

California Kids!

March 2009

LOOK INSIDE!

- Meet your favorite authors
- All kinds of kid-friendly places to go and things to do
- Use your imagination making fun crafts

Going Green
on
St. Patrick's Day

See
Summer
Guide Inside

Free!

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March 17-18, 2009
May 12-13, 2009

For more information contact:
Farough Tabrizi, CAHSEE Project Coordinator
(916) 650-2745, tabrizF@scc.losrios.edu



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St. Patrick's Day Wreath

ActivityVillage.uk.co

Here is a pretty craft idea for a St Patrick's Day Wreath that your children will enjoy making. Great for Rainbows too.

You will need:

Paint in all the colors of the rainbow, Large sheet of white paper or poster board, safety scissors, Green paper, Glue.

Instructions:

Paint a large red circle on the paper. Just inside this paint an orange circle, then a yellow circle, and so on until you reach violet.

When the paint is dry, cut around the outside of the red circle and remove the middle



of the violet circle to make a doughnut shape.

Cut out lots of shamrocks from the green paper, then glue them around your circle and then hang your wreath.

Why not make a larger version, using handprints, or self-portraits, instead of shamrocks? You could even laminate cut-outs of the handprints or photos or names, stick hook and eye fasteners to the back and hang the wreath.

Irish Blessing

"May your thoughts be as glad as shamrocks, May your heart be as light as song, May each day bring you bright, happy hours, That stay with you all the year long."

California Kids! Family Fun Guide

Publisher: George Macko

General Manager: Kathleen Egan

Contributing Writers: Connie Goldsmith, Carmel L. Mooney, Patricia M. Newman

Production Manager: John Ochoa

Graphic Artist: Ryan Vuong

Sales Manager: Patty Colmer **Advertising:** Marc Harris

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Camellia Symphony Orchestra performs free family concert

Sunday, March 8, The Camellia Symphony Orchestra will present a free concert designed to introduce children and their families to the world of classical music at 2 p.m., in the Tsakopoulos Library Galleria, at the Central Library, located at 828 I Street, Sacramento.

The orchestra will be under the direction of this season's guest conductor, Pete Nowlen. Music to be performed includes *Night on Bald Mountain* by Mussorgsky, *Tchaikovsky's Sleeping Beauty Waltz*, Prokofiev's classic *Peter and the Wolf* featuring Richard Bay's Puppet Theater.

Prior to the concert, youngsters can enjoy the Instrument Petting Zoo at 1 p.m. in the Central Library's West Meeting Room. Children will see various musical instruments and meet musicians who will demonstrate how many instruments are played.



Peter and the Wolf featuring Richard Bay's Puppet Theater.

For more information, call (916) 264-2920 or visit www.saclibrary.org

Old Sac St. Patrick's Day Parade

Old Sacramento, a 28-acre historic landmark and state historic park, will hold its 13th Annual St. Patrick's Day parade on Tuesday, March 17. Always a free event, the one-hour parade steps off promptly at 6 p.m. and plans to include over 50 entries to delight the Irish and Irish-at-heart.



The parade will feature over 500 marchers including bagpipe and drum corps, Irish step dancers and costumed marchers, school bands, military regiments, police and fire representatives, cultural organizations and a whole lot more.

The parade begins in front of the California State Railroad Museum and the official parade route is along Second Street south from I Street to L Street, west on L Street to Front Street, then North on Front Street to J Street.

There's plenty to see and do before and after the parade, including enjoying live music and watching Irish dancers in elaborate costumes perform Celtic dances; eating a traditional Irish meal, served up by one of the many participating merchants; and being entertained by the wildly popular Ophir Prison Marching Kazoo Band.

The parade is an alcohol-free, family event that celebrates the diversity and richness of our community. But the parade is more than an ethnic celebration; it is also an event, which is a source of pride and enjoyment for all area residents. Several thousand people are expected to line the boardwalks and streets to enjoy the festivities.

All Old Sacramento streets will be closed to traffic beginning at 5:30 p.m. A reviewing stand will be located at the intersection of Front and K Streets.

Official St. Patrick's Day Parade Route:

- Parade forms at Lot W (next to California State Railroad Museum)
- South on Secon Street to L Street
- West (right) on L Street to Front Street
- North (right) on Front Street to J Street
- Parade passes reviewing stand located at Front & K Streets
- Parade disbands after Front & J Streets

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Keynote Speaker Larry Garf
Author of **HEY, QUIT PUSHING: How We Put Children at Risk by Starting Academics Too Early** and

