

November 2015

# California Kids!

**Free!**

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# California Kids!

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

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## Zoo Holiday Food Drive

Daily November and December, 10 a.m. to 4 p.m.

During the holiday season bring a non-perishable food item when you visit the Sacramento Zoo and receive \$1 off your Zoo admission! The Zoo will raise donations for River City Food Bank with your support! The Zoo is proud to partner with an organization that makes such an impact on our community. River City Food Bank is the oldest, continuously serving food bank in Sacramento and the only Sacramento-area food bank open every week day to anyone experiencing hunger from anywhere in Sacramento County. Thank you for supporting your community through the annual holiday Food Drive at the Sacramento Zoo!

## Sacramento Zoo Member Appreciation Mornings

Saturdays, November 7, 14, 21, 28, 2015, 9 to 10 a.m.

Bundle up the family and visit the Sacramento Zoo before it opens to the public! For four consecutive Saturdays in November the Zoo will open at 9 a.m. just for Sacramento Zoo Members.

Sacramento Zoo Members receive:

- Free train and carousel rides from 9 to 10 am
- 20% discount in the Zoofari Market gift shop (Excludes promotional, sale and clearance items)
- Animal Encounters in the Discovery Room
- Whole Zoo is open!

For guest information and other questions please call (916) 808-5888.

## Military Family Day at the Zoo

Wednesday, November 11 - 10 am to 4 pm In appreciation for our troops, all military personnel, veterans and their families receive a 50% discount on Zoo admission with a valid military identification card.

**Member Shopping Days Friday - Sunday, December 11, 12 & 13 - 10 a.m. to 4 p.m.** Get a jump start on your Holiday shopping with an exclusive Sacramento Zoo Member discount of 25% in the Zoofari Market gift store. Just remember to show your Membership card, and you can shop as much as you like over the whole weekend! \* Excludes books, promotional, sale and clearance items; cannot be combined with other discounts.

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 10 am to 4 pm

- \* **KEEPER CHATS**  
Learn about featured animals
- \* **ANIMAL ENRICHMENTS**  
Watch animals enjoy holiday treats

Visit [saczoo.org](http://saczoo.org) for schedule

### FOOD DRIVE

NOVEMBER THROUGH DECEMBER

Bring a non-perishable food item and receive \$1 off your Zoo admission

*Benefiting the River City Food Bank*

\* ZOO CLOSED THANKSGIVING & CHRISTMAS

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# Giant Book Sale!

An ever-changing inventory of more than 100,000 “gently used” books, videos, and audio books will be offered for prices from fifty cents to \$2 at the Saturday, November 7, sale at the warehouse of the Friends of the Sacramento Public Library

The warehouse is at the rear of the Friends’ “Book Den” store at Suite E, 8250 Belvedere Avenue, just south of 14th Avenue, between Power Inn Road and Florin-Perkins Road. Plenty of parking is available, but visitors should be careful not to park between the “No Parking” signs on the south side of Belvedere.

Sale hours on Saturday will be from 9 a.m. to 4 p.m., with a preview on Friday from 5 p.m. to 8 p.m. for Friends members only (You can join at the door for \$15).

The book store will also be open during the sale as well as weekly on Thursdays 9 a.m. to 2 p.m. and Fridays and Saturdays from 10 a.m. to 5 p.m. Items there are priced from \$1 up. Holiday-themed books will be special sale items in the book store at 30% off (40% to members) all month. For more information, call (916) 731-8493 or go to [bookden@saclibfriends.org](mailto:bookden@saclibfriends.org).

# Fairytale Town Programs

- Winter Hours Start, Sunday, November 1, - Monday, February 29, 2016, 10 a.m. - 4 p.m.

Beginning November 1, Fairytale Town will be open Thursdays through Sundays from 10 a.m. to 4 p.m. for the winter season, weather permitting. Weekday admission is \$4.50 per person. Weekend and holiday admission is \$5.50 per person. Children ages 1 and under are free. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

- Veterans Day, Wednesday, November 11, 10 a.m. - 4 p.m.

Fairytale Town will be open on Veterans Day from 10 a.m. to 4 p.m., weather permitting. Holiday admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free.

- Free Admission Day & Canned Food Drive, Friday, November 27, 10 a.m. - 4 p.m.

On the day after Thanksgiving, Fairytale Town offers free admission to families who bring a canned food item for donation to the Sacramento Food Bank & Family Services – Holiday Spirit of Giving Food Drive. The day also includes free arts and crafts activities and a puppet show. Puppet show tickets are \$1 for members and \$2 for nonmembers. For more information, visit [fairytaletown.org](http://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 [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.*



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## A Note from the Nurse

# First 5 California

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

We've all seen television ads for First 5 California, but have you ever looked at the website and discovered the vast amount of information available to parents? The California electorate voted to fund First 5 California to recognize that children's health and education is a top priority, especially in their earliest years. Research shows 90% of a child's brain develops in the first five years of life. Making those years count is what First 5 California is all about. The organization's focus is to educate parents and caregivers about the important role they play in their children's development. Visit each center of the site to learn more.

## Health Center

The health center has sections on nutrition, physical activity, oral health, and checkups. Here are tips from each section. Nutrition: As a parent, you're the one buying gro-

ceries, preparing meals, and handing out snacks. Children learn from watching their parents. If you eat lots of fruits, vegetables, and whole grains, it's more likely your children will too. Physical activity: Physical activity for babies, toddlers, and preschoolers plays a very important role in their physical and mental growth. It builds muscle and bone strength, helps prevent obesity, and increases self-esteem. Make it a priority for your child to have 60 minutes of physical activity every day. Oral health: It's important to take care of baby teeth even though they'll fall out later! Start brushing your child's teeth when the very first one comes in. Take your child to the dentist beginning at age one, and at least once a year thereafter. Checkups: The American Academy of Pediatrics recommends you take your child in for at least nine checkups during the first three years. The doctor will examine your child, measure height and weight, administer recommended vaccinations, and discuss developmental milestones.

## Learning Center

A child's brain develops in very important ways during the first three years of life. Exercising your baby's brain in these early years is like weight-lifting for the mind. By talking, reading, and singing to your child, you're helping to build connections in the brain that will affect your child's life forever. What you do today can result in a larger vocabulary, and better social and emotional skills for your child. Click on brain development and follow the interactive graphic to discover how ordinary activities affect your child's brain.

Learn the myths and truth behind commonly held beliefs, including: Myth #1: My baby is too young to talk to. Fact: Your baby may not understand the meaning of your words, but she's listening! Brain connections (called synapses) are forming as she hears your words, contributing to future verbal and reading skills. Myth #2: I can't affect my child's brain development—it's all in the genes. Fact: Speaking to your child, reading and singing to him—early and often—most certainly can lead to him being more likely to graduate high school and to have a successful future. The impact of reading, talking, and singing is huge, and the power is in your hands, not in genes!

## Activity Center

Next, visit the activity center, which shows games to enhance the development of children from birth to five. Babies change more in their first year of life than at any other time. Physical activities can help develop your baby's motor skills, muscle strength, and even social and emotional growth. Suggested activities for babies include swirling colorful scarves; encouraging your baby to reach out for favorite objects; making "musical instruments" from simple objects such as putting rice or buttons in a sealed plastic container and shaking it; and building towers of blocks and knocking them over.

Toddlers enjoy using their senses and enhanced motor skills to explore the world around them. Selected activities (such as playing dress-up, moving and dancing to nursery rhymes, and filling and emptying baskets with toys) can help your toddler express his creativity, develop language skills, and learn how to problem solve. Preschoolers can better control their physical abilities to achieve more challenging tasks, like cutting paper. Selected activities (such as alphabet games and using play-dough) can nurture your child's

See Note from the Nurse, page 13

## REAL TRAINS. TOY TRAINS. ALL ABOARD!

Enjoy our Small Train Holiday  
on November 27 and 28.

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 am. Special reading of *The Polar Express* on Monday, November 30 at 11 am.

RIDE The Veteran's Day Train on November 11, departures at 1, 2, and 3 pm.

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



CALIFORNIA STATE RAILROAD MUSEUM  
125 "I" Street in Old Sacramento | (916) 323-9280 | www.csrmf.org





# Effie Yeaw Nature Center Events

## Special Events

**Saturday, November 7, "Secrets of the Oak Woodland"** with Kate Marianchild: Take an exuberant journey through California's oak woodlands, our state's most diverse and widespread terrestrial ecosystem, as she shares her favorite stories and species from her book *Secrets of the Oak Woodlands: Plants and Animals among California's Oaks*.

**Fall Nature Camps for kids - November 23 and 24, 10 a.m. - 1 p.m.;** pre-registration required, visit [SacNatureCenter.net](http://SacNatureCenter.net) or call 916-489-4918.

**Wednesday November 25 - Deer and Fawn Story Time, 10:30 - 11:30 a.m.:** Ages 3-4 \$5/per child and parents are free.

## Free Weekend Activities

**November 1, Sunday, Turkey Vultures, 1:30 p.m.**

What bird is truly bald-headed? These relatives of the condor and stork are intelligent, family-oriented and play games together. Learn how these birds are important to our ecosystem and try on some condor wings for size. All ages welcome

**November 7, Saturday, Creature Feature, 10:30 a.m.**

Meet some of the animal residents at the Nature Center up close. Learn about each of their unique journeys and how they became an educational ambassador for the Nature Center. All ages welcome.

