

California Kids!

SEPTEMBER 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

Free!

Valley Community Newspapers, Inc. • 2709 Riverside Boulevard, Sacramento, CA 95818
Publishers of Arden Carmichael News, East Sacramento News,
Land Park News, and Pocket News

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Bark in the Park



Don't miss the Arden Bark Dog Show, "A Benefit for the Sacramento SPCA,"

For more information contact Caroline Jensen at (916) 607-7313.

Saturday, September 12, at the Arden Park Recreation District, 1000 La Sierra Blvd., Sacramento, from 10 a.m. to 2 p.m.

People and their dogs are invited to enjoy a fun day in the park featuring a variety of canine contests including softest ears, best retriever, best costume, dog/owner look-alike, best tricks, and much, much more! The contests are \$5 per entry. A portion of the proceeds benefit the Sacramento SPCA.

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California Kids! Family Fun Guide

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Effie Yeaw Nature Center is a fun place to visit

Effie Yeaw is an award-winning environmental and cultural education center located within the beautiful American River Parkway in Carmichael. They offer a dynamic variety of fun activities including children, adult and school programs, nationally renowned interactive exhibits, educational workshops and many opportunities for volunteering.

Visitors can see live wild animals, browse the Discovery Shop for books, toys and unique gifts, or tour the replica of a Maidu Indian summer village.

Enjoy a 77-acre nature preserve featuring interpretive trails that meander through the riparian woodlands along the American River. See deer, coyotes, migratory songbirds and wild turkeys as you explore the preserve's lush oak woodlands. Bring the entire family and visit soon!

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November to January: 9:30 a.m. to 4 p.m.

February to October: 9 a.m. to 5 p.m.



Closed on Holidays: Thanksgiving, Christmas Day and New Years Day

The Effie Yeaw Nature Center is located inside Ancil Hoffman County Park, 2850 San Lorenzo Way, off Tarshes Drive in Carmichael. The San Lorenzo entrance to Ancil Hoffman Park is permanently locked and the only way to enter the Effie Yeaw Nature Center is from Tarshes Drive.

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Walk and talk like a pirate!

The Sacramento Walking Sticks Club will be hosting their 4th annual "International Talk like a Pirate" on Saturday afternoon, September 19, and everyone is invited to join in the fun. Grab yer parrot, lower yer eye patch, and put on yer peg leg to help ye talk like a pirate! Loose the landlubber clothes for a day, dress like a pirate, and join us for dinner after the walk where we'll sing made up sea-shanties.

This event will begin at Vallejo's Restaurant, 1900 4th Street, Sacramento. Registration will be from 2 to 3:30 p.m. There will be a 5K (3.1 miles) and a 10K (6.2 miles) route to choose from. Enjoy the historic streets and gang planks in and

around Old Sacramento, the river and across the bridges to and from West Sacramento. Dogs are welcome to come but will need to be on a leash with cleanup.

The walk is non-competitive and self-paced. Entire families are encouraged to come and experience the fun. The walks are FREE and there is also an incentive program provided that allows people the opportunity to track their mileage and events.

For more information about the Pirate Walk, contact Captain Scurvy Dog Steve Hughart, current treasurer of the Sacramento Walking Sticks, at (916) 364-5063, hugharts@sbcglobal.net.

Volunteer Recognition Celebration

Join the Robinson's family this September and be a part of the "Labors of Love" volunteer recognition program.

When you give your time to a community service agency or volunteer group Robinson's Tae Kwon Do will give you free fitness and self-defense training in recognition of your community service when you become a student.

Visit any of the 18 area Robinson's Tae Kwon Do locations in September, and report how many hours you serve each month helping to make the community a better place to live. You can qualify for up to three months of free training, when you sign up for a minimum of six months. By volunteering and giving time to others you'll also learn a skill that can save your life and enjoy a workout that will improve your health and fitness. By making the community a better place to live, the Robinson's family will help you gain greater confidence, better health and reward your kindness with a 50% discount on classes.

Visit the Healthy Living Fitness Fair, Saturday, September 19, from 10 a.m. to 4 p.m. to learn about healthy fitness, nutrition, weight control, blood pressure, heart disease and reducing dependence on prescription drugs.

With eighteen area locations, Robinson's is the first family name in Sacramento martial arts. Visit www.robinsonstk.com to find a location near you.

Advertorial



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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 DEC. 30, 2009.

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

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



Indian Museum event

September 25, Native American Day – Gather on the north steps of the Capitol for this special event commemorating the history and heritage of California’s Native peoples. Held each year on the fourth Friday in September, the event is coordinated and sponsored by State Native American Liaisons of California. Speakers will include California Indian leaders; music and dance will help honor the spirit of the State’s indigenous people. This event is free to the public; 10 a.m. to 2 p.m.

General admission is \$2 adults, \$1 youths ages 6 to 17, ages 5 and under free. For school group reservations (ReserveAmerica) call toll free (866) 240-4655. Reservations are required for school group tours at the State Indian Museum.

About the California State Indian Museum

The California State Indian Museum is located in midtown Sacramento at 2618 K Street on the grounds of Sutter’s Fort State Historic Park. Visited by tourists, local residents, and students of all ages, the museum strives to provide educational opportunities and works with the Native community to celebrate the culture and heritage of California’s Native peoples. Current exhibits include traditional basketry, beadwork, ceremonial regalia and hunting and fishing items associated with many of the tribes of California, as well as contemporary artwork by renowned Maidu artist Harry Fonseca. For more information call (916) 324-0971 or visit www.parks.ca.gov/indianmuseum.

The Wall Youth Center is open!

Check out the Wall, located at 5933 Sutter Avenue just off Fair Oaks Boulevard. Visitors can participate in cooking classes, financial and insurance management, music and art programs.

As parent’s thoughts turn to ‘back to school’ The Wall will be there to provide a safe, supervised place for kids in the ‘latch key’ hours between school’s end and parents coming home from work.

Got Pennies?

Come by to donate to The Wall’s “Pennies from Heaven” fundraiser. Drop off your jar of coins, dish of coppers or clean out the car seats and the couch to donate. The Wall

is challenging the kids and the community to donate enough change to stack pennies a hundred miles high! A virtual goal celebrating Carmichael’s 100th Anniversary this Fall. Learn more about donating your pennies, The Wall Youth Foundation and its programs by visiting, www.thewallcarmichael.com, or call (916) 482-2088.

Local groups and businesses can sponsor a Penny Stacking Team to see who sets the World Record for stacking penny coins as part of the festivities for Carmichael’s 100th Founder’s Day Anniversary celebration in September. Call Executive Director Jim Vargas at (916) 335-0804.

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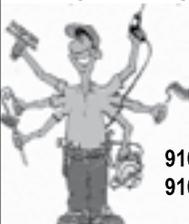
Celebrate Admission Day!

On September 9, the public is invited to an Admission Day Celebration, 11:30 a.m., 1303 10th Street, Sacramento. The State Capitol Museum invites the public to celebrate Admission Day. The California National Guard Honor Guard will present the colors on the first floor of the Rotunda of the State Capitol to begin the celebration. Immediately following, on the north steps of the State Capitol, a music group will perform patriotic songs and birthday cake and ice cream will be served to celebrate California’s 159th year of Statehood. For more information, call (916) 324-0333 or visit www.capitolmuseum.ca.gov.



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Shake, rattle and back off!

Saturday, September 19, bring the family to the Effie Yeaw Nature Center located in Ancil Hoffman Park, for a special program about the rattlesnake. At 10:30 a.m., join biologist Gary B. Hanson for this fun-filled program on one of the most misunderstood members of the animal kingdom. Real-life stories will accompany rattlesnake facts and a comparison of this viper with other local snakes.



Effie Yeaw Nature Center is located at 2850 San Lorenzo Way, Carmichael. There is no charge for the program, but there is a \$5 per car park entrance fee. For more information, call (916) 489-4918.



Maidu Indian Museum Calendar

DROP IN FAMILY ACTIVITIES

Children 10 and under must be accompanied by an adult.

Native American Stories

Saturday, September 12, from 11:30 a.m. to 12 p.m. and 2:30 to 3 p.m. All ages. Enjoy Native American stories told by Nisenan Maidu Rick Adams. Free with paid admission to museum.

Fabulous Campfires

Friday, September 11, 7:30 to 8:30 p.m. Fee: \$5/ person or \$15/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. No reservations required.

Smithsonian Museum Day

Saturday, September 26. The Maidu Interpretive Center will participate in the Smithsonian Museum Day and offer free admission. This free museum day is an outstanding way to celebrate the country's cultural offerings and encourage the dissemination of knowledge. Bring your family and enjoy a free guided tour at 10 a.m. or 1 p.m. and learn about Roseville's first inhabitants.



NEW EXHIBITS

Designs from Nature. Charley Burns, Yurok, will open his art show at the Maidu Interpretive Center. Charley is an active dancer and singer in the native community and continues to express his culture through his artwork. Artist reception will be held Saturday, September 19, from 7 to 8:30 p.m. The doors will open at 6:30 p.m. and light refreshments will be provided. Exhibit runs from September through December 12.

Maidu Interpretive Center: Indian Museum and Nature Learning Center, 1960 Johnson Ranch Drive, Roseville, is open Monday through Friday, 9 a.m. to 4 p.m. and 2nd Saturday of each month, 9:30 a.m. to 5 p.m. Guided Tours of Maidu Historic Site are Monday through Friday, 10 a.m. and 2nd Saturdays at 10 a.m. and 1 p.m. For more information, call (916) 774-5934 or visit www.roseville.ca.us/indianmuseum.

Country Centre 4H (9/14)

4H is a fun activity! Earn patches to wear on your 4H hat and make new friends. Club activities include leadership, projects, community service, and parties. Other opportunities include public speaking, record keeping, competition, and a teen social group. 4-H is open to youth ages 5-19. Adult Volunteers are always welcome. Come visit to see if you're interested in joining the fun, from 7 to 8:30 p.m. at Sierra Arden Church, 890 Morse Avenue, Sacramento.

4-H costs Students \$12.00 and Adult Leaders \$6.00 per year.

Country Centre 4-H club meets the 2nd Monday of each month, September through June and 4-H Activities are throughout the year.

To contact Country Centre 4-H call Cherisse (916) 737-8807 or Janice (916) 731-4594.

For 4-H clubs in other parts of Sacramento County, contact the 4-H office at (916) 875-6911.

At the Playground!

