

California Kids!

JUNE 2009

Happy Father's Day

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

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Amazing Animals

Join the fun at Martin Luther King, Jr. Library, 7340 24th Street, Sacramento, when Julie Allen of Nature's Critters pays a visit. This free program will be held Tuesday, June 30, at 4 p.m. For more information, call (916) 264-2920 or visit www.saclibrary.org.

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California Kids! Family Fun Guide

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Sport Highlight

Young gymnasts excel in competition

West Sacramento is home to International Gymnastics Centre, where two local gymnastic future stars train. Damian Becker, age 12, of El Dorado Hills, and Brandon Ngai, age 10, of Elk Grove, two of a twelve member team that train under Russian Master Sport, Oleg Ibyadullin. They are two of six athletes who represented the level 7 Northern California Boys Gymnastics team at regional championships in Phoenix, Arizona. The top six gymnasts at state competition made up the team for each region: Northern California, Southern California, Nevada, and Arizona.

Damian and Brandon competed April 3, in all events: floor, pommel horse, rings, vault, parallel bars, and high bar. Damian placed 5th all around and Brandon placed 7th all around in the region. Both young men qualified for event finals the following day where they competed their top place finishes on individual events. Damian competed pommel horse and placed 3rd. Brandon competed pommel horse, parallel bars, and rings placing 5th, 7th and 6th respectively earning him a 5th place finish all around for event finals. This is a huge accomplishment for these young men.

Additionally, Miles Nevilles and Cameron Ngai, level 5 gymnasts, also competed at regionals, and did a great job representing International Gymnastics Centre.



Congratulations! Damian Becker, 12 and Brandon Ngai, 10.

Gymnastics is the basic sport of all sports. It teaches balance, coordination, builds strength, determination, confidence, and focus. International Gymnastics Centre has a variety of recreational class offerings for ages 18 months through adult, and team trials for new competitors are forming now. For information on these future stars of gymnastics, team trials, or recreational information contact IGC at 916-372-4GYM (4496) or check out their website at www.igcentre.com

Celebrate Father's Day and help Suit Up Homeless Dads this June

Robinson's Taekwondo

Celebrate the Dad in your day, join us to make fathers feel special this June. Bring in an old business suit to donate to homeless men who need business clothes for interviews and we'll give you a month of free lessons for you and your Dad.

Getting a job is a huge challenge when you have been homeless. Getting a suit for that all important job interview is often a financial burden. Visit www.robinsonstkd.com for a drop off location near you.

Join Sacramento's first family name in martial arts, Robinson's Taekwondo to honor Dad this June. Drop off your donation at any of the eighteen Robinson's locations throughout the Sacramento area in June to receive your free lessons. We'll make sure the clothes get to fathers who need them.

And, join Grandmaster Clint Robinson and his family, Saturday June 20, from 1 to 4 p.m. for a special celebration featuring exotic martial arts weapons and Taekwondo forms demonstrations. Register to win a \$500 gift certificate to Men's Warehouse and win your Dad a brand new suit for Father's Day!

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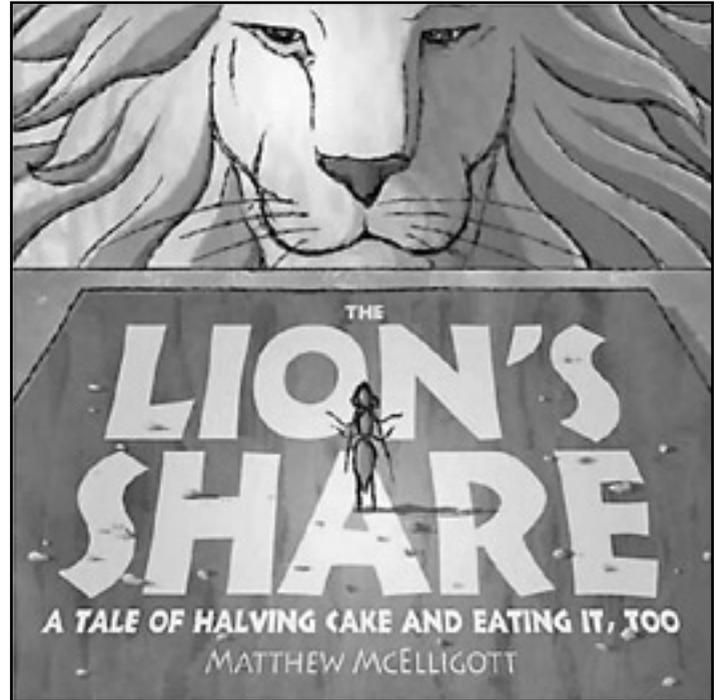
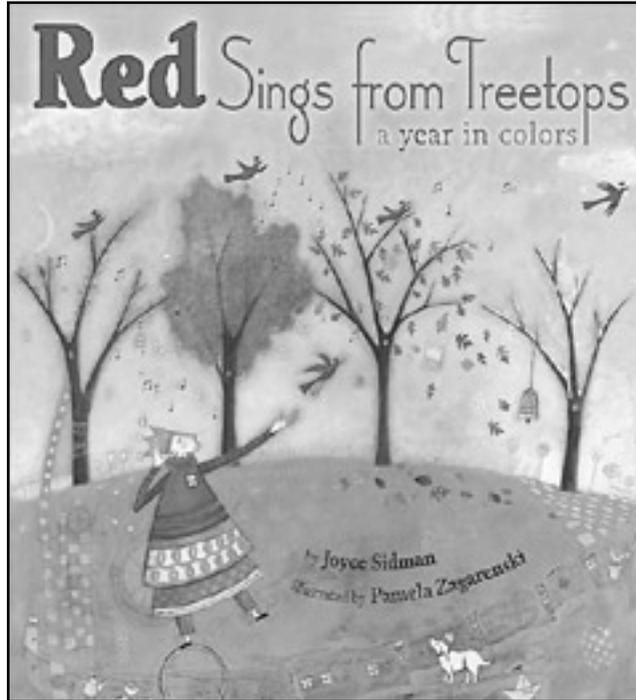
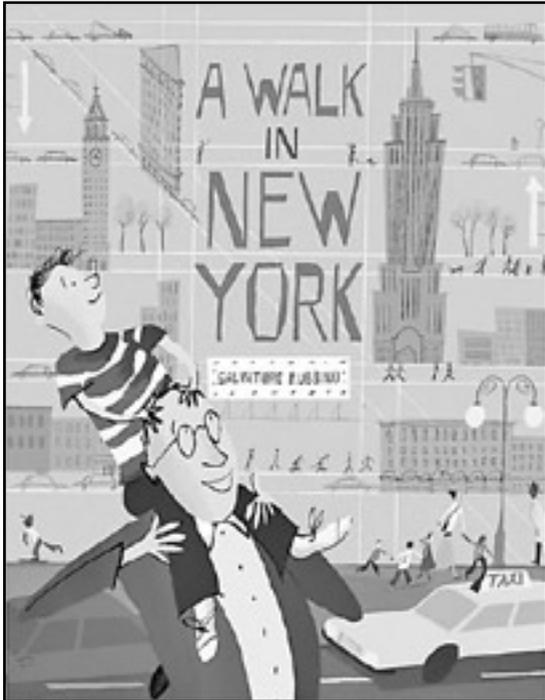
Bring us your child's report card with a 'D' average grade and this coupon from Cal Kids, and Robinson's Taekwondo will show your child how to be healthy and get better grades. We'll train your child for three months for free. Each child will be enrolled for six months, but parents can opt out without cost after three months if they are not satisfied or their child's grades don't improve. If they choose to stay enrolled they receive the final three months at half price.

Better mental and physical health comes from regular workouts, and martial arts students learn to earn as they receive new belts for each level of work achieved. The same study practices lead to better grades.

Each parent will agree to bring the student to class at one of the 18 Robinsons Taekwondo locations in the Sacramento region and they will receive a copy of Wayne Knipe's best seller, "Better Grades, Easier" to help them in tutoring their child. PROGRAM ENDS SEPT. 30, 2009.

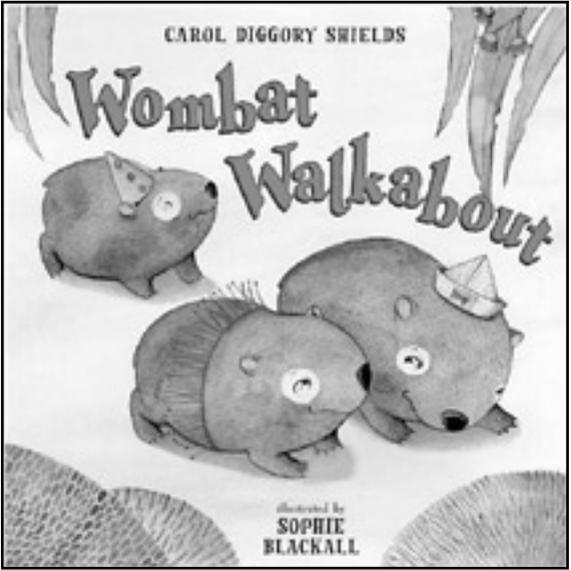
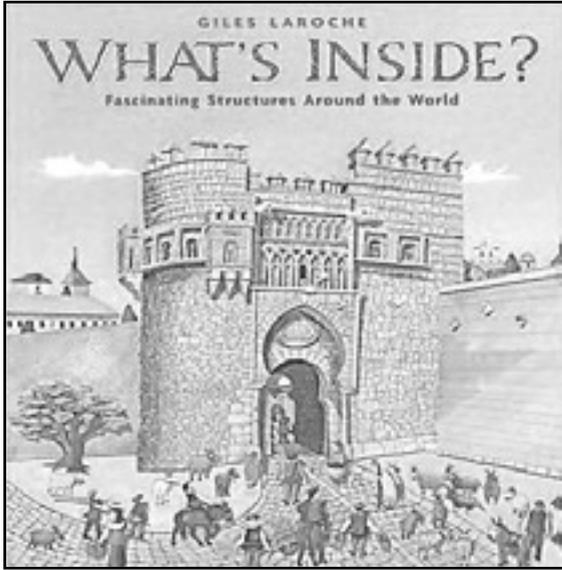
FREE AT ALL 18 LOCATIONS! Visit www.robinsonstkd.com for a school near you.

