THIS MONTH IN
YOLO COUNTY
- Pg. 12

DECEMBER 2010
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a local family magazine

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-Pg. 8

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Yolo Parents Monthly
December 2010

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Thank you for continuing to support our new parent magazine for Yolo County. I have received some wonderful emails from local parents and grandparents in the community.

We are thrilled to announce that we are expecting our second child at the end of March, 2011. The first five months of this pregnancy have been a roller coaster ride of emotions. At one point we were told I was having a miscarriage; however, our son had other plans. Apart from a hematoma in my placenta, which has now resolved, he is developing normally and we couldn’t be more ecstatic.

As a result of a need to take the next twelve months a little easier than the last twelve months, we have decided to reduce the frequency of Yolo Parents Monthly to quarterly for 2011. We will return to monthly publications in 2012. However, we will still publish (online) a calendar of events each month for family and children friendly activities in Yolo County. The magazine will be available quarterly in hard copy from the usual locations and online (next issue March 2011). Those people who have subscribed to our electronic version will continue to receive the magazine quarterly, and the calendar of events each month.

We have some fantastic articles planned for the next twelve months, and some great guest contributors that I am sure you will all enjoy reading.

Enjoy a safe and happy holiday season!

Teena Price
Publisher
LOCAL PARENTS MAKING A DIFFERENCE

Meet Annette De Bow

Annette De Bow is a local Mom in Davis, who lives with her husband, Marc, and beautiful daughter, 3 year old Evan. She is a Speech Pathologist who works primarily with young children, and also assists in helping parents with infant feeding difficulties. This year Annette hiked the John Muir Trail as part of her ‘Trek For a Cure’ Campaign to raise awareness and money for research for a cure for myeloproliferative disorders. Annette organized ‘Trek For a Cure’ in March 2010. To date, she has raised over $25,000 for the Myeloproliferative Disorders (MPD) Foundation.

The John Muir Trail is 211 miles in length, running from Yosemite Valley (Happy Isles) to the summit of Mount Whitney (14,505 ft). This celebrated trail passes through Yosemite National Park, Ansel Adams Wilderness, Kings Canyon National Park and Sequoia National Park. The primary hiking season is from July to September. Annette started the hike on July 15th and finished at the summit of Mount Whitney on August 13th, 2010. She was joined by approximately 20 friends during various segments of the hike.

Annette was diagnosed with polycythemia (say: polly-sigh-thee-mee-ah) vera (PV) when her daughter, Evan was 6 months old. They both see the same family medicine physician. At Evan’s 6 month check up, their doctor thought Annette looked really thin and tired, and advised she have a blood test. After a referral to a cancer specialist, she was confirmed as having PV. At the time, Annette was exhibiting many clinical signs seen in patients with PV, such as fatigue, night sweats, hearing a constant buzzing in her ears, and seeing lights popping. Annette didn’t notice these signs, however, because she was so into being a new Mom, and had attributed many the symptoms to lack of sleep.

“Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul alike.”

John Muir – The Yosemite, 1912.

Myeloproliferative disorders (MPD) represent a number of diseases in which stem cells within the bone marrow overproduce certain cell types. There are 3 primary conditions comprising MPD’s: Polycythemia Vera (PV), Essential Thrombocythemia (ET), and Chronic Idiopathic Myelofibrosis (MF). These disorders are considered to be rare, and the prevalence in the United States is estimated at less than 200,000.

In 2005, researchers identified a single genetic mutation (JAK2V617F) that occurs in most patients with PV, and approximately 50% of patients with ET and MF. It is not known what the cause of the mutation is; however, there is current research investigating potential environmental causes for the mutation, and treatment with drugs which target mutant cells.
PV is characterized by an increase in the number of red blood cells circulating in the blood. Many patients may also have increased number of platelets and white blood cells. The increase in number of red blood cells makes the blood more ‘thick’ and ‘sluggish’, which can lead to life threatening arterial thromboses (heart attack, stroke, intestinal infarction/gangrene), and venous thromboses (lung, liver, and portal vessels). Survival with PV can be prolonged in many patients (eg 20 years); however, longer survival times can be complicated by the development of acute leukemia and myelofibrosis (in which the bone marrow is replaced by fibrous tissue and does not produce enough red or white blood cells and platelets). The average age of patients with PV is 60 years; although it can occur in all ages.

You can read more about ‘Trek For a Cure’ and Annette’s story at the website: www.trekforacure.com. Donations to the myeloproliferative disorder foundation for ‘Trek For a Cure’ can be made at the MPDF website: mpdfoundation.org/MPDEventUpdates.asp


I spoke with Annette about her journey, from diagnosis to the amazing feat of hiking the John Muir Trail, and making such a great contribution to ongoing research for myeloproliferative disorders.