Hurray! It's a clear day and you're going to the playground. There are a lot of fun things to do there. Hope you have plenty of energy! Have fun searching for the hidden words related to the playground. Look carefully, words can appear vertically, horizontally, diagonally, backwards, and up-side down. Good luck hunting and have fun!

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

Babystroller

Ball

Bench

Birds

Boys

Fun

Girls

Kids

Ladder

Monkey bars

Park

Picnic tables

Ride

Rope

Seesaw

Sign

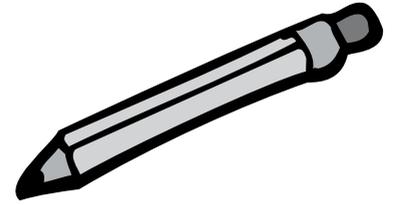
Slide

Swings

Tables



MAKE IT YOURSELF!



Make a summer collage

Collage projects are great for all ages and abilities of children, as even the most reluctant or hesitant artist can produce an exciting result.

Try making shapes using cutting and tearing techniques for variety, or use hole punches and special edged scissors for a different effect.

More Ideas:

- Explore the green palette and do a collage of fields, plants, flowers and trees. You could incorporate real leaves and flower petals if you don't mind the collage not lasting too long!
- Mix your colors to make a garden collage. Create a collage of the garden as seen from a distance, or do a close-up of one border or flowerbed. If you have an old seed catalogue or gardening magazine, the children could cut out pictures of flowers to add detail.
- Try a beach scene using real sand, sprinkled on like glitter, or golden caster sugar, for texture. Use yellows and blues.
- Rather than producing a "scene," younger children can cut pictures out of magazines to represent the colors of summer. Older children could try an "emotions" collage, using an abstract design to represent how summer makes them feel.

Paper plate Stegosaurus

A really super craft for little ones, although they will need some help with the cutting. Who would have believed that a paper plate could make such a convincing stegosaurus?

You will need:

- Paper plate
- Green and yellow paint
- Strip of green card
- Glue (or stapler)
- Pen

You will need to:

Paint the middle of your plate and the lower half of the rim green. Paint the top half of the rim in yellow or your preferred other color. Leave to dry.

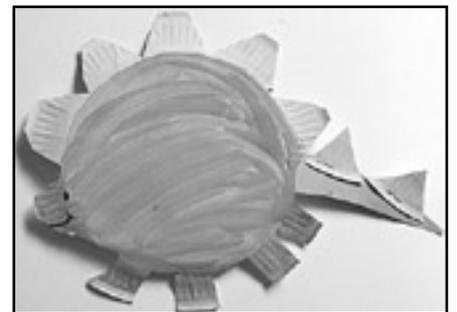
Using the photo as a guide, cut out the head, legs and the start of the tail out of

the green-painted section of the plate. Do not cut into the flat part of the plate.

Now, cut into the yellow rim to form the spikes. Again, do not cut into the center of the plate. Save the scraps of yellow!

Cut a tail from the green card and stick to your plate. Use the yellow scraps that you cut off the plate to add spikes to the tail.

Draw on a face.



Styracosaurus Mask

Make this wonderful styracosaurus mask with paper plates and paints and your child can be transformed into a fierce dinosaur!

You will need:

- Large and small paper
- Green paint and red paint (or and other bright color)
- Blue paper (or any other bright color)
- Glue, Black pen, elastic

You will need to:

- Paint the front of the large paper plate in red and the back of the small plate in green. Leave to dry.

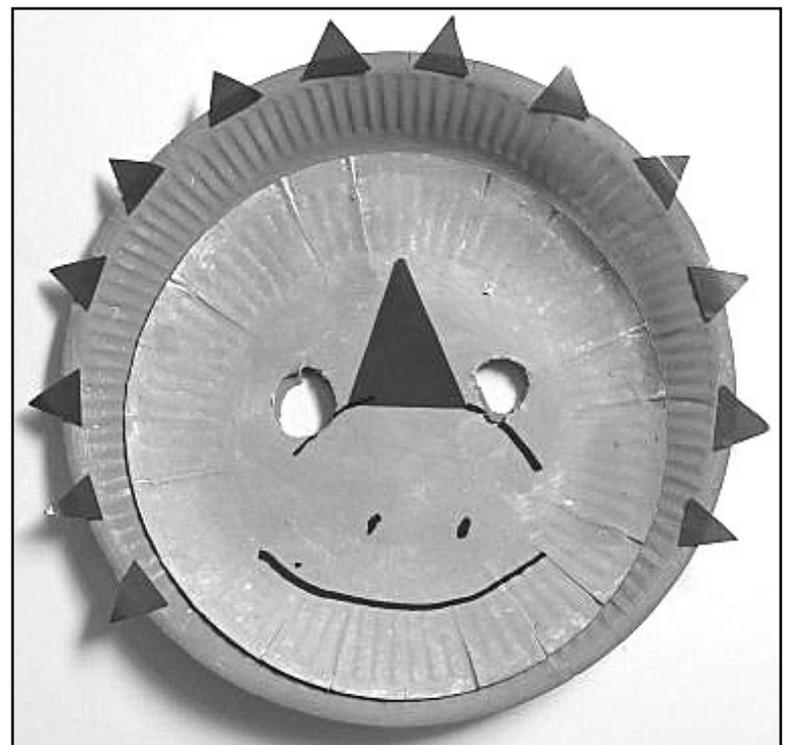
- Stick the small paper plate to the large one, sitting off center so the larger plate forms a "frill".

- Cut two holes for eyes through the mask. It is difficult to cut through the two layers so ask an adult to help.

- Cut a horn from paper and glue to the middle of the face. Cut lots of small spikes and glue around the edge of the large plate

- Draw details of the face on with the pen.

- Finally, make a hole on each side of the mask to tie some elastic through.



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



The California Museum "Challenges" the Next Generation

The California Museum is now accepting entries for the second annual California Hall of Fame, inspired Dreamers Challenge scholarship contest. This year the scholarship, which was designed to recognize innovative and creative thinking, has expanded to two \$5,000 scholarships given to a 2010 graduating high school senior from both Northern and Southern California.

Unlike other scholarships, the Dreamers Challenge has broadened the entry field by asking a new generation of visionaries what they would do to change the world. Participants can respond in whatever medium suits their style and talent: painting, poetry, videos, musical creations, essays or Power Point presentations.

The winning students will each receive \$5,000 scholarships, airfare and accommodations for themselves and a guardian to be recognized at the 2009 California Hall of Fame induction ceremony by First Lady Maria Shriver

Entries must be mailed into the Museum no later than October 5. For more information on the rules and how to submit entries, visit DreamersChallenge.org.

About The California Museum

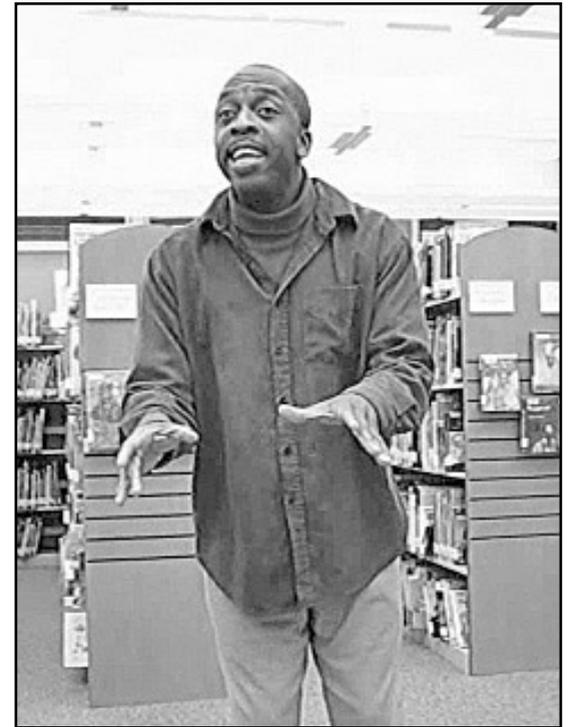
The California Museum, home of the California Hall of Fame and California Legacy Trails, engages, educates and enlightens people about California's rich history and its unique contribution to the world through ideas, innovation, art and culture. Located at 1020 O Street, Sacramento, it is open Monday through Saturday, 10 a.m. to 5 p.m. and Sunday, noon to 5 p.m.. Admission is \$8.50 for adults, students/seniors (with valid I.D.) \$7, children 6 to 13 \$6, and free for children 5 and younger. Parking is free on the weekends. For more information, call (916) 653-7524 or visit CaliforniaMuseum.org.

Children's Storyteller Program

A new season of the Children's International Storytelling Program opens, September 20, 2 to 3 p.m., with an exciting performance by Bay Area storyteller, Kirk Waller.

Kirk has been entertaining and mesmerizing audiences for over 20 years with his electrifying, musical and magical storytelling style. His stories are a dynamic blend of musicality, mime and emotion. He tells folktales from around the world, African American stories, historical tales, personal stories as well as original tales.

This event will be held in the Community Room at International House, 10 College Park, Davis. There is a suggested donation of \$2 per person or \$5 per family. For more information, visit www.internationalhousedavis.org/prog/children/st.



Storyteller, Kirk Waller

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Who Wrote That?

The Creators of Your Child's Favorite Books

Featuring Pamela S. Turner By Patricia M. Newman

Pamela S. Turner, the award-winning author of several science books for children, parlayed her high school love of science into a career in health planning, epidemiology and health policy research. She and her husband met as exchange students in Kenya, and traveled the world. Turner's three children were born in three different countries. After a stint in Tokyo, Turner and her family returned to the U.S. "By that time I was doing policy research and I was not that into it," she says. "I really wanted to go back to my original ambition, but I was scared to try it. Afraid that I wouldn't be any good."

As a child, Turner told anyone who asked that she wanted to write and illustrate children's books when she grew up. "My mom used to buy shelf paper because drawing pads were too expensive," she says. Turner was an avid reader as a child; the day she applied for her first library card stands out in her memory. "It was a big moment," she says. "I had to be able to write my name."

After returning from Japan, the desire to write was stronger than her trepidation so Turner studied the children's book market and applied what she learned to her manuscripts. Her first book, *Hachiko: The True Story of a Loyal Dog* is based on a well-known Japanese story that was unfamiliar to many Americans. Turner approached publishers who had a history of publishing cross-cultural or Asian literature and a Harcourt editor plucked her manuscript from the slush pile.

