10 Reasons to Shop at and Farmers Market

******

Buying Shoes

*******

ABCs of Parenting

The newsletter of the Florida State University’s Childcare & Early Learning Programs
Semester Calendar

* The program follows the University calendar and is closed when the university is closed.

<table>
<thead>
<tr>
<th>Semester</th>
<th>Semester Dates</th>
<th>Closures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall 2016</td>
<td>8/29-12/16</td>
<td>9/5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11/11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11/23-11/25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12/17-12/31</td>
</tr>
<tr>
<td>Spring 2017</td>
<td>1/9-5/5</td>
<td>1/1-1/8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3/13-3/17</td>
</tr>
<tr>
<td>Summer 2017</td>
<td>5/15-8/4</td>
<td>5/6-5/14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5/29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7/4</td>
</tr>
</tbody>
</table>

The NAEYC for Families website at [http://families.naeyc.org/](http://families.naeyc.org/) offers a wealth of information and resources for parents of young children. *Families Today* features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child.
**Hours of Operation**

**Monday-Friday**
7:30 AM - 5:30 PM

**Main Office**
157-01 Herlong Drive
Tallahassee, FL 32310-4174
850-644-7970

Associate Director, Tiffany Karnisky
Program Associate, Brenda Thompkins
Grants Analyst, Bill Stacey

**Infant and Toddler Center**
DCF License #C02LE0260
330 Pennell Circle #1
Tallahassee, FL 32310
850-644-0003

Center Director, Dana O’Connor

**Children’s Center**
DCF License #C02LE0519
169 Herlong Drive
Tallahassee, FL 32310
850-644-9976

Center Director, Beth Roberts

Menus: [http://childcare.fsu.edu/For-Parents](http://childcare.fsu.edu/For-Parents)

Online Comments/Suggestions Box

---

**Program fees**

<table>
<thead>
<tr>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Registration Fee</td>
<td>$20</td>
</tr>
<tr>
<td>Charged at Enrollment &amp; every September</td>
<td></td>
</tr>
<tr>
<td>Late Tuition Fee</td>
<td>$10</td>
</tr>
<tr>
<td>Tuition paid after the 10th of the month</td>
<td></td>
</tr>
<tr>
<td>Returned Check Fee/Insufficient Funds</td>
<td>$25</td>
</tr>
<tr>
<td>Late Pick-up Fee</td>
<td>$5.00</td>
</tr>
<tr>
<td>Any portion of first 5 minutes after 5:30 PM /Per minute after 5:35 PM</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

*Effective September 1, 2016
Tuition rates will be charged for 12 months instead of 11 months*

---

**Tuition Rates**

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Infant and Toddler Center</strong></td>
<td></td>
</tr>
<tr>
<td>Alumni/Community</td>
<td>$764</td>
</tr>
<tr>
<td>Faculty &amp; Staff</td>
<td>$700</td>
</tr>
<tr>
<td>FSU Student</td>
<td>$626</td>
</tr>
<tr>
<td>Military Connected student family</td>
<td>$564</td>
</tr>
<tr>
<td>Pell recipient/eligible student</td>
<td>$501</td>
</tr>
<tr>
<td><strong>Children’s Center</strong></td>
<td></td>
</tr>
<tr>
<td>Alumni/Community</td>
<td>$811</td>
</tr>
<tr>
<td>Faculty &amp; Staff</td>
<td>$602</td>
</tr>
<tr>
<td>FSU Student</td>
<td>$505</td>
</tr>
<tr>
<td>VPK No longer offered</td>
<td></td>
</tr>
</tbody>
</table>

---

The Little Noles is a monthly publication of The FSU Child Development Programs, 157-01 Herlong Drive, University Housing, Florida State University, Tallahassee, FL 32310-4174, (850) 644-7970.