YPM: How did the diagnosis change you?
Annette: It was a really intense time. It took a long time to process what this meant. The processing (thinking of death) is a journey. The one thing that did help me was taking some kind of action. I think raising money for research is great, because this is going to help in the long run. (It was also) a way for me to not sit, to feel like I’m contributing, raising awareness and money for research.

I think about Evan and want to be around for a long time, for her. When I think about getting sick and what that means, I don’t want that to be a significant part of her life... If I had one major anxiety about what the future holds it would be not be able to take care of myself, and have that be a factor in my daughter’s life. That she would feel responsible for me.

YPM: What was one of the most significant moments during the hike?
Annette: We came to the top of one of the higher passes, and I was with Audrey (a fellow PV patient, diagnosed around the same time as Annette), and it was really emotional. Sharing that moment with someone who has gone through (the same thing) and having this intense, “Wow, look at what we’ve done”. That was really incredible.

YPM: How many miles did you average per day?
Annette: The last segment we were all backpackers and we would do 10-12 (miles) average. With some of the newer backpackers we would do around 8. When you are backpacking you start early, you want to hike early because it gets hot and there is no shade up there. I’d planned it so we would do all of our high passes first thing in the morning.

YPM: Any plans for future treks?
Annette: I want to do it again (fundraise/hike), in 3 years, 2013. I think more people want to participate. So it’s either going to be a one day event where we are actually trekking somewhere, or a different type of hike/trek.
AH AHH CHOO!!
IT’S COLD AND FLU SEASON!

By Teena Price

Cold and flu season is upon us, which necessarily brings an increased risk for contracting these infectious diseases. The common cold may be caused by over 200 viruses, with the majority due to a rhinovirus infection. Potential complications include: acute wheezing, ear infections, sinusitis, exacerbation of pre-existing lung disease such as asthma, and pneumonia. Cold symptoms usually last for about a week. During the first three days that you exhibit symptoms, you are contagious and a possible source of infection to others.

The flu (influenza) is caused by influenza viruses, of which there are 2 main types: A and B. Potential complications are similar to the common cold, in addition to high fever, pneumonia, and potential seizures and diarrhea in children. Those people at greatest risk are infants, pregnant women, the elderly, and those with a weakened immune system. Influenza infection has a greater risk of more serious complications and potential hospitalization. Most flu symptoms gradually improve over two to five days, but it is not unusual to feel unwell for a week or more. The CDC recommends that you stay home for at least 24 hours after your fever is gone (without the use of medication), in order to reduce the risk of spreading infection.

Cold and flu infections can occur at any time of the year; however, most infections occur from November to May. Children under six years average six to eight colds per year!

As the common cold and flu are viral infections, antibiotics are not used in treatment, and their inappropriate use can increase risk of antibiotic resistant bacteria, which is increasingly becoming of importance.

To reduce your risk of infection and spreading of these viruses, follow our simple tips:

1. Vaccinate your whole family (older than 6 months of age)
2. Regular hand washing (soap and water, or hand sanitizier)
3. Stay at home if you are sick
4. Cover your nose and mouth when you sneeze/cough (with tissue if available and discard), or sneeze/cough into your inner elbow
5. Avoid touching your eyes, mouth, nose (to reduce spread of virus)
For relief of cold/flu symptoms:

1. Rest
2. Drink plenty of water
3. Cool mist vaporizer/ humidifier
4. To assist in clearing nasal congestion:
   - rubber suction bulb (infants)
   - saline nasal drops
5. Avoid smoking/second hand smoke

Infection with cold and flu occurs by the viruses entering your body through the mucous membranes of your nose, eyes, or mouth. So, when you touch your hand to one of these areas, you may unknowingly be infecting yourself with a virus that you have picked up from everyday objects. Human influenza viruses generally can survive on surfaces (such as door knobs, books) for between 2 and 8 hours. This is why regular hand washing is so important, particularly in children, when their hands are dirty and before eating. Hand washing with regular soap and water is recommended by the CDC. This has the benefit of removing organic material.

If hand washing is not possible, then using hand sanitizer is advised. There are both alcohol based and alcohol free sanitizers available. If you use an alcohol based sanitizer, then it should be kept out of reach of young children, as there have been cases of young children becoming intoxicated by ingestion of alcohol based sanitizers. The use of antibacterial washes is not recommended, as this may promote antibiotic resistance. Teaching young toddlers to blow their nose into tissues and discarding them not only reduces their risk of spreading infection, but also helps encourage their sense of independence and ‘doing it themselves’.