Regular attendance is mandatory or Robinson's can cancel the agreement with parents.



The Book Report: Picture Book Potpourri

By Connie Goldsmith



For many people, children's books are synonymous with picture books. While children's literature contains as many genres as adult literature, it's true that a large number of books published for children are picture books. The simple words and colorful art continue to beguile each new generation. Picture books must be visually appealing to the adults who purchase them, and they must stand up to the ritual of repeated readings that young listeners demand. Here are some meeting those criteria.

"Wombat Walkabout" by Carol Diggory Shields, illustrated by Sophie Blackall. (Dutton). Fans of *"Diary of a Wombat,"* will be charmed by these woolly wombats gone walkabout. Best read aloud with an Aussie accent (fake is fine if you don't have a real one), the wombats set out through wattle and eucalyptus trees, passing billabongs and kookaburras. But a hungry dingo follows the group, snatching them up one by one, stuffing them into his swag bag. The last two wombats set up a trap for the dingo and rescue their friends. Kids will have fun searching the pictures for animals hidden in the Australian landscape. Illustrated in green and sandy watercolor hues, the playful rhyme and expressive, individualized creatures make for a book sure to captivate.

"What's Inside? Fascinating Structures Around the World," by Giles Laroche. (Houghton Mifflin). Take a look into this fascinating book that depicts a dozen world-famous structures, for example, King Tut's Tomb, the Parthenon, pagodas, Medieval towns, and the Sydney Opera House. Right-hand pages show the exterior and ask, "What's inside." The next page shows the interior, which is sure to hold the interest of older readers as they pore over every detail. Sidebars tell the location, date of construction, and a tantalizing factoid for each structure. The final page brings it all home to a child's bedroom where sibs are reading the same book that we're reading! The art is varied media: drawing, painting, and cut-paper figures. An ending glossary defines architectural terms. This one's a keeper!

"The Lion's Share: a Tale of Halving Cake and Eating it, Too," by Matthew McElligott. (Walker). Each spring Lion invites friends to a special dinner – Ant, Gorilla, Hippo, and Elephant, among others. Ant is shocked by the bad manners of the other animals, especially during dessert when Lion sets out a cake. "Help yourself." Greedy Elephant takes half, and passes it to Hippo who takes half of what's left, then to Gorilla who does

the same, and so on. Only a tiny crumb is left for Ant and Lion. Ant offers to bake a new cake for Lion, but not to be outdone, each animal bakes twice as many cakes as the previous animal. Even though children may not comprehend what $1/32^{\text{nd}}$ and $1/64^{\text{th}}$ are, they will grasp the concept of how quickly a whole changes when repeatedly halved or doubled. Elegant ink-and-watercolor pictures lace learning with humor, while end-page art adds another layer to this highly entertaining story.

"A Walk in New York," by Salvatore Rubbino. (Candlewick). If your family is like a lot of others, you're opting for a staycation instead of a vacation this summer. What better place to "take" your children than to New York City? Follow along with a boy and his dad as they stroll the streets of America's largest city. The trip begins at Grand Central Terminal – the world's biggest train station. Then the duo strolls past the New York Public Library and takes the elevator to the top of the Empire State Building. They lunch in Union Square Park and eat hot dogs from street vendors. The book works on two levels – an easier section to read aloud, with smaller text on the pages giving details that would interest older children. Clos-

ing with a view of the Statue of Liberty and a quick taxi ride back to the station, the artist's fresh, lively paintings and breezy words perfectly convey the joy of a youngster's first visit to the Big Apple.

"Red Sings From Treetops: a Year in Colors," by Joyce Sidman, illustrated by Pamela Zagarenski. (Houghton Mifflin). Who knew that colors have sound, smell, and taste? Follow the princess-dress girl and her dog through a year that celebrates the joy of each season. "Green is new in spring. Shy. Green peeks from buds, trembles in the breeze. Green floats through rain-dark trees and glows, mossy-soft, at my feet." Colors come alive through the artful use of words and softly dramatic images. "Fall smells purple," and "Winter tastes white." Reading this book engages all the senses and parents can encourage young listeners to look at the world in different ways and to search their own neighborhoods and parks for year-round beauty.

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.



Free Ice Cream!

Bring the family to Belle Cooleedge Library's Ice Cream Social, Friday, June 19, from 6 to 8 p.m., at the park adjacent to the library. Enjoy free ice cream and toppings provided through the generosity of Crystal Cream and Butter Company.

In addition, magic tricks will be performed by Bosco the Magician and DJ Harrison from Let's Celebrate will provide music. There will be face painting by Clown Joy and, depending upon calls that evening, a big red fire engine and friendly firemen and women from Sacramento Fire Department Station 13. The Sacramento Modular Railroaders will have their fantastic small-scale railroad display in the library's community room.

This event kicks off the children's Summer Reading Program. Be sure to stop by the Summer Reading Program desk to learn more about the fun, contests and prizes planned for your children's summer enjoyment.

Belle Cooleedge Library is located at 5600 South Land Park Drive, Sacramento.

Swine Flu - H1N1

Help Protect Yourself and Your Family

Compiled by *Connie Goldsmith, RN, BSN, MPA*

- * Wash your hands frequently.
- * Avoid touching your hands to your face.
- * Cover your mouth and nose with a tissue when sneezing, then discard the tissue. Alternatively, sneeze into your arm. Don't sneeze into your bare hand.
- * Stay home when you are sick.
- * Avoid close contact with others when possible. Don't shake hands.
- * Practice good health habits: eat well, get enough sleep, avoid stress, drink plenty of water.
- * Call your doctor if you develop a fever above 100°.
- * Consider stockpiling food and water for your family - enough to last 2-3 weeks.
- * Make alternative arrangements for child care in the event your child's school or day care center is closed.

* Consult only reputable websites for information, such as the Centers for Disease Control & Prevention, The World Health Organization, and the U.S. Government's pandemic flu site. The URLs are listed below.

Influenza: the next pandemic?

By Connie Goldsmith

Helpful Websites

Pandemic Flu Planning Checklist

www.pandemicflu.gov/plan/pdf/individuals.pdf

General Information on Swine Flu:

www.cdc.gov/swineflu

www.pandemicflu.gov

www.who.int/csr/disease/swineflu/en/index.html

Father's Day Fun!

It's that time of the year to celebrate Father's Day and treat him like the hero he is. Sunday, June 21, is a special day to call his own. This is a great day to honor not only fathers, but all men who act as father figures. Stepfathers, uncles, grandfathers, and adult friends are all honored on Father's Day! See if you can find some of the things in this puzzle that make you think of the father in your life. The words can be horizontal, vertical, diagonal, or backwards.

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

Baseball games
Biking
Bowtie
Briefcase
Business man
Computer whiz
Dad
Funny

Grandpa
Helps with homework
Hugs
Love
Movies
Mowing the lawn

Papa
Piggy back rides
Playing catch
Soccer coach
Sports
Storyteller
Super hero
Video movie

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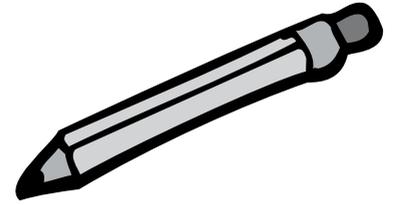
Elk Grove and Roseville

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MAKE IT YOURSELF!



Loose Change Tray

Is Dad forever losing his keys? Why not make him a tray to put on the hall table so that he can empty his pockets when he arrives home? Dad will always be able to find his keys and his loose change, and Mom will have fewer gray hairs!



You will need:

A polystyrene tray - the sort fruit or meat comes on. Make sure it has been well cleaned!
Acrylic paints

Instructions:

Simply paint your tray however you like and leave to dry.