**November 8, Sunday, Fall Colors, 1:30 p.m.**

Create colorful fall art by making leaf rubbings of the

leaves found in the Nature Center's village area. Have fun while learning how leaf shape and size help in identifying trees. All ages welcome.

**November 14, Saturday, Nature Detectives, 10:30 a.m.**

Have you ever wondered what critters have used the trail before you? Many animals are out and about when we are not. Join a member of the staff in exploring the trails and sharpen your nature detective skills by learning the tracks and other signs of local wildlife.

**November 15, Sunday, Salmon Stroll, 1:30 p.m.**

Learn about the life cycle of this amazing long distance swimmer and take a stroll to the river to see them spawning.

**November 21, 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 borrow a pair from the staff.

**November 22, Sunday, Village Tour, 1:30 p.m.**

Step back in time on a guided tour of the Nisenan Maidu replica village. Discover the traditional uses for structures such as the granary, tule house and grinding rock, and why it takes many steps to make acorns into food. All ages welcome.

**November 28, Saturday, Great Gobblers!, 10:30 p.m.**

Had enough turkey yet? Come learn about the wild

turkeys in the Nature Area and take a walk in search of a rafter (of turkeys, of course).

**November 29, Sunday, Black Tailed Deer, 1:30 p.m.**

The bucks are in their 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 home while learning more about their world.

*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).*

## Autumn Brings Red, Yellow, and orange!

Hey kids! have you noticed the leaves on the trees are turning bright red, yellow and orange? It's that wonderful time of the year, when the air is crisp and the mornings cooler. Put on a warm sweater, grab a cup of cider, and have fun searching for the words related to Autumn. Look carefully, words can appear vertically, horizontally, diagonally, backward and upside-down. Good luck hunting!

S T O R N U F Y L I M A F Z H S E B  
 U P R C O R N M A Z E M A R A R G Z  
 P P E D U H C T I F A L L E R O Z T  
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Acorn  
 Apple pie  
 Autumn  
 Bonfire  
 colors  
 cool weather  
 corn maze  
 Fall  
 Falling leaves

Family Fun  
 Festivals  
 Football  
 Harvest  
 Hay rides  
 Hot cider  
 Hot cocoa  
 Leaf piles

November  
 Picking apples  
 Pumpkin pie  
 Raking leaves  
 Scarecrows  
 Squash  
 Sweater  
 Thanksgiving  
 Turkey

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# Who wrote that?

The Creators of Your Child's Favorite Books

With author Christine Taylor-Butler

By Patricia Newman

Christine Taylor-Butler grew up in inner city Cleveland in the 1960s. An avid reader, she wanted to be a writer, but she remembers thinking, "Writers are not real people. I never met a writer." Math and science became her fallback career goal. "I loved puzzles and mysteries," she says, and frequently saved her money to purchase puzzle books from the grocery store or the drug store. At the time, math and science were not popular fields for girls or for inner city kids. "Your job was to graduate from high school and get a job at the local post office or the local plant," Taylor-Butler says. "I grew up in a blue collar family and [got some] pushback."

What her family and friends may not have realized is that Taylor-Butler is a force of nature, the word "can't" not part of her vocabulary. Some of the adults in her life encouraged her to dream big, and helped her achieve her goals. She graduated from MIT with two degrees—one in civil engineering and one in art and design. After a decade in the engineering



Christine Taylor-Butler

field, a verbally abusive boss caused her to consider a career change. She quit engineering "cold turkey" and turned to writing.

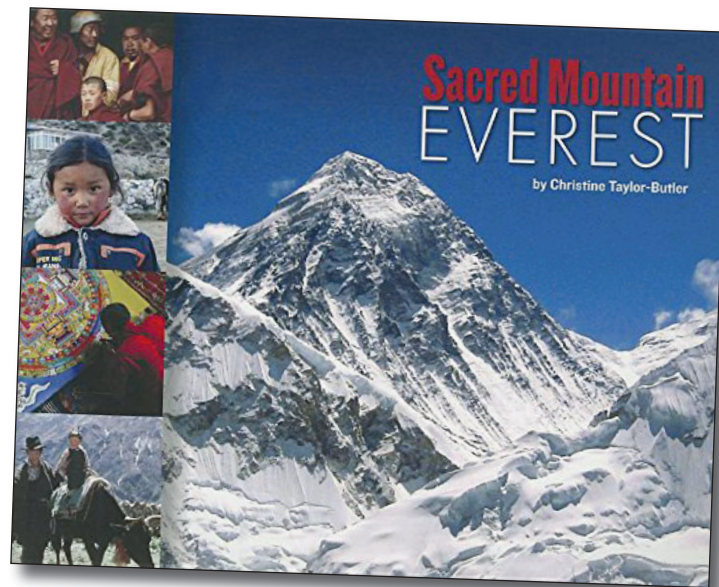
Like her teen characters in *The Lost Tribes*, Taylor-Butler dove in "head first and passionately" without all the necessary tools. With the help of several mentors and a few conferences, she was soon publishing school and library titles. She became the go-to person for math and science topics because she has a knack for finding a unique point of view. Editors know they can give Taylor-Butler a concept or a title and trust her to find compelling content.

Cherry Lake Publishing's *Think Like a Scientist* series is Taylor-Butler's brainchild from start to finish, and she focuses on science in the classroom, the gym, the car, the kitchen, or the garden with fun kid-friendly experiments.

While researching *Sacred Mountain: Everest*, she uncovered a unique point of view absent from children's literature at the time. Most sources explained expeditions from an Anglo perspective. On one ascent to map the mountain, Taylor-Butler says, "the British set off an avalanche that killed seven Sherpa. Colonel Hunt, who was the leader at the time, wrote a letter home to his wife that said, 'Thank God no British were killed,' as if the Sherpa had no value to them at all." Perilously close to her deadline Taylor-Butler scrapped her original manuscript that focused on the geology of Everest, and revised it to tell the story from the point of view of the native people. "Mountains belong to the people who love them, who live there, and who are the caretakers," she says. "I think it was that approach that resonated with readers." The Society of Midland Authors in Chicago voted it their best children's nonfiction title of the year.

*The Lost Tribes* is Taylor-Butler's first foray into middle-grade science fiction, a fascinating story of five ethnically diverse friends who think they're playing a video game, but find out they're saving their scientist parents who go missing while on a secret mission. "I like complex books," she says. "When I finish I read them again and say, 'How did I miss that?'" *The Lost Tribes* began as a picture book, but an editor who read an early draft suggested she turn it into a novel. The novel blossomed over a four-book series. "The dangers of having a nerdy mind," she says with a laugh.

The way Taylor-Butler's two daughters look at the world inspires much of her work, and she began the fight for diversity in children's literature long before #WeNeedDiverseBooks went viral on social media. "Most of what is out there featuring a child of color, any color, is negative," she says. "The heroes don't look like [my daughters], and Harry Potter doesn't have us in his inner



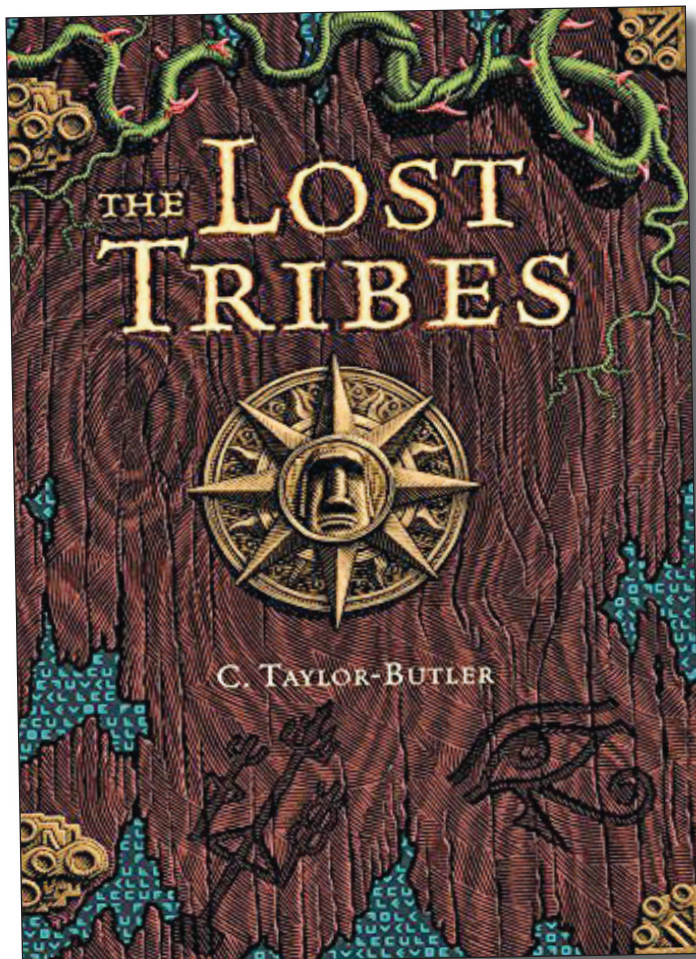
circle. I want to show children like them a broader landscape and a bigger place in the world than what publishers and the media [present]."