The seasonal influenza shot this year provides protection against A/H1N1 (pandemic) influenza, and two other influenza viruses - influenza A/H3N2, and influenza B. Generally all family members older than 6 months can receive the vaccine. You should talk to your child’s pediatrician or family medicine physician to discuss immunization for your family. As infants younger than 6 months of age cannot be vaccinated, everyone in contact with the infant should be vaccinated to offer a cocoon of protection for the youngest and most susceptible members of your household.

A journal article published in Pediatrics in 2009 reviewed the effects of probiotic consumption on cold and influenza-like symptom incidence and duration in healthy children (3-5 years of age) during the winter season. Probiotics are organisms that are used for medical purposes, such as the bacterium, Lactobacillus. Foods that contain probiotics include yogurt, some fermented and unfermented milk, miso, and some juices and soy drinks.

They found that “daily dietary probiotic supplementation for 6 months was a safe, effective way to reduce fever, rhinorrhea (runny nose), and cough incidence and duration and antibiotic prescription incidence, as well as the number of missed school days attributable to illness.” As with any dietary changes or supplementation, you should speak with your child’s pediatrician or family medicine physician.
Bake Holiday Cookies with your Toddler
A Developmental Approach!

By Annette De Bow and Ronit Schwarz

With the holidays right around the corner, baking with your children can be a terrific way to enhance their language and sensory experiences. This activity has many opportunities to introduce new vocabulary, explore different textures, smells and tastes. When baking with toddlers it is important to remember that, while cookies may be the outcome of the activity, all of the learning happens during the process of the endeavor. So, get messy and have fun. Toddlers will enjoy feelings of confidence and pride in a new territory, the kitchen.

We all learn through our senses, especially at a young age. This is an age when language and motor skills are developing rapidly. Paring the sensory experience of baking with your child’s new language and motor skills will help establish these new skills. Learning becomes more meaningful when it happens through multiple channels. Inviting your young child into the kitchen will offer learning that involves all senses – touching different textures, hearing the different bangs and shakes, watching as dough turns into cookies, and of course smelling and tasting!

Polka Dot Snowball Cookies

2 c. flour
1/2 tsp. salt
Mix and set aside above ingredients.

Blend:
3/4 c. butter
1/2 c. sugar
2 tsp. vanilla
Beat in 1 egg. Stir in dry ingredients.

Add:
1 (8 oz.) pkg. semi sweet chocolate bits
1 c. chopped nuts
Shape in 1” balls. Bake 15 to 20 minutes at 350 degrees on an ungreased cookie sheet. Cool and roll in powdered sugar.

There is much to say about the prep of an activity with a toddler, do what you can to have as many elements of the activity ready for little hands. Be sure to introduce the activity, which is a great way to teach sequencing skill—first, next and last. For example, “We are baking cookies and here are all of the ingredients we need.” “We will mix it up in the bowl, shape our cookies and place them on the sheets.” “The last thing we will do is bake them and roll them in sugar.”

Three year olds are developing their hand arches, also called palmar arches. When the little muscles in the hands work together they form different arches that allow us to cup our hands or bring our thumb towards our fingers. Baking cookies provides plenty of opportunities to help those arches develop. For instance, ask your child to cup their hands while you pour flour in to them, hold a bunch of chocolate pieces in one hand and use the other hand to sprinkle them into the mix, and roll balls of dough using both hands. At three years old, your child might need some hand over hand assistance to initiate ball rolling, but after a little bit of practice, will probably be able to do it on his/her own. Don’t expect perfectly rolled cookie balls yet!
Three year olds are working on grading their movements and having them become more accurate. You probably noticed that they are now able to use a spoon or a fork for a full meal and are less likely to spill their drink out of an open cup. Baking is a great opportunity to work on teaching a child to gage how much force or speed they need to put in to their fine motor movements. Involve your child in measuring and pouring and talk about how strong they need to be to hold a cup of flour verses a teaspoon of vanilla, how gentle they need to be with pouring vanilla in a measuring spoon, or breaking an egg verses placing a hand full of chocolate pieces in the bowl.

Language is also an important part of any experience and when the sensory system of touch, taste, and smell are incorporated it can create a heightened sense of learning. While preparing the dough, here is a chance to talk to kids about actions- this includes, stirring, pouring, scooping, rolling, and counting. Additionally, there will be plenty of opportunities to model different parts of speech, for example, when stirring the salt into the flour, emphasize the present progressive –ing verbs. I like to sing "stirring, stirring, we are all stirring!" during the final mixing of the dough.