Keynote Speaker Lisa Garrigues
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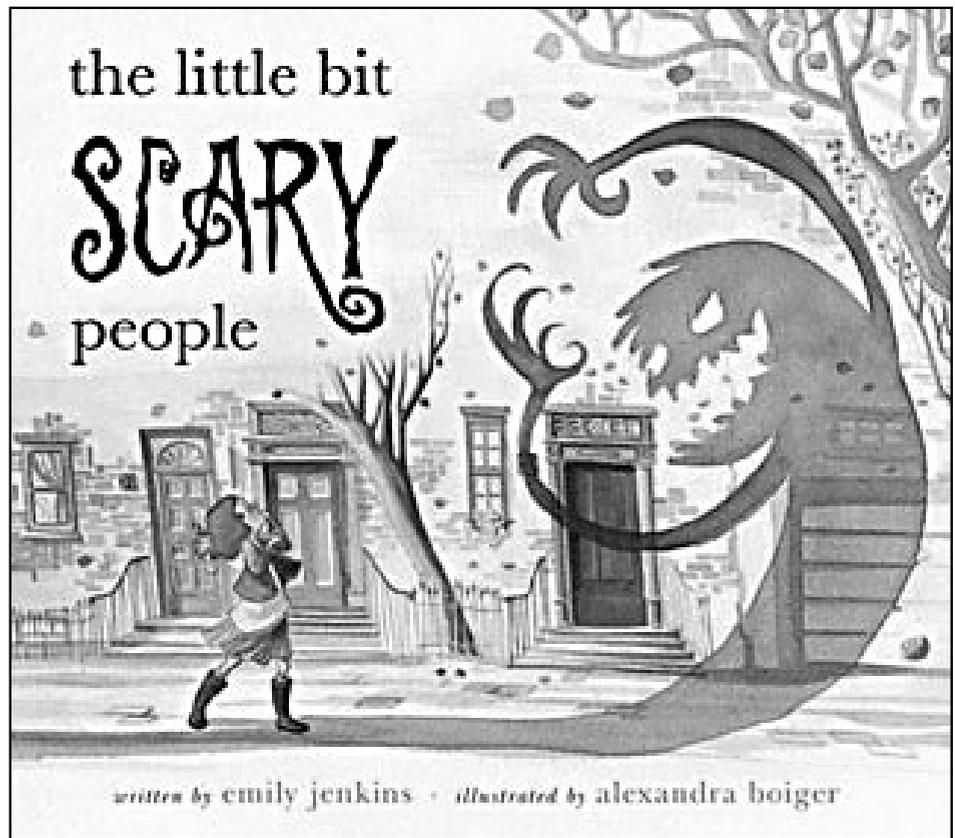
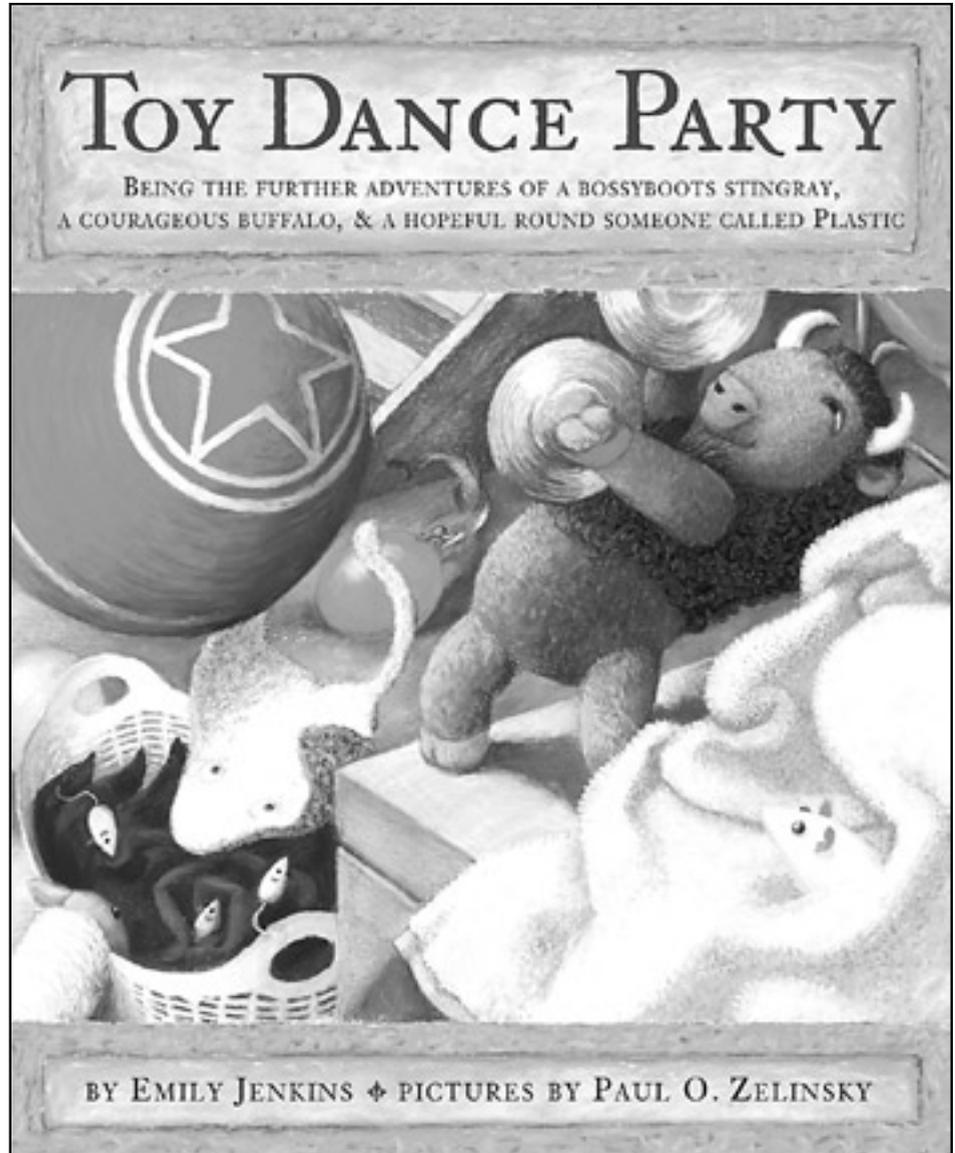


Who Wrote That?

The Creators of Your Child's Favorite Books

Featuring **Emily Jenkins**

By **Patricia M. Newman**



Children's books reigned supreme in Emily Jenkins' childhood igniting a fire within her to become an author. She self-published several stories as a child, designing covers for them and getting her parents to type them. Jenkins was an avid reader with a particular fondness for Joan Aiken's gothic novels. "I thought I'd be more of a middle grade writer than I turned out to be," she says, recalling Aiken's mysteries.

Jenkins' playwright father encouraged her love of the written word. "I have a strong memory of a story I wrote about an animated sleeping bag," she says, remembering the orange sleeping bag her father had given her. "[My father] took me seriously and I valued his opinion," she says. Jenkins used to sit in the back of the theater while her father directed, edited, and adapted his plays. She credits him with providing the tools she needed to become a writer; "I developed a sense of how something improves and how it comes together," she says.

Jenkins was deep into a graduate program in English literature at Columbia University when she decided she did not want to live the life of an academic. Together with her father she wrote *The Secret Life of Billy's Uncle Myron* (Holt, 1996). "It was barely reviewed and quietly released," she says, "but being published for the first time was a big deal." Jenkins' next published work was a book of essays for adults (*Tongue First: Adventures in Physical Culture*), but her writing career reached a crossroads. "I had published two books, but I didn't know where I was or what I was doing"—until Frances Foster from Farrar, Straus & Giroux pulled her manuscript for *Five Creatures* from the slush pile. Jenkins received several awards for *Five Creatures*, including the Charlotte Zolotow Honor Award for outstanding writing. "At that early stage in my career it was very encouraging for people to show appreciation," she says.

Family stories and her own feelings inspire Jenkins and often lead to story

ideas. Her newest book, *The Little Bit Scary People*, was inspired by her irrational fear of the sommelier in posh restaurants. "[The fear] does not incapacitate me," she says, "but it's an emotion children identify with." Jenkins taps into her feelings of intimidation and drops them into a child's world populated with people in mild positions of authority such as the janitor, the cafeteria lady, and the bus driver.

Although events or memories trigger story ideas, Jenkins changes the details to suit the dramatic arc of her story rather than trying to mimic real life. The *Daffodil* stories recall Jenkins' grandmother who as a girl was forced to wear a yellow party dress that she hated. "But," says Jenkins, "she wasn't a triplet and her name wasn't Daffodil." *Skunkdog* pays tribute to Domino, a

MORE ABOUT EMILY JENKINS

HOW TO CONTACT EMILY JENKINS
 Website: www.emilyjenkins.com

SELECTIONS FROM EMILY JENKINS' LIBRARY

- The Little Bit Scary People*, Hyperion, 2008.
- Toy Dance Party*, Schwartz and Wade, 2008.
- Skunkdog*, FSG/Frances Foster, 2008.
- What Happens on Wednesdays*, FSG/Frances Foster, 2007.
- Daffodil, Crocodile*, FSG/Frances Foster, 2007.
- Toys Go Out*, Schwartz and Wade, 2006.
- Love You When You Whine*, FSG/Frances Foster, 2006.
- That New Animal*, FSG/Frances Foster, 2005.
- Five Creatures*, FSG/Frances Foster, 2001.

UPCOMING

- Sugar Would Not Eat It*, Schwartz and Wade, Spring 2009.
- Princessland*, FSG/Frances Foster, Spring 2012.

black lab owned by her aunt and uncle, who was according to Jenkins, "an indiscriminate eater" and "chased skunks at my grandmother's summer house." Like *Skunkdog*, Domino was oblivious to the fact that he smelled terrible, but Jenkins created a boy as *Skunkdog's* owner to appeal to children.

The initial kernel for *Toys Go Out* came when Jenkins stuffed her unwilling cat in a carrier for a trip to the vet. The cat's yowls were full of suffering, a stress point Jenkins mimicked with her toy characters, Lumphy, Plastic, and StingRay who were full of anxiety at being stuffed in a backpack. In the sequel, *Toy Dance Party*, Jenkins introduces new characters to keep the story fresh. "In the first book, Sting-Ray always talked about being afraid of a garbage-eating shark and I realized I have a garbage-eating shark in my house," she says. Her husband has a hollow rubber shark from his college days that a friend's child loves to fill with Cheerios. Although the garbage-eating shark is StingRay's worst nightmare, Jenkins adds a bit of humor by naming the shark Princess DaisySparkle, a name inspired by a suggestion from her three year old daughter.