Shortly after *Hachiko* was published, Turner mentioned to her editor that she'd like to write for Harcourt's Scientists in the Field series. One of Turner's friends is affiliated with the Mountain Gorilla Veterinary Project,

and for two weeks, she visited Rwanda and Uganda following the vets who strive to save endangered mountain gorillas. "I don't write about the things I know," Turner says, "rather I write about what I want to know." *Gorilla Doctors: Saving Endangered Great Apes* was Turner's first nonfiction science book for children.

Using her own curiosity as a guide, Turner contacts experts in their fields and asks if they would be willing to talk to her about their research. The idea for her latest book, *The Frog Scientist*, came from a *San Francisco Chronicle* article about Tyrone Hayes, a Berkeley scientist who studies the effects of pesticides on frogs and ultimately the environment. Turner describes Hayes as "funny and thought-provoking. An ideal subject [for a book]." The first time Turner met Hayes he said to her, "Wow! I have those same earrings!"

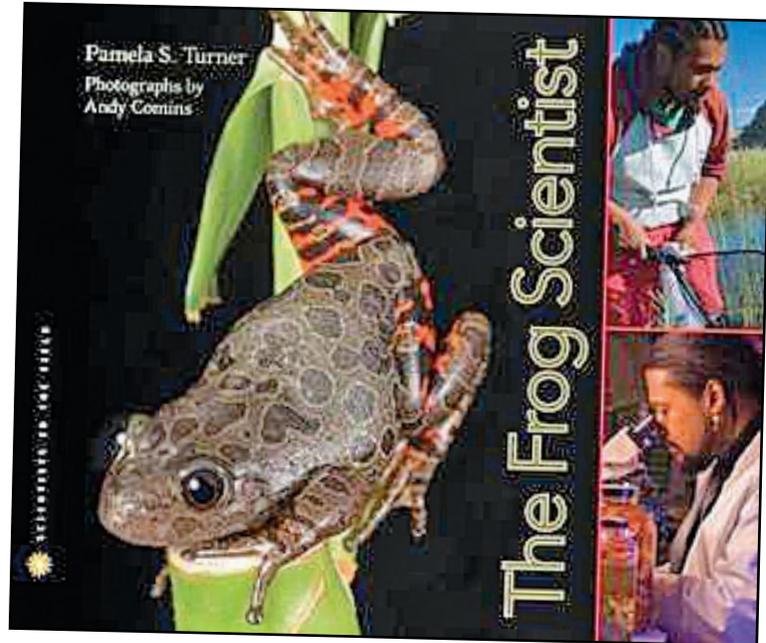
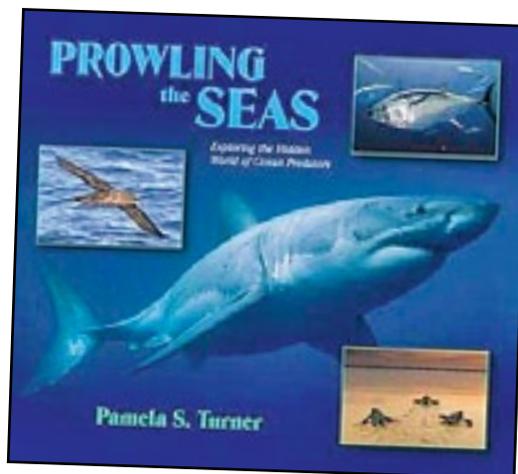
A Life in the Wild: George Schaller's Struggle to Save the Last Great Beasts is this year's Golden Kite recipient. Turner describes Schaller as "the Michael Jordan of field biologists. I was scared to even approach him." Schaller contributed a photograph to Turner's *Gorilla Doctors* and refused payment when he learned that Turner donates half of her royalties to the Mountain Gorilla Veterinary Project. Turner was surprised to discover that no one had yet written a biography for children on George Schaller. He graciously consented to an interview, and his gorgeous wildlife photos grace the book.

Once Turner decides on a subject for a book, she reads dozens of books and articles as background material. "For



the Schaller book," Turner says, "there were 16 books written by other people and I read all of them." As a non-fiction author, Turner is also responsible for providing photographs for her books. For *The Frog Scientist*, she hired Andy Comins, a professional photographer.

Turner interviewed scientists at the Tagging of Pacific Predators program (TOPP) to write *Prowling the Seas: Exploring the Hidden World of Ocean Predators*. The TOPP program tags and follows specific marine predators and records in-depth information on their habits. In the book, Turner follows one great white shark, one bluefin tuna, a pair of Sooty Shearwater seabirds, and one leatherback sea turtle. Turner relied on a variety of scientists and professional photographers for photographs, and requested responsibility for the graphics. "Normally I would never want to do the graphics," she says,



"but I felt they were really important because I wanted the tracks of the individual animals. I felt strongly about how they should look." Turner hired the TOPP webmaster who not only had graphics experience, but had experience working with the predators' tracking data. "The photos and graphics ate up my entire advance!" she says.

When Turner is not traveling the world researching her newest book, she writes from her home in Oakland. "Most of my books are directed towards the [twelve year old] kid I remember being," she says. "I always loved the animal characters in my favorite

books—something I had as a child that I never grew out of." She says the biggest misconception about writing for children is "it's easy because it's shorter. Using a limited vocabulary to explain complex scientific concepts means I'm automatically handicapping myself."

Next month: Meet Diane Muldrow

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

MORE ABOUT PAMELA S. TURNER

HOW TO CONTACT PAMELA S. TURNER
WEBSITE: WWW.PAMELASTURNER.COM

SELECTIONS FROM PAMELA S. TURNER'S LIBRARY

- *The Frog Scientist*, Houghton Mifflin Harcourt, 2009.
- *A Life in the Wild: George Schaller's Struggle to Save the Last Great Beasts*, Farrar Straus & Giroux, 2008.
- *Life on Earth...and Beyond: An Astrobiologist's Quest*, Charlesbridge, 2008.
- *Gorilla Doctors: Saving Endangered Great Apes*, Harcourt Houghton Mifflin, 2005.
- *Hachiko: The True Story of a Loyal Dog*, Harcourt Houghton Mifflin, 2004.

Upcoming

- *Prowling the Seas: Exploring the Hidden World of Ocean Predators*, Walker & Co., November 2009.
- *Project Sea Horse*, Harcourt Houghton Mifflin, spring 2010.
- *Comet Chaser*, Farrar, Straus & Giroux, TBA.



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When the kids head back to school, why not enroll yourself and your dog in a few classes too? Obedience classes will help your pooch learn a few basic behaviors essential to good doggie etiquette, such as not jumping on people, walking on a leash (instead of dragging you down the street), or coming when called. If your dog has the basics down pat, try an advanced obedience class or even an agility class where you'll both have loads of fun. You're never too young or old to go back to school, even if you count your age in dog years.



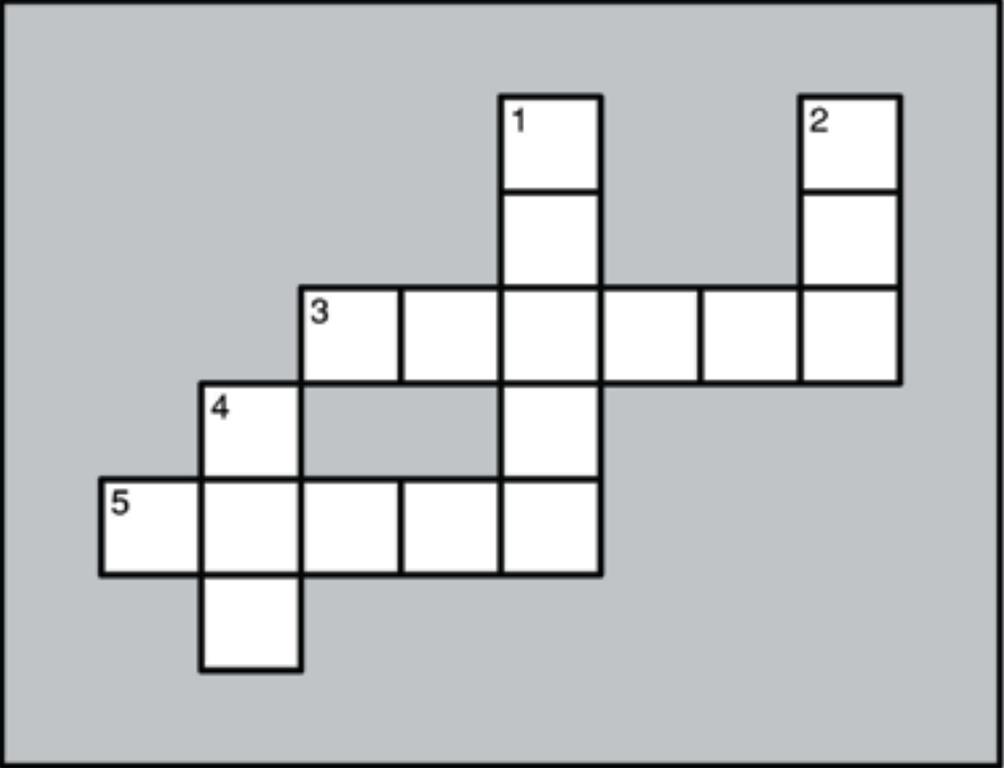
Seagulls, surf and sand, Doggie heaven!

Frollicking in the water, digging in the sand, playing tag with other dogs, taking a nap, just a great day for your dog, and you, too. Try a day at Upton Beach, located just north of Stinson Beach, in Marin County. It is an off leash, direct control dog-friendly beach, and there is no entrance fee.

Bring a lunch and have a picnic on the beach. There are convenient restrooms, parking, tables and barbecue pits in the front park area. Be sure to bring water and water bowl for your pet, toys, towel, umbrella, doggie poop bags and warm clothes, in case it is cold.

Upton Beach is on Hwy 1 in Marin County, off of Hwy 101. Turn into the Stinson Beach Entrance and go to the farthest parking lot on the right. Dogs are not allowed on Stinson Beach, just Upton Beach.

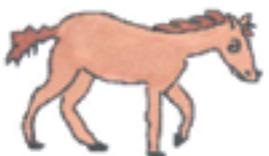
Family Pets Crossword



Across

- 3. 
- 5. 

Down

- 1. 
- 2. 
- 4. 




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Age: 7 and up
You will need:

- Pieces of paper onto which you have written well-known partners
- Safety pins

You will need to do:

Write up your pieces of paper well in advance, choosing well-known partners that will be recognized by the children.