The quantity concepts of ‘all’ versus ‘some’ or ‘one’ are ideas in language comprehension that are explored during baking. These concepts, which are emerging in the language repertoire of your three year old, may be practiced when adding ingredients to make the cookie dough. Have your child pour ‘some’ flour in the bowl or have him pour ‘all’ of the chocolate chips in the bowl.

Baking is where kids can be “hands on” and feel the dough change as the ingredients are added to the bowl. If this is a new learning experience for your child they may have different reaction to having sticky or dirty hands. Some children may not want to touch the dough but then there are kids that cannot get enough of that doughy between the fingers sensation. Gauge your child’s response to playing with the cookie dough, if your child feels anxious about forming the cookie ball with his hands then use a spoon to form the dough or have them watch while you form the ball and they place the dough on the cookie sheet.

Bon Appetite!

Annette De Bow, MS, CCC-SLP
Annette has worked as a Speech/Language Pathologist in Yolo County for the past 10 years, specializing in young children from 0 to 3 years of age. She focuses much of her practice on language, articulation/phonology and feeding therapy. She can be reached at 530-219-1938

Ronit Schwarz, OTR/L
Ronit has worked as an Occupational Therapist in Yolo and Sacramento Counties since 2002. She specializes in early intervention and sensory/ motor skills. She can be reached at 916-705-2920.
Roasted Chicken with Root Vegetables

This is a simple, classic and satisfying meal. And while it takes a good amount of time to prepare, it is well worth your effort. Now, I know what you’re thinking, “I’m chasing around a toddler and I no longer have the time to cook anything that does not have the words ‘Hamburger’ or ‘Helper’ in it!” My rebuttal: not only will you love the meal, but this beast can feed your family for a week. Think chicken tacos, sandwiches, or pot pies!

Roasting root vegetables is a simple way to prepare lots of veggies at once. Without the chicken, simply cut the vegetables into evenly sized pieces and place into a baking dish. Toss with salt, pepper and a little oil. Bake around 40 minutes at 400°F (until tender). Try other seasonal veggies: turnips, radishes, squash, kohlrabi, Brussels sprouts, etc.

- 4-5 pound chicken
- 2 large carrots
- 2 large yams
- 5 Yukon gold potatoes
- 5 small beets, peeled
- 2 leeks, greens removed
- 1 red onion, peeled
- 5 garlic cloves, peeled & smashed
- Salt and pepper to taste
- 3 tablespoons canola oil

For the rub:
- 2 tablespoons dried oregano
- 2 tablespoons dried thyme
- 1 tablespoon garlic powder
- ½ tablespoon pepper
- 1 tablespoon salt

If possible, let chicken sit uncovered in refrigerator for 1-2 days to make the skin cook up crispier. Before roasting, remove giblets and bring chicken to room temperature (this takes about 1 ½-2 hours).

Cut the vegetables into evenly sized pieces and toss in canola oil. Season them with salt and pepper and place in a roasting pan or large cast iron pan.

Using around 2 feet of kitchen string, truss the chicken (this is optional, but it will help the chicken cook evenly and prevent the breast drying out). Arrange the chicken so the legs point toward you and breast side is up. Tuck the wing tips under the chicken. Place string under the breast, wrap around thighs, and tie in a knot, bringing thighs tightly against breast. Loop remaining string around legs, tying them closely together.

Combine oregano, thyme, garlic powder, pepper and salt, and rub all over chicken. Place chicken on bed of root vegetables and cook in an oven preheated to 400°F for 45-60 minutes (until a meat thermometer inserted in thickest part of thigh shows an internal temperature of 160-165°F). Let rest for 20 minutes, then slice and serve with vegetables.

Stephanie is a preschool teacher and food lover. She blogs about unusual foods at www.52kitchenadventures.com. If you have any food or cooking questions, you can email her at snucci@gmail.com.
This month's book of the month is a wonderful story of cousins Hildamar and Santiago, who had immigrated from Puerto Rico to New York City, in the winter of 1929. It is a bilingual (Spanish/English) picture book, which has been awarded the Pura Belpré Honor Award for Narrative and Illustration. The book is recommended for children aged 6-12 years of age.

The story follows Hildamar and Santiago's desire to explore the local library, however they are told they cannot as, "we don't speak English, and the people in there don't speak Spanish." That afternoon, the school is visited by Pura Belpré, a local public librarian who shares stories with the use of puppets, in both English and Spanish. She invites the children to visit the library during the winter vacation, and inspires the entire local Spanish community to contribute to the fiesta for Three Kings’ Day at the library. The real life Pura Belpré helped establish the library as a place where immigrants could feel welcome and embrace their own language and culture. The prestigious Pura Belpré Award was established in her memory.