Golf Trolley Pen Pot

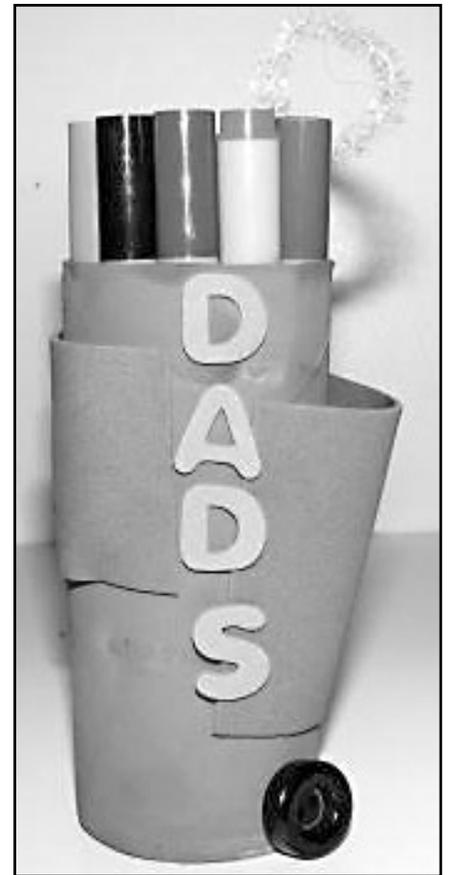
This golf trolley pen pot is a great gift kids can make for golfer dads on Father's Day.

You will need:

A toilet roll tube
Paint
Felt or foam
Glue
Black buttons
Chenille stem
Letter stickers

Instructions:

Paint your tube and leave it to dry. Cut the chenille stem in half bend in to a handle shape. Glue to the inside of the tube. Glue two buttons to the bottom of the tube as the wheels. Cut some rectangles from felt or foam and, gluing along 3 sides, stick these to the tube as pockets. Finally decorate with letter stickers if you wish.



Crafts courtesy of: www.ActivityVillage.co.uk - Keeping Kids Busy

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Who Wrote That?

The Creators of Your Child's Favorite Books

Featuring **Rita Murphy**

By **Patricia M. Newman**

Rita Murphy was eleven years old and on the cusp of puberty when she climbed an apple tree in an orchard in upstate New York. "It was early October," she says, recalling a family apple-picking outing. "We were there a long time and it was cooling off. The sun was setting. I had this amazing feeling of everything being connected...The apple tree. Everybody. Everything. It was sort of a gift at that time before things began to change physically."

Themes of connectedness pervade Murphy's middle-grade and young adult novels; her characters mirror many of her feelings as a child. "I had this sense as a kid that there was so much more than what could be seen," says the soft-spoken author. "Things that seemed miraculous were really sort of natural in a way, but I couldn't really articulate that as a kid. I think sometimes when I'm writing, that sort of optimism comes out."

Murphy began writing when her son (who is now 16) was a year old. Prior to publishing her first novel, *Night Flying*, Murphy wrote short stories, one of which was published in her hometown newspaper in central Vermont. She also submitted ideas for picture books that she said were "rejected nicely." Her big break came at a time when she and her family lived in the Vermont woods outside of Montpelier. One of the women in her writing group wrote children's books and suggested that Murphy turn her latest short story into a young adult novel and apply to the Delacorte Press Contest for a First Young Adult Novel. "I had no idea what [a young adult novel] was," Murphy says, but she accepted the challenge. "I just made the 100 page cut-off and the December 31 deadline." Weeks before *Night Flying* was announced as the winner of the contest, Murphy received a letter from the editors at Delacorte saying they were interested in publishing her novel even if it did not win. "I walked around for hours in shock," she says.

Looking for Lucy Buick is the most autobiographical of Murphy's



Photo courtesy Emily Sloan

novels. "Like Lucy, I grew up with great-aunts," she says, but Murphy's aunts were protective Irish Catholics instead of protective Italians. "I had this sense of having to find my liberation and the freedom from limiting beliefs about what I could be or who I was." Like Lucy, Murphy felt she had to distance herself from her family to take her own journey. In a way, the book mimics Murphy's journey to find her true spirit. Prior to publication, three different Delacorte editors, each with her own vision, edited *Looking for Lucy Buick*. After copious revisions, Murphy lost sight of the book's focus. "It used to be called *Leaving Sandonis*," she says, "but changed more to where [Lucy] was going rather than where she came from."

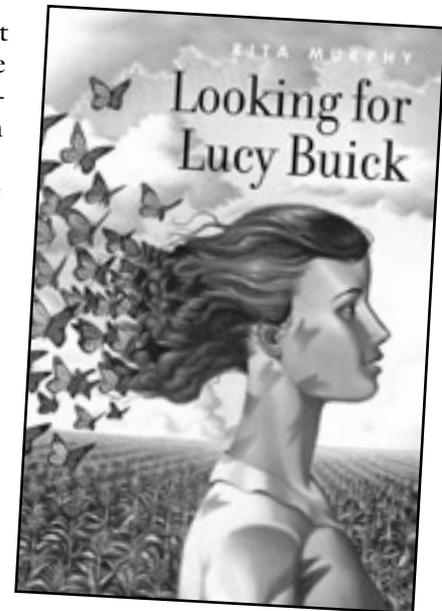
Murphy's books often begin as feelings. "I was having a Halloween book party for *Bird* and I woke up that morning with this really strong feeling of this place and these characters in upstate New York where I lived," she says of the book she is currently writing. "I wrote for like five hours. I was supposed to be cleaning the

house for this book party and I just had to write it out."

Seeds for *Bird* took root when she had a feeling about a home in the country. By a happy coincidence around the same time, Murphy visited her parents in upstate New York for Thanksgiving. She drove by the dilapidated house off the New York State Thruway that she and her brother used to think was haunted when they were kids. On that bleak November day when Murphy saw the house again, she could not believe it was still standing. As her feeling about a home in the country gradually developed, Murphy began to see the house standing on one of the Champlain Islands in Lake Champlain and the first line of her story came to her: "Wysteria did not care where I had come from or where I had been. Nor did she care that I was small and delicate in nature and easily carried off by the wind." Through that first line, Murphy uncovered the voice of her main character, Miranda, and learned that she was small enough to be borne by the wind.

Murphy is aware that her characters arrive on the scene in her books in unusual ways. Miranda flew in on the wind, Lucy Buick was abandoned in the back seat of a 1969 Buick Skylark convertible, and Georgia Hansen from *Night Flying* can fly. The idea of women flying came from Murphy's friend who says she flies in her dreams. During a writing exercise, the first line of the story came to Murphy: "The Hansen women have always flown at night, even in bad weather." Flying is a recurring theme in Murphy's books. "It's a metaphor of my own spirit trying to become freer and express itself," she says.

Silence is a big part of writing for Murphy. "I listen a lot when I'm writing and wait. I spend a certain part of each day in silence to quiet my mind." These moments of silence allow Murphy's "well to fill up," as she phrases it. In silence, her story ideas gain momentum and begin to flow. Conversely, when inspiration strikes, Murphy



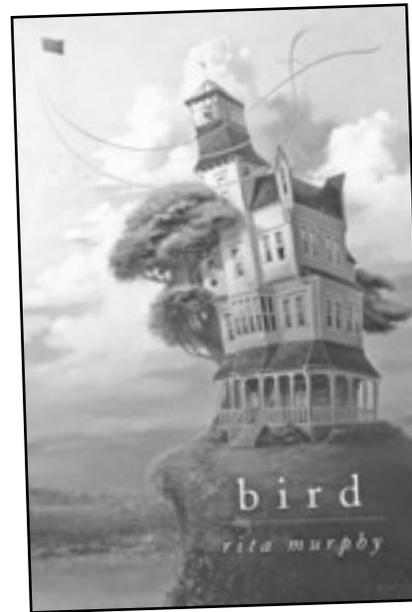
likes to have people and commotion around her. "I write at the kitchen table," she says.

Murphy's inspiration often strikes at inconvenient times, such as before the book party for *Bird* or during dinner preparations. "Sometimes I tell everyone else they have to make dinner," she says, laughing, or sometimes she stops writing so she has an exciting place to return. "I try to keep [writing] fun," she says. "If I get too disappointed with myself, it's not as much fun."

Murphy does not yet know what the future holds. "I want to write a really fun book like *Ramona* [by Beverly Cleary]. Books that I loved to read as a kid. Maybe that's where I'm headed," she says.

Next month: Meet Jarrett J. Krosoczka

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



MORE ABOUT RITA MURPHY

HOW TO CONTACT RITA MURPHY
WEBSITE: WWW.RITAMURPHY.COM

SELECTIONS FROM RITA MURPHY'S LIBRARY

- Bird*, Delacorte, 2009.
- Looking for Lucy Buick*, Delacorte, 2005.
- Harmony*, Delacorte, 2002.
- Black Angels*, Delacorte, 2001.
- Night Flying*, Delacorte, 2000.



Fairytale Town's Annual Family Camp outs

Fairytale Town is pleased to announce that registration for their annual Family Camp Outs opened May 1. Adventurous families can bring their tents, sleeping bags and a light supper and enjoy a magical night in Sacramento's original Oasis of Enchantment. In addition to a scavenger hunt and hands-on arts and crafts activities, Puppet Art Theater will also be onsite to present a special puppet show for the event. Bedtime stories and a sing-along make for a well rounded evening for one and all. Then it's "lights out" and sweet slumber under the summer stars until 6 a.m. when dawn breaks and a continental breakfast is served. Fairytale Town's Family Camp Outs are scheduled for Saturday, June 13 and Saturday, August 8, from 5:30 p.m. to 7 a.m. Space is limited and advance registration is required. The all-inclusive fee is: Adults: Members \$25, Nonmembers \$30 / Children: Members \$20, Nonmembers \$25 (Children: 2 and under are free!)