For example: Micky Mouse and Minnie Mouse, Batman and Robin, Anthony and Cleopatra, Chip

and Dale, Prince Charles and Princess Diana, Charlie Brown and Snoopy.

When the kids have arrived, pin a name to their backs. At your signal, the children mingle with the other guests, asking questions about themselves, which can only be answered by a "yes" or a "no".

- "Am I alive?"
- "Am I a film star?"
- "Am I male?"

While trying to guess who they are, they should also be looking out for their possible partner.

Younger kids may need an adult to give the odd clue or two along the way!

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Musical chairs

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Age: 3+
You will need:

- A CD player or similar with dancing music or children's favorites

A chair or cushion for each player * • Some little prizes

* You can improvise by cutting squares or circles out of an old plastic tablecloth or sheet if you like - you just want a "base" for children to sit on, which will survive some energetic trampling by enthusiastic children.

How to play:

Arrange the chairs or cushions around the room, leaving space for the children to skip around and dance. Two lines of chairs in the center of the

room works well, as does a ring around the edges. Alternatively, scatter them around the area randomly.

Similar to musical bumps and music statues, the children dance and skip around while the music plays. When the music stops they must race to sit on a chair or cushion. In the first round there will a space for everybody, but then you remove one chair after each round and the child who doesn't find somewhere to sit is eliminated.

Hints: Supervise carefully! Sometimes children get a little carried away in this game.

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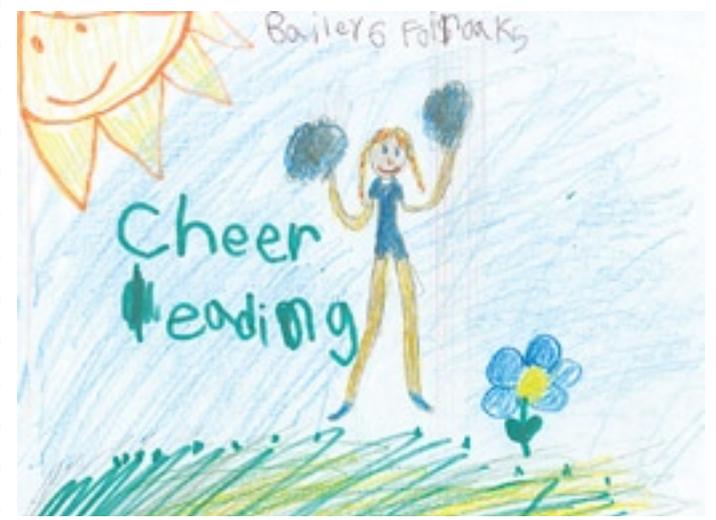
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Get out of the way!

What do you call a dinosaur wearing tight shoes?

My-foot-is-saurus!

What do you get when two dinosaurs collide?

Tyrannosaurus wrecks!

Why are there old dinosaur bones in the museum?

Because they can't afford new ones!

What makes more noise that a dinosaur?

Two dinosaurs!

What does a Triceratops sit on?

It's Tricera-bottom!

What do you call a blind dinosaur?

I-don't-think-he-saw-us!

What was T Rex's favourite number?

Eight (ate)!

What do you get when two dinosaurs collide?

Tyrannosaurus wrecks!

What do you call a Stegosaurus with carrots in its ears?

Anything you want, it can't hear you!

What do you call a dinosaur that never gives up?

Try-Try-Try-ceratops!

When can three giant dinosaurs hide under a small umbrella and not get wet?

When it's not raining!

What do you call a plated dinosaur when he is asleep?

Stegosaurus!

What did the dinosaur say after the car crash?

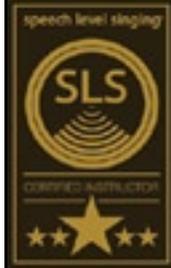
Pmsosaurus!

What's the best way to talk to a dinosaur?

Long distance!

Which type of dinosaur could jump higher than a house?

Any kind! A house can't jump!



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

School Days—top 10 tips for establishing a good routine

By **Lindsay Small**
 ActivityVillage.co

Teachers know that children thrive in an environment with routines, boundaries and rules. Parents unfortunately often forget it! And yet by establishing good routines and encouraging children to help you maintain them, you have an opportunity to set a pattern and a discipline that will stay with your children for the rest of their lives. You will make school days easier

and far less stressful, reduce the chances of starting your day late or dragging on forever with the homework, put an end to nagging and shouting, and have happier, more relaxed kids.

Here are 10 tips for establishing a solid, school day routine.

Lay the breakfast table the night before. Put everything out apart from perishables. If you keep all your breakfast things in one cupboard or one area of the kitchen this routine

will be easier to establish, and older children can take it in turns to do it.

Put out your clothes the night before. Lay out a complete set of clothes for each child, checking them as you do it. Older children should do this themselves - you can double check when you say goodnight. Then if something is missing (or shoes need polishing) you have time to put it right. Lay your own clothes out too!

Brush teeth at the kitchen sink. Keep a toothbrush and toothpaste for each child in the kitchen and brush teeth at the kitchen sink immediately after breakfast. It may not be perfect for the house-proud, but if you send your child out of your sight to do a chore in the morning, you lose control. If you lose control, he may start dawdling.

See School page 19

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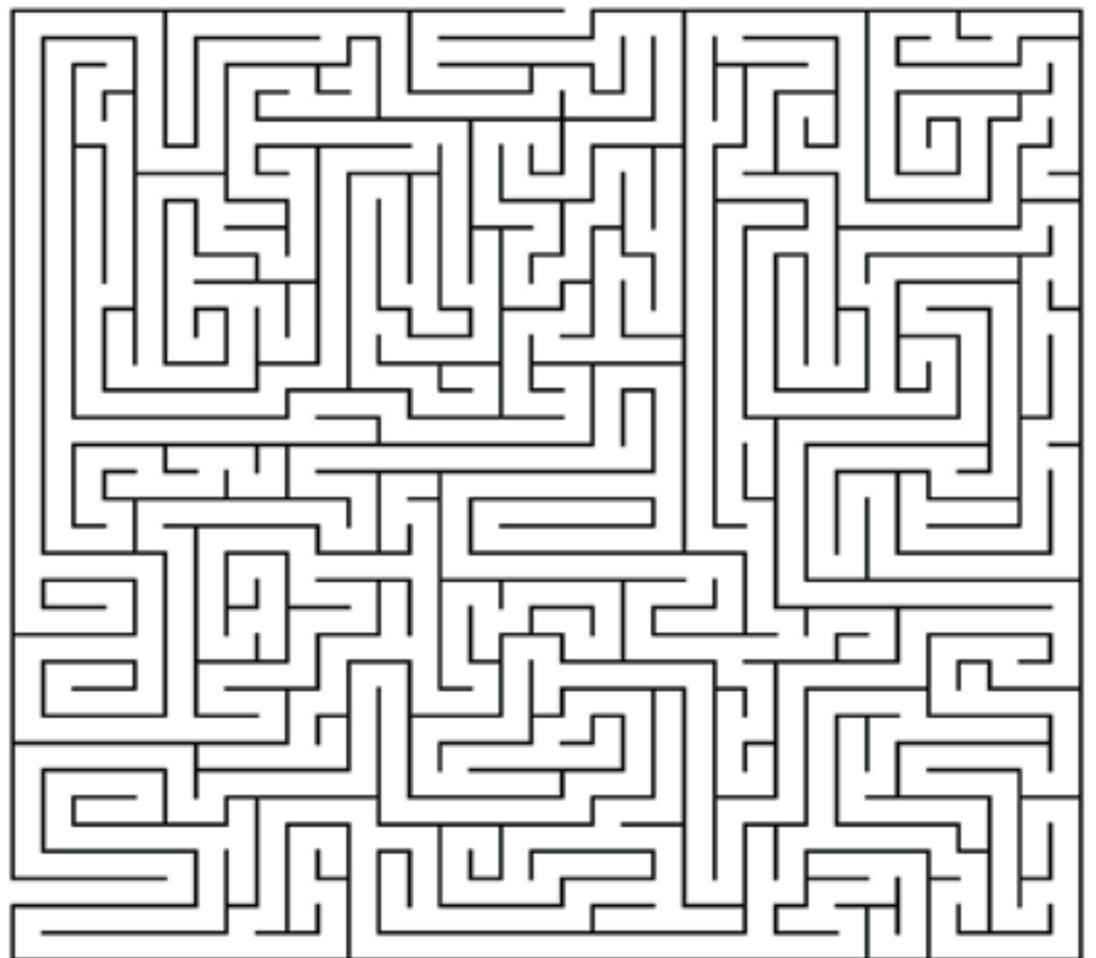
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Back to School! Back to School! Back to School! Back to School! Back to School!

School

Continued from page 18

Set up base camp. Establish a "base camp" where the children keep all their school things. You will need room for kit bags, satchels, swimming bags, sports equipment, ballet bags, library books and whatever else the kids need! Provide at least one hook per child for their coats (in our house kids must hang coats up as soon as they take them off) and a basket or box for school shoes (in our house kids must put shoes in the box as soon as they take them off too - sometimes they do!) Another basket or box for each child can be used as a place to put anything that needs to go to school - gloves, letters to teachers, music, library books etc. Everything is in its place and ready to go out the door first thing in the morning without any fuss.

Make a list. Fill out a schedule of what is needed at school on each day and pin it up

at "base camp". Check each morning before you walk out the door that you have the appropriate kit. You will find a school week planner to print here: http://www.activityvillage.co.uk/school_week_planner.htm

Nail up a notice board. Keep a notice board at "base camp" so that you can pin up reminders, invitations, school menus or whatever else you need to keep tabs on.

Do it now! If anything comes home from school that requires your attention, do it immediately! Fill out forms and put them straight back into the satchel. Write dates into your diary there and then, and reply the same day too. If you postpone it, you will forget it!

Give homework a home. Establish a place and time for doing homework and stick to it. Keep dictionaries and other necessary books nearby, as well as a spare set of pencils, rulers and other stationery you might need. Make sure that homework is put back into satchels as soon as it is completed and

that satchels are returned to "base camp" straight away. Get out a kitchen timer if kids are reluctant to start (or finish!)

Be prepared. If your car is running short of petrol (gas), fill it up on the way home from school in the afternoon rather than panicking the following morning! As you drive home, run a mental check on whether you have the necessary supplies for dinner, and breakfast. Nothing makes kids more miserable in the morning than an empty fridge.