The text includes use of Spanish terms for the English portions of the story, which effectively achieves the message of the story and the assimilation of a wonderful story in English and Spanish.

The book is written by Lucía González, who is an award-winning author, storyteller and children's librarian. She was born in Cuba, and currently lives in Miami, Florida. Lucía is donating her royalties for The Storyteller's Candle to the Pura Belpré Award Endowment.

Illustrations throughout the book are by the talented Lulu Delacre. She often includes portions of The New York Times from January 6th, 1930 for some of the collages, which relate to the story on that page. That issue of the newspaper is the actual date of the first Three Kings’ Day celebration at the New York Public Library.

Congratulations to Sara Mader of Davis, for being our lucky on line subscriber and winning a copy of the December Book of the Month, The Storyteller's Candle. We have also donated 2 copies to the Yolo County Libraries.
Welcome to this month’s calendar of events in Yolo! Please feel to contact us with any events you have planned, which are children and family friendly. We recommend checking all times and costs prior to the event, to ensure there are no changes.

1st DECEMBER, WEDNESDAY:
PRESCHOOLERS STORY TIME At The Woodland Public Library. Stories, songs, and activities. Adults may stay with their child or go to another area, but must stay in the building. For children 3-5 years. Free, 1.00-1.30pm. 250 First Street, Woodland. www.cityofwoodland.org

BILINGUAL STORIES IN RUSSIAN The West Sacramento Library offers stories, songs, movement, rhymes and finger plays in Russian and English make this event lively and fun. Free, 6.00-6.30pm. Arthur F. Turner Community Library, 1212 Merkley Avenue, (916) 375 6465. www.yolocounty.org

2nd DECEMBER, THURSDAY:
PRESCHOOLERS STORY TIME At The Woodland Public Library. Free, 10.00-10.30am (Please note different time for Thursday session). See 1st for details.

ANNUAL DOWNTOWN DAVIS TREE LIGHTING AND HOLIDAY OPENING The community is invited to take part in one of Davis’ oldest community traditions which includes the children's parade, the holiday tree illumination in the E Street Plaza, Santa and Mrs. Claus greeting their guests, performances by local choirs, horse-drawn carriage rides and free showings of “The Grinch” at the historic Varsity Theatre. The Children’s Parade will once again be hosted by the Davis Food Co-op. Parade participants begin lining up at 5:30 p.m. at the Co-op at 620 G Street and the parade steps off at 6:00 p.m. Participant parking is available in the public parking structure at 4th and G streets. See the City of Davis website for further information: cityofdavis.org

SPANISH/BILINGUAL PRESCHOOL STORYTIME At the Winters Library. Free, 6.30-7.00pm. 708 Railroad Avenue, (530) 795-4955. www.yolocounty.org

3rd DECEMBER, FRIDAY:
JUNGLE GYM time, with free play for children of all ages at International Gymnastics Center, 1260 Triangle Court, West Sacramento. 9am-12pm, (916) 372-4496.

DAVIS ART CENTER HOLIDAY SALE The family-friendly event features 70 high quality artisan booths. At the sale, kids can do their own shopping for family and friends in the Children's Secret Store or make gifts in the kids' craft-making booth. The art center sells over 7,000 pieces in the secret store, all priced between $1 and $6. Children go in without their parents, and volunteers help them choose and wrap presents. 12pm-7pm. 1919 F Street, Davis. www.davisartcenter.org

WINTER WONDERLAND At Fairytale Town. Holiday lights radiate from Fairytale Town for this special two night event. Visit with Father Christmas, holiday vendors, participate in hands on activities and listen to live holiday entertainment while enjoying the festive decor and holiday atmosphere throughout the park. The event also features a gift wrapping station and pictures with Father Christmas, available for an additional cost. This is a special ticketed event. Tickets presale or at the door. Adults: $5, Children 3-12: $5, Children under 3: FREE! 5pm-8pm. 3901 Land Park Dr, Sacramento. www.fairytaletown.org

WOODLAND FIRST FRIDAY RECEPTION AT GALLERY 625 free to the public. Enjoy the artwork along with refreshments and snacks. 5.30pm-8.30pm. 530-406-4844

4th DECEMBER, SATURDAY:
DAVIS FARMERS MARKET Weekly farmers market at Central Park, 8am-1pm. www.davisfarmersmarket.org

DAVIS ARTSPLAY has a great slate of art activities for children planned, including: banner painting, play dough, paper art, paper bag art, clean mud, and ending with circle music time. At the Davis Community Church Fellowship Hall, 421 D Street. Suggested donation $5, but all welcome. 9.00am-12.00pm. davisartsplay.tumblr.com

DAVIS ART CENTER HOLIDAY SALE 10am-6pm. See 3rd for details.

