

March 2010

# California Kids!



See  
Summer  
Guide Inside

# Free!

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# California Kids! Family Fun Guide

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**Distribution/Subscriptions:** George Macko

California Kids! is published monthly and distributed to more than 1,000 locations in the Sacramento Valley, including all of Sacramento County, and portions of Yolo (Davis and Woodland), Placer (Auburn, Newcastle, Rocklin and Roseville), El Dorado (Cameron Park, El Dorado Hills, Placerville), and Nevada (Grass Valley, Nevada City) counties.

**Subscriptions** are available for \$30/year. Mail prepaid check or money order to California Kids!, 2709 Riverside Boulevard, Sacramento, CA 95818. Make sure to specify the person and address to which you wish issues to be mailed.

**Deadlines** for advertising and calendar listings are the 25th of the month prior to publication. Calendar listings should be mailed to 2709 Riverside Boulevard, Sacramento, CA 95818, faxed to (916) 429-9906, or e-mailed to vcnews@valcomnews.com.

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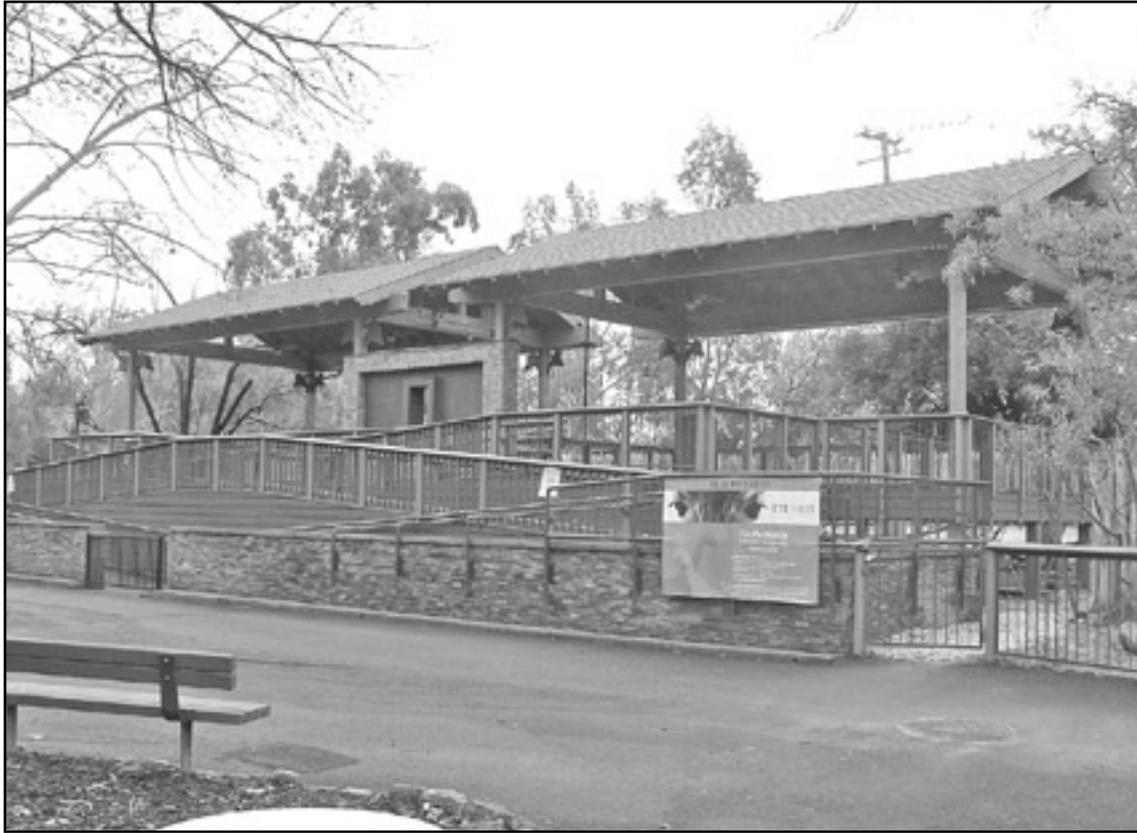
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Photos courtesy of Sacramento Zoo

## Eye-to-Eye 'Tall Wonders' giraffe exhibit opens

Exactly one year from the February 2009 groundbreaking for Tall Wonders, the Sacramento Zoo celebrated the grand opening celebration over President's Day weekend 2010! For the very first time, Zoo visitors will be eye to eye with the stately residents on the 1,100 square foot raised deck. The elevated platform also provides a magnificent view into the neighboring zebra and ostrich area. Visitors can also now see into the giraffes' new barn when the giraffes are inside eating or sometimes sleeping.

Come see Val, Skye and Goody in their new home.

The state-of-the-art block barn (yes, it's heated!) provides warm nights for the three giraffes, while the expanded grounds allow for leisurely giraffe-size strolls during the day. The new housing structure includes multiple giraffe stalls including separate holding areas in the case of a birth, an exam stall, and outdoor areas. The Sacramento Zoological Society raised over \$2 million to raise the roof on this one-of-a-kind project.

Open since 1927, the Sacramento Zoo is home to over 140 native, rare and endangered species and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through edu-



cation and recreation. Open daily from 9 a.m. to 4 p.m., general admission is \$11; children ages 3 to 12 are \$7 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](http://saczoo.com).

## Fairytale Town goes green!

Fairytale Town invites you to come and enjoy an afternoon filled with educational displays focusing on the environment, conservation, and tips on how to go green. It's the return of their popular Fairytale Town Goes Green event on Saturday, March 13, from 11 a.m. to 3 p.m.