Fairytale Town is located at 3901 Land Park Drive, Sacramento, in William Land Park. For more information, call (916) 808-7979 or visit programs@fairytaletown.org and www.fairytaletown.org



Brian Biehle (Wheelies)

Hey, Diddle Diddle - The Cat and the Fiddle

As part of its year-long 50th Anniversary Celebration, Fairytale Town has planned a Sunday afternoon concert series for children in June. Dubbed **The Cat and the Fiddle Concerts for Children**, the series offers Sunday matinee performances at 3 p.m. and features favorite children's entertainers.

The series begins on **Sunday, June 7** with **Francie Dillon**. An award-winning children's entertainer, Francie weaves stories into her music, and encourages audience participation from the children in the audience. Francie is "the voice of Fairytale Town." She wrote and recorded the stories and songs for the Storybook Boxes at the play-sets of Fairytale Town.

Brian Biehle and the Wheelies take the stage on **Sunday, June 14**. Biehle and his Wheelies combine rock, samba, bluegrass, soul and folk songs, to entertain kids and parents of all ages.

The singer/songwriter has received acclaim for his music, both for its hot jams and all-age appropriateness.

After a week hiatus (due to a special event in Land Park), the series closes on **June 28** with **The Whole Nine Yards featuring Music Matt**. The popular band brings fun and sound musicianship to its concerts, and often bring a drum set for children to bang out tunes before and after the show.

The new series is made possible by a generous contribution from Raley's. "As a family park, we're thrilled to have the support of Raley's family of fine food," says executive director Kathy Fleming. "Kids love music and we're delighted to offer this series for families in the region during our special year."

The cost is Included in General Admission - \$4.50 per person; children age 2 and under free.

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For more information call the school or visit our Web site.



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Conservation Carousel opens at the Zoo

Sacramento's newest treasure is open to the public. The Conservation Carousel at the Sacramento Zoo features 32 lifelike animals; some are endangered, all are children's favorites. Each carousel animal is carved from wood and painted by hand with incredible detail to create a truly unique piece. Carousel animals include an anteater, flamingo, jaguar, ladybug, snow leopard ... even a peacock chariot designed to accommodate people with disabilities. Educational and conservation messages inspire visitors as they ride. Sponsorships are available for the carousel animals; for a \$5,000 contribution, your name will be proudly displayed on one of the carousel animals for five years. A \$10,000 donation will allow you to sponsor the animal for the life of the carousel. A carousel animal sponsorship is a great gift for someone special in your life, or just to show your support for the Sacramento Zoo, education and conservation.

Zoo welcomes Giant Anteater!

The Sacramento Zoo is excited to welcome a new female Giant anteater. Amber, the Giant anteater, came to the Sacramento Zoo from the Fresno Chaffee Zoo. Born in 2002, Amber raised three offspring in Fresno and the AZA Population Management Group (PMP) recommended sending her to Sacramento as a companion for our young male anteater, Beata.



Courtesy Fresno Chaffee Zoo

The Giant anteater is a favorite of visitors who are surprised to see how large they really are, and two anteaters are twice as exciting as one. Seeing the anteaters interact together at the Zoo gives visitors a chance to view their natural behaviors such as roaming the exhibit on the constant hunt for insects, ripping or digging the earth and bathing in the summertime.

Although they still range in many parts of South and Central America, their numbers are declining primarily due to loss of habitat. Besides habitat loss (less food resources and smaller anteater areas), the additional number of roads and traffic has led to increased car strikes. Anteaters continue to be hunted illegally. Because of the important role

that anteaters play in their ecosystem, their continuing population decline threatens the balance of grassland and forested areas.

The Sacramento Zoo works to educate the public on how they can help anteaters and other unique animal species. Recycling reduces the need for resources from anteater habitats. Ecological friendly tourism allows native people to sustain their culture without harming local wildlife.

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 WilliamLandPark, 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 to 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 visit saczoo.com.

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



Simple Treasure Hunt

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 collect-

ing early! Hide the treasures 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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Musical Numbers

Age: 3+
Preparation:

Cut a large circle of paper, old sheeting or old plastic tablecloth for every child at the party, and draw on large bright numerals. You have also prepared a few small prizes, one for each round you are going to play, wrapped up and marked with corresponding numbers.

So, for example, if you have 20 children and hope to play 5 rounds, you would have 20 pieces of paper marked 1 to 20, and say 5 prizes marked 3, 7, 12, 15 and 19.

Play:



Scatter the papers around the room and get the children dancing as before. When the music stops the children must sit down on a piece of paper. Then, with a big fanfare, announce the "magic number" for that round and see who has won the little prize!

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Parties! Parties! Parties! Parties! Parties!

Shake raffle and guess

Age: 4+
Numbers: any
You will need:

- A number of different small gifts (the sort you can buy from the dollar or pound store) - one for each child
- Small boxes of different shapes and sizes
- Gift wrap
- Slips of paper and a pencil for each child (you might want to pre-number these)

How to play:

Place the gifts into boxes, wrap them up and number each box.

Give the guests a slip of paper and pencil each. Pass the boxes around. The kids should shake them and rattle them to see if they can guess what's inside, writing down their guesses on their slip of paper against the correct number.

When everyone is finished, let the children choose a gift to open. You can do the choosing in a number of ways. Start with the youngest child, and progress by age. Start with the birthday child, and progress round the room.

Allow the winner of each game during the rest of the party, to select their gift. Before the children leave, have a grand opening of the gifts and let the kids compare their guesses with the actual toys!

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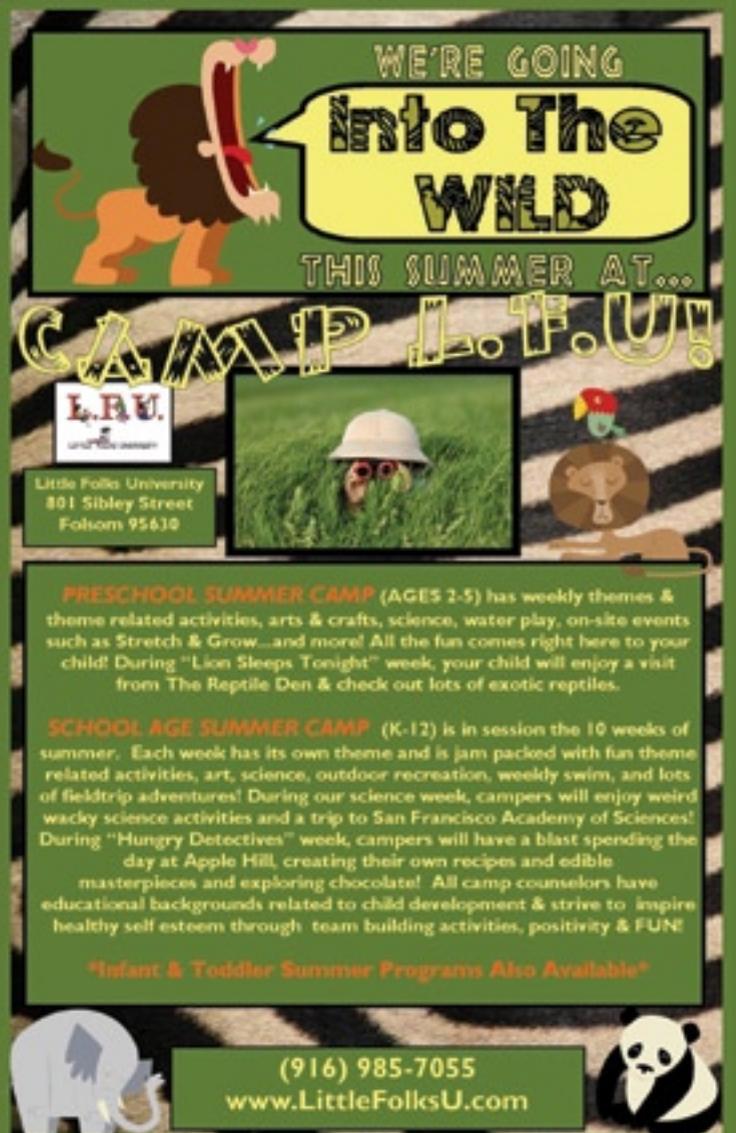
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- Folsom Lake College 916.608.6598
- Sacramento City College 916.558.2542



FIRST 5 SACRAMENTO

Small Groups Create Big Changes
 First 5 Sacramento Community Grants

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.

www.First5Sacramento.net






Back to School! Back to School! Back to School! Back to School! Back to School!

Simple steps you can take to make this the best school year ever

Most children, and their parents, are either extremely excited or are dreading a new school year depending on expectations. Was last year a good year? Have friendships, schools, teachers, or even physical characteristics changed?

While it is difficult to remember your own first days of school, it is easy to remember your first day at your most recent job or to think how you would feel if you had to start a new job tomorrow. The nervousness and anxiety that you go through is very similar to what it's like for your child. The concept of dealing with new faces, new expectations, different routines, a new classroom and new friends can be overwhelming.

How do you help to ease your child's anxiety?