SOUTH DAVIS, MONTGOMERY ELEMENTARY SCHOOL - HORAS DE CUENTOS EN ESPANOL Para ti que tienes de 0 y 5 años de edad con tus papas y abuelos. Todos juntos pasaremos un momento magico donde el encanto del libro echa a volar tu imaginacion como nunca antes. Tambien el asistir ayudara a su hijo a entender Ingles. Gratis, 10.30-11.00am. 1441 Danbury Street, South Davis.
GIBSON HOUSE MUSEUM FESTIVAL OF TREES Santa will be stopping by the Gibson House. Children are also encouraged to make a holiday ornament to take home. There will be holiday treats for visitors, as well as gift baskets and other holiday foods for purchase. Holiday music will be provided by the Holy Rosary School children's choir. The museum will be open for tours during this time, and the Gibson House gardeners will be holding a plant sale. 1pm-3.30pm, Gibson House, 512 Gibson Road, Woodland. (530) 666-1045.

ANNUAL COOKIE DECORATING PROGRAM At the West Sacramento Library. Story time, followed by children decorating cookies they can take home. Free, 3.00-4.00pm. See 1st for address etc.

WINTER WONDERLAND At Fairytale Town. 5pm-8pm. See 3rd for details.

WINTERS DOWNTOWN TREE LIGHTING CEREMONY Start the holidays off in style with the tree lighting ceremony at Rotary Park. The celebration includes a visit from Santa, carols and local merchants serving refreshments. 5:30pm-8:00pm, Rotary Park and Downtown Winters, Main Street and Railroad Avenue. visitwinters.com

5th DECEMBER, SUNDAY:
DAVIS ART CENTER HOLIDAY SALE 10am-5pm. See 3rd for details.

7th DECEMBER, TUESDAY:
CAFE CHAT Meet up group at International Gymnastics Center. Free play. 9am - infants, 10am preschool, 11am toddlers. 1260 Triangle Court, West Sacramento. (916) 372-4496.

TODDLERS STORY TIME At the Woodland Public Library. Nursery rhymes, stories, songs, and activities. For ages 0-3 years. This is a participation program; one adult per child. Free 10.00-10.30am. See 1st for library details.

PRE-SCHOOL STORY TIME At the Winters Library. Free, 10.30-11.00am. See 2nd for library details.

BILINGUAL STORIES IN SPANISH At the West Sacramento Library for children and their families. Free, 6.00-6.30pm. See 1st for address etc.

8th DECEMBER, WEDNESDAY:
PRE-SCHOOLERS STORY TIME At The Woodland Public Library. Free, 1.00-1.30pm. See 1st for details.

BILINGUAL STORIES IN RUSSIAN At the West Sacramento Library. Free 6.00-6.30pm. See 1st for details.

9th DECEMBER, THURSDAY:
PRE-SCHOOLERS STORY TIME At The Woodland Public Library. Free, 10.00-10.30am (Please note different time for Thursday session). See 1st for details.

WOODLAND PUBLIC LIBRARY KIDS’ BOOK CLUB Regular library book club for children in 4th -7th grade, 4-5pm, Leake Room at the Woodland Public Library. Book to be discussed: Paint the Wind by Pam Munoz Ryan. Patricia Laki or Esther Guardado (530) 661 5980.

SPANISH/BILINGUAL PRESCHOOL STORYTIME At the Winters Library. Free, 6.30-7.00pm. See 2nd for library details.

10th DECEMBER, FRIDAY:
JUNGLE GYM time, with free play for children of all ages at International Gymnastics Center, West Sacramento, 9am-12pm. See 3rd for address etc.

2nd FRIDAY ARTABOUT Enjoy an evening of open galleries and new exhibits throughout downtown Davis. All events are free and open to the public, 5.00pm.(530) 758-8330. artabout@davisdowntown.com

11th DECEMBER, SATURDAY:
DAVIS FARMERS MARKET Weekly farmers market at Central Park, 8am-1pm. www.davisfarmersmarket.org

THE WOODLAND 46TH ANNUAL HOLIDAY PARADE “MAKING SPIRITS BRIGHT!” Presented by The Woodland Chamber of Commerce. 10.00am, Main Street Woodland. (530) 662 7327.