One summer, Taylor-Butler visited Rogers, Arkansas for a week-long reading celebration at the public library. "I talked about my background and one of the teachers came back [at the end of the week] and said she had a third grade girl who was confused that I'd gone to MIT because I'm African American and she didn't know that was allowed." The student wondered if Taylor-Butler could go to a school like that, could she? According to Taylor-Butler, "that is 100 percent why I do what I do. In this century we are still giving the message to kids, don't dream outside your neighborhood."

In fact, MIT recently bestowed on Taylor-Butler the George B. Morgan Award for commitment to the needs of prospective students for her work with urban and rural children. "I see kids who didn't know they had permission to" dream big, Taylor-Butler says. "The most important gift I can give someone is don't let the job pick you, let the passion pick you."

**Next Month:** Lisa Graf

*Patricia Newman visits schools! Her newest book, Ebola: Fears and Facts, received a starred review in Booklist and is a Junior Library Guild Selection. Additional books include Plastic, Ahoy! Investigating the Great Pacific Garbage Patch winner of the Green Earth Book Award. Visit her at [patriciamnewman.com](http://patriciamnewman.com) for more information.*



## LEARN MORE ABOUT

### CHRISTINE TAYLOR-BUTLER

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

### SELECTIONS FROM CHRISTINE TAYLOR-BUTLER'S LIBRARY

- The Lost Tribes*, Move Books, 2015.
- Michelle Obama*, Children's Press, 2015.
- Planet Earth*, Children's Press, 2014.
- Insects and Spiders*, Children's Press, 2013.
- Experiments with Solids, Liquids and Gases*, Children's Press, 2011.
- Sacred Mountain: Everest*, Lee and Low, 2009.
- Explorers of North America*, Children's Press, 2008.
- The Constitution of the United States*, Children's Press, 2008
- Food Safety*, Children's Press, 2008.
- Just For You!: No Boys Allowed*, Scholastic, 2004.

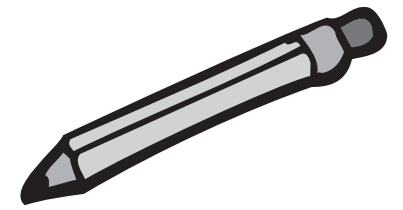
### UPCOMING

- Disaster Alert!*, Pearson Scott Foresman, Spring 2016.
- Safe Harbor* (book two of *The Lost Tribes* series), Move Books, Spring 2016.





# MAKE IT YOURSELF!



## Apple collage

**Q**uick to make but great fun for younger children, this apple collage makes a super autumn or healthy eating craft.

### You will need:

Scraps of red paper (tissue, wrapping, junk mail, etc), small scrap of green paper, PVA / white glue, paper plate

### You will need to:

Cover the back of the paper plate with glue. Rip the scraps of red paper into small pieces and glue on. When the whole plate is covered, paint another layer of glue over the top to stick down any loose edges. Cut out two leaves and a stalk from the green paper and glue to the edge of the plate.



## I Am Thankful Turkey

**T**his craft encourages children to think about the good things they have with this "I Am Thankful" turkey craft idea for Thanksgiving.

### You will need:

Two small paper plates, brown paint, construction paper, scraps of yellow and white paper, black pen, glue, pens



### You will need to:

Paint the back of the two plates brown and leave them to dry. When dry, glue the plates together along the rim. Cut an arch shape from the scrap of white paper to be your turkey's beard. Glue this to one of the plates. Cut a yellow triangular beak and glue this on top of the beard. Cut out two white circles for the eyes, drawing on the pupils with black pen before gluing them to your turkey. Cut out feathers from construction paper. On to each feather write something you are thankful for. Glue the feathers to the back of the bottom paper plate in a fan shape.

## clothes Peg Turkey craft

**T**his cute turkey is fun to make, and can be used to display your Thanksgiving pictures.

### You will need:

A wooden "dolly" peg (old fashioned clothes peg), brown paint, scraps of white and yellow craft foam, white (PVA) glue, feathers, black pen

### You will need to:

Paint the peg with brown paint and leave to dry. From the white foam, cut a tiny arch shape in white to be your turkey's beard. Glue this to the "head" of the peg. Cut a yellow triangular beak and glue this on top. Draw on two eyes with a black marker. Finally glue the feathers to the bottom of the peg at the back to form a tail. When the peg is dry, you can use it to display your Thanksgiving pictures.



## cornucopia Badge

**T**his badge is fun way to use up left over scraps of polymer clay. A perfect craft for older children at Thanksgiving or Harvest time.

### You will need:

Polymer clay (brown, yellow, green, red and blue), badge pin, strong glue

### You will need to:

Take a small piece of brown clay and roll to a thin sausage and twist. Take a larger piece of brown clay and flatten until it forms a rough circle about 1/16 inch thick and 2 inches in diameter. Roll this circle into a cone. Smooth over the join. Press the sausage twist that you made around the edge of the cone and curl the end into a cornucopia shape. With the rest of your clay make small pieces of fruit and vegetables to fill your cornucopia. Bake the clay following the manufacturer's instructions. When the cornucopia is hard and cooled use strong glue to attach the badge pin to the back.



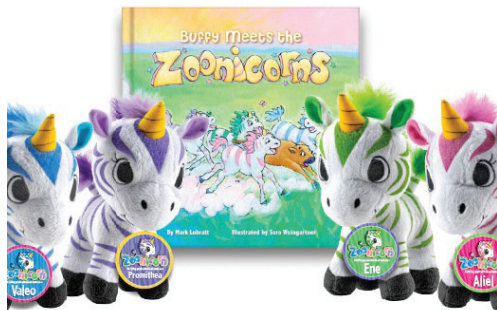
Crafts courtesy of: [www.ActivityVillage.co.uk](http://www.ActivityVillage.co.uk) - Keeping Kids Busy



# Perfect Presents!

## Share Mythical Delights with Zoonicorn

Ready to hear the squeals of delight when your little tyke unwraps a magical, cuddly Zoonicorn this holiday? **Zoonicorn** are enriching youth with life adventures™ and creating wonderful imaginative worlds. **Fairy-tale Zoonicorn** are enchanting creatures that pop up in the dreams of young zoo animals. Zoonicorn are unique, soft, huggable plush toys for children that combine an exotic animal (zebra) and a mythical creature (unicorn). The Zoonicorn herd is ready for adventure in the enchanting world of your youngster's imagination. A special education children's book is also available with an engaging story of encouragement and amazing illustrations of the Zoonicorn that will amuse and entertain your children.



Each Zoonicorn is \$9.99 or you can get the entire family plus children's book for \$49.91. You can order online at [zoonicorn.com](http://zoonicorn.com) site.

## NERF N-Strike Modulus ECS-10 Blaster



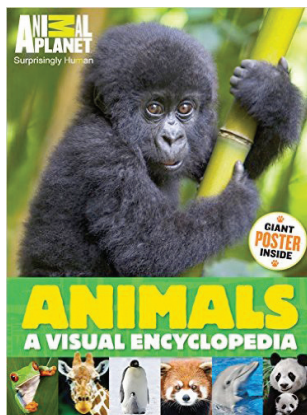
Achieve unprecedented levels of customization with the Nerf N-Strike Modulus ECS-10 Blaster. Giving fans both the versatility and performance they crave, the Modulus ECS-10 Blaster features motorized blasting and can be configured more than 30 ways to make any NERF mission or shot possible. A precision scope, stock with integrated clip storage, dual-rail barrel, drop-down grip, 10-dart banana clip and 6 tactical rails enhance the blaster's accuracy and efficiency. Includes 10 N-Strike Elite darts. Available at most major toy retailers and at [HasbroToyShop.com](http://HasbroToyShop.com)

## ANIMALS-A Visual Encyclopedia

Kicking off an exclusive, non-fiction children's publishing partnership between Animal Planet and Time Inc. Books, **ANIMALS: A Visual Encyclopedia** (Liberty Street/Time Inc. Books; \$24.95), connects kids to the diverse animal species that share our world with a collection of striking animal photography, fascinating and informative animal facts, and dynamic graphics.

The animal world has been a popular and ever-green topic for kids. From cute and cuddly to mysterious and magnificent, young readers gravitate to books about animals to learn about their favorites, both wild and domesticated, living far away in distant habitats or right in their homes. And it is becoming increasingly important for animal lovers to educate the next generation about the creatures who share our planet.

Divided into eight comprehensive chapters, the ultimate global reference guide from Animal Planet takes kids on a visual tour of the animal kingdom with detailed profiles of the seven major animal classes: mammals, reptiles, birds, fish, amphibians, arthropods and other invertebrates. Not only is the encyclopedia the most up-to-date academic view of the world of animals, it also engages readers with unique features to discover the many ways animals are surprisingly human and encourages kids to explore beyond the pages of the book. For more information visit: <http://amzn.to/1LjYmng>.



## Transformers: Robots in Disguise

The lure of Transformers saga begins a new chapter as Bumblebee and a team of Autobot action heroes embark on a new mission to protect and save Earth from a new faction of Decepticons. **Transformers: Robots in Disguise**, features five entertaining episodes and special behind-the-scenes bonus content. Packed with unforgettable AUTOBOT and DECEPTICON characters and action adventures, this new collectible DVD delivers fun-filled home entertainment. Available at Walmart.