Get ahead. Set your alarm to wake you up 10 minutes earlier than usual. You will be amazed at how much more in con-

trol that 10 minutes will make you feel. And finally, leave for school 5 minutes early. Arriving early takes away an enormous amount of stress and will put your children in the right mood for school.

Are you convinced? Start initiating some routines in your school day mornings and you and your kids will feel the benefits very quickly. Making sure that your kids feel comfortable and in control before they get to school gives them the best possible start to a school day. And once they get used to afternoon and evening routines for homework and preparation for the day ahead, night-times become

more peaceful too. Lindsay Small is the creator and editor of Activity Village - providing the ultimate one-stop resource for parents and teachers looking to educate and entertain their kids. Visit the website at <http://www.ActivityVillage.co.uk>

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Getting to Know Ronnie: A Story About Autism

By, Artie Knapp

The Flickering-lights gleamed by the playground pavement. They fascinated young Ronnie McAlister who headed in their direction. But then the flickering-lights abruptly stopped! So, Ronnie did too. But as quickly as the lights had faded, they reappeared, so Ronnie moved towards them once more.

On each side of the flickering-lights there sat a boy. The boys were rolling marbles, which caused the sun's light to reflect between them. Although they noticed Ronnie staring in their direction, the two boys remained focused on playing their game.

Now standing directly over the two boys, Ronnie continued to watch the marbles intently as they rolled across the pavement below.

One of the boys looked up and said, "Why do you keep watching our game? Don't you have anything better to do?"

Ronnie didn't respond to the boy's question.

That made the other boy angry. He stood up and said, "Can't you hear? He said don't you have anything better to do?"

With his eyes still directed at the marbles below, Ronnie answered, "Don't you have anything better to do?"

Believing that Ronnie was mocking them, the two boys yelled at him to go away and leave them alone.

Ronnie's personal aid, Miss Thornberry, who had been observing close by, walked over to see what the problem was.

As the two boys explained to Miss Thornberry and another teacher what



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Children's stories by Artie Knapp

Ronnie was doing, Miss Thornberry whispered something in the other teacher's ear. Then Miss Thornberry leaned over to Ronnie and asked him to come with her.

As Miss Thornberry took Ronnie aside, he burst into tears and began slapping the sides of his head with both hands! The children on the playground were startled by Ronnie's outburst. Miss Thornberry held Ronnie to prevent him from hitting himself any further. She calmed him down by whispering softly in his ear that everything was okay.

In addition to being Ronnie's first day at his new school, it was also Miss Thornberry's as well. And since the episode on the playground had just occurred, Miss Thornberry knew it was the appropriate time to speak with Ronnie's classmates about Autism. So later that afternoon she visited with the children, and there were many questions that came her way.

"Why did he hit himself like that?" asked a girl in the front row of the classroom.

"First, let me explain to you that not all children with Autism hit themselves. In Ronnie's particular case, he sometimes reacts to stressful situations by crying and hitting himself, like earlier today at recess," said Miss Thornberry.

Miss Thornberry continued by asking the students if any of them knew what it was like to be the new kid at school. Four students raised their hands.

"Then you know how hard that can be," said Miss Thornberry. "Well, this is Ronnie's first day at our school, and unfamiliar surroundings are often very stressful to children with Autism."

"Why wouldn't he answer me when I asked him a question?" asked Tyler, one of the boys who had yelled at Ronnie during recess. "He just repeated what I said."

"I apologize that Ronnie upset you. But please know that he wasn't pur-

posely ignoring you, or trying to make you angry," replied Miss Thornberry.

"So his answer was a mistake?" asked Tyler in a puzzled voice.

"Well, not a mistake," smiled Miss Thornberry. "It just means that Ronnie sometimes echoes the words and sounds that he hears back to their source."

"I'm sorry I was mean to Ronnie," said Jason, the other little boy who had yelled at Ronnie during recess. "He can play with me anytime he wants."

"Me too," said several of the other children.

"That's very kind of you. That will certainly help Ronnie feel more comfortable," said Miss Thornberry.

As Miss Thornberry continued to speak with the students about Autism, she was happy to see the connection she had made between them and Ronnie's condition.

After that first day, Ronnie did have more outbursts from time to time, but the support and understanding from his classmates helped him when he did.

Ronnie always looked forward to spending time with his friends at recess. It wasn't that he didn't enjoy the slides or teeter-todders, he did, but playing marbles was by far his favorite activity. And anyone who played marbles with Ronnie knew he would only play with red ones. To him, the sun seemed to make them shine more than the rest. He liked that.

American Writer Artie Knapp was born in Chillicothe, Ohio, in 1973. A library bearing his name is featured on the internationally acclaimed Kids site Candlelightstories.com. His Children's Literature has appeared in such publications as Humpty Dumpty's Magazine, Alphabet-Soup.net, Kiddyhouse, Kids Turn Central and The Pakistan Television Corporation among others. Knapp is a member of The Society of Children's Book Writers and Illustrators, and graduated from Ohio University. He lives in Cincinnati, Ohio with his wife, Priya. To learn more about Artie Knapp visit his web-site www.artieknapp.com.

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Stage Nine Theatre, 717 Sutter St., Historic Folsom

Family Fun at Mountain View

Bring the family to a sun-splashed festival featuring world-class art by 650 of America's top artists, two days of great music, fabulous food and drink, tons of fun for kids and a new organic and green products showcase sounds good to you, head to downtown Mountain View for the 38th Annual Art and Wine Festival, September 12-13, on Castro Street between El Camino Real and Evelyn Avenue in Mountain View. Hours are 10 a.m. to 6 p.m. both days and admission is free.

For festival information, call (650) 968-8378 or visit www.miramanarevents.com.



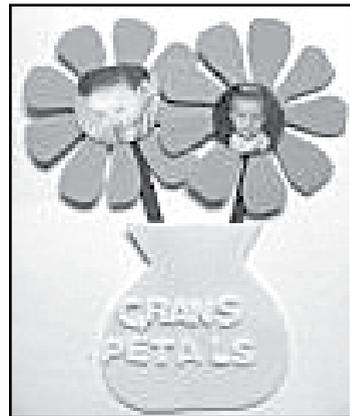
Celebrate Grandparent's Day!

Sunday, September 13 is Grandparent's Day and grandparents are important to children in so many ways. They have patience and time when parents are often busy. They have stories to tell and interesting games to play. They are also good for treats and spoiling, which we all need from time to time!

Why not make them a flower photo frame and card? It's easy and fun.



To make a frame:



- Draw your favorite flower and cut it out. The daisy is easy.
- Cut your photo into a circle. Glue this to the center of one of the flowers.
- Turn the flower over and glue the second flower to the back so that the petals sit at a different angle to the first.
- Finally glue a magnet to the back.

To make a card:

Fold a sheet of colored paper in half and cut out a vase shape, or use a cardboard toilet paper holder.

Use craft foam letters to add a message to your vase or cut out your words from colored construction paper or just use a colored pencil or crayon.

Finally, cut a strip of green foam or paper as a stem for the flower. Glue to the back of the flower and glue the other end to the top of the vase.

Stick the whole thing to a larger piece of card, for display.

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Help a child read

Jumpstart Launches 4th Annual World Record-Breaking Reading Campaign to Raise Awareness about Early Education Crisis in Low-Income Communities with the re-release of a Limited Edition of *The Very Hungry Caterpillar* by Eric Carle

Pre order's of the book are on sale now on www.readfortherecord.org and the book will go on sale across the country in the first week of September, giving people across the country a chance to purchase the book and participate on National Read for The Record Day, On October 8, parents, teachers, college students and children of all ages will come together to create the world's largest shared reading experience to support early literacy.

Through the Campaign, Jumpstart expects one million children to read *The Very Hungry Caterpillar*

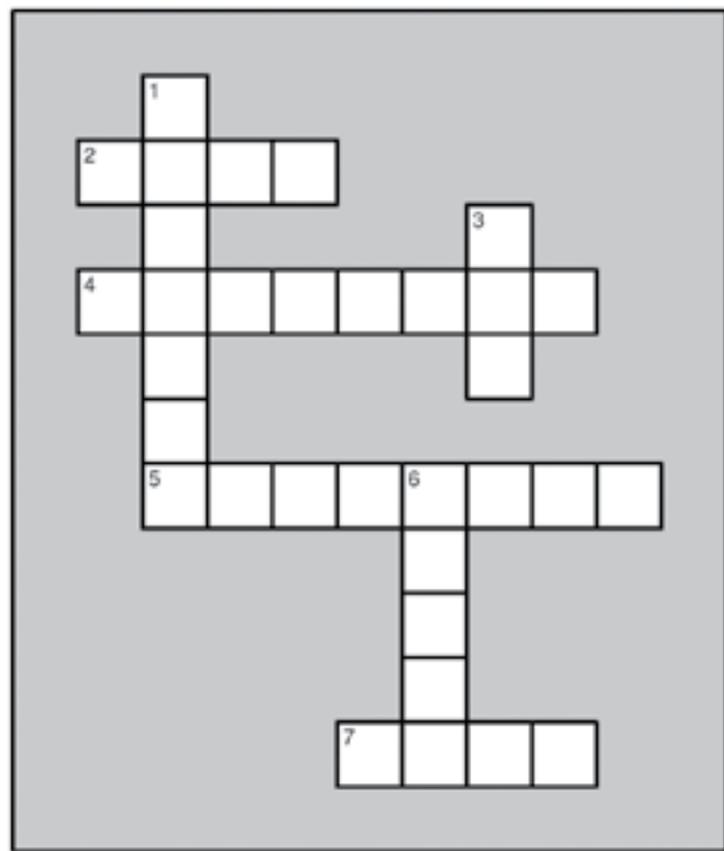
pillar in this record-breaking celebration of reading, service, and fun—all in support of America's preschoolers.

By purchasing this book, adults can meaningfully engage with the children in their lives, and also financially contribute to Jumpstart's mission, helping children from low-income families achieve their academic potential.

About Jumpstart

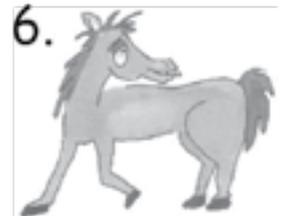
Jumpstart is a national early education organization that works toward the day every child in America enters school prepared to succeed. For more information, visit the Jumpstart Web site at www.jstart.org.

Animal Crossword



Across

Down



Activityvillage.co Keeping Kids Busy!