1. **Relax** –Remember that your moods directly affect your children's moods, reactions, and responses to events. This means that it is important for you to stay as calm and positive as you can about the upcoming change. If possible, make sure to set aside time to relax and spend time with your family, especially in the last few days before school starts.

2. **Don't add any new things to your schedule**– Back to school time is not the time to move, get a new puppy or undergo any major home renovations! If at all possible, wait for any new changes until after the new school year routine has been established and your children have fallen into a groove. Let them cope with one major change at a time.

3. **Reduce the surprises** –One of the biggest sources of anxiety is the unknown. Who is the teacher? What do they look like? Where is my classroom? Do I have any friends in my class? The list of potential unknowns goes on and on. Reduce the surprises by taking advantage of back to school events that are offered to you. You may consider taking your child to the school and walking around it a day or two before school is scheduled to begin.

4. **Back-to-school party** – Consider inviting your child's friends over to your home for a back-to-school party, which will give the children the opportunity to reconnect and eliminate some of the social anxiety connected with returning to school. Additionally, it will enable them to figure some things out before they get to school. Things like where the classrooms are, who is in the class, and so on. It even allows them to commiserate about their anxieties and, thus, help each other to feel better about beginning school again.

5. **Don't Dismiss Fears**– While it is important to remain calm about the beginning of school and not show your own anxieties, it is also more important to not be dismissive about your child's anxieties. Your child's fears are real and legitimate. Listen to his worries and don't minimize, dismiss, or try to talk him out of them.

Easing your child's anxiety is more than listening to him and being there for him. One of the best ways to ease anxiety about beginning school is to feel more in control of the situation.

For more tips, visit activityvillage.co Keeping Kids Busy

Back to school jokes

ActivityVillage.co Keeping Kids Busy

Teacher: Name two days of the week that start with "t".
Pupil: Today and Tomorrow.

What school supply is always tired?
A knapsack!

Teacher: I see you missed the first day of school.
Kid: Yes, but I didn't miss it much.

Teacher: Could you please pay a little attention?
Student: I'm paying as little attention as I can.

Teacher: Why is your homework in your father's handwriting?
Pupil: I used his pen!

Teacher: You've got your shoes on the wrong feet.
Pupil: But these are the only feet I've got!

What's the difference between a teacher and a steam train?
The first goes "Spit out that chewing gum immediately!" and the second goes "chew chew"!

Today my teacher yelled at me for something I didn't do. What was that?
My homework!

What is white when its dirty and black when its clean?
A blackboard!

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Be Creative @ your library!

Everyone can have fun in the Sacramento Public Library 2009 Summer Reading Club June 13 through July 25

PreReaders (under age 5): Have fun with story times, toddler dance parties, music, and more!

Kids (age 5 to 12): Enjoy a variety of musicians, storytellers, magicians, puppeteers, and other talented performers.

Adults: Attend ballroom dance classes, book clubs, knitting circles, tea presentations, and more learning opportunities.

Read and be entered to win a Target gift card, books, and other fun stuff. Teens and kids, who finish the summer reading gameboard, will get a ticket to the August 1 Sacramento Monarchs' basketball game at Arco Arena.

Call (916) 264-2920 or visit your Sacramento Public Library branch.

HEY, TEENS! Get creative with lots of DIY programs and more.

EXPRESS YOURSELF at the library



Summer Reading 2009

For details visit saclibrary.org
Sacramento Public Library






Calendar of Events

Arts & Crafts

June 10, Papermaking, 4 p.m., 8820 Greenback Lane, Suite L, Orangevale. Bring the kids to the Orangevale Library for papermaking with ArtWorks. For more information, call (916) 264-2920.

June 18, Chocolate Crafts, 1:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks. Join the fun at the Fair Oaks Library for "Chocolate Creations," with ArtWorks. For more information, call (916) 264-2920.

June 18, Chocolate Crafts, 2 p.m., 9845 Folsom Boulevard, Sacramento. Join the fun at the Rancho Cordova Library for "Chocolate Creations," with ArtWorks. For more information, call (916) 264-2920.

June 24, Robot Crafts, 3:30 p.m., 10055 Franklin High Road, Elk Grove. Join the fun at the Franklin Community Library and make cardboard robots with the library staff. For more information, call (916) 264-2920.

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

June 5, Night Owls, 7 p.m., 2850 San Lorenzo Way, Carmichael. Denise Booth, Effie Yeaw Nature Center

naturalist, will use visual and sound aids to describe these fascinating, formidable birds of prey. Get a close look at the Center's live owl residents, then take a short evening hike in the Nature Area to listen for owls in the wild. For more information, call (916) 489-4918.

June 6, Six-legged sensations, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Join a naturalist at the Effie Yeaw Nature Center in Ancil Hoffman Park, for a close look at insects commonly found in and around the Nature Area. Then take a creature safari and observe insects in their natural habitat. For more information, call (916) 489-4918.

June 7, Oak Tree Hospitality, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. What do woodpeckers, deer, beetles, lichen, tiny gall wasps and people have in common? They all need oak trees. Join the staff at Effie Year Nature Center located in Ancil Hoffman Park, for a guided walk to learn more. For more information, call (916) 489-4918.

June 13, Turkey Vultures, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. What bird eats meat but can't kill its own food? These relatives of the condor and stork are intelligent, family-oriented and play games together. Learn more about the amazing turkey vulture and their importance to our ecosystem at the Effie Yeaw Nature Center. For more information, call (916) 489-4918.

June 14, California's Black-tailed Deer, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Take a guided walk to gaze at these gentle woodland animals and learn more about their world with hands on items like pelts, skulls, and antlers. For more information, call (916) 489-4918.

June 18, Critter Program, 2 p.m., 5600 South Land Park Drive, Sacramento. Bring the kids to the Belle Cooledge Library for "Beasts of the Backyard," with Wild Things, Inc. For more information, call (916) 264-2920.

June 22, Searching for Snakes, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center and learn

to identify the distinct and unique features of snakes common to this area. Take a walk near the river to explore their habitat and possibly catch a glimpse of one of these scaly creatures. For more information, call (916) 489-4918.

June 24, Animal Program, 4 p.m., 6132 66th Avenue, Sacramento. Bring the family to the Southgate Library for "Amazing Animals" with Julie Allen of Nature's Critters. For more information, call (916) 264-2920.

June 27, Celebrate National Pollinators Week, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Without pollinators there would be no chocolate. One third of our food crops and 80 percent of flowering plants depend on pollination by birds, bees, bats, beetles, moths, flies, and butterflies. Join a naturalist to learn how these animals fill this important role and how humans can help them. For more information, call (916) 489-4918.

June 27, Reptile Program, 2 p.m., 4799 Stockton Boulevard, Sacramento. Join the fun at the Colonial Heights Library for Python Ron's Reptile Kingdom. For more information call (916) 264-2920.

June 27, Animal Program, 1:30 and 3:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks. Children are invited to the Fair Oaks Library for "Beasts of the Backyard," with the Wild Things, Inc. For more information, call (916) 264-2920.

June 30, Critter Show, 4 p.m., 7340 24th Street, Sacramento. Join the fun at the Martin Luther King, Jr. Library for "Amazing Animals," with Julie Allen of Nature Critters. For more information, call (916) 264-2920.

Especially for Parents

June 6, Master Gardener Program, 10 a.m., 5856 Dudley

Boulevard, North Highlands. The Sacramento County UC Master Gardeners will teach how garden clippings can be transformed into compost. Participants are encouraged to bring a lawn chair to the 45 minute, free backyard composting class held at Serna Village, inside classroom A & B at McClellan AFB. For more information, call (916) 875-6913.

June 13, Home Grown Program, 8:30 to 11:30 a.m., 11549 Fair Oaks Boulevard, Fair Oaks. The UC Cooperative Extension will hold a "Victory Garden 2009 Part V: "Savoring Home Grown." Select, maintain, and harvest berries, extend your fruit harvest season, create a fruit salad tree using bud grafting, and select, prune, propagate, and dry herbs. The plant clinic will also be available. For more information, call (916) 875-6913.

June 13, Food Preservation, 10 a.m. to noon, 4145 Branch Center Road, Sacramento. The Sacramento County UC Cooperative Extension Master Food Preservers will hold a free demonstration: "Pressure's One!" This is a basic introduction to pressure canning. For more information, call (916) 875-6913.

June 13, Plant Clinics, 8:30 to 11:30 a.m., 11549 Fair Oaks Boulevard, Fair Oaks. The Sacramento County UC master Gardeners have scheduled plant clinics to assist the public in diagnosing and solving garden problems. All clinics are free and the public is encouraged to bring samples from problem plants or insects that need to be identified.

June 17, Food Preservation Demonstration, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento. The UC Cooperative Extension, Sacramento County Master Food Preservers invites the public for their demonstration called "Stone Fruits: Apricots, Peaches and Plums." The cost is \$3 and no advanced registration is required. For more information, call (916) 875-6913.

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Calendar of Events

Magic Shows

June 16, Magic Show, 4 p.m., 7340 24th Street, Sacramento. Bring the family to Martin Luther King, Jr. Library for "The Magic of Creativity" with magician Dale Lorzo. For more information, call (916) 264-2920.

June 17, Magic Show, 4 p.m., 2109 Del Paso Boulevard, Sacramento. Families are invited to the North Sacramento-Hagginwood Library for "The Magic of Creativity" with magician Dale Lorzo. For more information, call (916) 264-2920.