## Tic Tac Toe from Goliath Pressman



The world's favorite game of X's and O's goes extreme in this exciting version where 4 in a row on any level wins! For the first time ever, Tic Tac Toe comes off the paper into the 3D world. Place one of your pieces on the game base or on top of any piece that's already been played. Stay alert for opportunities to win vertically, diagonally, or horizontal. MSP: \$24.99 Available at: Kohl's, Target, Toys R Us, and Walmart.

## Classic Etch A Sketch

Etch A Sketch, the World's Famous Drawing Toy® turned 55 this year! No batteries, no problem. With the classic Etch A Sketch®, children can twist and turn to create pictures. Just turn both the horizontal and vertical knobs and watch the magic screen as lines begin to form. It's easy to draw, all it takes is a steady hand and a creative spark. When finished, just shake it and start the fun all over again. Always portable, the 6.25 x 4.5 inch screen is perfect for home or on the go. Recommended for ages 3 years and up. To purchase the Etch A Sketch, visit <http://www.world-of-toys.com/category-s/35.htm>





# Perfect Presents!

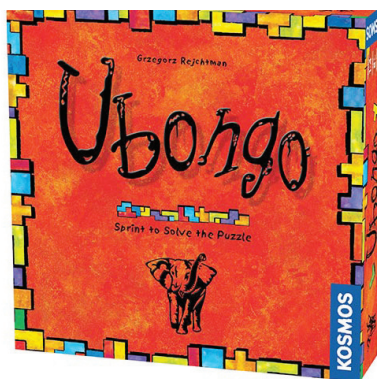
## Remote Control Machines: Space Explorers



With this engineering kit, you can build a remote-controlled model of a robotic rover resembling the ones used to explore Mars. Deploy your Mars rover in the backyard or sandbox to survey the uncharted terrain! The remote can control up to three motors, which move the rover back and forth, turn the wheels to steer the rover, and control the robotic arm to pick up extraterrestrial specimens like small rocks.

This 237-piece construction set includes instructions to build not only the robot rover, but nine additional space-themed models. A full-color, 64-page step-by-step illustrated manual helps kids assemble all of the models and teaches them about real-world examples of the outer space robots, vehicles and devices they are creating. Ages 8+ MSRP \$99.95 Available at [www.toysrus.com](http://www.toysrus.com), Barnes and Noble, [www.bn.com](http://www.bn.com) Amazon, Walmart.com and [Thamesandkosmos.com](http://Thamesandkosmos.com)

## Ubongo! from Thames and Kosmos



Ubongo is a fast-paced, addictive, and easy-to-learn geometric puzzle game. Players race against the timer and each other to solve a puzzle of interlocking shapes. The faster you solve the puzzle, the more gems you get. The player with the most valuable gem treasure after nine rounds of solving puzzles wins! Ages 8+ MSRP \$39.95 Available at [ThamesandKosmos.com](http://ThamesandKosmos.com), [www.toysrus.com](http://www.toysrus.com), Barnes and Noble, [www.bn.com](http://www.bn.com), Amazon and Walmart.com



## Jurassic World Indominus Rex Dinosaur

As science experiment gone wrong, the vicious INDOMINUS REX dinosaur is the ultimate prehistoric predator. The carnivorous beast from the Jurassic World movie takes form as a ferocious dinosaur figure that features chomping action, roaring SFX, and color-morphing skin on her back! Requires 2 AA batteries. For ages 4 and up/approx. Available at most toy retailers and on [HasbroToyShop.com](http://HasbroToyShop.com)

## Jurassic World Chomping Dino Head



Pretend to explore as king of the Jurassic World dinosaurs using the Chomping Dino Head hand puppet! Fans can slip on the easy-to-use dinosaur hand puppet and pretend to become a Tyrannosaurus Rex or Velociraptor predator, chomping down on Jurassic World figures and vehicles (sold separately). For ages 4 and up. Available at most major toy retailers and on [HasbroToyShop.com](http://HasbroToyShop.com).

## NERF Zombie Strike Biosquad Blaster



Take down zombies two ways with the Zombie Strike Biosquad ZR-100 Eraser blaster! Blast away the undead with Zombie Strike darts, or unleash a steady stream of Biosquad zombie repellent to keep them at bay. Simply attach the Zombie Strike Biosquad zombie repellent canister to the blaster and pull the trigger. Include 3 Zombie Strike darts and 1 can of Zombie Strike Biosquad zombie repellent. Available at most major retailers and [HasbroToyShop.com](http://HasbroToyShop.com). Ages 8+.

## Fool The Frog! from Goliath Pressman



Don't get caught with the fly! One player wears frog-eyed goggles and tries to guess who is holding the fly in this fast paced tossing game. The frog eyes open and close randomly, so other players must be strategic as they toss the fly around in an attempt to conceal who is hiding it. Can YOU fool the frog? MSP: \$24.99 Available at: Target, Toys R Us, K-Mart/Sears, Calendar Club



# Perfect Presents!

## Thayer Nap Blanket - Sydney Paige, Inc.



**T**uck a snug-  
gle into  
your child's  
stocking this  
year! The soft  
polar fleece  
**Thayer Nap  
Blanket from  
Sydney Paige**  
will keep your

little one cozy and warm! Embroidered with an adorable owl or friendly dinosaur, the Thayer blanket not only gives your own child warmth, but helps other children as well. Each purchase of a **Thayer Nap Blanket from Sydney Paige** provides a donation of the same item to a child in need. Available for \$20 at [www.sydneypaigeinc.com](http://www.sydneypaigeinc.com).

## Jurassic World Raptor claws



**K**ids can act out a prehistoric  
adventure of their own  
with these **Jurassic World  
Raptor Claws**. This pair of  
dino-inspired foam claws let  
fans act just like the Veloci-  
raptors in the Jurassic World  
movie, stomping and clawing  
their way through prehistoric  
adventures. For ages 4 and

up/approx. Available at most major toy retailers and on [HasbroToyShop.com](http://HasbroToyShop.com)

## Disney Pixar Inside Out Talking Plush

**T**OMY brings to life the colorful personalities of "Inside  
Out," including Riley's five emotions, Joy, Sadness,  
Anger, Fear, and Disgust. The toys are character-driven,  
each showcasing the personalities and distinct qualities of the  
characters in the animated film. Squeeze each plush character's  
hand to hear their key phrases from the movie! Price: \$19.99  
(each sold separately). Suggested Ages: 4 years+

**Inside Out  
Talking Plush**  
is sold at Toys  
R Us, Target,  
Walmart and  
Amazon.com



## Superhero bags and bottles!

**S**elk'bag USA is releasing their **Marvel Kids** and adult  
bags in Ironman, Spiderman, the Hulk and Captain  
America characters. Having fallen asleep as their favor-  
ite superhero, parents can send their kids back to school with  
more courage than ever before. Kids will brave the fear of the  
classroom with their newfound superpowers! And adults will  
have fun, too! Selk'bag - <http://www.selkbagusa.com/Selk'bag-Marvel-Spider-Man-Sleeping-Bag-Hulk-Iron-Man-Captain-America-Sleeping-Bag.aspx>



**A**fter a night of villain fighting dreams, what does every superhero need to  
make sure they have the energy to fight crimes all day - hydration! **AVEX** is  
excited to roll out new graphics of the **Freestyle AUTOSPOUT Kids** water  
bottle that includes everything from butterflies, deer, and dinosaurs to mountains,  
flowers and superheroes. The **AUTOSPOUT** technology offers a spill-proof valve  
system, one-touch button and spout shield, perfect to throw into the backpack  
and carry around from art class to the playground, without spilling. Freestyle  
Kids - <http://www.avexsport.com/water-bottles/avex-kids-water-bottles/16-oz-freestyle-kids-water-bottle.html>

## Holiday Specs Plastic 3D Glasses

**A**ffordable and just plain FUN for the entire family - even Grandma! Just like movie  
3D glasses transform images,  
you can instantly transform  
any gathering to one full of bright  
colors and amazing Christmas-in-  
spired images! A surprise for your  
eyes, **Holiday Specs 3D Plastic  
Glasses** miraculously transform  
LED lights into seasonal figures of  
candy canes, snowflakes & more!  
<http://holidayspecs.com/>



## Furreal Friends J.J. My Jumpin' Pug Pet

**S**weet, funny and full of excitement, **J.J. My  
Jumpin' Pug** pet is an energetic addition to the  
**FURREAL FRIENDS** line. J.J. can jump up on  
its hind legs with excitement when your child waves  
at him. This fun puppy pug playmate can make your  
child giggle with his adorable head moves and funny  
puppy sounds. If J. J. gets too excited, your child can  
pet his head to calm him down. Includes 2 "AA" demo  
batteries. 2 "AA" replacement batteries required. For  
ages 4 and up. Available at most major toy retailers and  
on [HasbroToyShop.com](http://HasbroToyShop.com)





