

April/May 2008



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The Heart of a Mother

I've heard it said that to become a mother is to grow another heart. I believe that to be true. Becoming a mom has been an incredible life changing experience for me and it's taught me some unexpected lessons along the way.

Prior to giving birth to my now twelve-year old daughter, Jennifer, I was bestowed with the title of "stepmother." I was introduced to my stepson Doug (now 20) when he was just four years old. Somehow, when Jen came along, I imagined I'd be a different kind of parent to her than I was to Doug. But I discovered, as Jen has grown, that you don't have to give birth to someone to grow another heart. Sometimes, it just happens.

So, this May, I'd like to offer Mother's Day hugs to everyone who has grown another heart. Giving birth to a child doesn't make you special. Having a heart for one, though, definitely does!

Lori McDonnal
Editor



Doug (20) and Jen (12)



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On our cover:

Crawl through the colorful roots of giant kelp in the Monterey Bay Aquarium's new Splash Zone!

© Monterey Bay Aquarium
Photo by Randy Wilder

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MBayKids would like to thank each of the following contributors for sharing their **Scoop!** with us this month:

Laurie Bend - *Sweet Stuff*

Laurie is a mom, community volunteer, Girl Scout leader and small business owner. As a mother of three, she loves to test out recipes on her kids so she can pass them on to **Scoop!** readers.



Corina DuBois - *MamaPreneur*

Corina DuBois is a successful MamaPreneur and has created the Celebrate Mama!™ event series and online resources. Corina has a background in public relations, is a mama to two boys with her third son due this spring.



Pierre LaMothe, M.D., FAAP - *House Calls*

Dr. LaMothe has practiced pediatrics at Monterey Peninsula Pediatric Medical Group for 20 years. He and his wife have two sons ages 17 and 20 years old.



Susan Oros, M.A. - *Special Needs*

Susan is cofounder and vice president of Special Kids Crusade and mother of three, with an 11 yr. old son with Down Syndrome, an 8 yr. old daughter with autism and a 6 yr. old son who is typically developing.



Sherry Pasquariello - *Homeschooling*

Sherry is a former apparel buyer for The Pebble Beach Company who left her job in 2000 to be a full-time mom. She has been homeschooling her daughter since 2005.



Carol Richmond - *Happenings*

Carol is owner of the Carmel Academy of Performing Arts and founder of Dance Kids of Monterey County, a not-for-profit youth dance and theatre performing arts organization.



Julie Sutliff - *Arts & Crafts*

Julie has a "craft room" in her home that is dedicated solely to the creation of all things "arts & crafty." Julie enjoys sharing her love of crafts with her husband and 11 year old daughter - and with MBayKids **Scoop!**



Celebrate this MamaPreneur!

by Corina DuBois

Joanne Temple

Joanne Temple is one busy lady. Not only is she a mama to 9-year-old Dylan and 6-year-old Delaney, but Joanne is also involved in three different business ventures, each of which has distinctively different product offerings. As an *Usborne Books at Home* representative for the past 6 years, she and her team have raised hundreds of thousands of dollars in books and cash for schools, libraries, child care centers, and organizations. Joanne's business allows her to impact literacy in her community and foster a lifetime love of learning in her community and in homes.



Photo by Holly Hedman

Usborne Books at Home
www.UsborneBooksmart.com

EnlightenWear
www.EnlightenWear.com (Coming soon!)

Jewels by Park Lane
www.JewelsbyParkLane.com/jtemple

late spring, *EnlightenWear* will feature Joanne's own designs printed on flattering t-shirts made of organic materials such as cotton and bamboo and she will also offer children's designs. Joanne will market *EnlightenWear* through the Internet, fairs, and, via wholesale, to boutiques and yoga centers.

As if raising two children and having two business hats to wear isn't enough, this power mama has also just been named a Division Manager at *Jewels by Park Lane (JBPL)* through its direct appointment program. JBPL recognized Joanne's leadership ability and entrepreneurial spirit and offered her a position commensurate with her experience and level reached at *Usborne Books at Home*. Joanne feels the jewelry will complement her clothing line.