The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be typewritten and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support per-
from the associate director

CCAMPIS grant continues to help student parents stay in school

The FSU Childcare Program received a continuation award for the Childcare Access Means Parents in Schools (CCAMPIS) grant for the 2016-2017 year. Because of this grant the program was able to provide reduced childcare fees for Pell eligible/receiving and military connected student parents. With this grant we are able to use funds to provide childcare fee discounts for eligible parents with children enrolled at the Infant and Toddler Center and the Children’s Center. We are currently working through the details and award amounts for parents who qualify for a childcare disbursement under this grant. Eligible parents, per the grant, are Florida State University student parents enrolled as a student from 10/1/16-9/30/17, have at least one child enrolled at the Infant and Toddler Center and/or the Children’s Center and who meet one of the following criteria:

- Eligible to receive or receiving the Federal Pell Grant
- At least one parent in the family is military connected
- Enrolled as a graduate student or first professional course of study
- Student in the US for a temporary purpose that is enrolled as a degree seeking student

Once the new year budget has been approved by our grantor, disbursements will continue and be applied to the parent’s account as a payment toward their childcare fees.
announcements & reminders

WHAT’S NEW?

REMINdERS

Parent Column
Contact directors if you wish to submit a column for the newsletter. Submissions due a month in advance on the 15th.

Requests for posting tuition early
If you have a special circumstance that requires your tuition to be posted prior to the 1st of each month please email your request including when you need the tuition posted and the reason for early posting.

Tuition Rates.
Tuition rates are assessed according to parent status. Non-refundable registration fee $20 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care divided over 12 months. Tuition is due on the first day of the month; late by the 10th day.

School Readiness Subsidies.
Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week. For more information: [http://www.elcbigbend.org/Parents/School-Readiness-Waitlist](http://www.elcbigbend.org/Parents/School-Readiness-Waitlist)

***Make sure your child has an appropriate change of clothes in his/her cubby for the warmer weather. Thank you.

---

Why Mosquitoes Buzz in People’s Ears

by Vema Aardema

Directed by Vorzel Reynolds

October 6 and 7, 2016: 7:30pm
October 8, 2016: 2:00pm & 7:30pm
October 9, 2016: 3:00pm

Location: TBD

Purchase tickets at
[www.midtownarts.org](http://www.midtownarts.org) or call (850) 778-2525
Friday, October 28 from 4-6 pm.

Grab the family and join us! Bring your camera! Costume Parade starts @ 5pm. The event will be held on the grounds behind children’s center. Come out for *FREE family games, prizes, candy, food and fun!*

*Bring a can good to benefit the Food Pantry for our students @ FSU.*

(Donations of pasta, rice, pasta sauce, peanut butter and canned chicken and tuna are most popular items)

- Parade
- Carnival Games
- Hay Ride
- Bouncy House
- Paint A Pumpkin
- Food
- Drinks
- FUN And Much More
Parenting Tips

Buying Shoes for your Infant or Toddler

Somewhere between the ages of nine and twelve months, babies will begin pulling up and standing. These are the beginning stages of walking and time for parents to begin thinking about buying your baby’s first pair of many shoes. When first learning how to walk, barefoot is best, but only inside (baby’s tender feet need to be protected when outside). When your baby is barefoot, it helps with balance and they are better able to feel the surface beneath their feet. For new walkers, a soft flexible shoe is best.

Before buying a shoe, test it for flexibility by bending it with your hand. It should bend easily, making it easier for baby to walk. If the sole is too thick and doesn’t bend easy, it will be hard for your baby to walk in. Stiff soles may catch on the walking surface and cause your baby to have falls. When your baby begins walking well, it is tempting to buy shoes fitting to make sure the shoes are not too tight across the foot. Then check that the rear of the shoe is not loose so that it could rub the baby’s heal or outer ankle. Finally have your baby take a few steps to make sure that the shoes fit well and are comfortable. Keep all of this in mind when buying your baby’s shoes and remember shoes should help your baby walk, not hinder it.
book review

“Finish your vegetables!” becomes a phrase of the past when kids discover the diversity and deliciousness of farmers’ markets. From exploring the vibrant booths to selecting produce and tasting the unique flavors each season brings, the farmers' market provides a fertile playground for kids and brings families together while building healthy habits and supporting sustainable eating. At the Farmers’ Market with Kids profiles the fruits and vegetables available at most farmers’ markets, explaining how to tell which ones are ripe and how to store them. With age-specific tips that cater to children of all ages, plus 65 nutritious and kid-pleasing recipes to put your farmers' market spoils to use, this cookbook makes it easy for everyone in the family to eat healthfully and live well. Source: www.amazon.com