Calendar of Events

Critter Events

September 3 and 17, Evening Beaver Walk, Call for time, 2850 San Lorenzo Way, Carmichael. Meet with Jack and search for nature's engineer, the beaver. Limited to eight people, best suited for adults and children 7 years and older. Call Jack at the Effie Yeaw Nature Center (916) 967-7777 for time and to make a reservation.

September 12, Dog Show, 10 a.m. to 2 p.m., 1000 La Sierra Boulevard, Sacramento. Don't miss the Arden Bark Dog Show, "A Benefit for the Sacramento SPCA." People and their dogs are invited to enjoy a fun day in the park featuring a variety of canine contests including softest ears, best retriever, best costume, dog/owner look-alike, best tricks, and much more. The contests are \$5 per entry. A portion of the proceeds benefit the Sacramento SPCA. For more information, call (916) 607-7313.

September 13, Turkey Vultures, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. What bird eats

meat but can't kill its own food? These relatives of the condors and stork are intelligent, family-oriented and play games together. Learn more about the amazing turkey vulture and their importance to our ecosystem. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

September 19, Snake Program, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Join biologist Gary B. Hanson at the Effie Yeaw Nature Center for this fun-filled program on one of the most misunderstood members of the animal kingdom. Great real-life stories will accompany rattlesnake facts and a comparison of this viper with other local snakes. For more information, call (916) 489-4918.

September 20, Critter Program, 2 p.m., 828 I Street, Sacramento. Bring the kids, ages 5 to 12, to the Central Library for "Where the Wild Critters Are," with Julie Allen of Nature's Critters. For more information, call (916) 264-2920.

September 30, Reptile Program, 4 p.m., 2112 22nd Street, Sacramento. Bring the kids ages 5 to 12 to the Ella K. McClatchy Library for "Things that Slither: Reptiles and Amphibians," with the staff of Effie Yeaw Nature Center. For more information, call (916) 264-2700.

Sacramento County Cooperative Extension office for a free food preservation demonstration: "Pressure's On! Introduction to safe pressure canning techniques.

September 16, Food Preservation Demonstration, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento. The UC Cooperative Extension, Sacramento County Master Food Preservers are offering a free public demonstration: "Olives, Sauerkraut, Fermented Products." There is a \$3 fee. For more information, call (916) 875-6913. For more information, call (916) 875-6913.

September 23, Free Medical Symposium, 5:45 p.m., 2800 L Street, Sacramento. Orthopaedic surgeon, Soheil Payvandi, D.O and certified hand therapist Terri Pierce, OTR, will present free information on common hand and wrist disorders that can interfere with daily living activities. The program will be at the Sutter Cancer Center. Space is limited, to RSVP or for information, call 1-877-361-2663 and select option 5.

Ongoing, Book Sale, 9 a.m. to 2 p.m., 8250 Belvedere Avenue, Suite E, Sacramento. The Book Den, has books for sale and is open Fridays and Saturdays. The store is operated by members of Friends of the Sacramento Public Library. For more information, call (916) 264-2880.

Nature Events

September 27, Nature Hike, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Enjoy the majesty of ancient oak trees and look for deer and turkeys trying to stay cool on hot summer days. Take this guided walk to discover how the plants and animals in the Nature Area each have a place in their environment. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

Special Events

September 9, Admission Day Celebration, 11:30 a.m., 1303 10th Street, Sacramento. The State Capitol Museum invites the public to celebrate Admission Day. The California National Guard Honor Guard will present the colors on the first floor of the Rotunda of the State Capitol to begin the celebration. Immediately following, on the north steps of the State Capitol, a music group will perform patriotic songs and birthday cake and ice cream will be served to celebrate California's 159th year of Statehood. For more information, call (916) 324-0333 or visit www.capitolmuseum.ca.gov.

September 10, Rubber Stamp Program, 3:30 p.m., 6700 Auburn Boulevard, Citrus Heights. Bring the kids, ages 5 to 12 to the Sylvan Oaks Library for "Creative Rubber Stamping," with stamp collector Artie Mills. For more information, call (916) 264-2700.

September 11, Square Dance Class, 7 to 9 p.m., 4701 Gibbons Drive, Carmichael. Learn basic square dancing, a wonderful activity for all ages. Couples and families are encouraged to come to Mission Oaks Community Center and enjoy fun Friday nights. Square dancing

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Especially for Parents

September 12, Soil to Grow Blueberries, 8:30 a.m. to noon, Fair Oaks Boulevard, in Fair Oaks Park. Watch how to prepare soil to grow blueberries. See how to capture rainwater so it penetrates the soil and stays in your garden, not down the drain. Visit and enjoy the open gardens at the Fair Oaks Horticulture Center on your own. UC Master Gardeners will be there to answer questions. For more information, call (916) 875-6913.

September 12, Preservation Demonstration, 10 a.m. to noon, 4145 Branch Center Road, Sacramento. The public is welcome to visit the

Magic Events

October 10, Family Magic Show, 7 p.m., 4701 Gibbons Drive, Carmichael. Bring the family to the Mission Oaks Community Center for this gathering of top named magicians in Northern California who come to share their magic with you. All ages will enjoy their mysteries. Doors open at 6:30. The cost to attend is \$5 per person at the door and 5 years and under admitted free. Register online and receive a \$1 discount per person, www.morpd.com. For more information, call (916) 972-0336.



Calendar of Events

is a great family activity for parents and their children, or grandparents and their grandchildren. Children over 7 years old are welcome with an adult enrolled in the class. Casual, comfortable dress is recommended. The class costs \$20 for adults and \$5 for children for each 10-class session. For more information, call (916) 972-0336.

September 12, Swim Team Information Day, 10 a.m., 4000 Edison Avenue, Sacramento. The Sacramento Synchronized Swim Team will hold an Information Day for interested swimmers and parents at the Mira Loma High School pool. Learn about the upcoming Fall clinic and meet the coaches and current swimmers. For more information, visit www.sacsynchro.com or call (916) 296-SYNC.

September 12, Family Event, Noon to 3 p.m., 216 O Street, Sacramento. Visit the Crocker Art Museum and learn to print and draw shapes of various sizes to give the illusion of space and take part in a family tour of the Museum. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

September 12, Explore the Maidu Village, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. How were tule shelters, grinding rocks and acorn granaries made and used by Nisenan Indians? Visit the Effie Yeaw Nature Center and

find out by joining a naturalist for a guided tour of the Nature Center's replica Nisenan Summer Village. For more information, call (916) 489-4918.

September 16, Wee Wednesday, 10:30 a.m. and 1 p.m., 216 O Street, Sacramento. Wee Wednesdays at the Crocker Art Museum are designed for children ages 3 to 5 and the special adult in their lives. Encourage your early learner's development through multi-sensory activities inspired by art, storytelling and songs. Reservations required. To register, call (916) 808-1182 or visit education@crockerartmuseum.org. Free with admission.

September 18, Preview Book Sale, 5 to 8 p.m., 411 Stafford Street, Folsom. Shop for bargains of gently used books, DVDs, videos, CDs and more in both children and adult materials. Raffle tickets will also be available to purchase for the chance to win beautiful gift baskets. The sale will be held in the Folsom Public Library's Georgia Murray Building meeting room. A preview sale will be Friday from 5 to 8 p.m. with a \$5 admission fee. The general sale, Saturday and Sunday, 9 a.m. to 4 p.m., is free admission. For more information, call (916) 608-8743.

September 19, Fiddlers' Jam, 10 a.m. to 5 p.m., Fiddletown. The Fiddletown Community Center will be proudly present-

ing the 17th annual Fiddlers' jam on the main street in Fiddletown. This is a free event. Enjoy music, food, crafts and a raffle. For directions or information, call (209) 296-0918 or visit www.fiddletownca.org.

September 19, Pirate Walking Day registration, 2 to 3:30 p.m., 1900 4th Street, Sacramento. The Sacramento Walking Sticks Club invite families to their 4th annual International Talk like a Pirate, walk. After registration enjoy a 5K (3.1mi) and a 10K (6.2 mi) through the historic streets and gang planks in and around Old Sacramento, the river and across the bridges to and from West Sacramento. Dogs are welcome to come but need to be on a lease with cleanup. Dress like a pirate and be ready to sing made-up pirate songs. For more information, call Steve Hughart at (916) 364-5063.

September 25, Native American Day, 10 a.m. to 2 p.m., 2618 K Street, Sacramento. Gather on the north steps of the Capitol for this special event commemorating the history and heritage of California's Native peoples. Held each year on the fourth Friday in September, the even is coordinated and sponsored by State Native American Liaisons of California. Speakers will include California Indian leaders; music and dance will help honor the spirit of the State's indigenous people. This even is free to the public.

September 26, Discovering Gold in California, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. There's gold in them hills. Learn about the discovery of gold in California and what effect its discovery had on the environment and native cultures. For more information, call (916) 489-4918.

September 30, Local Organic Gardening, 7 p.m., 2850 San Lorenzo Way, Carmichael. The story behind the unusual community garden located on the historic site of the American River Parkway will be presented by Shawn Harrison, executive director of the Soil Born Urban Agriculture and Education Project. Besides discussing the origins and mission of involving youth and adults in an urban agriculture and education project, Harrison will answer questions on growing vegetables successfully in an urban setting. Best for ages 10 and older. For more information, call (916) 489-4918.

October 6, Toddler Program, 11 a.m., 11601 Fair Oaks Boulevard, Fair Oaks. The Fair Oaks Library offers a Toddler Time and Playgroup beginning. For more information, call (916) 264-2920.

Through October 31, Reading to Dogs, 1 p.m., 828 I Street, Sacramento. Kids, ages 5 to 12, can borrow a book or bring one from home to read aloud to a furry canine pal, the last Saturday of

the month in Kids' Place, Central Library. By reading to trained and gentle dogs, from the Sacramento Goldrush Guides, this fun program helps boost children's reading skills and self-esteem. Sign-up on day of program is on a first-come, first-serve basis. For more information, call (916) 264-2920 or visit www.saclibrary.org.

Sunday, Free Admission, 10 a.m. to 1 p.m., 216 O Street, Sacramento. The Crocker Art Museum is offering free admission hours to visitors. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

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Calendar of Events

Tuesdays, Toddler Program, 11 a.m., 4235 Antelope Road, Antelope. The North Highlands-Antelope Library offers a Toddler Time and Playgroup. For more information, call (916) 264-2920.

Tuesdays, Reading Program, 3:30 p.m., 5605 Marconi Avenue, Carmichael. Children ages 5 to 12 are invited to the Carmichael Library for "Reading to Rover: A Learning Program for Children." For more information, call (916) 264-2920.