This MamaPreneur is not only creating something for herself, but also her family and community. And, she's doing it in a way that melds three businesses into one happy life! Now that's inspiring!

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A Mother's Perspective on Autism

April is Autism Awareness Month

by Susan Oros, M.A.



Imagine yourself waking up one morning to find yourself in a bizarre world where the rules you once knew had completely changed and no matter how hard you try, you cannot figure out how to make sense of this new world. You've been dressed in clothes which feel slimy, prickly, cold and hot all at the same time. There are strange odors in the air and fluorescent lights are flashing everywhere. The food offered to you has awful textures and

odors to them. Finally, you find one food that does not totally offend your senses. Communication is impossible because these beings communicate telepathically and you have no way of understanding them. Loud noises keep booming over you just when you are about to fall asleep. Over time, imagine that you become so frustrated with this world that you prefer to be left alone in your own world. An extreme example, yes, but I have come to imagine that autism may be like this for some.

It is now reported that autism affects 1 in 150 children in this country. The distinguishing feature of autism is an individual's inability to understand social communication. In short, these individuals have difficulty making sense out of language, gestures and facial expressions. Other symptoms may include repetitive behaviors like spinning, rocking, odd vocalizations and an obsessive need for order and a poor ability to cope with changes. There is a wide range of functioning for those on the autism spectrum. Some with high functioning autism or Asperger's Syndrome (which has different diagnostic criteria) may be cognitively at an age-appropriate level. Their social skills, however, are usually underdeveloped and this causes isolation. What is often not discussed is the delay in emotional development, as well. An inability to emotionally regulate leads to tantrums beyond the toddler years, underdevelopment of internal strategies to calm oneself and poor impulse control.

Continued on page 15

Sir Slob and the Princess

by Carol Richmond
Photos by Gary Bolen



Founded in 2004, the **Storybook Theatre** at Monterey Peninsula College was created for families looking to share the live theatre experience with their children. "Once a family is familiar with our Storybook productions, it is natural to take the family to see a child-appropriate production on MPC Theatre's main stage like last season's *Seussical, the Musical,*" director Gary Bolen explains. Storybook's upcoming production of **Sir Slob and the Princess** is a funny and simple youth-oriented story that has a bit of something for everyone: excitement, adventure, distinctive dangers and, of course, a bit of romance.

Set in the "once upon a time" make-believe kingdom of Roselandia, the plot of **Sir Slob and the Princess** centers around a poor kitchen worker who tries to win the hand of the beautiful Princess Rosebud. When the King decides it is time for his daughter to marry, he devises a test so difficult to pass that none of the prospective pompous and egotistical knights want to try it. None of them, that is, except poor Slob, who heads off into the woods with his talking horse to follow the quest. Through naiveté, luck, and his honest nature, Slob pratfalls his way to the hand of the Princess and lives happily ever after.



Bolen has directed two recent Monterey Peninsula main stage crowd pleasers: "Guys and Dolls" and "Grease." These large musical extravaganzas, with sizable casts and intricate production components, are decidedly different from the intimate setting of the Storybook Theatre. Bolen feels at home in this space and enjoys being the catalyst for shared experiences within the family. "Moms and Dads can take kids to the movies when the kids are young, and then drop them off at the movies when they are teenagers, but the experience of sharing the time and adventure of theatre can't be duplicated," says Bolen.

Sir Slob and the Princess will be onstage at MPC's *Storybook Theatre*, located at 980 Fremont Street in Monterey, from April 4 through April 20 (Fridays through Sundays). Tickets are \$15 for adults; \$12 for young adults (16-21) and \$9 for children (15 and under). Purchase tickets at the MPC Box Office (646-4213) or online at TicketGuys.com.

Purrrfect Projects Tour

Don't miss the Mother's Day Craft on May 3rd!

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- Kids: \$20 Includes Craft
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Under the Sea Fun

Splash Zone Word Search

ABALONE
AQUARIUM
BAY
CLOWNFISH
CORAL
CRAB
EEL
KELP
OCEAN
OCTOPUS
PARROTFISH
PENGUIN
REEF
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Discover a place where families can explore the ocean together. Visit the Splash Zone at the Monterey Bay Aquarium!