Part of the Read-It! Readers: The Life of Max series, this bright, cheerful book tells a very simple story about a boy and his mother shopping at the farmers’ market: “Max and his mom look at the carrots. Mom picks a bunch of orange carrots.” Mom picks three red apples, four orange peaches, and one carton of brown eggs. Fun for first readers, this will also encourage preschoolers to point at the fruits, vegetables, and flowers, name them, count them, and talk about the colors. The clear pictures show Max and his mom as Latino or mixed-race, a welcome change from early readers featuring Cauca- sian families. Preschool-Kindergarten. --Hazel Rochman Source: Booklist

"It is an excellent story with a good educational concept of eating healthily...The story is very original and clever. I would recommend this book to all parents and grandparents to read out loud as it not only teaches kids new words but also stresses the importance of eating fruits and vegetables"- Readers' Favorite. Source: www.amazon.com
color “orange” in our daily activities. Some books that you may want to read at home with your child that goes along with our theme for the month are: Baby Loves Fall by Karen Katz, Fall (a touch and feel book) by Bright Baby, See and Spy Colors by Baby Einstein.

In October we will begin our theme of Fall Fun, Fall Weather, Fall Fruits and Vegetables, and Fall Harvest. All month we will be decorating our classroom in fall artwork! We will also focus on the color orange this month. We will incorporate this color in our artwork and start identifying it during our playtime. Some books we will read this month are Snappy Little Halloween by Dugald Steer, Growing Vegetable Soup by Lois Ehlert, and We’re Going on a Leaf Hunt by Steve Metzger. Some things parents can do at home with their children include identifying and practicing saying different colors.

Infants
Ms. Emily’s Classroom
Happy Fall!!

It’s hard to believe that Fall is upon us, and hopefully we will get to enjoy some nice, cool weather very soon! Before taking a look at October, let’s look back at what our infants learned in September.

Our infants enjoyed learning about themselves/their 5 senses; apples; sports, and the color “red”. The infants enjoyed playing with sensory bottles that had various “red” items in it. They loved shaking the bottles to hear the different sounds each bottle made.

Looking forward to October, this month we will be learning about the Fall Harvest. We will definitely enjoy the fall weather during our outdoor activities and enjoy seeing the colors changing on the trees. We will incorporate fall fruits and vegetables into our artwork, and also learn about the children include identifying and practicing saying different colors.

Ones
Ms. Taylor’s Classroom

During the month of September our themes were All About Me, Apples, Sports, and Family. One of our favorite projects was measuring how tall our classmates were and seeing who was the tallest. Our class also enjoyed the Family theme this month. We asked our families to bring in a family photo so we could hang it in the classroom. This gave our teachers and classmates the opportunity to learn more about each other’s families. Another fun activity we did this month was playing basketball inside. When a classmate would shoot a ball into the basketball goal we would cheer and give them a high five!

This month we read 10 Apples Up on Top by Dr. Seuss, Snappy Little Families by Dugald Steer, and That’s Not My Tractor by Fiona Watt. Some things parents can do at home with their

Twos
Ms. Sue Classroom

I hope everyone stayed safe during the hurricane. September has been a very busy and short month. We learned all about me which included our 5 senses, our hand prints and the homes we live in. We also made apple prints from real apples and learned about the color red. We sang Head, Shoulders, Knees and Toes and I’ve got a friend named___.

During the month of October we will be working on fall harvest: fall weather, fall fruits and
ENJOY THE SIGHTS, SOUNDS & SPIRIT OF HOMECOMING!

Families are invited to walk in the Homecoming Parade to showcase the FSU Childcare Centers and celebrate FSU’s Littlest Noles and their families.

Let’s get 100% participation!

- What to Bring: Wagon or Stroller
- Where to meet: Civic Center Parking lot
- Time to Meet: 1:00 PM
- Snacks and Refreshments will be served to participating families
vegetables and the color orange. We will make silly monsters, Frankenstein pudding cups for snack and go on nature walks to find different color leaves. We will read **Two Little Witches and Teddy Bears Trick-or-Treat.** We will have our fall festival Friday, October 28th. Come join us for bounce houses, hay rides and a costume parade. If you would like to bring in something for our class party we will have a sign-up sheet in our classroom.

