the party area to direct guests inside. Draw giraffe print on the sidewalk with brown and yellow sidewalk chalk.
- Decorate in browns, yellows or oranges ... or use a colorful giraffe print and

take the colors from it to decorate the party. An easy and inexpensive way to decorate a birthday party room is to use yards of tulle in your party colors. Drape long pieces of the tulle from the middle of the ceiling of the party room outwards towards the corners, attach with command hooks (they remove easily) and then let the ends drape to the floor.

- Buy different sizes of white or clear tall containers and fill them with tall candies like nerds ropes, jelly beans, twizzlers, tubes of gum, etc. Tie a bow made of giraffe print ribbon around the containers.
- You could also decorate the party area to look like a safari. Decorate the tables with browns and greens and place lots of potted plants in the center or paper palm centerpieces. At each place setting set out a pair of binoculars and a safari hat.
- Make cone shaped hats out of giraffe printed scrapbook paper, place a black pom-pom on the top and staple two pieces of ribbon at each side so that the party guests can tie the party hat in place.

Craft

Giraffe Print Party Hats - Let each guest make their own giraffe print hat from giraffe printed scrapbook paper. Remember to make them as tall as possible! Use giraffe themed fabrics and



paint colors to tie it into your giraffe theme.

Giraffe Party Games High Relay Races - Celebrate the giraffes height with these fun relay race games! Divide the guests into teams and have them line up one behind the other. For each team set up a "turn around point" marked by an orange cone (or similar object ... even a chair will do) that the players will have to run around and then back to their team. One by one the players complete their relay and run back to their team and the next player in line takes a turn. The winning team is the one with all of their players to complete the relay.

Here are a few of our favorite relay races:

Egg and Spoon Games - Kids race while holding an egg (or use a cotton ball,



ping pong ball or other small ball) on a wooden spoon. The team that has all their players complete the course first wins.

Pin the Tail on the Giraffe - A fun party game that has been around a long time. Make it new and different by pinning the tail on the giraffe.

Highest Tower/Tall like a Giraffe - Give teams each a set of building blocks (the more the better) and one by one they must build the highest tower. Set up a certain spot for each team to build their towers that has a flat surface. One by one the players must take a block and start to build a tower. Each player will build upon the last player's block. You can either have them build until one team reaches a certain height (5 feet) or give them a time limit and see how high they can build the tower in 15 minutes. If the blocks fall the team has to start over so encourage them to build a strong base.

Favor Ideas

Long packaged candies such as nerd ropes, tubes of bubble gum or twizzlers, long crazy straws, safari themed items such as binoculars or compasses, stuffed giraffe animals, giraffe printed items such as pens, pencils, notebooks or toys

Goody Bag Ideas

Giraffe print paper bags tied with brown raffia. Tie up favors in giraffe printed bandanas or squares of material and tie with ribbon. Tie up favors in netting and place in a safari hat.

Photos by CROWLEY

Capturing Memories for a Lifetime

Steve Crowley
916-730-6184
photosbycrowley@yahoo.com
www.photosbycrowley.com

Horse Party Ideas

www.birthdaypartyideas4kids.com

Invitation Ideas

- Attach pieces of brown yarn or string to the front of a solid (or multi colored) note card for a mane. Attach a smaller bunch on the back of the card for the tail.
- Pretty note cards with carousel horse designs or stickers.
- Print out party details on large address labels. Then stick the labels on colorful bandanas and pass them out to party guests as an invitation. On the label or invitation tell party guests to wear the bandana to the birthday party.
- Make invitations in the shape of horseshoes.

Decoration Ideas

- Cut out horseshoe shapes from construction paper or poster board and tape them to the driveway or walkway leading up to the party so it looks like a herd of horses walked to the party before the other guests.
- Decorate the birthday tables to look like the inside of a stable with lanterns and small bales of hay (found at craft stores) on the table. Add cowboy boots, spurs and rope for a western look. Set out small metal buckets on the party table and fill with snacks. A large rectangular container can be set out like a trough - fill it with ice to keep drinks cold.

Activities

Mop Horses - You will need a broom stick or large dowel rod for each child, old socks, cotton batting, yarn, felt, glue and googly eyes. Stuff the socks with the cotton batting and then place the end of the sock over the broom stick and tie it on for the horses head. Glue the eyes onto the sock and make a nose (two black circles) and ears from the felt. The yarn can



be glued on the part of the sock that is over the stick to make a horses mane. Braid three long pieces of yarn together and attach them underneath the head to make the reins. You can make create their own, best to attach the head for them and let them decorate the face.

Relay Races Western Style - Make up several relay races and barrel races and let the children run them with their mop horses. Or buy two stick horses and let the kids trade off with each other.

Horseshoes - buy a horseshoe game, carried at most toy stores.

Wild Stallion Roundup - There are some wild horses

that need to be rounded up and your party guests are just the ones to do it! For the game you need 3 balloons (blown up and tied ... blow up extras in case some break) and a broom for each team. The balloons are the wild stallions and the guests need to use the brooms to round them up (from the starting line, to the other side of the room and back).

Food Ideas: Apple cider, caramel apples, french fries (hay), unsweetened lemonade or Kool-Aid with a dish of sugar cubes the kids can put in themselves, cookies, Rice Krispie Treats, brownies, sandwiches or cheese cut with a horseshoe cookie cutter

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