June 18, Magic Show, 3 p.m., 2443 Marconi Avenue, Sacramento. Join the fun at the Arcade Library for "Magic with a Message," with Magic Dan. For more information about this free program, call (916) 264-2920.

June 18, Magic Show, 4 p.m., 2901 Truxel Road, Sacramento. Bring the family to the South Natomas Library for "Creative Magic!" with magician Richard Kowaleski. For more information, call (916) 264-2920.

June 24, Magic, 4 p.m., 891 Watt Avenue, Sacramento. Bring the kids to the Arden-Dimick Library for Caddwynn the Magician's "Creative Imagination." For more information, call (916) 264-2920.

June 24, Magic, 4 p.m., 920 Grand Avenue, Sacramento. Children are invited to the Del Paso Heights Library for "Creative Magic" with magician Jon Lopez. For more information, call (916) 264-2920.

June 25, Magic, 2 p.m. 5600 South Land Park Drive, Sacramento. Join the fun at the Belle Cooleedge Library for "Mimo's Giant Magic Book" with Professor Mimo. For more information, call (916) 264-2920.

Nature Events

June 21, Father Time Nature Hike, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. How has Father Time changed the Nature Area? Take this Father's Day walk at the Effie Yeaw Nature Center with someone special and discover how flooding or a fallen tree can have a big effect on the local ecology. For more information, call (916) 489-4918.

Special Events

June 6, SPCA Spring Boutique Sale, 10 a.m. to 5 p.m., 1517 E Street, Sacramento. The Sacramento SPCA Thrift Store Annual Spring Boutique Sale will feature specially-selected high-end merchandise including silver jewelry, gifts and collectibles, fashions, books, housewares, linens, electronics and more. Proceeds will benefit animal care and spay/neuter programs. The sale will also be held Sunday, June 7, from noon to 5 p.m. For more information, call (916) 442-8118.

June 6, California State Indian Museum, 10 a.m. to 5 p.m., 2618 K Street, Sacramento. Bring the family to the California State Indian Museum for "Gathering of Honored Elders." Join the staff as they present their 32nd annual Honored Elders Day. This event is devoted to honoring the Elders who keep the traditions, stories, languages, and culture alive for future generations. Participants include California Native vendors, community service groups, Indian dancers, and guest speakers. A luncheon is served to the Elders; food will be available for purchase for guests and other attendees. Admission is free. For more information, call (916) 324-0971.

June 6, Rummage Sale, 8:30 a.m. to 2 p.m., 5265 H Street, Sacramento. Central United Methodist Church will hold their huge Annual Rummage Sale and Baked Goods in their Social Hall. Please no early

arrivals. For more information, call in the a.m., Monday through Thursday, (916) 452-5016.

June 6 and 7, Free Concerts, 1 to 6 p.m., 5750 Grant Avenue, Carmichael. The Sacramento Valley Symphonic Band Association presents the annual Carmichael Park Community Band Festival, Carmichael Park Amphitheater. There will be a community band, one every hour on the hour, both days. Admission and parking are free.

June 8 through August 14, Summer Fun Days, 9 a.m. to Noon, 2850 San Lorenzo Way, Carmichael. Turn off the TV and say goodbye to summer boredom with these adventurous one-week and two-week daycamp programs. Crafts, games, nature walks and team-building activities amuse and educate youngsters K-5. Pre-registration required, call (916) 489-4918.

June 13, Reading Program and Ice Cream Social, 2 p.m., 5605 Marconi Avenue, Carmichael. Bring the kids to the Carmichael Library for their summer reading program and an ice cream social. For more information, call (916) 264-2920.

June 13, Reading Program and Ice Cream Social, 10 a.m., 4799 Stockton Boulevard, Sacramento. Bring the kids to the Colonial Heights Library for their summer reading Kick-off party. For more information, call (916) 264-2920.

June 13, Library Program, 2 p.m., 920 Grand Avenue, Sacramento. Everyone is invited to the Del Paso Heights Library for a summer reading kick-off, "Up, Up, Away" with Mad Science. For more information, call (916) 264-2920.

June 16, Family Program, 6:30 p.m., 2443 Marconi Avenue, Sacramento. Bring the family to the Arcade Library for "Family Game Nights". For more information, call (916) 264-2920.

June 17, Bubble Program, 2 p.m., 5605 Marconi Avenue, Carmichael. Join the fun at the Carmichael Library for "Journey to

Bubble Land," with Rebecca Niles, the Bubble Lady. For more information about this free program, call (916) 264-2920.

June 17, Storytelling and Music, 4 p.m., 902 Oak Lane, Rio Linda. Bring the family to the Rio Linda Library for "Musical Madness" with musical instruments, singing and storytelling with Francie Dillon. For more information, call (916) 264-2920.

June 24, Music Program, 2 p.m., 5605 Marconi Avenue, Carmichael. Families are invited to the Carmichael Library for "Be Creative@ Your Library: Be a Star," with musician Gary Lapow. For more information, call (916) 264-2920.

June 24, Music Program, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove. Join the fun at the Elk Grove Library for "Music in a Multicultural World," with musician Pam Donkin. For more information, call (916) 264-2920.

June 24, Bubble Program, 6:30 p.m., 2112 22nd Street, Sacramento. Join the fun at the Ella K. McClatchy Library for "Journey to Bubble Land," with Rebecca Niles, the Bubble Lady. For more information about this free program, call (916) 264-2920.

June 25, Music Program, 3 p.m., 2443 Marconi Avenue, Sacramento. Bring the kids to the Arcade Library for "Music Makes the World Go'Round" with ArtWorks. For more information, call (916) 264-2920.

June 25, Music Show, 3:30 p.m., 6700 Auburn Boulevard, Citrus Heights. Musician Bonnie Lockhart will pay a visit to the Sylvan Oaks Library to perform, "Strums, Hums and Worldwide Drums." For more information, call (916) 264-2920.

June 25, Puppet Show, 4 p.m., 2901 Truxel Road, Sacramento. Bring the kids to the South Natomas Library for "Tale of the Dragon's Tail," with Puppet Art Theater. For more information, call (916) 264-2920.

June 30, Music Program, 6:30 p.m., 1000 Caroline Avenue, Galt. Join the fun at the Galt-Marion O. Lawrence Library with "Jazz Interplay: Fun with Songs, Rhythms, and Movement Through Dance," with jazz musicians Francesca and Steve Homan. For more information, call (916) 264-2920.

Storytellers & Puppetry

June 13, Summer Reading Program, 1 to 4 p.m., 10055 Franklin High Road, Elk Grove. Kids and parents are invited to help kick-off the beginning of the Summer Reading season at Franklin Library. The program filled with fun activities is open to all ages. Admission is free.

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Calendar of Events

June 17, Reading and Ice-Cream Social, 4 p.m., 891 Watt Avenue, Sacramento. Bring the kids to the Arden-Dimick Library for a summer reading kick-off and ice cream social. For more information, call (916) 264-2920.

June 17 to August 5, Wednesdays PreReader Program, 11 a.m., 10055 Franklin High Road, Elk Grove. PreReaders are invited to attend a "Baby Lapsit Story time." For more information, call (916) 264-2920.

June 17, Puppet Show, 3:30 p.m., 8900 Elk Grove Boule-

vard, Elk Grove. Join the fun at the Elk Grove Library with the Fratello Marionettes as they perform, "Vaudeville Follies." For more information call (916) 264-2920.

June 17, Puppet Show, 3:30 p.m., 10055 Franklin High Road, Elk Grove. Children are invited to the Franklin Community Library for "Tale of the Dragon's Tail," with Puppet Art Theater. For more information, call (916) 264-2920.

June 17, Storyteller, 4 p.m., 8820 Greenback Lane, Suite L, Orangevale. Have fun at the Orangevale Library with storyteller Izzi Tooinsky as she entertains with "Fools, Heroes, and Me." For more information, call (916) 264-2920.

Meet author, Patricia Newman!

Meet Patricia Newman, who has been delighting our readers for years with her popular "Who Wrote That?" at Roseville Public Library's Local Author Day on Saturday, June 27, from 1 to 4 p.m. The Roseville Library is located at 225 Taylor St. There will be 13 adults and children's authors available for signings and readings. Patricia Newman is the author of *Jingle the Brass (Farrar, Straus & Giroux)*. Her newest book, *Nugget on the Flight Deck (Walker)*, will be released in October 2009. Visit her website at www.patriciamnewman.com.

June 17, Puppet Show, 6:30 p.m., 2112 22nd Street, Sacramento. Bring the kids to the Ella K. McClatchy Library for "The Frog Prince," with the Fratello Marionettes. For more information, call (916) 264-2920.

June 18, Puppet Show, 3:30 p.m., 6700 Auburn Boulevard, Citrus

Heights. Join the fun at the Sylvan Oaks Library for "Let's Create a Story," with the Tony Borders' Puppets. For more information, call (916) 264-2920.

June 18 to August 6, Thursdays, PreReader Program, 11 a.m., 10055 Franklin High Road, Elk

Grove. PreReaders are invited to attend a "Pre-School Story time." For more information, call (916) 264-2920.