Generally, Jenkins writes in the morning from her Brooklyn home and spends the remainder of the day with her family. By the time her manuscripts are ready for publication she may have revised them as many as 18 times. She works hard to create stories that children want to pick up for themselves. The author in Jenkins takes her cue from Jenkins the English major and Jenkins the mother. Her job as a parent is to provide her children with quality literature. "I think of it as a balanced meal," she says. Her kids read some books by celebrities and some books based on television characters, but she also provides a healthy dose of high quality literature which she describes as "deeper and more complicated, more cathartic, more engaging, and more stimulating." Jenkins uses her passion for literature in her art, creating stories with well-defined characters whose problems and fears mimic those of many of her readers.

Patricia Newman is the author of Jingle the Brass (Farrar, Straus & Giroux). Her newest book, Nugget on the Flight Deck will be available from Walker & Company in Fall 2009. Visit her website at www.patriciamnewman.com.

St. Patrick's Day fun!

Hey kids! It looks like we've made it through the winter and now it's time to think about the month of March. Take a minute to search for the hidden words related to St. Patrick's Day. Look carefully, words can appear vertically, horizontally, diagonally, backwards, and upside down. Good luck!

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

cabbage
 celebration
 corned beef
 Dance
 Four leaf clovers
 Gold
 Green
 Happy

Irish
 Irish ballads
 Irish coffee
 Irish stew
 Jolly
 Laugh
 Leprechauns

Luck
 Marching bands
 Music
 Parades
 Pot of gold
 Rainbow
 Singing
 St Patrick's day

California Kids! Family Fun Guide

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Travel

Continued from page 8

two building a Big Bear snowman at one of Big Bear Lake's gorgeous parks along the lake. Grab a scarf and some mittens and join the fun; and while you're at it don't forget to make a snow angel.

Looking for another way to enjoy Big Bear Lake without a lift ticket? Try a snowshoe tour at the Big Bear Discovery Center. Tours for beginners are even available. A trek into Big Bear Lake's picturesque winter wonderland, guided by a naturalist will prove to be both literally breathtaking for the intellect and for the body. Big Bear Discovery Center Executive Denis Thomas says, "We want people to know there are other winter activities in Big Bear besides skiing and snowboarding. Snowshoeing in the backcountry is an absolute breathtaking experience."

Sound like all this fun outdoor activity might be creating quite an appetite? No problem in Big Bear Lake. Well the problem might be just where to eat when

there are so many wonderful choices to whet the appetite and tempt the palette.

When the endless winter activities leave you famished, Big Bear Lake has many favorites with locals and visitors alike.

If mouthwatering hearty steaks and stick to your ribs dinners are what's on the menu for your hungry clan then the Cowboy Express Steak House is where you'll find the locals eating right along with you. On Lakeview Drive, right near the heart of town, this well loved eatery will leave you satisfied as long as you can find a parking place. Come early to get good parking because this place is a must for a great kids menu, steaks cooked to perfection, and all the sides and trimmings sure to satisfy hungry tummies of all sizes. The service is outstanding and the ambiance is pure cowboy fun.

For breakfast, lunch, or dinner, long time local eating establishment, the Old Country Inn is another locals' favorite and you'll soon agree. With seafood, steaks, ribs, chicken, gourmet sandwiches, salads, wraps and unique sausage and German dishes you'll want to work up a hefty appetite before dining here

too. Specialties are various German Sausage plates. All sausages are handmade and brought in from an authentic German Sausage Maker. Each is served with real German potato pancakes, and authentic hot potato salad. You won't leave hungry or disappointed.

Where to stay? Big Bear Lake leaves nothing for want in this category with a multitude of wonderful choices in all areas. Luxuriant bed and breakfasts, vacation home rentals, condos, cabins, lodges, or hotels, there is something for every body's budget, family size, and needs.

Boulder Creek Resort is one such affordable family friendly condo rental which is central to everything Big Bear Lake offers.

Take note that Big Bear Lake is less than two hours from Disneyland and LAX or Orange County airport. With the great specials Southwest airlines is offering along with some fantastic specials Disneyland is running, its easy to combine the two into an affordable and frugal all-in-one southern California family vacation.

When visiting Big Bear Lake in the winter, remember that mountain weather can change

quickly so keep abreast of chain control warnings. For road conditions call: 1-800-427-ROAD

www.bigbear.com
1800-4.BIG.BEAR

Boulder Creek Resort: 909-866-2665

www.snowshoethebear.com
www.goldsmithsboardandski.com

Carmel L. Mooney is a fourth generation Californian, travel author and radio talk show host. You can hear her talk about Big Bear Lake and other exciting destinations on KJAY 1430 AM in Sacramento, every Sunday afternoon.

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Social relationships are essential to healthy child development. First 5 Sacramento offers **community grants** up to \$5,000 for small groups of parents or caregivers in Sacramento County who have ideas that bring people together and support on-going connections. The activities need to benefit children age five and under. Examples of grant-funded activities include:

- parenting networks
- playgroups
- art & reading activities
- neighborhood meet-ups

Applying for a Community Grant Is Easy!

- **Visit** www.First5Sacramento.net for more examples of activities. Download a grant application.
- Develop an **idea** with your group.
- **Call** First 5 Sacramento at 916-876-5865.
- **Email:** First5grants@saccounty.net

The community grants are provided through the Community Building Initiative (CBI) of the First 5 Sacramento Commission. The Commission uses Proposition 10 (tobacco tax) funds to support the healthy development of children age five and under.

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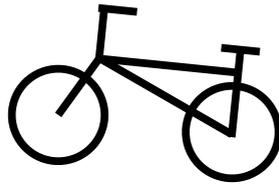
Family-friendly paved bike paths

Source: www.tahoevacationguide.com/activities/biking

Bicycling is a popular pastime for visitors to Lake Tahoe. If you are looking for a casual bicycle ride or have small children with you, there are a variety of designated paved bike paths and lanes in the Lake Tahoe Basin.

South Lake Tahoe Bike Path

Also called the Forest Bicycle Trail, this black-topped trail is completely separate from the highway and meanders through the forest for ten miles. Peddle at your own pace and stop along the way to enjoy the sun at two beautiful Lake Tahoe beaches (Pope and Baldwin), visit the restored Baldwin Estate and browse at the Forest Service Visitor Center. Breathe in the pine-scented air as you cross a sparkling mountain stream on a bicycle bridge. Starting where U.S. HWY 50 first touches El Dorado Beach and Picnic



Area, this increasingly popular paved path connects to other bike trails and lanes throughout the city of South Lake Tahoe and into Nevada. This trail includes the Pope-Baldwin Bike Path described next.

Pope-Baldwin Bike Path

The Forest Service maintains this nearly flat 3.4 mile path located on the South Shore of Lake Tahoe. Running parallel to SR 89, it begins where the four-lane highway narrows to two lanes. This popular paved path passes through Historic Camp Richardson Resort and offers several scenic side trips to Pope Beach and Baldwin Beach, the Tallac Historic Site, the Lake Tahoe Visitor Center and Fallen Leaf Lake. Please stay on the paved bike trail when passing through the Tallac Historic Site!

For more information call 1-800-698-2463.

Bird and Breakfast

Enjoy an early morning guided bird walk in the Effie Yeaw Nature Area, Saturday, March 14, at 7:30 a.m., followed by a hearty breakfast. This is a fundraiser for the Nature Center's educational programs. Bring binoculars, walking shoes, friends, and a healthy appetite. The walk is appropriate for 13 years old and older and the cost to attend is \$30. Advanced registration is required by calling (916) 489-4918.