# November Nonfiction

By Connie Goldsmith

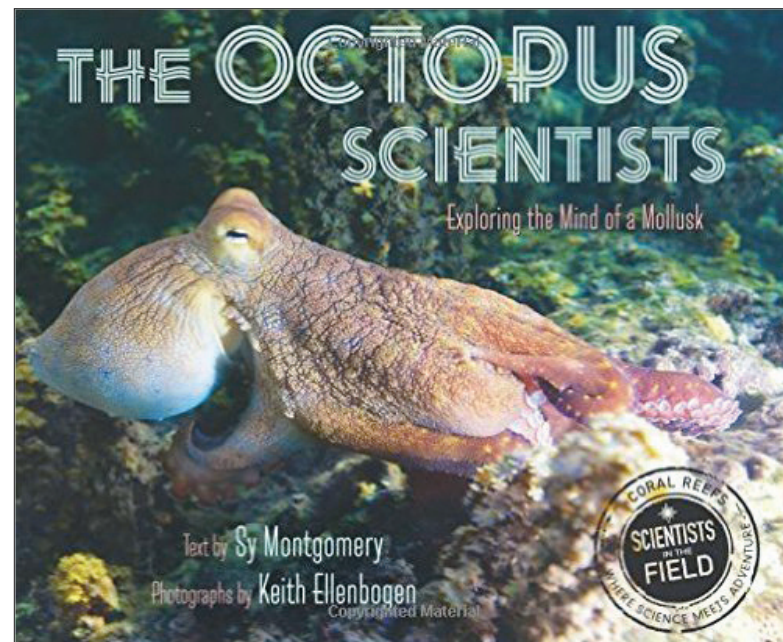
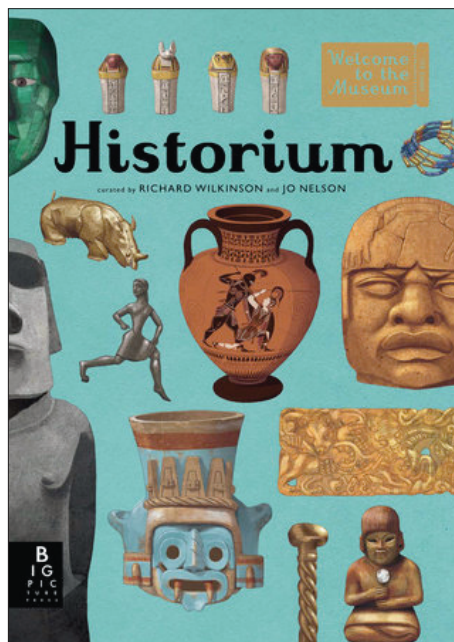
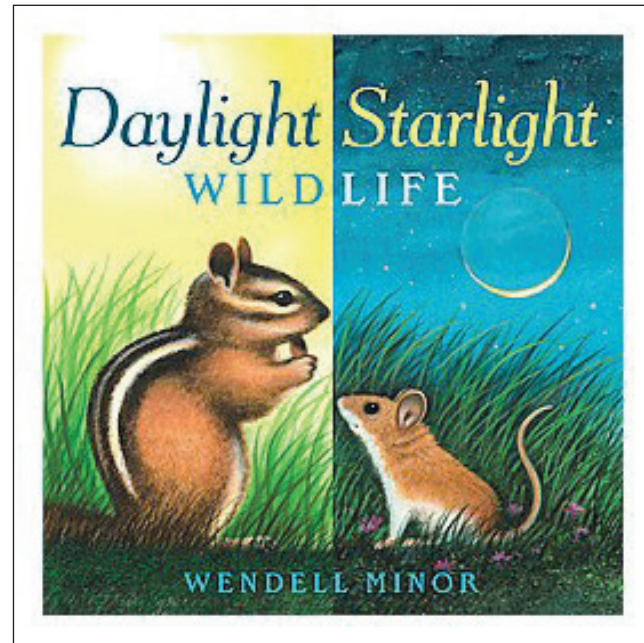
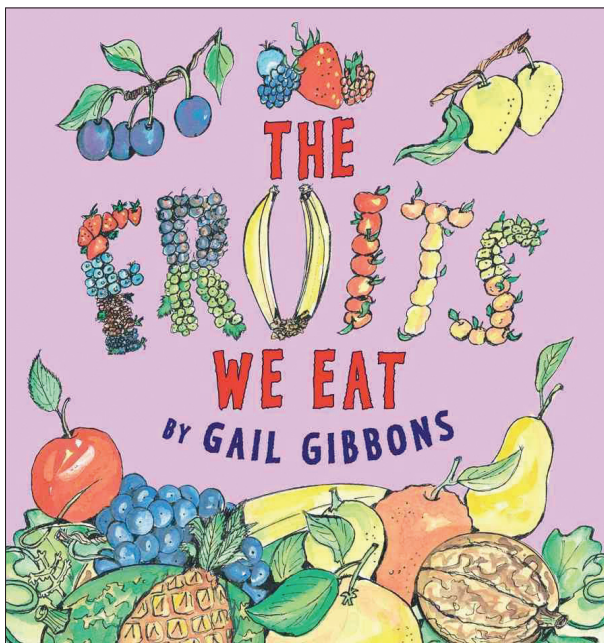
Fewer Thanksgiving books are published these days, so think about giving your children another type of book for Thanksgiving – a non-fiction book to keep them busy while you prepare your Thanksgiving feast. Thanksgiving gives us a chance to show appreciation for the good things in our lives – the love of family, joy of friends, and the comfort of books.

“*The Fruits We Eat*,” by Gail Gibbons. (Holiday House). Who doesn’t love fruit? This entertaining yet informative book opens with recommendations for healthy eating. Each child should eat between one and one-and-a-half cups of fruit daily. We drink fruit juice, put berries on our cereal, scoff down a banana snack, and use fruit in pies and muffins. But kids may not know where fruit comes from. In paneled illustrations done in cheery watercolors, we see how fruit grows on vines, bushes, and trees. We see the parts of fruit, and learn how it develops from seeds and shoots. And best of all, we see how fruit is harvested and how it makes its way to our kitchens. This is an excellent book to help you teach your children the importance of eating fruit.

“*Daylight. Starlight. Wildlife*,” by Wendell Minor. (Nancy Paulson Books/Penguin). Show children the difference between daytime and nighttime animals. “The sun shines on Earth, bringing the light and warmth of day. Do you know these daylight visitors?” We see rabbits, deer, blue jays, and squirrels in the daytime. At night—if we are awake—we may see owls, bats, skunks, and raccoons. The author compares and contrasts animals: the daylight hawk and the starlight owl; the rabbit with bunnies hopping behind and the opossum carrying babies on her back; the butterfly and the moth. The pages with dual day and night panels are especially effective. The luminous scenes painted in gouache-and-watercolor shimmer on the pages, and starry night scenes glow with beauty.

“*Welcome to the Museum: Historium*,” by Richard Wilkinson and Jo Nelson. (Candlewick). This giant book can occupy the family for the entire Thanksgiving vacation because the galleries of this marvelous museum are always open. The curators (authors) welcome us into the historium, then explain the science of archeology. See the timeline to decide which gallery to enter first: Africa, America, Asia, Europe, Middle East, or Oceania. Each gallery contains images of dozens of artifacts from ancient civilizations with informative descriptive text. Examine the gilded coffin of Henutmehyt (Egypt); jade funerary mask (Mayan); statue of Ganesha (India); pottery from ancient Greece; frieze of archers (Persia); and a figure from Rapa Nui (Polynesia). Labeled for ages 8-12, teens and adults interested in archeology and art will enjoy it as well. This fascinating book is one to keep for years in the family library, and then to pass on to a favorite grandchild.

“*The Octopus Scientists: Exploring the Mind of a Mollusk*,” by Sy Montgomery, photographs by Keith



Ellenbogen. (Houghton, Mifflin, Harcourt). In this new addition to the outstanding *Scientists in the Field* series, the author joins a team studying octopuses on the island of Moorea near Tahiti. You’ll learn a lot about these creatures. To begin with, they have three hearts and blue blood in their boneless body. They can change shape, color and the texture of their skin. They’re unexpectedly intelligent, with large brains for their size. In a lab, octopuses opened three nested boxes to get a tasty treat inside. In the sea, they search for the perfect home, and carry rocks and shells to it. They may “mow” surrounding algae. And they neatly stack empty crab shells outside their den after dining. The full-color photos are extraordinary, making this a must-have book for anyone who loves the sea and its animals.

“*Mesmerized: How Ben Franklin Solved a Mystery that Baffled All of France*,” by Mara Rockliff, illustrated by Iacopo Bruno. (Candlewick). In 1776 Ben Franklin went to France to ask the king for money to help the Americans in their fight against England. Paris was abuzz about something new: science. It included the invention of laughing gas, hot air balloons, and Ben’s own discovery of electricity. Most amazing was Dr. Mesmer, who cured people with an iron wand. “Dr. Mesmer was as different from Ben Franklin as a fancy layered torte was from a homemade apple pie.” Using the scientific method, Ben hypothesized that what Mesmer’s patients felt was caused by their own minds. He tested his hypothesis, and results supported his belief that Dr. Mesmer’s power did not exist. The brilliantly detailed art alone would make this engag-



ing book a winner; combined with the humorous, intriguing text, it’s no wonder it garnered many well-deserved starred reviews. \*\* Reviewer’s pick of the month \*\*

Connie Goldsmith ([www.conniegoldsmith.com](http://www.conniegoldsmith.com)) lives in Carmichael, CA where she writes for adults and older children. Her newest nonfiction juvenile book, *Dietary Supplements: Harmless, Helpful, or Hurtful?* is now available. Other recent books include: *Bombs over Bikini; Traumatic Brain Injury: From Concussion to Coma; Battling Malaria: on the Front Lines Against a Global Killer*, and many others. Her books can be found in school and public libraries, and at online booksellers.