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



Riddles

1. Why is an island like the letter T?
2. What word looks the same upside down and backwards?
3. What can make an octopus laugh?
4. What do you call an oyster that won't share?
5. Why did the starfish cross the road?

Solutions on page 13

Sudoku

		3	
	4		
		1	
	2		

Make sure you use the numbers 1, 2, 3 and 4.

Each column and each row must have a 1, 2, 3 and 4.

Each block of four, outlined by heavy lines, must also have a 1, 2, 3, and 4.

10 things are different between these two treasure chests. Can you find them?

Six starfish are the same. One is different. Which one?

Solutions on page 13



Socialization Local Homeschoolers Share Thoughts

by Sherry Pasquariello

Last month, I talked about the perception by many people that homeschoolers lack opportunities to learn socialization skills. It's a subject that most homeschooling parents have had to address and most of us have definite views on this topic. I put out a request for comments on this subject to a couple of local *Yahoo!* homeschooling groups, of which I am a member, and here's a sampling of what I received:

Beth, a Marina mother of two, explains that her kids get their socialization through the many activities in which they are involved. They do gymnastics, basketball, and play dates at least three times a week. She notes that our community has many resources to take advantage of through city recreation departments and libraries.

Angela, a Salinas mother of a 2nd and 5th grader, is new to homeschooling this year. Angela's daughters participate in golf, guitar, gymnastics, book club, art workshops, science classes, field trips and more through the *Monterey County Home Charter School*. Angela feels that play dates are important, too, because they offer free time in which children get "the chance to get into situations with each other and learn to work things out on their own."

Janice, mom to a 10½ and 2 year old, has been homeschooling for six years. Before responding to my request for comments, Janice looked up the definition of *socialize* in the dictionary. The definition she found most appropriate was "to make fit for companionship with others." Like many other homeschoolers, Janice's girls are involved in numerous activities such as sports, Girl Scouts, 4-H, game group, and enrichment classes. Janice feels her daughters are being raised to be "fit companions" and adds that this would be her parental goal whether they were homeschooling or not.

Proper socialization is vitally important in the upbringing of children whether they are being schooled in a traditional or home environment. Homeschooling parents, however, do need to make an extra effort to seek out socialization opportunities through extracurricular activities and events.

Childhood Obesity: What's a Parent to Do?

by Pierre LaMothe, M.D.



Obesity is an epidemic in our country and is spreading worldwide. Over twelve and a half million children in our country are overweight and are at risk for a long list of health problems that, ultimately, can result in a shorter life expectancy and increased social pressures along the way. Establishing good habits at an early age for your children can help them avoid becoming an "obesity statistic."

Children usually do not need to lose weight. Children are growing taller. So, if they stay at the same weight for a long time, it is the same as if they lost weight. For example, if a 100 lb 9-year old boy stayed at the same weight for one year, it would be the same as if he lost 11 lbs! In reality, it would be far better because it would mean he did a fine job of mastering the next topic of this subject.

Exercise. Children need to move to burn the optimum number of calories. Movement is natural for children; they are little calorie-burning machines. However, as a child gets more and more overweight, movement becomes more difficult. Then, the child chooses more sedentary play which adds to their obesity.

Continued on page 15

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Pierre LaMothe, MD, FAAP

MOTHER'S DAY GARDEN CAKE

by Laurie Bend



This cake requires no baking and is so fun to put together! My kids helped with all the stages of construction and could have, very easily, done the entire "garden" on their own. You can use the cake as your table centerpiece and add individual cupcakes, decorated with the same "garden" ingredients, as place settings for your Mother's Day celebration. You will be amazed at how cute this simple cake is...and how it satisfies that sweet tooth!

Recipe Ingredients:

- 1 pound cake or other loaf-shaped cake
- 1 can chocolate frosting
- 1 package ladyfingers
- 6 chocolate sandwich cookies
- 2 tablespoons sugar
- 12 gumdrops
- Green toothpicks

1. Ice the top and sides of the pound cake with chocolate frosting. Gently press the ladyfingers (to look like a picket fence) against the frosted sides of the loaf cake.