The Effie Yeaw Nature Center is located at 2850 San Lorenzo Way in Carmichael in the beautiful Ancil Hoffman Park. There is a \$5 park entrance fee per car.

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- July 20 - July 24 History Live
- July 27 - July 31 Dig It

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St. Robert School TK-8

Transitional Kindergarten

ATTENTION PARENTS!!!

St. Robert School is proud to announce that it will be opening a "Transitional Kindergarten" class for the year 2009-2010 school year. This class is for children entering their 5th year of life by October 31, 2009. Our day will include:

- Language Arts Open Court
- Religion
- Science
- Math Saxon Math
- Social Studies
- Art

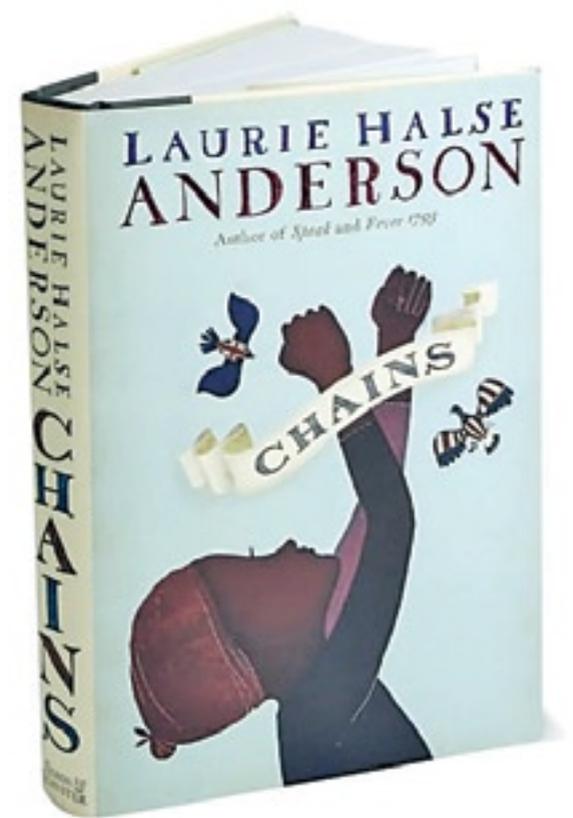
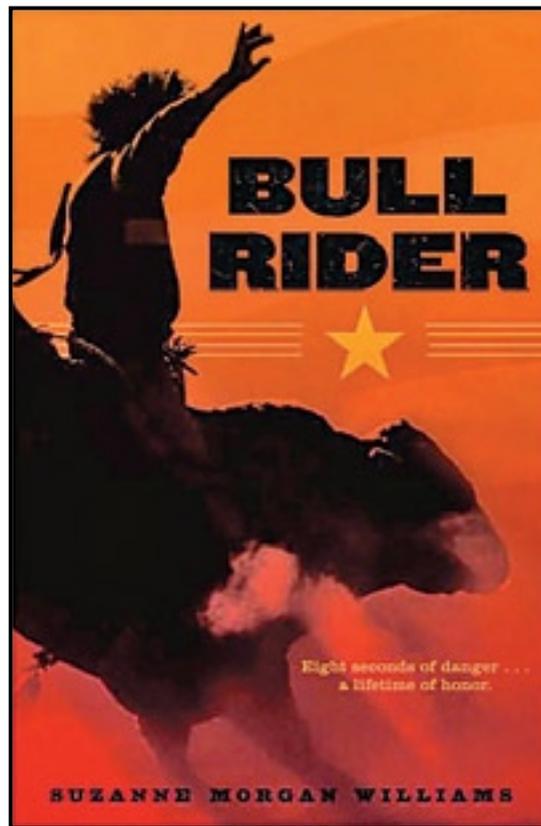
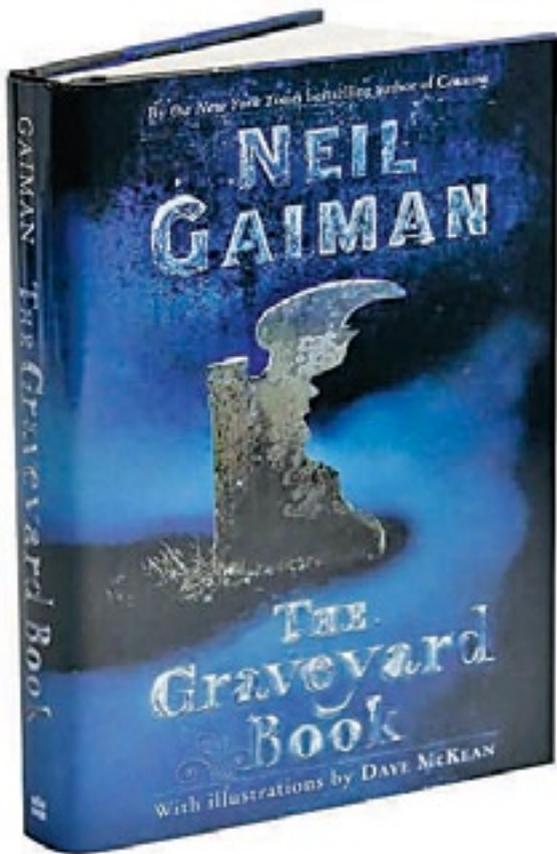
We offer Monday thru Friday classes as well as part time. For full day students, students will stay for lunch, naptime, and extra activities in the afternoon. We offer a safe, caring and nurturing environment for our children. If you are interested and would like more information, please contact **Demetria Berry** at (916) 452-2111 extension 28.

The word is out and many parents are interested. So please contact **Mrs. Berry** as soon as possible to reserve your child's place. Please make sure to spread the words. Registration will begin May 2009.

"Where learning and fun collide"



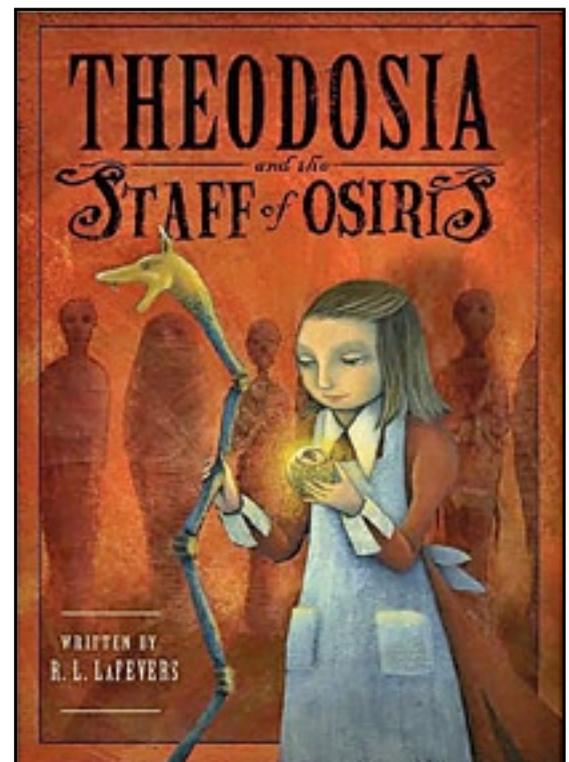
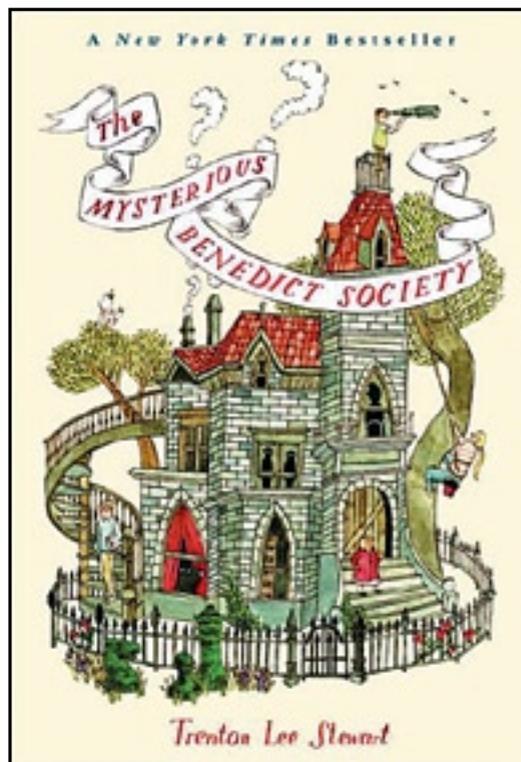
The Book Report: Middle Grade Novels