I will start working on assessments, using Ages and Stages with each child. Once we finish assessing the children I will have parent conferences so we can go over and discuss where your child is developmentally and if you have any questions or concerns. Please feel free to stop and ask me if you have any concerns about your child, I am always available. Fall weather is approaching so please make sure to check your child’s cubby to make sure they have the appropriate attire for the cooler weather.

**Two & 1/2**

**Ms. Jennifer’s Classroom**

Weeeeeeerrrrreee BACK! What an unexpected start to our new semester! We are finally back and ready to learn!

October is one of my favorite months for many reasons. For one, the weather is starting to change (and boy does that make me happy). Second, the smell of cinnamon is in the air! And third, the art project options are just endless! We will be doing all things fall, learning about fall weather, fall fruits and vegetables, and the color Orange! We will start the month of October learning about what fruits and vegetables we can grow and eat, as well as read stories about them such as:

- **Eating the Alphabet**
- **Little Seeds**
- **Who loves the fall?**
- **Raindrops Fall All Around**

We will end the month off with a cooking project of mini pumpkin pies (yummy)! Our art projects will be everything orange.

Hope you all are as excited about this month as I am! We’ll check in next month for some Holiday news!

**Peach**

**Ms. Stephanie’s Classroom**

September in the Peach Room was nothing less than exciting! Despite Hurricane Hermine we were still able to accomplish so much in three short weeks. We focused on something very important...us! Our themes included All About Me, My Family, and My Body.

In Math, we learned more about each other answering questions, and creating graphs, such as, “What’s your favorite fruit?” “What’s your hair color?” “How many people are in your family?” and “How old is mommy? How old is daddy?”

In Science, we had to answer questions, such as “Have you ever seen how far you can blow a counting cube across a table?” This showed us just how awesome our lungs really are! We also assembled our homes with MagnaTiles and showed different expressions on Mr. Potato Heads. We began counting and recognizing numbers 0-20 as well as working on our shapes and colors of the rainbow.

We read a lot of books in a month, but some of the favorites were Helen Lester’s Hurty Feelings, Dave Keane’s Bobby Bramble Loses His Brain, and Joan Sweeney’s Me and My Family Tree. September brought the return of the Letter Bucket and we focused on learning and writing letter L and T. We have already expanded our vocabulary with all of the awesome things that have been brought in this month!

The classroom is wonderful-ly decorated with all of the art pro-
jects we have created. We drew and painted pictures of ourselves and our families, made cut out bodies to learn the different internal parts, and built our houses out of craft sticks!

October is all about Community Helpers and we welcome the new season, fall! We begin with learning about community safety and why safety is important both inside and outside of the classroom. Then, we learn about community helpers and how they are important. Throughout the month of October we will have visits from the FSU Police Department, Tallahassee Fire Department, librarians from the Goldstein Library, Nursing students from the College of Nursing, and Sanitation workers from the University. We are very excited and thankful these groups are coming out to help us learn about our community!

Our centers for October are going to be a blast! We will learn about the importance of recycling and how we should not litter by making our own litter bags for our cars in Science. We will also be conducting some experiments with pumpkins and observing what happens when we place Halloween candy in different liquids such as milk, vinegar, water, and corn syrup. To help further our counting skills, we will be measuring, counting, and weighing different sized pumpkins, ears of corn, and apples in Math. In Art, we will be painting traffic lights with green, yellow, and red puffy paint as well as creating a collage from recycled materials. We will also be working on our very own classroom pumpkin patch to help celebrate the fall harvest! Finally, we will be learning about letters T, I, and F with the Letter Bucket and in Writing. Everyone in the Peach Room is excited to see what the new month brings!

I wanted to take this time to thank all of my Peach Room parents for their cooperation thus far. Starting school can bring anxiety for both children and parents, but through the teamwork of teachers, children, and parents, we made September an awesome month! The hurricane break was an interesting start to the new school year, but at the end of the day I am thankful that families and staff are safe and sound. If you ever have any questions, comments, or concerns, please do not hesitate to speak to myself or one of the assistant teachers. We are always here to help.

If you would like to help out at home, here are some ideas of things you can do with your child: work with him or her to find items for the Letter Buck-

et, work on name spelling and recognition, and review colors, shapes, and numbers often. Finally, if you have not brought in a picture of your family, please do so. The children really enjoy seeing their loved ones on the family tree throughout the school year!