# A Note from the Nurse:

Continued from page 5

motor skills, and improve her memory and communication skills.

Check out the video section of the First 5 California parent's site for more than a dozen videos. There's something for every parent and every child. Other resources include information on health insurance, foster care, food assistance, tips to ensure child safety, referrals for child care. Remember that our tax dollars—yours and mine—are paying for these services so that all children in California grow up to be the very best that they can be.

Reference: First Five California: <http://www.first5california.com/>; <http://www.first5california.com/parents/>

*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 newest book, "Dietary Supplements: Harmless, Helpful, or Hurtful?" is now available. Topics of other books include: concussion, influenza, skin cancer, and many others. Her books are available in school and public libraries, and at on-line booksellers. Visit her at [www.conniegoldsmith.com](http://www.conniegoldsmith.com).*



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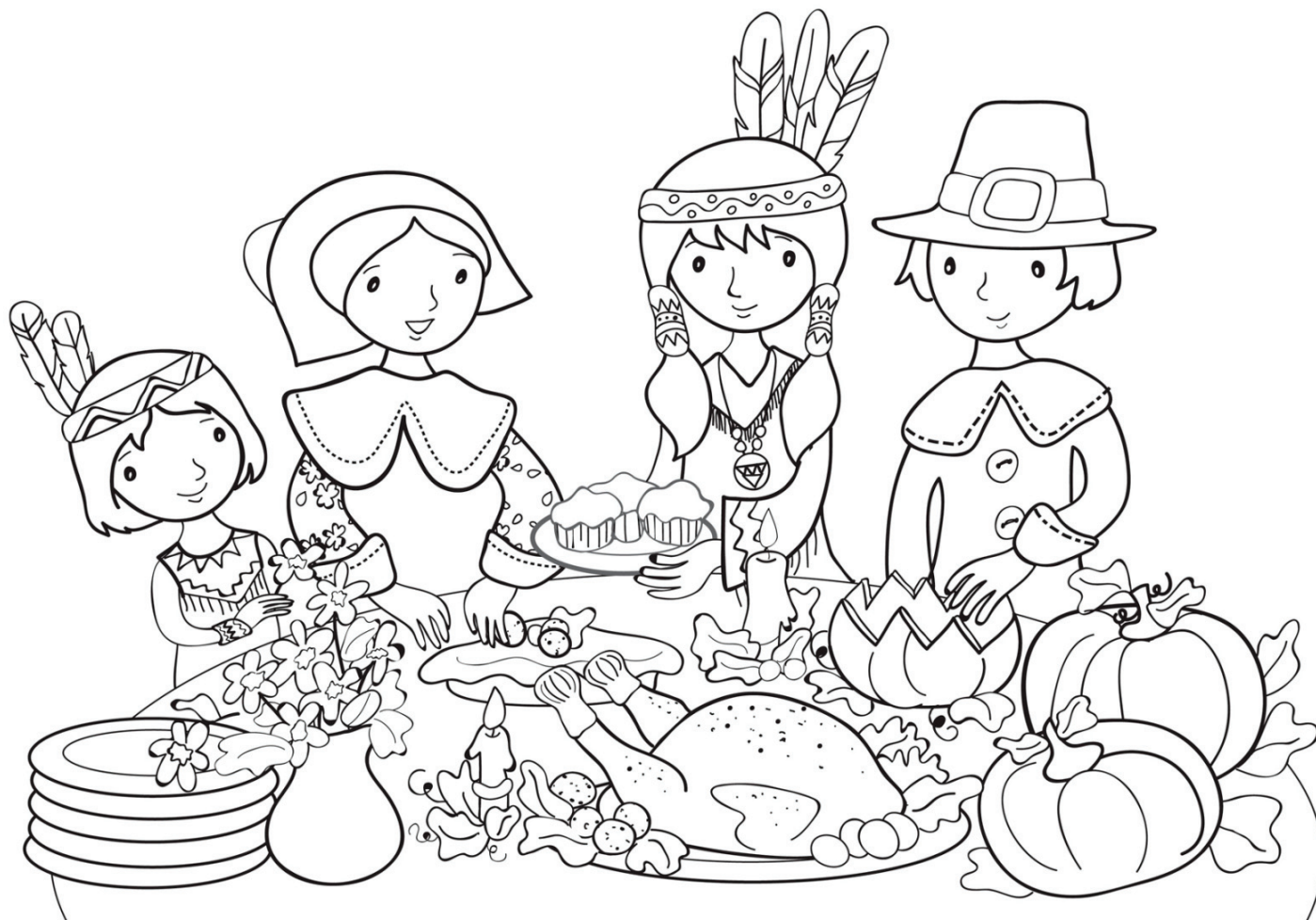
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# Powerhouse Science Center Discovery Campus Activities

Each weekend the Powerhouse Science Center Discovery Campus explores a new science topic through special displays, visiting exhibits, and guest presentations. These activities include craft activities for kids four to twelve years old and planetarium shows for ages four and older.



**November 7, 8 and 11, Electric Entertainment, 12:30 to 4 p.m.** Learn about electricity and one of the great scientists who studied it, Benjamin Franklin. The Space Quest! exhibit has multiple discovery stations for your family to explore the properties of electrical science. Learn about Benjamin Franklin's historic experiment with lightning. Kids craft kite and key artwork to take home. Admission includes these activities, Nature Discovery Room and planetarium shows at 1 and 3 p.m.  
**\*\*Admission special: On Veterans' Day, November 11, present your military card for one free adult and one free child admission.**

• **November 14 and 15, Pluto Exploration, 12:30 to 4 p.m.** Learn the latest and greatest about the plutoid, Pluto. View the Pluto display in the Space Quest! exhibit to experience some of the science NASA is currently using. Visit with an educator in the 1 and 3 p.m. planetarium show (ages 4+) to see the latest science coming from the New Horizons mission. Children craft a Pluto Viewer art to take home as a souvenir.

• **November 21 and 22, Meet a Scientist, Noon to 4 p.m.** Multiple scientists are available each day to

interact with your family, sharing their research and offering a hands-on activity to connect you with current science in our community. Children 12 and younger receive a souvenir pin once they complete a "science passport." This is a wonderful opportunity to have children meet a real scientist. Your admission also includes visiting the Space Quest! exhibit, Nature Discovery Room, and a planetarium show at 1 and 3 p.m.

• **November 23, 24 and 25, Gobble, Gobble Weekend, 12:30 to 4 p.m., 10 a.m.-1:30 p.m., on Wednesday** There is a turkey table topper craft for kids 12 and younger. Your admission also includes visiting the Space Quest! exhibit and Nature Discovery Room. Planetarium shows for ages 4 and older are at 1 and 3 p.m. (1 p.m. only on Wednesday).

• **November 27, 28 and 29, Paper Drop Decoration, 12:30 to 4 p.m.** Kids 12 and younger enjoy constructing a paper drop ornament. Multiple colors of construction papers are available to represent different winter holidays. Remember, your admission also includes visiting the Space Quest! exhibit, Nature Discovery Room, and a planetarium show at 1 and 3 p.m.

*The Powerhouse Science Center Discovery Campus is located at 3615 Auburn Boulevard, Sacramento, 91521.*

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(May be used towards registration or 1st month tuition.)  
offer expires 12-31-15 VCN





# Carnival Cruise Line Remains the Best Family Cruise Line and Value

by Carmel L. Mooney

California traveling families can make quality, lifetime memories on the Carnival Freedom, sailing from Galveston, Texas. The Legend's currently-fabulous Caribbean itinerary is less than half a day's flight away from Sacramento International Airport.

As if that isn't enough, Moody Gardens Hotel and Spa on Galveston Island, provides the perfect beginning or ending point for vacationing families who like pampering and unlimited fun before or after their sailing.

242 acres of lush tropical gardens, luxurious hotel, premier seaside golf course, aquarium, paddle-wheeler, spa, zip line, Magic 3D theater, Rainforest Pyramid, Discovery Museum, and Texas-sized pool are just a tiny sampling of the spectacular beauty of Moody Gardens. Entire families and multi-generational clans from around the world have discovered the unique majesty and endless activities for all ages at Moody Gardens. What better way to prepare for the sheer luxury awaiting you on embarkation day, or to decompress before you face reality after disembarking the majestic Carnival Freedom?

Once on board your sailing city, the Carnival Freedom, true 24/7 fun at sea begins. Families traveling with small children will love Camp Carnival where the most qualified camp counselors on the ocean, will treat the kids with complete pampered attention and care while offering fun and educational activities and projects,

art, music, movies, scavenger hunts, contests, dancing, games and impeccable childcare and dining.

Teens and tweens will relish every moment of a tailored program that ensures fun and safety from supervised dance parties, competitions, sporting events, social gatherings, movies, teen-themed crafts, dining and more.

The Carnival Legend was recently refurbished into grandeur and is a gleaming beauty of endless activities tailored to suit every taste and interest. When not at the Jamaica, Grand Cayman, and Cozumel ports of call, this floating Funship is brimming with relaxing, pampering, and exciting offerings.

For family members who love music, you can dance or sing the night away at discos and piano bars. Outstanding theater performances of musicals, Broadway style glitz, and Vegas-caliber shows grace the stage almost nightly. Texas Hold 'Em, Bingo, a full casino, and slot tournaments are a few more options.