By Connie Goldsmith

In the world of children's literature, middle grade novels are aimed at the voracious readers aged 8 to 12. Many of these children are very good readers. After all, they plowed through all seven of the "Harry Potter" books, didn't they? Middle grade novels are the meat and potatoes of the publishing business, and some of today's best writing is found in these books. If your young reader isn't quite up to the task, the stories are ideal for family read-aloud time.

"*The Graveyard Book*," by Neil Gaiman. (HarperCollins). You might not think that a graveyard of ghosts and a vampire could raise a human child, but you'd be mistaken! When Bod toddles into a graveyard, the spooks rally round to take charge of the tiny tot. They care for him and educate him, much as Mowgli was raised by jungle animals. Bod has friends and family in the graveyard, and faces dangers as well: an ancient Indigo Man beneath the hill, a gateway leading to a city of ghouls, and the menacing Sleer. But the greatest danger of all lies outside the graveyard, in the form of the man Jack, who has sought Bod for a lifetime. In January this book won the Newbery Medal, the most prestigious award in children's literature. The illustrated book brims with warmth and the big hearts of the graveyard denizens, and is sure to enthrall readers of all ages. Check out "*Coraline*," the movie based on Gaiman's book, currently playing in Sacramento.



"*Bull Rider*," by Suzanne Morgan Williams. (McElderry). Cam comes from a family of bull-riding champions, although he prefers skateboarding. Set on a small ranch near Winnemucca, Nevada, the unusual locale is populated with interesting, well-crafted characters. Cam's big brother Ben returns from Iraq with serious injuries and faces months of rehab. As the family sinks into debt, it falls to Cam to do what he can to help. Mustering all his courage and strength, Cam faces a \$15,000 challenge to ride the monstrous, never-ridden bull called Ugly. A rider only needs to stay on a bull for eight seconds,

but it must seem like a lifetime. Not only does this book serve up rip-roaring action, it also offers insight into the personal and family issues at work today when a young soldier is badly injured. An appealing touch of magical realism closes this engaging story.

"*Chains*," by Laurie Halse Anderson. (Simon & Schuster). Set during the American Revolution, this novel tells the story of 13-year-old Isabel and her small sister Ruth, slaves who were promised their freedom after their owner's death. But fate intervenes, and the sisters are sold

to the Locktons, a hateful New York City couple whose political ambitions depend on the British retaining control of the colonies. When the Locktons sell Ruth, Isabel begins spying for the Patriots, trying to trade her knowledge for freedom so she can find her sister. News articles and letters head each chapter, keeping the reader in touch with real events of the time. This is a compelling personal story of a shameful and tumultuous time in our history that proves even a child can fight to cast off her chains.

See Book Report, page 13



Book Report

Continued from page 12

“Theodosia and the Staff of Osiris,” by R. L LaFavers. (Houghton Mifflin). It’s 1906 in London, and 11-year old Theo is busy protecting her family from the evil curses attached to ancient objects her Egyptologist mother brings back to the museum run by her father. A combo of Nancy Drew and Indiana Jones, Theo is an expert in the lore of old Egypt. When she discovers the mysterious Staff of Osiris in a dusty catacomb, every mummy in town awakens and shows up in the museum lobby to pay homage. But the bad guys are after the Staff, planning on using it to conjure up an undead army. Once more, Theo must battle both human and supernatural threats to save her homeland. This delicious and slightly creepy thriller teaches a bit of history as it careens to a most satisfying conclusion.

“The Mysterious Benedict Society,” by Trenton Lee Stewart. (Little, Brown). Now in paperback, this New York Times best seller earned starred reviews from top journals. “Are you a gifted child looking for Special Opportunities?” reads the newspaper ad that brings Reynie and three other children to Mr. Benedict. The children complete special training and are sent to an isolated island school to spy on the ‘Learning Institute for the Very Enlightened’. The villainous Mr. Curtain is using the minds of children to take over the world and it’s up to Reynie and his friends to thwart the evil plan! Using their considerable combined talents, the four members of the Benedict Society follow the clues, solve the mystery, and save the world in this rollicking good adventure story.

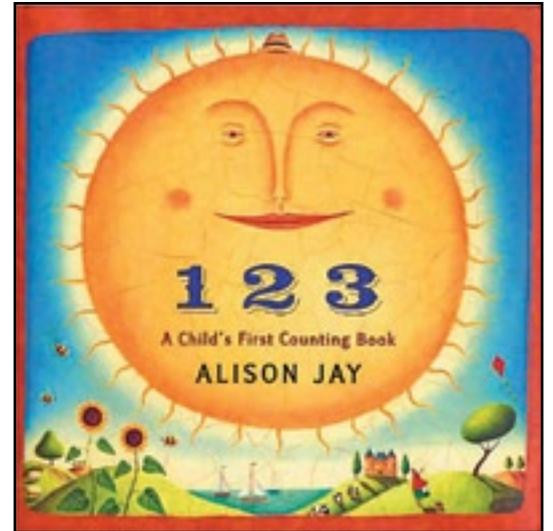
Connie Goldsmith lives in Carmichael where she writes for adults and children. Her latest nonfiction juvenile books, “Cutting Edge Medicine,” “Meningitis,” and “Superbugs Strike Back: when antibiotics fail,” can be found in school and public libraries, and at online booksellers.

1,2,3, A Child’s First Counting Book

by Alison Jay (Dutton)

In last month’s California Kid’s the incorrect book cover was run in error with this review.

Follow one little girl who flies to an enchanted landscape on the wings of a magical goose in this stunning book. Much more than a simple counting book, sub-plots dwell on each page, enticing the reader to count the many objects for each number (for example, three little pigs have three umbrellas, three apples, etc.), guess which nursery rhymes are portrayed (Jack and the Beanstalk and Little Red Riding Hood, among others), spy the clues leading to the next number on the following page, all while tracking the girl’s adventures. Count up to ten as the moon rises, then count down to one as the child awakens safe in her bed at dawn. This artist/author is famous for her trademark crackle glaze style of work done in soft lines, jeweled colors, and simple flat shapes reminiscent of Medieval art.



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Exciting events at Fairytale Town!



The season kicks off with "Read Across Fairytale Town" on Monday, March 2, 11 a.m. to 3 p.m., an extension of the national celebration of Dr. Seuss's birthday. Seuss's whimsical stories will be read all day long, and children can also make their own Cat in the Hat or Thing 1 & Thing 2 hats. In honor of Dr. Seuss, Fairytale Town is conducting a book drive through March 16. Families bringing on a new book will receive on free child admission

with a paid adult admission (up to four free admissions).