Green
Ms. Deby’s Classroom
In September we learned all about me, which included: our body, our 5 senses, the people around us such as our family, friends, and pets. We discussed about what makes us unique, different cultures, our feelings and how do we express them. We read books such as When I get bigger by Mercer Mayer, Here are my hands by Bill Martin, and we sang Head and shoulders, knees and Toes. We drew our portrait and made our family tree.

In October we will begin our theme on the season fall and everything that is involved in this wonderful and colorful season including: pumpkins, leaves (we will make observations about color, shapes and sizes), we will also have fun discovering, and learning all about nocturnal animals (we will make descriptions such as how many legs, does it fly, etc.)

Since October is also Fire Safety month we will discuss fire safety at home and school and take this opportunity to talk about community helpers such as fireman, policeman, teacher, etc. We will discuss their jobs and responsibilities they have as a community helper. We will read books such as: The Leaf Man by Lois Ehlert, Clifford’s Good Deeds by Norman Bridwell, Let’s be Safe by Pk Hallinan, The Best Teacher Ever by

Continued on page 17
The ABC's of Parenting

Accept and value your child for who they are.

Be consistent, honest, compassionate, fair, and firm as you interact with your child.

Concentrate on what you like about your child and comment on it.

Develop interests with your child and of your own.

Encourage your child to share their thoughts and ideas, reinforcing they have value.

Forgive your child's mistakes and remind them mistakes are a natural part of learning.

Gladly share your time, affection, and support generously.

Help your child feel safe and secure through honesty and consistency.

Instill the value of persistency by complimenting your child’s efforts and hard work.

Joyfully take pleasure in life’s wonders and adventures with your child.

Keep harsh criticisms to yourself and avoid using "should" and "ought."

Let your child experience the natural consequences of their choices and behavior.

Model by example the qualities you want your child to have.

Negotiate privileges and responsibilities to empower your child and avoid overindulgence.

Offer choices as often as possible, to teach your child how to make decisions.

Problem-solve with your child and not for your child, listening carefully to their thoughts and feelings.

Quit blaming, shaming, and threatening, as this sends a message of unacceptance to your child.

Respect your child's right to grow at their own rate without being hurried or compared to others.

Share household tasks with all family members to allow your child to contribute and feel a sense of belonging.

Take time to read with your child, thus instilling and encouraging a love of books and learning.

Use a photo album to record your family memories, so that your child can look at through it frequently.

Value through your words and actions honesty, kindness, dependability, responsibility, accountability, empathy and caring.

Weather the storms of life together as a family.

eXhilarate in the presence and wonder of your child daily.

Yield to your body’s signals for rest and relaxation

Zestfully engage in a variety of family traditions and activities.

*Adapted from an article by Leah Davies, M.Ed.*
Top 10 Reasons to Shop at a Farmers Market

By Bill Stacey

1. Freshly picked, in season produce is at its peak in flavor and nutrition.
Check out the Seasonal Produce Guide to learn what fruits and vegetables are in season.

2. Support your local farmers and economy.
You can help new and smaller farmers be successful and save farmland in your area. The Economic Research Service provides an overview of the economic impact of local food systems.

3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
What are these? Why do we need them? More information at What’s in Food.

4. It's a great way to get your kids involved.
Let them pick out something new to try, then they can help prepare a meal or snack using these tips and recipes at Kids in the Kitchen.

5. Supporting your local farmers market strengthens your community.
Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods. Learn how farmers markets impact your community in this section of the Know Your Farmer, Know Your Food Compass.

6. Farmers markets offer foods that align with MyPlate guidelines.
Buy foods and see how they fit with ChooseMyPlate. Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.

7. Farmers often have recommendations for preparing their products.
Visit Fruits and Veggies More Matters (link is external) to see recipes that use fresh fruits and vegetables.

8. You can try a new fruit or vegetable!
Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. Learn how to select and store rare and common fruits and vegetables with the Fruit Nutrition Database and Vegetable Nutrition Database.

9. SNAP and WIC benefits are accepted at some farmers markets.
Learn About SNAP Benefits at Farmers Markets and find out which WIC state agencies participate in the Farmers Market Nutrition Program.