June 23, Music Program, 4 p.m., 2500 New Market Drive, Sacramento. Children are invited to the North Natomas Library for "Musical Madness" musical instruments, singing and storytelling with Francie Dillion. For more information, call (916) 264-2920.

June 23, Puppet Show, 6:30 p.m., 1000 Caroline Avenue, Galt. Bring the kids to the Galt-Marian O. Lawrence Library for "Let's Create a Story," with Tony Borders Puppets. For more information, call (916) 264-2920.

June 24, Puppet Show, 4 p.m., 2109 Del Paso Boulevard, Sacramento. Families are invited to the North Sacramento-Hagginwood Library for "Tale of the Dragon's Tail" with Puppet Art Puppet Theater. For more information, call (916) 264-2920.

June 25, Puppet Show, 3:30 p.m., 601 Alhambra Boulevard, Sacramento. Bring the kids to the McKinley Library for "Bee a Creative Monkey" with Jungle Joe of California Puppets. For more information, call (916) 264-2920.

June 30, Puppet Show, 4 p.m., 2500 New Market Drive, Sacramento. Bring the family to the North Natomas Library for the "River Otter Circus" with the Swazzele Puppets. For more information, call (916) 264-2920.

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Sacramento Zoo

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June 16	Travel in Time: 50's & 60's Car Show
June 23	Country Music and BBQ Night
June 30	Blues & Brew with Mick Martin and The Blues Rockers

Music, dinner and drinks starting at 5:00 pm, arrive by 7 pm - stay until 8 pm.
Admission is \$6.50 to \$9.00 per person.

saczoo.com 916-808-5888

Located on the corner of Sutterville Road and Land Park Drive



Get out and walk!

Summer is just around the corner and the Sacramento Walking Sticks Club is gearing up for its annual summer series called the Hot Walkin' Nights. The Sticks will be hosting nighttime walks every Wednesday from June 3 to August 26 throughout the Sacramento region. Everyone is welcome to join in the fun. Enjoy exploring trails, neighborhoods, parks and recreation trails and after each walk there'll be a dinner to join in at a nearby restaurant.

Each walk will have a registration time of 5:30 to 6:30 p.m. and participants can choose between a 5K (3.1 miles) and a 10K (6.2 miles) route to walk. Best of all, these walks are all FREE and there's even a fun incentive program that you can join that helps you track your walks. Almost all of the routes will be suitable for strollers, scooters, wagons, skates and skateboards and dogs on a leash will be thrilled with the outing. Participants will receive written directions with a map that will help them navigate their route. Our walks are not timed; people walk at their own pace and are encouraged to stop along the way to enjoy the sights and sounds around them.

Walking is one of the healthiest sports anyone can do. When you're out in nature and walking with others, you're concentrating on conversation and find that you're walking further and faster than you would alone. "There is so much in life you don't have control over," Ernesto Radolfi, Ph.D. and health educator says. "One thing you do control is your ability to get some physical exercise."

The Sacramento Walking Sticks have a monthly meeting that everyone is welcome to attend. They are held on the 2nd Thursday of every month, 7:00 p.m. at the SMUD Customer Service Center, 6301 S St, Sacramento, CA 95819. For those people who like to walk, they can meet at 5:00 p.m. at the front of the SMUD Customer Service Center building for a 3-mile walk in the surrounding neighborhood. Dinner will follow.

June

6/03 Folsom (Humbug/Willow Creek trails)

Barbecue potluck will follow the walk
Elvie Perazzo Briggs Park, 125 Maseau Dr, Folsom 95630

6/10 Elk Grove - Regional Park

Emerald Park Plaza Shopping Center, 8919 Emerald Park Dr, Elk Grove 95624

6/17 Granite Bay

Hillsborough Park, 1001 Hillsborough Dr, Roseville 95746

6/24 Sacramento - CSUS

East Portal Park, 1120 Rodeo Wy, Sacramento 95819

July

7/01 Sacramento - Curtis Park

Inspirations (Gift Boutique), 3200 Riverside Blvd, Sacramento 95818

7/08 Sacramento - Arden Park

Starbucks, 4301 Arden Wy, Sacramento 95864

7/15 Sacramento - Sierra Oaks

Starbucks, 458 Howe Ave #B, Sacramento 95825

7/22 Elk Grove - Laguna West - Around the Lakes

Tea Garden Restaurant, 9109 Laguna Main St #100, Elk Grove 95758

7/29 Sacramento - American River

Big Lots, 8700 La Riviera Dr, Sacramento 95826

August

8/05 Natomas to Old Sacramento

Dragon Palace Restaurant, 1620 West El Camino Ave, Sacramento 95833

8/12 Folsom - Historic

Karen's Bakery & Café, 705 Gold Lake Dr, Suite 340, Folsom 95640

8/19 Sacramento - Ice Cream Walk - Vic's to Gunther's

Inspirations (Gift Boutique), 3200 Riverside Blvd, Sacramento 95818

8/26 Sacramento - Ashton Park

Barbecue potluck will follow the walk
4251 Ashton Dr, Sacramento 95864

Maidu June events

Fabulous Campfires

Friday, June 12, 7 to 8 p.m. Fee: \$5/ person or \$14/family of four.

Enjoy an evening with family and friends around a campfire. Listen to Native stories under the stars and roast marshmallows for a sweet ending to the perfect family gathering.

Native American Stories

Saturday, June 13, from 11:30 to noon and 2:30 to 3. All ages.

Enjoy Native American stories told by Nisenan Maidu Rick Adams. Free with paid admission to museum.

CONTINUING EXHIBITS:

Discovery, Devastation, Survival: California Indians and the Gold Rush. The exhibit examines the impact of the gold rush and highlights several native families whose ancestors survived this devastating period. The exhibit also offers examples of the continuing richness of Native California culture through its baskets, jewelry, art and literature.

Rocks of Ages: The Spectacular Diversity of Rock Art in California.

The Maidu Interpretive Center is open Monday to Friday, 9 a.m. to 4 p.m., and is located at 1960 Johnson Ranch Drive, Roseville. For information, visit www.roseville.ca.us/indianmuseum or call (916) 774-5934.

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Summertime means watermelons! Yum!

Shark

Materials Needed:
 1 oblong, seeded watermelon
 Dry erase marker
 Large knife
 Smaller utility knife
 Large spoon
 Paring knife (you can use the tip of a vegetable peeler)
 2 large marbles
 Toothpicks or wooden skewers
 Swedish fish candies for garnish

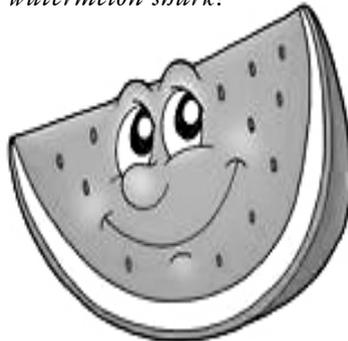
Instructions:
 Wash and dry the watermelon.
 Cut off 1/3 of the watermelon at a diagonal angle.
 Stand the remaining 2/3 upright on your work surface and use a dry erase marker to draw the mouth line and eye sockets.
 Cut out the mouth. Trim back a 1/2" line of the green part of the rind for the teeth area.
 Use a large spoon to scoop out the watermelon flesh, leaving 1" intact at the base.
 Cut out the teeth, using a smaller utility knife.
 Use melon baller to cut out the eye sockets that match the size of large marbles. Then use a paring knife to trim the green area around the eyes. Insert marbles.
 Use the carved out rind from the mouth to make the dorsal fin, shape as shown in the picture. Attach the fin using toothpicks.
 Fill the mouth with triangle shapes of watermelon, accented with Swedish fish.




National Watermelon Promotion Board
watermelon.org

Want a bargain? Did you know that you can get 53 6-oz. wedges out of a 20lb watermelon? That's a lot of servings from one piece of fruit. And it's a treat that's healthy and nutrient dense. So skip the expensive sweets and candy bars and give the family a snack that's a treat for the wallet as well.

Visit www.watermelon.org for recipes, like watermelon snowcones and watermelon s'mores, plus clever carving ideas like the watermelon shark!



Cache Creek Lavender Festival

Saturday June 13: 10 a.m. to 4 p.m.

Open house at the farm featuring pick your own lavender, scheduled field talks, lavender products and lavender plants for sale.

Sunday June 14: 10 a.m. to 4 p.m.

Live music, wine tasting, food, demonstrations, field tours; pick your own lavender, lavender products and plants for sale, and more.

Everyone is welcome and admission is free. Bring the family and a picnic lunch and join the festivities. Well behaved dogs are welcome, but must be kept on leash at all times. Keep in mind that it will most likely be too hot to leave your dog in your vehicle. Dog water will be available.

The lavender festival will be held at 3430 Madrone Street, Rumsey, CA, 95679 Admission to the event is free. For more information, call (800) 323-0063 or visit www.cachecreeklavender.com



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Quilt and Textile Art Festival

The 1st Annual Winters Outdoor Quilt and Textile Art Festival will be held, June 27, 10 a.m. to 6 p.m. Quilts and Textile Art will be on display outdoors in Historic Downtown Main Street, as well as inside many businesses located in Historic Downtown Winters. Also enjoy local vendors and artisans. Featured artists are Margaret Miller and Melinda Bula.

For more information, call (530) 795-2580.