On Saturday, March 7, 10 a.m. to 3 p.m., Fairytale Town is the subject matter for the Sacramento Museum's Faces and Places program. Visitors are invited to bring in their old photos of Fairytale Town to be copied and stored in the archives. People bringing in photos, or Fairytale Town souvenirs, will receive free admission.

The Sacramento Senator Lions Club presents Hina Matsuri

at Fairytale Town on Sunday, March 22, from 11 a.m. to 3 p.m. This traditional Japanese Festival is roughly translated as Girls Day, and will feature displays of traditional Japanese dolls and Ikibana, and a Taiko Drumming performance. Children can also make origami figures and learn about calligraphy. The Sacramento Senator Lions Club is a long time supporter of the park and has been instrumental in building several sets, namely the Urishama Taro (The Fisherman and the Tortoise) set and the Mother Goose Stage. Admission to the event is included with regular paid park admission (\$4.50 general, children 2 years of age and under are free).

All events are held at Fairytale Town, 3901 Land Park Drive, in William Land Park, Sacramento. For more information visit www.fairytaletown.org.

More Childcare Choices at the Los Rios Community Colleges

Our Child Development Centers provide quality early care and education programs for your children while you attend classes or work.

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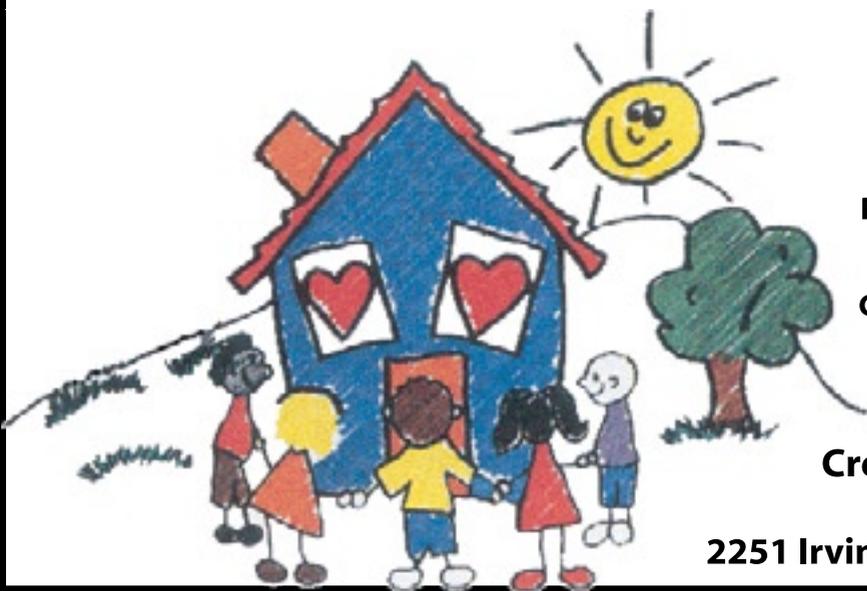
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Camp Jokes

"Knock, Knock"
"Who's There?"

"Amos"
"Amos Who?"

"A mosquito just bit me!"

.....
Why don't grizzlies wear shoes?
They like to walk around in bear (bare) feet.



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Pet Lovers! Pet Lovers! Pet Lovers! Pet Lovers! Pet Lovers! Pet Lovers!

No Table Scraps Please!

American Humane Association

Resist the urge to clear the dinner plate into your pet's food dish. The meal you cooked may be nutritionally sound for you and your family, but not for your family pet. They don't need a variety of foods to maintain good health. In fact, feeding pets different foods usually leads to a stomachache. In fact, some foods, like chocolate, can actually be fatal. Or foods

that we think pets need--like cats needing milk--can cause upset stomachs. Bones, too, are very dangerous as they can lodge in passageways or cut the intestines.

So provide your pets with a consistent diet of name-brand pet food, and keep some dog biscuits or cat treats on hand for when you want to reward them with a special morsel.

Dog Jokes!

What is a dog's favorite food?
Anything that's on your plate!

What's a dog's favorite hobby?
Collecting fleas!

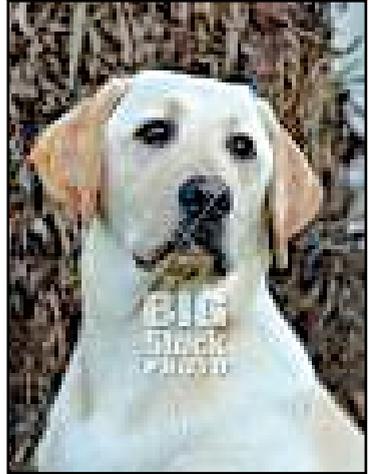
What do you call a litter of young dogs who have come in from the snow?
Slush puppies!

What is your dog's favorite city?
New Yorkie

Why do dogs wag their tails?
Because no one else will do it for them

What happened to the dog that ate nothing but garlic?
His bark was much worse than his bite!

What is the only kind of dog you can eat?
A hot dog



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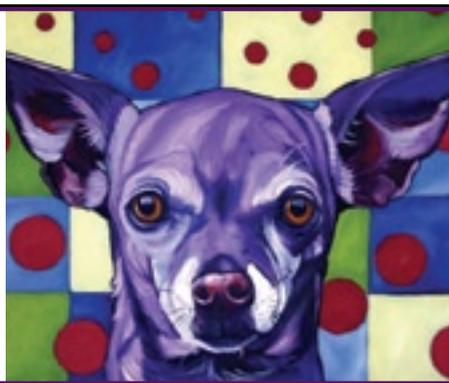
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Ready, Set, Camp!

Finding the Right Camp for Your Child

There's a camp that is ideally suited for every child, providing a summer of growth and fun whether your child attends a day or overnight camp, a specialized or traditional camp. With a little help from the camp professionals at the American Camp Association, here's some sound advice that helps parents sort through the choices and benefits that camp delivers.

How to Decide When Your Child is Ready for Camp

- What is your child's age? Children under age seven may not adjust easily to being away from home. Consider the day camp experience to prepare them for future overnight camp.
- How did your child become interested in camp? Does your child talk about camp on a sustained basis? How much persuasion is necessary from you?
- Has your child had positive overnight experiences away from home? Visiting relatives or friends? Were these separations easy or difficult?
- What does your child expect to do at camp? Learning about the camp experience ahead of time allows you to create positive expectations.



Consider the day camp experience to prepare them for future overnight camp.

A Camp for Every Child The Perfect Fit

Camp can last for just a few days or stretch to all summer long. It's well worth the trouble to investigate the variety of choices offered by camps before your child packs a backpack.

Near or Far?

Where do you want your child to go to camp? Locally or far away? While each camp experience has something unique to offer your child, this is an opportunity for families to assess what they value for their campers.

Benefits of Camp Nearby

Easier to evaluate and visit
Friends and family are likely familiar with camp

Minimal travel costs
Likely contact with classmates or children from same region

Benefits of Camp Far Away

More choices
Different experiences, different geography, e.g., mountains or oceans—even different languages
Promotes independence, particularly for early and late adolescent campers
Diversity of campers
Chance for family to visit and vacation at close of camp

Benefits of Short Sessions (one-three weeks)

First-time or younger campers have a chance to learn new skills
Bonds develop with other campers and staff
Great exposure to camp experience with less expense
Minimizes homesickness

Benefits of Longer Sessions (four-twelve weeks)

Strong sense of belonging to camp community

Chance to learn new skills
Development of specialized skills
Multiple opportunities for learning and enrichment
Lifelong friendships

Boys only, Girls only, or Co-ed?