10. Farmers markets are easy to find.
Use the USDA Farmers Markets Search to find one near you. Due to their flexible locations, some community farmers markets provide fresh, healthy foods when other sources aren’t as easily accessed. Learn more about how the USDA helps to expand healthy food access through the development of local food systems.

Source: https://www.nutrition.gov/farmers-markets
holiday history

Halloween
The American tradition of "trick-or-treating" probably dates back to the early All Souls' Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives.

The distribution of soul cakes was encouraged by the church as a way to replace the ancient practice of leaving food and wine for roaming spirits. The practice, which was referred to as "going a-souling" was eventually taken up by children who would visit the houses in their neighborhood and be given ale, food, and money.

The tradition of dressing in costume for Halloween has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening time. Food supplies often ran low and the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts.

Sources: https://www.history.com/content/halloween/real-story-of-halloween/today-s-traditions
http://archives.buffaloring.com/story/on_this_day_october_31st_the_c

Diwali
Dating back to ancient times in India, The Diwali festival is held after the summer harvest (Hindu calendar). Diwali, or Deepavali, is translated at the "festival of lights." The festival signifies the victory of light over darkness or good over evil. Indians celebrate by lighting and placing millions of lights on housetops, outside doors and windows, around temples and other buildings in the communities and countries where it is observed.

Source: https://en.wikipedia.org/wiki/Diwali

Double Ninth Day
Observed on the ninth day of the ninth month (Chinese calendar), Double Ninth Day is a traditional Chinese holiday, set aside to pay respect to ancestors. On this day the Chinese visit the graves of their ancestors to pay their respects, burn incense, clean gravesites, repaint inscriptions, and lay out food offerings. Typical food offerings include roast pig and fruit. It is believed that the spirits of the ancestors eat the spiritual element of the food.

Source: https://en.wikipedia.org/wiki/Double_Ninth_Festival

Ashura
Ashura, which falls on the 10th of Muharram (Islamic), means "10." The religious holiday is observed by both Sunni and Shi’a Muslim but commemorates different events. For Sunni the observance traditionally commemorates the day Noah left the Ark, and the day that Moses was saved from the Egyptians by God, Sunni Muslims, and is marked by voluntary fasting.

For Shi’a Muslims, it is a day of mourning to remember the martyrdom f Hussein, a grandson of the Prophet Muhammad at Karbala in 680 CE. Passion plays and mourning processions are held on this day.


Shanah Tovah!
Rosh Hashanah is known as the Head of the Year or Jewish New Year. It is believed that on this day God opens the Book of Life and writes each person’s fate in the book. On Yom Kippur that fate is sealed.

An important observance of this holiday is the sounding of the shofar (ram’s horn) in the synagogue as a call to repentance. Meals usually include apples dipped in honey to symbolize a “sweet new year.” Other foods include dates, black-eyed peas, leek, spinach gourds and challah bread, which symbolizes the cycle of the year.

Source: https://en.wikipedia.org/wiki/Rosh_Hashanah

Continued on next page
Continued from page 13
Mercer Mayer. In art we will create leaf animals as shown in the book The Leaf Man, we will have fun painting and making a fire truck. As we learn about safety take your time to create a fire drill at home and discuss safety in general with your child.

Continued from previous page

**Yom Kippur**

Yom Kippur, or the *Day of Atonement*, is the holiest day of the year in Judaism. The holy day is observed by a 25-hour fasting period and prayer. Yom Kippur is held on the 10th day of the 7th month (Hebrew calendar). Yom Kippur is the day in the Jewish faith that God seals the fate of each person. From the days between Rosh Hashanah and Yom Kippur are know as the Days of Awe. During this period Jews try to amend their behavior and seek forgiveness for wrongs God and other human beings, hoping that by the end of Yom Kippur, they have been forgiven by God. Fasting, wearing white clothing and prayer are central practices in this holiday.