Wednesday, Pre-school Program, 11 a.m., 6132 66th Avenue, Sacramento. Pre-schoolers are invited to the Southgate Library for this special program. For more information, call (916) 264-2920.

Wednesday, Pre-school Program, 11 a.m., 2901 Truxel Road, Sacramento. Pre-schoolers are invited to the South Natomas Library for this special program. For more information, call (916) 264-2920.

Thursdays, Pre-school Program, 10 a.m., 2443 Marconi Avenue, Sacramento. The Arcade Library invites you to their toddler program, a continuing program. For more information, call (916) 264-2920.

Thursdays, Pre-school Program, 10 a.m., 891 Watt Avenue, Sacramento. The Arden-Dimick Library invites you to their pre-school program. For more information, call (916) 264-2920.

Thursdays, Pre-school Program, 11 a.m., 6700 Auburn Boulevard, Citrus Heights. The Sylvan Oaks Library invites you to their pre-school program. For more information, call (916) 264-2920.

Thursdays, Pre-school Program, 11 a.m., 4235 Antelope Road, Antelope. The North Highlands-Antelope Library invites you to their pre-school program. For more information, call (916) 264-2920.

Thursdays, through November, Pre-school Program, 11 a.m.

8962 Elk Grove Boulevard, Elk Grove. The Elk Grove Library invites you to their pre-school program. For more information, call (916) 264-2920.

Saturdays, Pre-School Program, 4:30 a.m., 4799 Stockton Boulevard, Sacramento. Join the fun at the Colonial Heights Library for a pre-school program. For more information, call (916) 264-2920.

Storytellers & Puppetry

September 12, Puppet Show, 2 p.m., 5605 Marconi Avenue, Carmichael. Bring the kids ages 5 to 12 to the Carmichael Library for "Itty-Bitty Variety Show" with the Caterpillar Puppets. For more information, call (916) 264-2920.

September 20, Storyteller, 2 to 3 p.m., 10 College Park, Davis. A new season of the Children's International Storytelling Program opens with an exciting performance by Bay Area storyteller Kirk Waller. His stories are a dynamic blend of musicality, mime and emotion. This event will be held in the Community Room at International House. There is a suggested donation of \$2 per person or \$5 per family. For more information, visit www.internationalhousedavis.org/prog/children/st.

October 1 and 8, Preschool Storytime, 10 a.m., 1601 Fair Oaks Boulevard, Fair Oaks. Children are invited to the Fair Oaks Library for "Preschool Storytime." For more information, call (916) 264-2920.

First Mondays of each month, Dog Program, 6:30 p.m., 9845 Folsom Boulevard, Sacramento. Join the fun the first Monday of each month at the Rancho Cordova Library for "Reading with Dogs," with Lend a Heart Pet Therapy. For more information, call (916) 264-2920.

Wednesdays, Toddler Storytime, 10 a.m., 8962 Elk Grove Boulevard, Elk Grove. This program is being offered

at the Elk Grove Library. For more information, call (916) 264-2920.

Wednesdays, Toddler Storytime, 10:15 a.m., 2500 New Market Drive, Sacramento. This program is being offered at the North Natomas Library. For more information, call (916) 264-2920.

Wednesdays, Library Programs, 11 a.m., 6132 66th Avenue, Sacramento. The Southgate Library will have free programs for children ages 3-5, ranging from 30-60 minutes. Events will feature storytelling, nursery rhymes, and sing-alongs. Registration may be required; check with library branch staff. For more information, call (916) 264-2920.

Thursdays, Preschool Storytime, 11 a.m., 10055 Franklin High Road, Elk Grove. Children are invited to the Franklin Community Library for "Preschool Storytime." For more information, call (916) 264-2920.

Thursdays, Preschool Storytime, 11 a.m., 1000 Caroline Avenue, Galt. Children are invited to the Galt-Marion O. Lawrence Library for "Preschool Storytime." For more information, call (916) 264-2920.

Thursdays, Preschool Program, 10:15 a.m., 5605 Marconi Avenue, Sacramento. Children are invited to the Carmichael Library for a pre-school program. For more information, call (916) 264-2920.

Thursdays, Toddler Storytime, 10 a.m., 2901 Truxel Road, Sacramento. Children are invited to the South Natomas Library for "Toddler Storytime." For more information, call (916) 264-2920.

Thursdays, Baby/Toddler Storytime, 10 a.m., 1000 Caroline Avenue, Galt. Children are invited to the Galt-Marion O. Lawrence Library for "Preschool Storytime." For more information, call (916) 264-2920.

Thursdays, Storytime, 9:30 a.m., 5600 South Land Park Drive, Sacramento. Belle Cooledge Library offers "Baby Lapsit Storytime." For more information, call (916) 264-2920.

Learning Express Calendar of Events

Friday, September 4, 10:30 a.m., at Learning Express of Roseville at Rocky Ridge Town Center, (916) 783-6310: Enjoy storytime with your favorite Big Red Dog! Come and enjoy a few Clifford stories, a craft and snack.

Friday, September 4, 11 a.m. at Learning Express of Roseville Westfield Galleria Mall, (916) 783-1124: "Special Madeline StoryTime" Madeline is turning 70 years old this year. Come and enjoy a few Madeline stories, a craft and snack. If you can't make this celebration, join the fun September 11, 11 a.m., at the Galleria Mall location.

Friday, September 11, 10:30, at Learning Express of Roseville at Rocky Ridge Town Center, (916) 783-6310: "Special Madeline StoryTime" Madeline is turning 70 years old this year. Come and enjoy a few Madeline stories, a craft and snack.

Friday, September 11, 11 a.m, at Learning Express of Roseville, Westfield Galleria Mall, (916) 783-1124: Storytime with your favorite Big Red Dog. Come and enjoy a few special Clifford stories, a craft and snack.

Friday, September 18, 10:30 a.m. at Learning Express of Roseville at Rocky Ridge Town Center (916) 783-6310: This is a special birthday weekend. Learning Express is celebrating 13 years as Roseville's Favorite Toy Store. Come help celebrate with an extra special storytime event, enjoy a few stories, face painting, a craft and snack.

Friday, September 18, 11 a.m., at Learning Express of Roseville at Westfield Galleria Mall, (916) 783-1124: This is another birthday weekend, celebrating the first year at the Galleria Mall in Roseville. Enjoy a few stories, balloons, face painting, and a craft and snack.

Friday, September 25, 10:30 a.m., at Learning Express of Roseville at Rocky Ridge Town Center, (916) 783-6310: Special Fancy Nancy Soiree storytime. Come dressed up in your FANCIEST clothes, enjoy a Fancy Story and make an even Fancier craft and snack.

Friday, September 25, 11 a.m, at Learning Express of Roseville, Westfield Galleria Mall (916) 783-1124: Special Angelina Ballerina Storytime. Come and enjoy an Angelina story, a craft and a snack.



Fall Fun! Fall Fun!

Discovery Museum Calendar

Beach Bum Weekend

Date: September 5 and 6 Time: 12:30 to 3 p.m. Enjoy the last big weekend of summer by visiting the Discovery Museum Science & Space Center. For this weekend only, there is an ocean inspired display in our classroom so you can spend a day at the beach. Kids 12 and under have the opportunity to make a fun ocean craft to take home as a souvenir from their museum visit. Remember, *Got Trees?* and *Fly Me to the Moon!* exhibits are now open for visitors.

out of This World Weekend

Date: September 12 and 13 Time: 12:30 to 3 p.m. Enjoy the *Fly Me to the Moon!* exhibit at the Discovery Museum Science & Space Center. With a rocket ship for children to play astronaut and space artifacts from NASA, the entire

family learns about space. This weekend there is an outer space theme in our classroom with space activities for children 12 and under. Do not forget that all visitors over the age of four are invited to our 1 and 3 p.m. planetarium shows, included with museum admission.

Bees and Trees

Date: September 19 and 20 Time: 12:30 to 3 p.m. The Discovery Museum Science & Space Center is excited to present Brian Fishback, a local bee man. There are bee husbandry tools, as well as live bees, for guests to view. Mr. Fishback is able to answer questions concerning bee keeping and bee behavior. The fun continues for kids 12 and under by making a stuffed paper bee pillow to take home. Learn all about the trees bees live in throughout the *Got Trees?* exhibit.

Fall Family Festival

Date: September 26 Time: 11 a.m. to 3 p.m. Bring your family and friends for the Discovery Museum's Fall Family Festival. Kicking off the fall season with a day full of fun. There will be "carnival" inspired games for kids 12 and under. Enjoy community groups on the grounds sharing information with your family, including the Lions Club of Rio Linda doing child fingerprinting and safety cards. Robot, Cosmos, is also joining the festivities. Picture opportunities will be constant, so bring a camera! With all the excitement outside, do not forget to visit inside the museum. Our *Got Trees?* exhibit and *Fly Me to the Moon!* exhibit are extremely popular for all ages.

Scientific Sunday

Date: September 27 Time: 12:30 to 3 p.m. Science fun is for everyone who visits the Discovery Museum Sci-

ence & Space Center. Displays in the museum include the *Got Trees?* exhibit, *Fly Me to the Moon!* exhibit and Nature Discovery Room with live animals. At noon and 2:00pm enjoy a Creature Feature highlighting one of our live animals (for all ages). Planetarium shows are held at 1:00pm and 3:00pm (ages four and older). Enjoy a nature walk outside by using a self-guided map. Kids 12 and under have the opportunity to make a science themed poster to take home as a reminder of their special day. All of these activities are included with admission.

The cost to attend the above events is: \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). The programs are best suited for children ages 4 to 12. The Discovery Museum Science & Space Center is located at 3615 Auburn Blvd. Sacramento. For more information, call (916) 575-3942 or visit www.thediscovery.org.

Square dance class offered

Learn basic square dancing, a wonderful activity for all ages. Couples and families are encouraged to come to Mission Oaks Community Center and enjoy fun Friday nights. The first class starts September 11, from 7 to 9 p.m. Square dancing is a great family activity for parents and their children, or grandparents and their grandchildren.

Children over 7 years old are welcome with an adult enrolled in the class. Casual, comfortable dress is recommended. The class costs \$20 for adults and \$5 for children for each 10-class session.

Mission Oaks Community Center is located at 4701 Gibbons Drive, Carmichael. For more information, call (916) 972-0336.

Fifth-grader poster contest

Fifth-grade students from the United States will learn how trees can help produce and conserve energy by participating in the 2010 Arbor Day National Poster Contest, an annual contest that teaches thousands of students each year about the value of trees.