Now may be the opportunity to explore the choices and benefits of all boys, all girls, or co-ed camps.

Benefits of Single Sex Camps

Breaking gender stereotypes—girls interact with women in position of authority and boys interact with men who act as nurturers
More opportunities to “be yourself” without impressing or competing with the opposite sex
Camp philosophy may be tuned into gender strengths and weaknesses

Benefits of Co-ed Camps

Breaking gender stereotypes—girls interact with women in positions of authority and boys interact with men who act as nurturers
Allows families with a boy and a girl to attend the same camp.



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Session 1: July 6-July 13
Session 2: July 13-July 17
Session 3: July 20-July 24
Session 4: July 27-July 31
Session 5: August 3-August 7

Camp Hours: 9am-4pm
Pre-care and after-care available from 7:30am-9am and 4pm-6pm.

Registration opens in March
Space limited - apply early!
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ZOO BIZ

New Giraffe exhibit planned

On February 11th, the Sacramento Zoo broke ground on the long anticipated giraffe habitat and exhibit expansion. The non-profit Sacramento Zoological Society began raising funds for this needed project over three years ago and has nearly met its goal thanks to the great support from the community. Construction will begin immediately and the new exhibit will open in early 2010.

Currently three reticulated giraffes share a 50 year old barn

and the biggest challenge the zookeepers face is keeping the barn warm in the winter. Also the current exhibit is not appropriate for male giraffes or for supporting the birth of a giraffe.

The plans for the new housing structure include multiple new warm giraffe stalls, including separate holding areas in the case of a birth, an exam stall with a restraint device, and outdoor holding areas. To enhance the visitors' experience, the front of the exhibit will feature an elevated walkway so visitors will be eye to eye with the giraffes and will also have a supervised public feeding area. The cost of the giraffe exhibit is \$1.75 million and the Zoo has already raised over \$1.5 million toward the project.

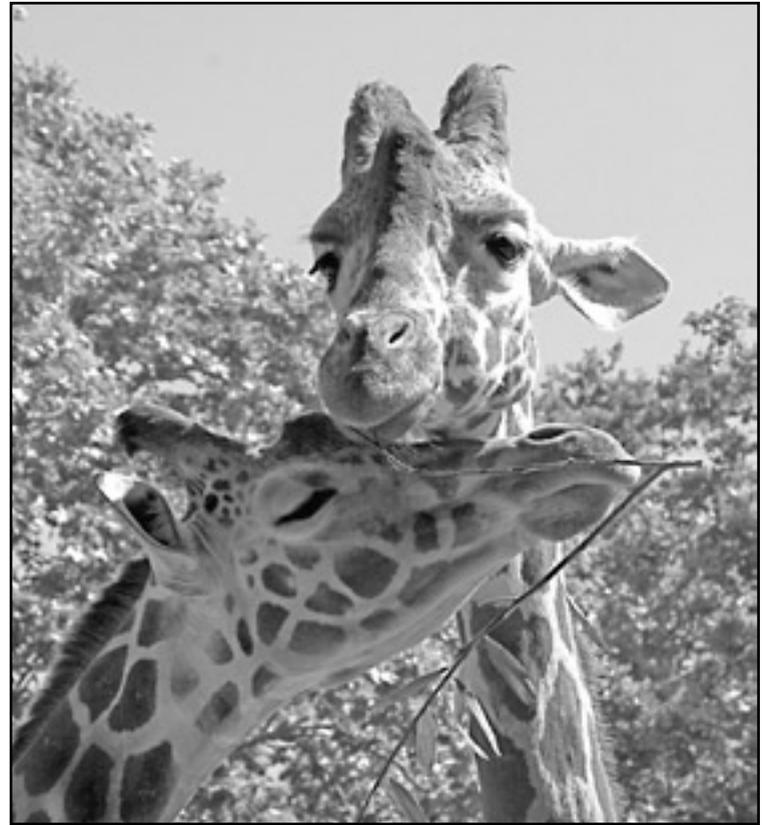
The Sacramento Zoo – Explore 7 Continents in 14 Acres! Open since 1927, the Sacramento Zoo is home to over 140 native, rare and endangered species and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of

Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9 a.m. to 4 p.m., general admission is \$9; children ages 3-12 are \$6.50 and two and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call 916 808-5888 or www.saczoo.com.

Giraffe Food at the Sacramento Zoo

Giraffes are amazing creatures – tall, pretty with those long eyelashes and overall an amazing piece of evolutionary “development”. They have special structures in their circulatory systems that allow them to lean down to drink without having all the blood rush to their heads or conversely, they won't pass out when they stand back up.

In addition, they have amazingly long tongues that are “prehensile” or grasping. In Africa, the acacia trees have very long spines, so the giraffes simply stick their tongue between the



barbs, grasp onto the leaves and pull.

Here at the Sacramento Zoo, we grow a different species of acacia without spines. At the Zoo they also eat alfalfa hay and pellets. The pellets are from Mazuri which is a Purina chow ... you know, dog chow, cat chow, and of course giraffe chow! Each giraffe eats around 9 lbs of Wild Herbivore Diet Hi-Fiber chow every day. Zoo

keepers also feed browse plants and provide enrichment toys. Some of these toys show off their talented tongues. The keepers chop vegetables and place them into a 5 gallon water container with holes in the sides and the giraffes can use their impressive tongues to work the vegetables out of the hole similar to the way they work leaves off thorny trees in the wild.



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- Personal Host- Balloon for each child -
- Special VIP seating - Movie poster - Photo on screen prior to film:

Call 446-2333 x200 for more information.

Sutter's Fort Calendar of Events

Sutter's Fort State Historic Park is open daily from 10 a.m. to 5 p.m., except Thanksgiving, Christmas, and New Year's Day.

March 7

“Never Done: The Frontier Housewife” - The pioneers who came to California before the Gold Rush were not strictly men. The immigrants who arrived at Sutter's Fort were couples, families and individuals. Some women came willingly; some would rather have stayed in the east. Here on the frontier women did their best to keep their families healthy, fed, and clothed. Women cooked over open fires, sewed clothes by hand, dipped candles, and wondered what their future would bring. This event will run from 10 a.m. to 5 p.m.

March 21

“Avast Ye Swabs: Captain Sutter's Connection to the Sea” - Relive the daily activities of early emigrants and pioneers

in the 1840s when agriculture and frontier lifestyles defined what is today California. At Sutter's Fort State Historic Park experience the lives of these hearty and adventurous people as docents demonstrate crafts and activities of the past. Visitors may experience militia drill, smell food cooking in the historic kitchen and bakery, see the blacksmith at his anvil, and the carpenter in his shop. This frontier outpost was the center of life in the Sacramento Valley before the Gold Rush. This event will run from 10 a.m. to 5 p.m.

About Sutter's Fort State Historic Park

Operated by California State Parks with financial assistance from the nonprofit Sacramento Historic Sites Association,



Sutter's Fort State Historic Park is open daily from 10 a.m. to 5 p.m. Located in midtown Sacramento on L Street between 26th and 28th Streets, the Fort offers special events and living history programs throughout the year. Established in 1839 by Swiss immigrant John Augustus Sutter, Sutter's Fort was at the center of a flourishing agricultural empire named New Helvetia (New Switzerland.) This empire established Sacramento's earliest settlement and the first non-Indian settlement in California's Central Valley. For more information, call (916) 445-4422 or visit www.parks.ca.gov/suttersfort.



