



ACTORS WANTED: 18 and UNDER!

Auditions for the 2010 season of the Fairytale Town Troupers will be held Saturday and Sunday, January 9 and 10, from noon to 4 p.m. Male and female actors 18 years of age and younger are strongly encouraged to try out. No previous theatrical training is required, but prior experience in Stage Combat, Dance, or Martial Arts will be especially useful. This is an excellent opportunity for young actors to gain valuable, hands-on experience in theatre arts production and join an ever-expanding troupe of talented local players. Already in its third season, the Fairytale Town Troupers program is quickly gaining a reputation for fresh and innovative family entertainment. Three original plays will be presented this season:

“The Little Mermaid and the Yellow Submarine” with performances in the Children’s Theater in April; “The Monkey King: Bollywood Super Star!” outdoors on the Mother Goose Stage in July; and “Sleeping Beauty in Space!” in the Children’s Theater in July and August.

Auditions will be held indoors in the Children’s Theater at Fairytale Town--RAIN OR SHINE. Participants should bring a recent photograph, prepare a one minute monologue, and be ready to read scenes from various plays with other young actors.

Rehearsal times and dates will vary, but will primarily be held Sundays from 4 to 6 p.m. beginning approximately 6 to 8 weeks prior to each production.

If cast, performers will be charged a workshop fee of \$50 for the season. Scholarships will be available for interested performers willing to assume technical duties for other productions. Additional costume fees may apply if necessary.

For more information or to schedule an audition appointment, call (916) 808-8886 or e-mail: mrlee@fairytaletown.org or magic@fairytaletown.org Fairytale Town is located in William Land Park, 3901 Land Park Drive, Sacramento.

First 5 Sacramento offers 5 parenting tips for winter season

Holidays, weather and current economic conditions, are among the seasonal challenges families with children ages zero to five may face.

While the winter months traditionally usher in holiday celebrations, seasonal cheer and fun activities, this time of year can also create stress and concerns for others. To help families with children ages zero to five cope with challenges they may face this winter season, First 5 Sacramento is providing its Top 5 parenting tips along with some valuable resources where people can get support.

The stress of the holidays, the seasonal weather change, and the down economy can add strain for parents, shorten their patience and test their parenting skills. First 5 Sacramento offers the following effective parenting tips to help relieve stress while investing in your child’s growth:

1. Take time out for yourself – go somewhere safe until you feel calmer.
2. Build a support network of family and friends.
3. Be consistent and create routines – kids need structure.
4. Simplify routines during stressful times – for example, set out school clothes the night before.
5. Take care of yourself – exercise, rest and eat well. Model these positive behaviors for your children.

“Our research shows that when parents have the right tools and get the advice they need, children have the best opportunities in life to be fulfilled, healthy citizens,” said Kim Dahl, Acting Executive Director, First 5 Sacramento. “Our goal is to prevent crises from happening and protect children from events that can disrupt their developmental cycle.”

First 5 Sacramento offers resources on a variety of topics including effective parenting, breastfeeding, nutrition, school readiness for children ages zero to

five, crisis intervention and more. The organization also works with community partners to increase support of parenting services available to families in the area. Among those is 2-1-1 Sacramento, a free, confidential phone line with information on community, health and social services.

2-1-1 Sacramento offers a one-stop source of information for community services and resources. By dialing 2-1-1, callers can receive personalized information from a live resource specialist about programs and services to help families in many different ways, ranging from access to healthcare or learning effective ways to discipline your children. 2-1-1 is confidential and available in more than 150 languages.

“Our goal is to connect families with the people who can help, any time, day or night,” said 2-1-1 Sacramento Director, Katrina Middleton. “With one call, parents are connected to a wide variety of very helpful resources designed to assist parents and their families.”

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 cigarettes to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$17 in Prop 10 revenues to programs and services that meet local needs. For more information about First 5 Sacramento’s programs and services, call 916-876-5865 or visit online at www.First5Sacramento.net.

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