The dining options are literally endless with room service in your cabin, Lido deck buffets, endless ice cream and pizza, a completely themed and immersive Seussical Green Eggs and Ham Breakfast, the elegant Sun King Steakhouse experience, tea time, deli, Guy's Burger Joint, and the standard dining room experience for breakfast lunch or dinner.

One ship, two ships, it's the Cat in the Hat on Cruise Ships---as the magic of Dr. Seuss at Sea brings the fun and whimsy of its beloved tales and characters into dining, storytime,



photo ops, and zany fun anytime throughout Carnival's entire fleet.

A huge, curling water slide and multiple swimming pools will provide just the way to float the afternoon away.

Art collectors, movie buffs, fitness gurus, or spa lovers in your bunch? Carnival Legend has it all dialed in and in such a way as to entertain and appeal to all generations of your family.

Mom and dad may become addicted to the Serenity Deck where only the over-18-cruisers can pull up a romantic cabana chair or soak in the private spas while watching the sun dip into the horizon with the sky ablaze as far as the eye can see.

Kids will love the all inclusive fun and friendship they experience through Camp Carnival and the youth activities. The entire family will enjoy big screen togetherness from movies on the Lido deck during dine-in movie gatherings, to ice carving and towel animal presentations, and live shows with the cruise director.

Grandparents can appreciate art auctions, internet cafe, spa treatments, fitness classes, health and wellness seminars, shopping, and tasting events. And should anyone want exciting night life, George Lopez has partnered with Carnival's

Punchliner to bring top notch comedy shows throughout the sailing, not to mention onboard ballroom dance/salsa lessons, and late night live music, all of which may keep you wondering if anyone ever wants to go to sleep and chance missing the endless fun.

You'll never have to wonder what to do when ashore as Carnival has all the ports of call and shore excursions tailored specially for Carnival guests. There are magical Jeep tours, fishing and naturalist excursions, hikes to ruins, snorkeling and scuba treks, fabulous all-inclusive family resort days, waterfall hikes, tubing adventures, shopping tours, and literally something for everyone's tastes and sense of adventure.

A full medical center on board, gluten free options for dining, professional family portraits, "Behind the Fun" on board tours, and outstanding shore excursions are available to vacationing families as well.

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# Calendar of Events

## Arts & Crafts

**November 8, Sunday, 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 21, Saturday, Thanksgiving Crafts for Kids (Family/All Ages), 2 p.m., 2443 Marconi Avenue, Sacramento.** Join the staff at the Arcade library to make colorful Thanksgiving crafts that you can use to decorate the table.

## Critter Events

**November 1, Sunday, 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 play games together. Learn how these birds are important to our ecosystem and try on some condor wings for size. All ages welcome. For more information, call (916) 489-4918.

**November 7, Saturday, Creature Feature, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Meet some of the animal residents at the Nature Center up close. Learn about each of their unique

journeys and how they became an educational ambassador for the Nature Center. All ages welcome. For more information, call (916) 489-4918.

**November 21, Saturday, Birding for Families, 1:30 p.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 guide from the Sacramento Audubon Society. Bird-watchers of all levels welcome. Bring binoculars or borrow a pair from the staff. For more information, call (916) 489-4918.

**November 28, Saturday, Great Gobblers, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center area and take a walk in search of a rafter (of turkeys, of course.) For more information, call (916) 489-4918.

**November 29, Sunday, Black Tailed Deer, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** The bucks are in their glory, with beautiful antler crowns. Grab your binoculars or borrow some from the staff at the Effie Yeaw Nature Center and catch a closer look at the black-tailed deer in their oak woodland home while learning more about their world. For more information, call (916) 489-4918.

## Nature Events

**November 14, Saturday, Nature Hike, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Many animals are out and about when we are not. Join a member of the Effie

## Sacramento Harvest Festival

The Sacramento Harvest Festival, happening November 20-22 at Cal Expo, is one of the largest indoor arts and craft shows on the West Coast, offering over 24,000 American handmade gifts. Attendees can browse original art, photography, blown glass, clothing, home decor and more. Throughout the weekend there is live music and entertainment, a hands-on KidZone, delicious foods and drinks, and exciting prize giveaways. Plus, anyone who brings a non-perishable food donation to support Elk Grove Food Bank Services will receive \$2 off an adult or senior admission. For tickets and additional information, please visit [www.harvestfestival.com](http://www.harvestfestival.com)



Yeaw Nature Center staff in exploring the trails and sharpen your skills by learning the tracks and other signs of local wildlife. For more information, call (916) 489-4918.

**November 15, Sunday, Salmon Stroll, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center and learn about the life cycle of this amazing long distance swimmer and take a stroll to the river to see them spawning.

## Special Events

**Mondays, Free Dessert, 2760 Sutterville Road, Sacramento** A new offering at the Casa Garden Restaurant. Starting every Monday until Thanksgiving, patrons will receive a free dessert with the purchase of an entree and beverage, all for \$12.50. The Casa Garden is known for its homemade desserts, so now is the time to take advantage of this special offer. Get a few friends together and make your reservation at (916) 452-2809. Casa Garden operates solely to benefit the Sacramento Children's Home.

**November 6, Friday, Tabletop (Teen), 4 p.m., 2443 Marconi Avenue, Sacramento** Feel like rolling some dice or drawing some cards? Come try out some of the most popular board games in our Library of Things collection. Bring a game of your own from home and teach others how to play or

bring your Magic: The Gathering, Yu-Gi-Oh! or other CCG deck of choice to look for opponents. Adults, teens, and older kids welcome at the Arcade Library.

**November 12, Thursday, Up, Up and Away, 4 p.m., 2443 Marconi Avenue, Sacramento** This family science program from Mad Science introduces children to the principles of gases and pressure at the Arcade Library. Inflate a giant airbag with one breath, see a real hovercraft in action and shoot toilet paper 50 feet into the air while learning about principles of gases in our everyday lives!

**November 14, Saturday, Lego Building Bash, 2 p.m., 2443 Marconi Avenue, Sacramento** Do you love building things? Are Legos your passion? Come to this monthly Lego building party at the Arcade Library. The staff will provide the Legos and some ideas for how to use them.

**November 20, Friday, Mocking Jay Part 2 Party, 4 p.m., 2443 Marconi Avenue, Sacramento** Come celebrate the release of MOCKINGJAY: PART 2 at the Arcade library with food, trivia and maybe even our own Games. Held at the Arcade Library for teens.

**November 22, Sunday, Village Tour, 1:30 p.m., Sacramento.** Step back in time on a guided tour of the Nisenan Maidu replica village. Discover the traditional uses for structures such as the granary,

tule house and grinding rock, and why it takes many steps to make acorns into food. All ages welcome. For more information, call (916) 489-4918.

## Storytime & Puppet Events

**November 3, 10, 17, 24, Tuesday, Baby Lapsit, 10:30 a.m., 2443 Marconi Avenue, Sacramento** Come to this program at the Arcade Library designed for you and your baby (0-18 months). Enjoy stories, songs, rhymes, fingerplays and more. Stay after (until 11:20 a.m.) for play time with age-appropriate toys and a chance for caregivers to socialize.

**November 3, 10, 17, 14, Tuesday, Toddler Storytime, 11:20 a.m., 2443 Marconi Avenue, Sacramento** Enjoy stories, songs, rhymes and fingerplays at the Arcade Library designed for children ages 18 months to 3 years. Enjoy play time before the program at 10:50 am, which gives toddlers a chance to play with age-appropriate toys and caregivers a chance to socialize.

**November 5, 12, 19, Thursday, Preschool Storytime, 10 a.m., 2443 Marconi Avenue, Sacramento** Children ages 3-5, along with their favorite adults, will enjoy stories, fingerplays, songs and crafts in these free programs at the Arcade Library.

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Parenting Topic:

# Wash Your Hands!



# FIRST 5 SACRAMENTO

### A Message from First 5 Sacramento

The weather has turned and flu season is upon us. We've got tips for teaching children how to properly wash their hands so they are more likely to stay healthy, especially during the rainy months.

Because children's immune systems aren't fully developed, germs can easily lead to illness. Research shows that frequent hand washing is one of the best ways for your family to avoid getting ill. Scrubbing with soap and warm water removes up to 90% of germs.

Show your child how to create a lather over the hands, between fingers, and around the nails. After scrubbing for 20 seconds in warm water, demonstrate rinsing by holding your hands downward so the water flows from the back of the hands to the fingertips.

Children don't always know when they should wash their hands. But if they don't wash frequently, they can expose themselves to germs by touching their eyes, noses or mouths. Teach them to wash before meals and after being outside, playing with pets or sneezing – and, of course, after using the bathroom.

To encourage them to wash more frequently, make it fun! Children may be more inspired to wash their hands if the soap is a bright color or has a fragrance, like fruit. You can also tell your children to wash their hands for as long as it takes them to sing their ABCs!

Children learn by example and imitate parents so demonstrate being healthy by washing your hands frequently and together.