2. Seal the chocolate sandwich cookies in a plastic bag and crush them with a rolling pin. Sprinkle the crumb "soil" on top of the loaf cake.

3. Plant a row of tulips: Sprinkle sugar onto a waxed-paper covered surface. Using a rolling pin, flatten gumdrops to a 1/4 inch thickness. With kitchen scissors, cut notches in the tops of

the flattened gumdrops to create tulip shapes. Insert a toothpick stem into the base of each blossom.

4. Make leaves for each tulip by trimming flattened green gumdrops into teardrop/bowtie shapes. Spear the center of the leaf with the toothpick stem and push it halfway up the stem. Now plant the tulips in the cake.

5. For a fun finishing touch, arrange green Easter grass around the garden.





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Helping Hand Jewelry Holder

by Julie Sutliff

A "handmade" treasure for Mom! Grandparents, aunts and teachers will love it, too!

You'll need:

- Cardboard
- Felt – at least 3 different colors
- 2 Craft sticks
- Small pot or mug
- Styrofoam
- Glue and/or glue gun



Step 1: Have child trace their hand with a marker, fingers spread apart, onto cardboard. Cut out the hand and an inch or two more of cardboard for the wrist. Use the cardboard hand as a pattern to trace and cut two felt hands. They can be the same color or two different colors of felt.

Step 2: Glue craft sticks to both sides of cardboard hand. Line up the sticks so they are on top of one another. Spread glue on one side of cardboard hand and place one felt hand on top of glue. Repeat for other side.

Step 3: Using a different color of felt, cut and glue ten oval shapes for polished finger nails. For wrist, cut two pieces of felt for "cuff" and glue at the wrist on both sides.



Step 4: To prepare "pot," place Styrofoam inside pot to measure for fit and trim with knife, if necessary. Remove Styrofoam. Next, place several spots of hot glue at bottom of pot and quickly put Styrofoam piece in on top of the glue and let dry. To cover the Styrofoam, trace and cut top of pot onto a piece of felt. Fold this rounded piece of felt in half and snip a small cut in the center for craft sticks to fit. Again, using glue gun, place several spots of glue on top of Styrofoam and quickly center rounded felt piece on top and let dry.

Step 5: Carefully, but firmly, insert stick-end of decorated hand into the center of the felt-covered Styrofoam (through the slit created in Step 4, above). This allows the hand to stand securely in the pot. Decorate cuff and/or pot as desired.

Supplies: At 99¢ Only Stores we found pots for 99¢. At Wal-Mart, we found Styrofoam® pieces sized 2 5/8" x 3 3/4" (2-pack for \$1.27), felt 9" x 12" pieces for 20¢ each.

Solutions (from pgs 8 & 9)

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

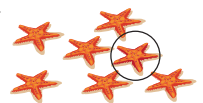
2	1	3	4
3	4	2	1
4	3	1	2
1	2	4	3

Riddle Answers

1. They are both in the middle of waTer.
2. SWIMS
3. Ten tickles (tentacles)
4. A selfish shellfish
5. To get to the other tide

Treasure chest differences:

- (1) Ring near large bottle is missing on the right chest;
- (2) Handles are different colors;
- (3) No pearls hanging off of the left chest;
- (4) Crowns are different colors;
- (5) Stones near crowns are different colors;
- (6) Latch colors are different;
- (7) Key holes are shaped differently;
- (8) "S" on coins turned;
- (9) Jars are different colors;
- (10) Extra line is under inside of lid on the right chest.





Mrs. Laura Tucker with student James Ramirez



Teacher of the Month
Mrs. Laura Tucker

Jack Francioni
Elementary School
Soledad

Remember back to your kindergarten days when you learned about the science of water and the definition of surface tension? Or, when you learned

how to use a rubric scale to assess your academic progress? How about when your kindergarten teacher introduced the basics of geometry by wrecking into a door and getting tangled up in the doorknob to create the association of the words “wreck” and “tangle” with the rectangular shape of the door?