HOLIDAY MAGIC - ANIMAL ENRICHMENTS At The Sacramento Zoo. Why should only humans receive gifts during the holidays? It's time for Holiday Magic—watch as the animals unwrap their holiday goodies! Please bring a new, unwrapped toy for Toys for Tots, and receive $1 off your Sacramento Zoo admission. 10am-4pm. www.saczoo.com

SOUTH DAVIS, MONTGOMERY ELEMENTARY SCHOOL - HORAS DE CUENTOS EN ESPANOL Para ti que tienes de 0 y 5 años de edad con tus papás y abuelos. Todos juntos pasaremos un momento magico donde el encanto del libro echa a volar tu imaginación como nunca antes. Tambien el asistir ayudara a su hijo a entender Ingles. Gratis, 10.30-11.00am. 1441 Danbury Street, South Davis.


HOLIDAY KIDS EVENT Kids ages 3 to 8 are invited to celebrate the holidays with stories, songs, games and more. Free, 11am. Borders, 500 1st Street #1, Davis. (530) 750 3723.
FAMILY CRAFT DAY Join in a celebration of the winter season through craft making, at the Davis Waldorf School, 3100 Sycamore Lane, Davis. 12-4pm. www.daviswaldorf.org

LIVE BEES! Learn about the honeybee with Dr. Eric Mussen, an apiculturist in the UC Davis department of entomology. See a section of a real hive up close and hear about current challenges to their survival. Families can then learn how to paint the different sections of the bee using watercolors with illustrator Jed Alexander. 1-3pm, appropriate for ages 3-12. Fee:$5 per person. Adults are free if not doing a project. RSVP suggested to (530) 758-3370, ext 2.

KIDS NIGHT OUT at International Gymnastics Center, West Sacramento. Full gym use, pizza, and juice. 6-10pm. $30 1st child, $20 2nd sibling. 1260 Triangle Court, West Sacramento, (916) 372-4496.

14th DECEMBER, TUESDAY:
CAFE CHAT Meet up group at International Gymnastics Center. See 7th for details.

TODDLERS STORY TIME At the Woodland Public Library. Free, 10.00-10.30am. See 7th for details.

PRESCHOOL STORY TIME At the Winters Library. Free, 10.30-11.00am. See 2nd for library details.

BILINGUAL STORIES IN SPANISH At the West Sacramento Library. Free, 6.00-6.30pm. See 1st for address etc.

15th DECEMBER, WEDNESDAY:
PRESCHOOLERS STORY TIME At The Woodland Public Library. Free, 1.00-1.30pm. See 1st for details.

BILINGUAL STORIES IN RUSSIAN At the West Sacramento Library. Free 6.00-6.30pm. See 1st for details.

16th DECEMBER, THURSDAY:
PRESCHOOLERS STORY TIME At The Woodland Public Library. Free, 10.00-10.30am (Please not different time for Thursday session). See 1st for details.

WOODLAND PUBLIC LIBRARY SECOND AND THIRD GRADE BOOK CLUB Regular library book club for children in 2nd and 3rd grade, 4-5pm, Leake Room, 250 First Street. Have fun telling the club about a book you have enjoyed, get ideas for other books to read, and participate in book-related crafts and activities. Esther Guardado (530) 661 5980.

SPANISH/BILINGUAL PRESCHOOL STORYTIME At the Winters Library. Free, 6.30-7.00pm. See 2nd for library details.

17th DECEMBER, FRIDAY:
JUNGLE GYM time, with free play for children of all ages at International Gymnastics Center, West Sacramento, 9am-12pm. See 3rd for address etc.

18th DECEMBER, SATURDAY:
DAVIS FARMERS MARKET Weekly farmers market at Central Park, 8am-1pm. www.davisfarmersmarket.org

21st DECEMBER, TUESDAY:
CAFE CHAT Meet up group at International Gymnastics Center. See 7th for details.

PRESCHOOL STORY TIME At the Winters Library. Free, 10.30-11.00am. See 2nd for library details.

NEEDLE ARTS At the Winters Library. All ages welcome. Free, 4-5pm. See 2nd for library details.