Hand washing tips are available at [www.getready-forflu.org](http://www.getready-forflu.org)

*About First 5 Sacramento - Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$14 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: 530-669-2475; First 5 Placer: 530-745-1304; and First 5 El Dorado: 530-672-8298.*



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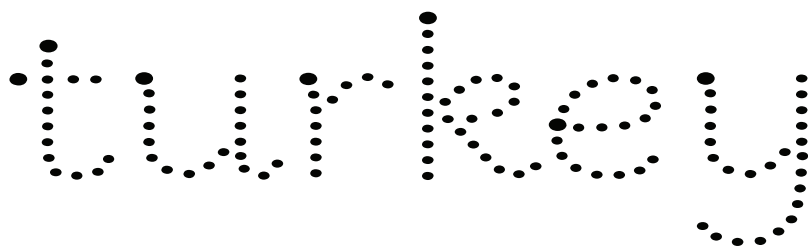
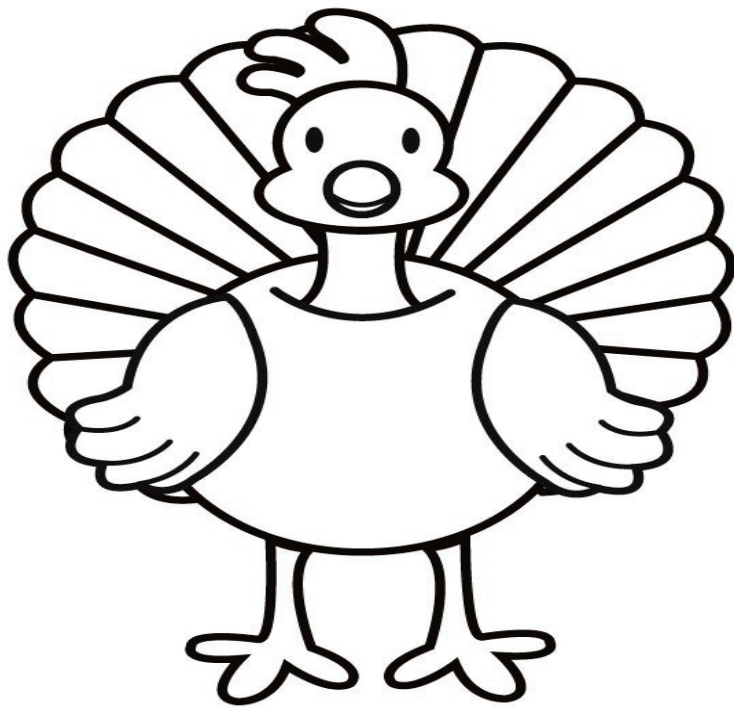
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# Backwards Birthday Party

[www.birthdaypartyideas4kids.com](http://www.birthdaypartyideas4kids.com)

## Backwards Party Invitations

- Instead of sending out invitations for the Backwards birthday party send out Thank you notes. Thank guests for coming to your Backwards party on the note. Be sure and give the dates and time of your party. • Write the information backwards or type it on the computer and then using Word Art (flip horizontally) print party information onto the cards. Add in the invitation for guests to read the information in a mirror. • Ask party

guests in the invitation to come dressed in their craziest backwards clothes to the party.

- Print out a picture of the birthday child upside down on a note card.
- If your invitation has spaces inside to fill out information flip the invitation over and write in the information so the writing looks like you wrote upside down.

## Backwards Party Decorations

- Backwards the party table by having balloons setting on the table and curling ribbon tied to the balloons

and attached with tape to the ceiling.

- Set up the plates and cups (upside down) underneath the party table and let kids eat under the table when it's time for cake.
- Set out signs for the food with the names written backwards. Refer to the food by the backwards names throughout the party. Cake = ekac, Ice Cream = maerc eci, Hot Dogs = sgod toh ...etc.
- Hang birthday banners upside down on the front door and throughout the party room.
- Turn pictures, decorations and knick knacks upside down for the party.
- If sitting at a table turn the chairs to face outward.



Backwards Party

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## Backwards Party Icebreaker

- While guests are arriving give each one a nametag and ask them to write their name backward on the tag. This will be their name for the rest of the party.

## Backward Party Activities

- Decorate shirts with fabric paint and stencils—let the children paint their names backwards on the shirt. Line the guests up and take a picture of them in the shirts (this is also fun if you decide not to do decorate the shirts) but have them face away from the camera.
- Backwards piñata - Give each party guest a balloon or paper bag stuffed with paper and taped closed and let them glue or tape candy and prizes onto the outside of it. Let them take it home as a party favor.

## Backward Party Games

- Backward relay races - Divide party guests into two teams and have them run these fun backward races relay style

around a cone (or other object) and back to their team for the next player to go: Walking backwards, skipping backwards, carrying an egg on a spoon— walking backwards, bouncing a ball—walking backwards, moving 3 ping pong balls or balloons around the course with a broom

- Treasure Hunt - Write all the clues backwards so the guests will have to find a mirror to decode the clues.
- Backwards Tag - Played like traditional tag, but reversed. After "it" is chosen everyone else counts to 10 while "it" runs away. Then all players try and tag "it". When someone tags "it" then they become "it" and everyone then tries to tag them.
- Backwards Musical Chairs - Played like traditional musical chairs except instead of a guest having to sit out after every round remove a chair instead. The kids will have to start sharing seats. By the end they will all have to be sitting on one chair.
- Backwards water balloon toss - Divide party guests into teams of 2. Give each team a water balloon and ask them to stand 1 foot apart facing away from each other. They then have to throw the balloon up and have their

team member catch it. After every successful round have the teams take a step apart from each other. Make sure to have extra water balloons on hand.

## Backwards party food:

Bundt cake with the filling (frosting) inside the cake, write Happy Birthday backwards on top of the cake, hot dogs with the cheese inside, ice cream cones with the cake mix baked inside—then turn them upside down on a plate. Ask everyone to eat with their left hand (or if they are left handed eat with their right hand). Sing Happy Birthday backwards.

## Backwards goody / loot bags:

Decorate a paper bag with stickers and then turn it inside out. Send home an invitation as a thank you card.

## Fun Backwards ideas:

Greet guests by saying "good-bye, hope you had a nice time" when they arrive. When they leave tell them "Hello!, Welcome to the party!".



# Under the Sea Party

[www.birthdaypartyideas4kids.com](http://www.birthdaypartyideas4kids.com)

## Invitation Ideas

- Print the Under the Sea party information on pretty paper (about 4 invitations per page) and cut them out. Punch a hole in one corner of the invitation and string a ribbon through the hole. Tie it onto a pretty shell and hand out to guests.
- Write party information on 1/2 sheets of paper and roll up like a scroll. Place inside a recycled water bottle that has the label removed for a message in a bottle. Decorate the outside of the bottle with sea life stickers and put sand or shells inside the bottle with the invitation.
- Buy or make salt water fish shaped cards

## Food Ideas

- For starfish use a star shaped cookie cutter and cut star shapes from different food items such as sandwiches, cookies or brownies. You can also use a fish shape cookie cutter.
- Macaroni and cheese can be made with shell pasta for a fun Under the Sea dish.
- Chex Mix made with Oyster and Goldfish Crackers

- Clam Cookies - Take two sugar cookies and place icing in between them. In the middle place a small marshmallow or yogurt raisin for the pearl. Attach two chocolate chips with a small amount of icing on the top edge of the cookie for eyes.
- In clear plastic cups pour Jell-O and right before the Jell-O sets push Swedish fish gummies into the Jell-O to make it look like the fish are swimming Under the Sea.

## Under the Sea Party Favor Ideas

- Wrap Swedish gummy fish in small plastic bags and tie with a blue ribbon
- Sea shell jewelry
- Shark, octopus or fish themed items such as notepads, cups, pens or stickers

## Under the Sea Goody / Loot Bag Ideas:

Sand buckets, plastic fish bowls, wooden or plastic treasure chests

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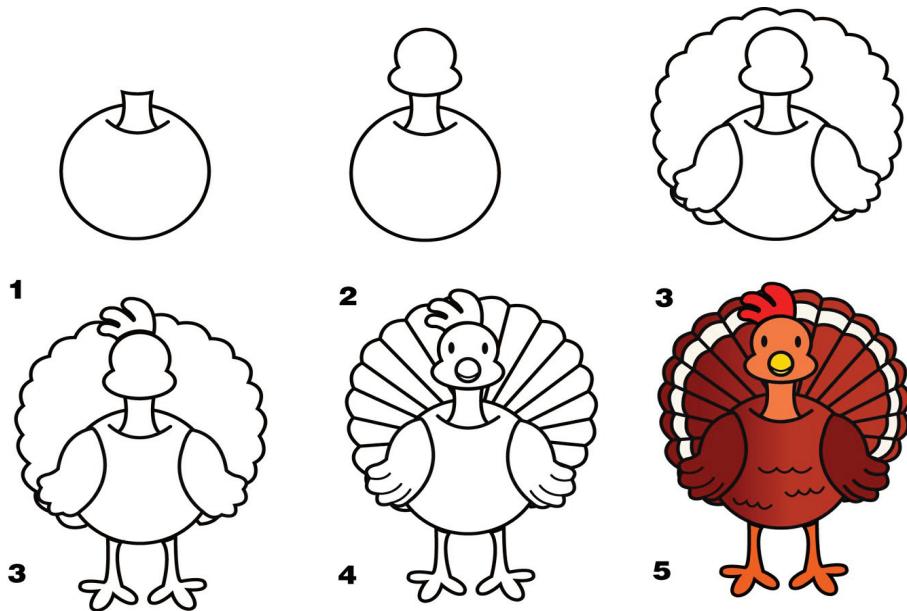
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