Source: https://en.wikipedia.org/wiki/Yom_Kippur

---

**Fall Festival**

Friday, October 28

4:00-6:00 PM

Childcare Recreation Grounds

(behind Children’s Center

169 Herlong Dr.)

Please bring can or boxed food to donate to FSU Food Pantry
on campus & around town

SPRINGHILL TREE FARM
795 Woodhull Rd, Bainbridge, GA, 39819
Visit Springhill Farm and make some family memories Every weekend October 1st - October 31st
* Get lost in the Crop Maze, Pan for real Georgia Gold, Find Your Perfect Pumpkins, Play in the corn crib, Play the Maze Trivia Game, Launch the Pumpkin Chunker, Great Food from Boyd's BBQ, Hayrides, Horseback riding, Pumpkin games, Walk our nature trail through the forest at Springhill Farm.
* Haunted maze and hayride on Friday night, Oct 28 and Saturday night Oct 29

Tallahassee Greek Festival
October 21 & 22 2016
10am to 10pm
A NIGHT IN ATHENS
UNDER THE STARS

Greek Festival
Food Culture Entertainment
Holy Mother of God
Greek Orthodox Church

1645 Phillips Road
Tallahassee, FL 32308

CHILLAX HALLOWEEN COSTUME PARTY
Monday, October 31
630pm - 930pm
Fun for the Whole Family!
Live d.j., dance floor, games (pool, ping pong, corn hole, mini-basketball, foosball & air hockey), scary kids’ movies (upstairs in Chillax theater), and free popcorn for anyone in costume!
Snack bar will be open
Cash prizes, candy or toys for best costumes!
Admission is $5 for students and adults,
Free for children 5 and younger
Children under 12 must be accompanied by an adult

Disney Live!
MICKEY & MINNIE'S DOORWAY TO MAGIC
BUY TICKETS
DONALD L. TUCKER
CIVIC CENTER
Thurs. OCT. 6
OCTOBER 2016

Family Friendly Newsletter

STAR TREK BEYOND
OCT 6 & 8 (THU & SAT) | 6:00PM & 9:00PM
OCT 7 (FRI) | 6:00PM & 9:00PM
*times in orange are 3D showings*

TABLETOP TUESDAY
OCT 11 (TUE) | 6:00PM

GHOSTBUSTERS
OCT 27 - 28 (THU - FRI) | 6:00PM & 9:00PM

For a full list of movies and events visit movies.fsu.edu

Movies are free with a current FSU ID | $3 for TFS Member/FSU Faculty & Staff | $5 for non-students
Available in alternate format | 850-644-4455 | All titles, events, and times subject to change
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>
|     |     |            |             |             | **1**  
Tuition Due  
National Day  
(China)  
FSU vs North  
Carolina (H) |     |
| 2   | 3   | 4          | 5           | 6           | 7                                              | 8   |
| Rosh Hashanah (Jewish) | **10**  
Tuition Late $10 fee | **11**  
Ashura (Muslim)  
Yom Kippur (Jewish) | **12**          | **13**                   | **14**  
FSU Homecoming  
Parade  
2:00 PM | **15**  
FSU vs Wake  
Forest (H) |
| 9   | 10  | **11**      | **12**      | **13**      | **14**  
FSU Homecoming  
Parade  
2:00 PM | **15**  
FSU vs Wake  
Forest (H) |
| Double Ninth Day (China) | **10**  
Tuition Late $10 fee | **11**  
Ashura (Muslim)  
Yom Kippur (Jewish) | **12**          | **13**                   | **14**  
FSU Homecoming  
Parade  
2:00 PM | **15**  
FSU vs Wake  
Forest (H) |
| 16  | 17  | **18**      | **19**      | **20**      | **21**                                        | **22** |
| National Bosses Day  
Sukkot (Jewish) | **17** | **18** | **19** | **20** | **21** | **22** |
| 23  | 24  | **25**      | **26**      | **27**      | **28**  
Fall  
Festival  
4-6 pm | **29**  
Diwali (India)  
FSU vs Clemson (H) |
| United Nations Day  
Simchat Torah (Jewish) | **24** | **25** | **26** | **27** | **28**  
Fall  
Festival  
4-6 pm | **29**  
Diwali (India)  
FSU vs Clemson (H) |
| 30  | 31  |            |            |            | **30**                                        | **31** |
|     |     |            |            |            | **30**                                        | **31** |
|     |     |            |            |            | **30**                                        | **31** |
|     |     |            |            |            |     |     |     |

**Tuition Due**
**National Day** (China)
**FSU vs North Carolina (H)**

**Tuition Late** $10 fee

**FSU Homecoming Parade 2:00 PM**