22nd DECEMBER, WEDNESDAY:
DAVIS FARMERS MARKET Holiday Wednesday winter market at Central Park, 2-6pm. www.davisfarmersmarket.org

24th DECEMBER, FRIDAY:
PAJAMA PARTY AT THE ZOO. Celebrate Christmas Eve at the Sacramento Zoo, and you don't have to change out of your pajamas! Admission is free. 10am-1.30pm (Zoo closes early). www.saczoo.com

FREE ADMISSION DAY. Fairytale Town offers free admission as a holiday gift to guests for visiting throughout the year. 10am-2pm. 3901 Land Park Dr, Sacramento. www.fairytale-town.org

29th DECEMBER, WEDNESDAY:
DAVIS FARMERS MARKET Holiday Wednesday winter market at Central Park, 2-6pm. www.davisfarmersmarket.org
ANNIE - Continuing - December 5
A red-haired mop-top orphan, yearning to break out of her dreary life in an orphanage run by an iron-fisted, boozy matron, charms billionaire Oliver “Daddy” Warbucks into adopting her—but what she really wants is to find her real parents. Includes “Hard Knock Life”, “A New Deal for Christmas”, and the classic “Tomorrow”. At the Davis Musical Theatre Company, Hoblit Performing Arts Center, 607 Pena Drive, Davis. 8.15pm Friday and Saturday. 2.15pm Sunday. $18 general, $16 students and seniors. (530) 756-3682. www.dmtc.org

MIRACLE ON 34th ST. - Continuing - December 19
Presented by Carl & Nadine Salonites
When a white-bearded gentleman claims to be the real Santa Claus he brings about a genuine Miracle on 34th Street, spreading a wave of love throughout New York City, convincing a divorced, cynical single mother, her somber daughter, and the entire state of New York that Santa Claus is no myth.
7.30pm Friday and Saturday, 2.00pm Sunday, and 2.00pm Saturday 11th December. Woodland Opera House, 340 2nd St., Woodland. All reserved seats $17, seniors $15, children 17- $8. Balcony $10 and children $5. (530) 666-9617. wohtheatre.org

DISNEY’S ALADDIN (Young Performers Theater) - December 4, 11, 12
At the Davis Musical Theatre Company, Hoblit Performing Arts Center, 607 Pena Drive, Davis. 2.15pm, and 7pm (11th only). (530) 756-3682. www.dmtc.org

MARIACHI LOS CAMPEROS DE NATI CANO Fiesta Navidad - December 5, 6
Fiesta Navidad, the highly popular Christmas show produced by Mariachi Los Camperos de Nati Cano, has become an anticipated holiday treat at the Mondavi Center. The Los Angeles-based ensemble presents sterling interpretations of traditional Mexican and American holiday songs, spirited dancing, colorful traditional costumes, and an audience sing-along. A holiday feast for the eyes and ears, Fiesta Navidad puts the magic back into the season. 7pm Sunday and 11am Monday. Sunday prices: regular $25-49, student $12.50-24.50). Monday prices (school matinee program): teacher $11, student $7. The Robert and Margrit Mondavi Center for the Performing Arts, One Shields Avenue, Davis. (866) 754 2787. www.mondaviarts.org

LARA DOWNES FAMILY CONCERT - Neverland to Wonderland - December 12
Drawing on the classic tales Peter Pan and Alice in Wonderland, pianist Lara Downes creates a stunning celebration of childhood mystery and enchantment, including music by Leonard Bernstein, Erich Korngold, Benny Golson, and David Del Tredici.
This performance features a new multimedia theater-work created and directed by renowned director Mindy Cooper, with young performers selected and trained through the new Mondavi Center Young Artists Theater Workshop program. 1pm and 3pm. Regular $30, students $15. The Robert and Margrit Mondavi Center for the Performing Arts, One Shields Avenue, Davis. (866) 754 2787. www.mondaviarts.org

A GIFT OF MUSIC - Sunday, December 19, at 7.30pm.
Free concert - no reserved seats.
Presented by The Woodland Chamber Singers.
The concert opens with a dynamic a cappella procession and continues with the exquisite O Magnum Mysterium by Morten Lauridsen. The exciting and inspirational program will also feature a children's chorus, a Latin piece for women's voices, an old favorite for men's voices and a brilliant four-hand piano arrangement featuring accompanists Lori Jarvey and Alex Lansburgh. The program is a gift to our audience that says, “We wish you the joy of the holiday season and musical memories that will last until we meet again”. The audience will get a chance to sing some of their favorite Christmas carols in a sing-along led by former director, Bob Edmondson.
Woodland Opera House, 340 2nd St., Woodland. (530) 666-9617. wohtheatre.org
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Yolo Parents Monthly will be reducing in frequency to quarterly for 2011, and will return as a monthly magazine as of 2012.

A monthly calendar of events will continue to be published (on line) each month. Subscribe online (www.yoloparentsmonthly.com) to receive both the quarterly magazine and the monthly calendar of events. The magazine will be available quarterly in hard copy from the usual locations and online (next issue March 2011).