Calendar of Events

Arts & Crafts

Saturdays, Children's Crafts, 12:30 to 3 p.m., 101 I Street, Old Sacramento. Each Saturday, enjoy special children's craft activities at the Discovery Museum History Center that are free with paid admission. Admission is \$5 for adults, \$4 for seniors, \$4 for children ages 13-17, \$3 for children 6-12, and free for children ages five-and-younger. For more information, call (916) 264-7057.

Critter Events

March 1, Nature Myths Debunked, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Will a toad give you warts? Does a porcupine shoot its quills? Can you tell a rattlesnake's age by the length of its rattle? Learn the truth about these myths and more. For more information, call (916) 489-4918.

March 8, Endangered Species, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Join a naturalist at the Effie Yeaw Nature Center for a guided tour of the Nature Center's interactive exhibit, "Endangered Species of California's Central Valley." Try on some life-sized California condor wings, crawl into the kit fox burrow and more.

March 19, River Mammals, 7-9 p.m., 2850 San Lorenzo Way, Carmichael. Join CSUS Professor William (Bill) Av-

ery's illustrated presentation on the river otters, beavers and muskrats often seen in the Lower American River or on the Parkway. Learn about the physical differences of these animals, their habitat, diet and predators. This program, offered at the Effie Yeaw Nature Center is best suited for ages 10 and up. For more information, call (916) 489-4918.

March 21, Snakes, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Where do these scaly creatures go when the sun does not shine? Learn about the life of a snake and get a chance to meet one up close at the Effie Year Nature Center, located in Ancil Hoffman Park. For more information, call (916) 489-4918.

March 22, Something's Fishy at the River, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Join the staff at the Effie Yeaw Nature Center for an entertaining puppetry video where the animals get together to help keep their river home healthy. Then take a hike through the Nature Center to chec out the American River.

March 29, Basic Birding, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Enjoy a walk in the Effie Yeaw Nature Area looking for birds most commonly seen in that area. Bring your binoculars or the Center can loan you a pair. For more information, call (916) 489-4918.

April 15, Animal Program, 4 p.m., 6132 66th Avenue, Sacramento. Bring the kids to the Southgate Library for "Beasts of the Backyard," with Wild Things. For more information, call (916) 264-2920.

Traditional Girl's Day Festival from Japan

Fairytale Town 50th Anniversary season offers another exciting new event, HINA MATSURI, the traditional Girl's Day Festival from Japan. Presented by the Sacramento Senator Lions Club, the event will be held. Saturday, March 22, from 11 a.m. to 3 p.m. Also known as the Japanese Doll Festival, Fairytale Town's version of HINA MATSURI will include a display of beautiful Hina Dolls on stage in the Children's Theater with an accompanying oral history presentation. There will also be a hands-on activity with origami paper-folding techniques, and breathtaking Ikebana floral arrangements to enjoy.

General admission is \$4.50 with free admission to children 2 years of age and under. Fairytale Town is located at 3901 Land Park Drive, Sacramento. For more information, visit www.fairytaletown.org

Especially for Parents

March 21, Gardening Program, 9 a.m., 11549 Fair Oaks Boulevard, Fair Oaks. A workshop will be held at the Fair Oaks Horticulture Center called: "Victory Garden 2009 Part III: It All Begins With the Soil." Understand what makes healthy soil. Evaluate your soil, improve soil structure, and feed the soil for healthier plants. Start your summer garden: seed starting basics. Plant and care for citrus. This is a free workshop. For more information, call (916) 875-6913. In case of rain, call (916) 875-6818 to hear recorded message.

Magic Programs

March 11, Magic Show, 4 p.m., 6132 66th Avenue, Sacramento. Bring the kids to the

Southgate Library for "Magic of Andy Amyx." For more information about this free program, call (916) 264-2920.

March 19, Magic Show, 4 p.m., 9845 Folsom Boulevard, Sacramento. Join the fun at the Rancho Cordova Library for "Jonathon the Magician and his Magic Birds." For more information, call (916) 264-2920.

Nature Events

March 7, Music of Nature, 11 a.m. 2850 San Lorenzo Way, Carmichael. Let the songs in your heart blossom with Effie Yeaw Nature Center naturalist Ryan. Sing and dance to your heart's content. The program is suitable for all ages. Attendance is limited for your enjoyment. A second program will be given 30 minutes after the first if needed due to high attendance For more information, call (916) 489-4918.



Highlighting Teamwork! WOW!

Lisbon School prepared for inauguration day by having all students participate in a variety of activities. Mr. Batten's second and third grader's mural that celebrated Martin Luther King Day and the Inauguration of Barack Obama was shown on Channel 10 news during inauguration day. The students implemented their knowledge of ratio and the use of grids to create the 25X25 foot mural. The mural consisted 180 individually drawn sections that required teamwork and art skills. Mr. Batten stated "The students were completely blown away once the project was completed. They had no idea how incredibly beautiful this project would turn out".

Lisbon Elementary School is located at 7555 South Land Park Drive, in Sacramento.



Book Sale in Folsom

The Friends of the Folsom Library will hold their Spring Book Sale, March 13 to 15, in the Folsom Public Library's Meeting Room, at 411 Stafford Street. Shop for incredible bargains in 1000's of gently used books, DVDs, videos, CDs and more in both children's and adult's materials. All proceeds directly benefit the Friends of the Folsom Library, a 100% non-profit association. The winner of the Silent Auction will take home a rare and valuable book. Feeling lucky? Raffle prizes for beautiful gift baskets worth over \$100; tickets only 3 for \$2.00.

The special preview sale will be held Friday, March 13 from 5 to 8 p.m., admission is \$5.

The general sale will be held Saturday and Sunday, March 14 and 15 from 9 a.m. to 4 p.m., admission is free.

For more information visit Friends@FriendsoftheFolsomLibrary.org or call (916) 608-8743 or 355-7374

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Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties!



Rainbow Streamers

ActivityVillage.uk.co Keeping Kids Busy

These Rainbow Streamers are a fun craft and decoration for kids to make for St Patrick's Day, or when studying rainbows.

You will need:

Paper plate, Paints, Tissue paper strips, one in each color of the rainbow, Gluestick.

Instructions:

Paint circles around the back of the paper plate working inwards from red to orange to yellow to green to blue to purple and leave to dry. Fold the plate in half (with the paint to the outside). Glue the strips on tissue paper along one inside edge. Glue the other side of the plate down so you are left with a semi-circle.

Simple Treasure Hunt!

ActivityVillage.co.uk Keeping Kids Busy!

This is perfect for very young children and, although it can be played indoors, is best in the garden (yard). It is an excellent game to play when the children are beginning to get restless towards the end of the party, and will mean that the children find their own presents for a party bag.

Age: 3+

Preparation: Collect a large number of little treasures suitable for hiding around the house or garden. You could use toy soldiers or animals - you can often pick up packets of these very cheaply at markets of pound (dollar) stores. Cellophane wrapped sweets (candy) or lollipops are excellent. Toys from fast-food stores can be saved and recycled. Pieces of Lego or Playmobil characters may be appropriate.

You can also buy bulk packs of party gifts such as bracelets, tooters etc. Use your imagination and start collecting early! Hide the treasure carefully. Some should be very easy to see; some can be hidden more seriously and don't forget to put some little things at eye level too. Any edible treasure should be easy to find so that it doesn't linger in the garden. Older children love to help you hide the treasure. Gather the children together, give each child a loot bag and an indication of what sort of treasure they may find, and tell them where to start hunting!

Hints: You may want to allocate an older child or adult to make sure that everyone finds

an appropriate number of "treasures".

Make sure you hide away any of your own family's legitimate garden toys before you set the kids loose. It can be hard to prize away something which one of your guests has "found" and regards as part of their loot

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