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(Each Workshop will culminate in a performance and art exhibition)

Two Week Summer Camp

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For information and to register call (916) 353-1001





Time to Head for the Hills

Time to enjoy the great outdoors. If you plan to visit a California State Park here are some tips for hiking and camping safety before you go:

Know the Rules

Learn about regulations for the area(s) you plan to visit - including campfire rules, dog and pet regulations, and wildlife guidelines. Some areas require reservations or permits or may have other restrictions. First check with a park ranger. Find out in advance about any regulations and get current maps of the area(s).

Wildlife and Avoiding Danger

- Learn the types of wildlife to expect in the area by calling the ranger station or searching the web. Learn to identify poisonous snakes that may be found in the area, and know first aid treatment in the unlikely event a bite occurs. Know what precautions to take to protect your food and equipment from bears and other animals (day or night.)
- If poison oak is likely to be present in the area you visit, plan ahead by adding a topical poison oak treatment or soap to your equipment.
- Make sure your equipment is in good shape and make any repairs before your trip. If you plan to use a new tent or you have not used it for awhile, set the tent up completely to make sure all the stakes and poles are

included and look for any rips or separated zippers.

Medical, First Aide and Emergencies

- If you have any medical conditions, check with your health care provider for advice. Pack more prescription and over-the-counter medication that you might need if your trip is unexpectedly extended.
- Open your first aid kit and become familiar with its contents. Check for contents that have expired and supplement the kit with additional adhesive bandages and sterile pads of various sizes.
- Review the skills, equipment and supplies that you'll need for the recreational activities you're planning using available books and websites to learn camping and outdoor skills.

Equipment and Safety

- Check the weather before you leave. Make sure your equipment is appropriate for the weather expected. Always pack cold weather gear in the event the weather changes, even in summer. Temperatures are often unexpectedly cold if you are not used to camping or being in the outdoors. Always allow for bad weather and for the possibility that you may be forced to spend a night outdoors unexpectedly.
- Bring extra garbage bags to pack out any refuse you come across.

• It's safest to hike or camp with at least one companion. If you plan to hike into a remote area, have a minimum of four people in your group. If someone is hurt, someone else can stay with the person who's hurt while two others go for help.

• Pack emergency signaling devices and find out the location of the nearest ranger station in case of an emergency.

• Leave a copy of your itinerary with a family member or friend. Include details like the make, year, and license plate of your car and when you plan to return. Also include emergency contact information for the ranger station or other agency that might be called on by your friend or family member to check on your welfare or reach you in case of an emergency.

• Check your vehicle before the trip. Make sure it's in good condition for the mountainous or desert road conditions you'll encounter. Ensure that tires have a good tread and that your spare tire has adequate air. Replace your battery if it is beginning to show signs of low cranking power. Double check your auto insurance towing policy.

• Expect no cell phone service in remote areas and plan accordingly.

What to Bring

Here are some essentials: plenty of water and purification tablets or

filters; first aid kit; a whistle; any needed medications; sunscreen; radio with extra batteries; map, pocket knife, signal mirror, cell phone; candles and matches in a waterproof container; flashlight; sunglasses and a hat for sun protection; insect repellent; extra clothing, like extra socks (to prevent blisters, avoid cotton socks) and rain gear; maps and compass; extra food; nylon filament, extra pair of prescription glasses; space blanket; trash bags, which can be used as ponchos or ground cover.

At the campsite

• Arrive early so you have plenty of time to check your campsite and set up camp before dark.

Check your site for any potential hazards (such as ant beds, poison oak, nearby cliffs, etc.) Show all members in your party - even the youngest children - what poison oak looks like and where it is likely to be around your camp and the paths to the restrooms, creeks and other frequently used locations near your campsite. Make sure everyone in your party knows what the potential hazards are in the area and how to avoid them.

• Make sure your tent is at least 15 feet upwind from grills and fires. Maintain at least a three-foot clear area around the tent, free from leaves and dry grass. Do not dig drainage channels or trenches around your tent or campsite. They are not effective at directing rainwater away from

your tent and can become unexpected tripping hazards.

• Use only battery operated lights in or near tents or campers and never use heaters which emit carbon monoxide inside your tent or camping vehicle.

• Mark tent stakes, poles and guy lines with bright fabrics or tennis balls to avoid tipping.

• Dispose of trash properly and utilize recycle bins where available.

Campfires

• Only build fires in designated fire pits and make sure fires are always attended.

• Keep a shovel - even a small camp shovel - near the fire so it's available to use to throw dirt on the campfire. Keep a bucket of water near the fire to help extinguish it when necessary. Know where the nearest water faucet is located to refill the bucket after use.

• Supervise children at all times when fires are burning or grills are in use. Do not allow children to run or play around the fire ring, even when the fire is not lit.

• When near campfires, wear snug fitting clothing and be sure everyone knows how to put out a clothing fire - stop, drop and roll.

• Thoroughly extinguish all fires.

Hiking Tips

• Bring a basic first aid kit (with bandages, gauze, disinfectant, surgical tape.)

• Prepare yourself in advance by taking a first aid safety course.

• Make sure a family member or friend has your itinerary and have them contact the park if you



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Summer Guide! Summer Guide! Summer Guide! Summer Guide!

don't return within a reasonable time.

- Check the weather before you go and be prepared for any changes.
- Carry a current park trail map and know how to read it.
- Wear shoes or boots that provide good ankle support. Slick leaves on trails have been known to cause fractured ankles.
- Take adequate water – a minimum of two quarts per person per day. If hiking in arid climates, carry at least four quarts per person per day. All water from the backcountry should be treated either by filtering or boiling. Ex-

pect backcountry water sources to be unavailable and have a contingency plan in that event.

- Be prepared to send distress signals (with a flashlight or using the sun's rays with a shiny object)
- Remember there is safety in numbers. Group hikes are a great way to protect yourself from hiking dangers and they are more fun.
- Avoid hypothermia, the dangerous lowering of body temperature, by keeping dry. Dress in layers that can be removed or added as you heat up or cool down. Always carry a wind-resistant jacket and rain gear. Get

out of any wet clothes. Get into your sleeping bag or fill a trash bag with leaves and get into that. On warm days, watch for signs of heat exhaustion. If you get lost, be sure to keep warm.

- Be aware of possible encounters with wild animals and treat any encounters with extreme caution.

For more information about California State Parks go to www.parks.ca.gov



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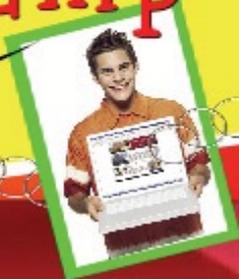


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Enjoy the outdoors, but look out for Poison oak!

The usual symptoms of the rash are:

- Itchy skin where the plant touched your skin.
- Red streaks or general redness where the plant brushed against the skin.
- Small bumps or larger raised areas (hives).
- Blisters filled with fluid that may leak out.

The rash usually appears 8 to 48 hours after your contact with an oil (urushiol) found in poison ivy, oak, or sumac. But it can occur from 5 hours to 15 days after touching the plant. The oil is present in all parts of the plants, including the leaves, stems, flowers, berries, and roots. Indirect contact with urushiol can also cause the rash. This may happen when you touch clothing, pet fur, sporting gear, gardening tools, or other objects that have come in contact with one of these plants.

The rash usually takes more than a week to show up the first time you get urushiol on your skin. But the rash develops much more quickly (within 1 to 2 days) after later contacts. The rash will continue to develop in new areas over several days but only on the parts of your skin that had contact with the urushiol or those parts where the urushiol was spread by touching.

The rash is not contagious. You cannot catch or spread a rash after it appears, even if you touch it or the blister fluid, because the urushiol will already be absorbed or washed off the skin. The rash may seem to be spreading, but either it is still developing from earlier contact or you have touched something that still has urushiol on it.

For more information, visit www.webmd.com/allergies/tc/poison-ivy-oak-or-sumac

Gibson Ranch Movie Nights

by Sacramento County Parks

Starting June 5, enjoy free movie nights at Gibson Ranch, located at 8556 Gibson Ranch Road, Elverta, for the family with \$6 per car entry fee, with food and snacks offered at family friendly prices. Movies start at 7:30 p.m.

June 5- Hotel For Dogs; June 12- Flicka; June 19 - The Sandlot
Check out Gibson Ranch Regional Park. Like the ranches of old, this park boasts an equestrian center, stocked fishing lake and preserved natural areas. Visiting Gibson Ranch will be like stepping back in time, to the slow enjoyable country life of traditional rural America.

How to Get There: From U.S. Highway 50: Take the Watt Ave. North exit. From Watt, make a left onto Elverta Road. Make a right into the park entrance, located just past the bridge over Dry Creek. From U.S. Highway 5 or 99: Drive north and continue on 99 at the split. Exit Elverta Road and turn right. Follow for five miles and turn left into park entrance just past Cherry Island Golf Course.

For more information, contact Liz Bellas/bellase@saccounty.net. or call (916) 875-5925.

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St. Robert School TK-8

ATTENTION PARENTS!!!

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

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- Science
- Math Saxon Math
- Social Studies
- Art

Some openings are still available for grades K-8 for the 2009-2010 school year. If you are interested and would like more information, please contact **Brian James** at (916) 452-2111 extension 32.

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