Most of us can’t remember moments like these from our middle or high school years, let alone from when we were only five. But **Mrs. Laura Tucker** is creating memories like this every day in her kindergarten class at *Jack Francioni Elementary School* in Soledad.

“She is very smart and makes school fun,” says 5 year-old James Ramirez, who provided the winning nomination of Mrs. Tucker for **KQAV’s Teacher of the Month**. “I like science in her class. She makes books fun when she reads to us. She is very funny. She is teaching us how to read and write and a lot of other stuff.”

Mrs. Tucker has taught both kindergarten and first grade in her fourteen-year career with the Soledad Unified School District, where she also serves as a mentor to other kindergarten teachers. She credits a great deal of her success to her “super supportive” husband, Mike, and their seven year-old son, Shaun.

Yet, her ongoing success with kindergarteners is due, in large part, to her philosophy that teaching should be comprised of the 4 C’s: Curriculum, Consistency, Caring and Comedy. “I enjoy the daily interaction with my students,” says Mrs. Tucker. “I love their reactions to new ideas, discussions, the realization that there are so many exciting possibilities out in the world.” And, while Laura loves teaching all subjects, writing and science are among her favorites. “I like writing because of the imagination the students put into their stories. You start out with twenty students who are scribbling and writing random letters and, by June, they are writing three-to-four sentence paragraphs with amazing pictures and a point of view. I like science,” she continues, “because the kids really get into it. They are discovering the world around them, making the big connections about their environment.”

They also are making “big connections” with Mrs. Tucker who confesses that the most heart-warming moments in her teaching career are when former students come back and tell her how much they miss her and how they wish they were in her class again. “It makes you feel like you’re making a difference,” she says.

And for Mrs. Tucker’s former students, the differences she makes are definitely ones worth remembering!

Special Needs - continued from page 6

There is growing evidence that the neurological system of these individuals is different. Being wired differently, it is thought that these children cannot make sense of the world and therefore, revert into their own world. Typically developing infants come to understand the world through an interactive process between the environment and their brain. The infant and toddler encounter many sensory inputs from the environment by seeing, touching, hearing, tasting, smelling, moving, engaging, etc. In the optimum scenario, the brain takes in all this information, organizes it, files it, and makes it accessible so that children can respond and learn. For those with autism, however, the world becomes confusing and so it may become easier to withdraw. This does not mean, however, that these children don’t need love and affection. It takes special care and patience to understand these unique children and they, like any one of us, respond better to compassion.

In recognition of **Autism Awareness Month**, I hope that you will respond compassionately to the children that you encounter who may have odd and quirky behaviors. Chances are, these are our autistic children.



House Calls - continued from page 11

The solution? Go outside and play! Turn off the television. Throw away video games; they rot both mind and body. If a child is inside, they should be reading. It is best to get the whole family involved. Go for family walks after dinner.

Eat the right stuff. It is not difficult to figure out what foods promote good health. Whole grains, fruits, vegetables, fish, lean meats and beans are all good choices. Young children do not buy high calorie sweet fatty foods all by themselves; their parents do. So, buy them a lot of fresh fruit to satisfy their sweet tooth. If that is all there is to eat, they will eat it. Yes, they will whine when they cannot find the corn dogs, coke and chips. Remind yourself that you are the parent and you have veto power.

Drink as few calories as possible. It is best to drink water when you are thirsty. It has no calories and keeps you well hydrated. It is good to drink water before snacks and meals; it may help you eat less. Your brain can confuse thirst and hunger signals. Many times, you and your child may be eating a snack when really you both were simply thirsty.



Be the adult you want your children to become. Teach them to take the stairs. Do not drive around a parking lot for five minutes looking for the closest parking space. Park as far away as you can and walk together. Exercise and eat the right foods yourself. You would not teach your children to smoke, so do not teach them to be obese.

It is important to make an honest assessment of your child’s lifestyle. If your 5 year old weighs 60 pounds, they are not getting calories out of thin air. They do not drive themselves to McDonald’s after school for a little snack. They do not buy Captain Crunch. You do all of that for them! So, teach them to make good choices that will help them live longer, healthier lives.