The theme of the contest is "Trees are Terrific ... And Energy Wise!"

The competition is open to all fifth-grade students nationwide. In addition to the poster contest, lesson plans are available to educators to use in the classroom.

Teachers, parents, and students can visit www.arborday.org/postercontest

for contest rules, state deadlines, prize information, and to view the previous year's winners. A free educational guidebook with extensive classroom activities is available for downloading.

For the second consecutive year, students, teachers and other visitors to the Foundation's Web site, www.arborday.org, can help select a finalist for the national competition. From March 29 through April 2, visitors can select their favorite poster. The entry with the most votes will automatically move to the final round of judging.

Turkey Vultures

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! Bring the family to the Effie Yeaw Nature Center on Sunday, September 13 at 10:30 a.m. and learn more about the amazing turkey vulture and their importance to our ecosystem.

This program is free but there is a \$5 per car park entrance fee. The Center is located at 2850 San Lorenzo Way, Carmichael. For more information, call (916) 489-4918.



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Campgrounds and RV parks offer fun family activities

If you're looking for something entertaining to do with your family this summer, why not take them camping? Some engage their guests in everything from scavenger hunts to arts and crafts and tie-dyed T-shirt classes while others offer competitive events, from pet costume contests to singing competitions and limbo contests. Meanwhile, several parks have developed themed events, from magical Harry Potter weekends to Halloween in July and Easter in August celebrations. One park even hosts its own game and reality shows, including Jeopardy, Deal or No Deal and Survivor

Consider the following:

• **Campland by the Bay in San Diego:** This park, which recently installed a skate park, features arts and crafts classes; beach volleyball, kickball, dodgeball, capture the flag, and sand castle building competitions; and entertainment, including American Idol competitions with campground guests, performances with live bands, and campfire singalongs. Campland on the Bay, Kimberly McAnally, (858) 581-4200 or kmcnally@campland.com or www.campland.com

• **Coloma Resort in Coloma:** This park features on-site gold panning, yoga classes, guided naturalist hikes and a ropes challenge course, which tests campers' physical, emotional and problem solving abilities. Coloma Resort in Coloma, Daniella Faieta, (530) 621-2267 or www.colomaresort.com

• **Marble Quarry RV Park in Columbia:** This park offers on-site gold panning classes for kids and their families as well as a hamburger barbecue, ice cream social and campfire program on Saturdays. The park also has volleyball, shuffleboard, tetherball and horseshoe areas as well as a game room. Marble Quarry RV Park, Ralph Squire, (209) 532-9539 or ralph@goldrush.com or www.marblequarry.com

• **Redwoods River Resort & Campground in Leggett:** This 21-acre campground, which features towering redwoods, madrones and tan oaks, features ice cream socials, children's movie nights, arts and crafts classes, scavenger hunts and other social events designed for family fun. Redwoods River Resort & Campground, (707) 925-6249 or www.redwoodriverresort.com

• **San Francisco North/Petaluma KOA:** This park's

summer activities include a "Polynesian Weekend" (July 17-19), with island style crafts, karaoke, face painting, and Polynesian dancers; a "50s Weekend" (July 31-Aug 1), with poodle skirts, classic cars and a sock hop; a "Harry Potter Weekend" (Aug. 7-9), with a Harry Potter lookalike contest, firebolt races, balloon art and a magic show; as well as a "Karaoke Showdown" (Aug. 28-30), when winners from previous KOA karaoke contests throughout 2009 return to compete for a championship title and prizes. San Francisco North/Petaluma KOA, Chris and Pauline Wood, (707) 763-1492 or sfkoa@aol.com or www.petalumakoakcampground.com

• **Santa Cruz KOA:** This La Selva Beach park, whose attractions include a mechanical bull and a mechanical surfboard, has activities throughout the summer, including tie-dyed T-shirt classes, ice cream socials, outdoor movies and campfire singalongs. The park also has themed weekends, including a "Wild, Wild, West Weekend" (July 17-19), with hay rides, crafts and a bull riding contest; and a "Hawaiian Weekend" (July 24-26), with hula and limbo contests and paper leis crafts. Santa Cruz KOA, Sally Phillips, (831) 722-0551 or sphillips@koa.net or www.santacruzkoa.com

• **Smithwoods RV Park in Felton:** This park, which regularly hosts outdoor movie nights, ice cream socials, scavenger hunts and other family activities, will feature its annual dog show competition on the second weekend of August and a wiffle ball tournament over Labor Day weekend. Smithwoods RV Park, (831) 335-4321 or www.smithwoodsrvpark.com

• **Stockton KOA:** This Lodi park has special activities and themed weekends throughout the summer, including a "Pirates Weekend" (July 17-19); a "Science and Magic for the Curious" weekend (July 24-26), which includes opportunities to explore and event things as well as opportunities to learn new tricks and participate in a magic show; a "Super Soaker Weekend" (July 31 - Aug. 2), which includes a big blow-up slip n'slide and a giant water balloon fight; a "Game Show Weekend" (Aug. 7-9), which includes variations of Deal No Deal, Family Feud and Jeopardy; a "Scavenger Hunt Weekend" (Aug. 14-16); and a "Survivor Weekend" (Aug. 21-23), in which family members and campers team up to play their own game of Survivor. Stockton-Delta KOA, Scott Haar, (209) 369-1041, Ext. 4669 or shaar@koa.net or www.stocktonkoa.com

• **Yogi Bear's Jellystone Park in Cobb:** This campground has themed weekends and related special activities throughout the summer, including a "Treasure Hunt Weekend" (July 10-12); a "Halloween in July" weekend (July 17-18), complete with costume contests, Halloween crafts, campsite decorating contests, and trick or treating; a "Pets Weekend" (August 1-2), with a special activities involving animals, including a best dressed pet contest; an "Easter in August" weekend (August 7-8), complete with an Easter egg hunt and other Easter activities; plus a triathlon for campground guests on the Saturday of Labor Day weekend (Sept. 5-7), which will include a race on go-cart pedal bikes, a kayak race across the park's pond, followed by a sprint to the pool. Yogi Bear's Jellystone Park, Brian Barnhart, (866) 928-4322 or bbarnhart@jellystonecobbmtn.com

Consumers can find private campgrounds in their area by checking www.Camp-California.com. The site includes links to RV parks and campgrounds, which provide their own "activities" or event calendars, which can help you figure out which parks have activities your family will enjoy.



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Camping discounts!

More than 60 private campgrounds and RV parks from San Diego to Humboldt County plan to offer two nights of camping for \$50 on the first weekend of October. Parks that are participating in the October 2nd and 3rd promotion can be located through a special section on the association's website at www.Camp-California.com. Simply visit the October promotion link to find listings of parks offering the \$50 promotion.

Here's a sampling of participating parks by region:

San Francisco and the North Coast

- Dean Creek Resort, Redway

- Gualala River Redwood Park, Gualala
- Maple Leaf RV Park, Morgan Hill
- River Bend Resort, Forestville

Shasta Cascade Region

- Eagle Lake RV Park, Susanville
- Old Lewiston Bridge RV Resort, Lewiston
- Premier RV Resorts, Redding

Central Coast

- River Grover Resort, Felton
- Pismo Coast Village, Pismo Beach
- Flying Flags RV Resort, Buellton

Central Valley

- Bakersfield Palms RV Park, Bakersfield
- Stockton Lodi RV Park, Lodi
- Vineyard RV Park, Vacaville

Gold Country and High Sierra

- Coloma Resort, Coloma
- Meadowcliff RV Resort, Colville
- Pioneer RV Park, Quincy
- Wishon Village, Shaver Lake

Inland Empire

- Crane Lakeside Park & Resort, Lake Elsinore
- Reflection Lake RV Park, San Jacinto

- Victorville Shady Oasis, Victorville

Deserts

- Big River RV Park, Big River (near Parker, Ariz.)
- Sands RV & Golf Resort, Desert Hot Springs
- The Springs at Borrego, Borrego Springs

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Go on a bug hunt!

Hey kids! Want a fun idea? Why not go on a bug hunt. The weather is great for getting outside and exploring. Have mom or dad go with you and take a paper tablet and pencil to draw what you find. Bugs are everywhere, so look on the flowers and plants, look on the ground, in the grass, in trees, look on the fence and even your tomato plants. But watch out, those green tomato worms are huge!

See what you can find:

The biggest, the scariest, the fastest, the one with the biggest wings or longest antennae, the funniest bug, the smallest, the most beautiful bug, too. Have your parent draw the bug you find and you can help describe it, too. Write down what you see and the color.

Then when you get home, try to draw what you saw. Have your parents look up on the computer or go to the library and try to find information about the bugs you discovered on your "Bug Hunt."

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Draft Horse Classic and Harvest Fair

Enjoy the majestic Draft Horses as they perform and compete at the 23rd annual Draft Horse Classic and Harvest Fair at the Nevada County Fairgrounds, September 24 to

27. Voted as one of Nevada County's best events, and recognized as the premier Draft Horse show in the western United States, this is a must-see event.

In addition to Draft Horse performances, the Fairgrounds are alive with western music, Art at the Classic, lumberjack demonstrations, the Western Trade Show, horse shoeing competitions, and a clogging jamboree, and delicious food, or, go "backstage" and meet the horses up-close. Although there is a fee for the Draft Horse performances, admission to the Fairgrounds and Harvest Fair activities are free.

admission seats are first come, first seated, and are \$18 in advance (\$21 day of the event). RV camping is also available. Ticket order forms are available at www.nevadacountyfair.com. The fairgrounds are located at 11228 McCourtney Road in Grass Valley, 50 miles northeast of Sacramento, off Highway 49. For



more information, visit www.nevadacountyfair.com or call (530) 273-6217.

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Fiddlers' Jam

On Saturday, September 19, fiddlers from near and far will once again gather for Fiddletown's 17th Annual Fiddlers' Jam and Contest. The main street in Fiddletown will become a stage to some of the best fiddlin' music around.

Fiddletown is nestled in the Sierra foothills 40 miles east of Sacramento and six miles east of Plymouth. Also located adjacent to the Shenandoah Valley, home to many award winning wineries. Admission is free. A free shuttle is provided to and from the

parking area. The event will run from 10 a.m. to 5 p.m. In addition to the fiddling music and contest, there will be additional entertainment, crafters, delicious food, and a raffle. While there, you can enjoy a walk through town's Gold Rush era buildings.

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