Special hands-on arts and crafts activities will focus on creating art from recycled material, including making crowns from recycled newspaper and bead making from recycled magazines. Children can participate in building the Helping Hands collage which includes tracings of their own hands coupled with conservation pledges. Families may visit with several Sacramento area organizations and learn about different ways they can "go green," help fight pollution and create a healthier environment. Special guests include Y-Not Recycling who will be giving out coupons for free e-waste pick-ups, Solar Cookers International, and SMUD with their solar-powered presentation trailer--plus many more. Puppet Art Theater will also be onsite performing a new conservation-friendly adaptation of "The Three Little Pigs" with a green twist in the Children's Theater.

Most activities for the Fairytale Town Goes Green event are included in paid park admission. Tickets for Puppet Art Theater performances are an additional \$1 for members, \$2 for non-members, with show times at 12:30, 1:30 and 2:30 p.m.

*Fairytale Town is open 9 a.m. to 4 p.m. daily (weather permitting) Fairytale town is located at 3901 Land Park Drive, in William Land Park, Sacramento. For more information, call (916) 808-7462 or visit [www.fairytaletown.org](http://www.fairytaletown.org).*

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Family Fun Guide

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# Elk Grove Library hosts short-story contest for cash prizes

**A**mateur writers, ages 16 and older, are invited to enter the Friends of Elk Grove Library's 7<sup>th</sup> Annual Short Story Contest before the 5 p.m., Saturday, April 3 deadline.

Entries may be fiction or non-fiction and not longer than 1,000 words. Manuscript must be typed and double-spaced. Final word count to be written at the top of the title page. Your name, address, phone number, and manuscript title should be written on a 3-inch x 5-inch card and attached to your entry.

There is a \$5 per entry fee; and entry checks are to be made payable to the "Friends of Elk Grove Library."

Winners will receive cash prizes of \$100 for first place, \$75 for second place, and \$50 for third place. Entrants are asked to make a photocopy of their short story entry, as submissions will not be returned.

Contest manuscripts may be mailed or brought to Elk Grove Library, 8900 Elk Grove Blvd., Elk Grove, CA 95624. The awards will be presented at the Elk Grove Library Writers' Conference Workshop, at 10 a.m., Saturday, April 17, at Elk Grove Library.

For details, call the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org).

# Find SomeBUNNY to LOVE at the Sacramento SPCA!

In February, the Sacramento SPCA had a special Rabbit Adoption urging people to visit the shelter to Find SomeBUNNY to Love!



Through February 28, the SPCA had reduced rabbit adoption fees to just \$20 (more than half-off regular adoption prices) and offering every rabbit would be spayed or neutered before adoption, and every adoption included a free follow-up veterinary check-up.

The SPCA cared for more than 150 homeless rabbits in 2009. Rabbits are bright, inquisitive, social and affectionate animals that enjoy the company of people and often other gentle animals, including other rabbits. Rabbits are quiet, clean animals and are reasonably easy to litterbox train, making them excellent indoor companions.

February was National Adopt a Rescued Rabbit Month, and the SPCA wanted to spotlight the rabbits housed at the shelter, and to educate people about these unique companions.

Maybe there are some bunnies left to adopt! Why not check out the Sacramento SPCA today at [www.sspca.org](http://www.sspca.org) to see some of the shelter's adoptable bunnies, or inquire at the SPCA shelter, which is located at 6201 Florin-Perkins Road in Sacramento and is open Tuesday to Sunday, from 11 a.m. to 6 p.m.

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# St. Patrick's Day Fun!

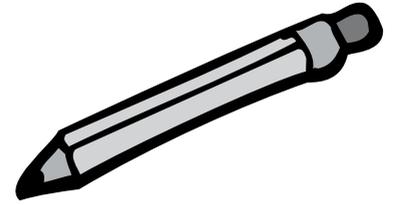
**T**hey say that everyone's Irish on St. Patrick's Day, so let's see how green your blood is. St. Patrick's Day is full of traditions, from special foods and parades to tall tales and superstitions. See how many hidden words you can find related to St. Patrick's Day in the puzzle below. Look carefully, as words can appear vertically, horizontally, diagonally, backwards and upside down. May the luck o' the Irish be with you!

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

- |                   |              |                    |
|-------------------|--------------|--------------------|
| candy             | Ireland      | Parades            |
| celebrate         | Irish coffee | Pot of Gold        |
| Dance             | Leprechaun   | Rainbow            |
| Family            | Luck         | Singing            |
| Four Leaf clovers | Lucky charms | Saint Patricks Day |
| Fun               | Music        | Tall Tales         |
| Gold              |              | Wearing Green      |



# MAKE IT YOURSELF!



## Paper cup Leprechaun

This paper cup leprechaun is a super St Patrick's Day craft for older kids (or younger children with a bit of help!)

### You will need:

- Polystyrene ball
- Paper cup
- Pink paint
- Green paint
- Wiggle eyes
- Green, black, yellow, orange, red and pink craft foam
- Black pen
- Glue



### You will need to:

Paint the ball pink and the cup green and leave to dry. Glue the ball to the bottom of the cup. Cut two arms from green foam and two hands from pink. Glue one hand to the end of each arm and the other ends of the arms to the body.

Cut a strip of black foam and glue it around the middle of the cup as a belt. Add a buckle from a circle of yellow foam. Make a hat by cutting two hat shapes from green foam. Glue one either side of the head, sticking the edges together.

Add a strip of black foam and a yellow foam buckle. From orange foam cut a beard and some hair. Glue these on. Finally, add two eyes, a red circle of foam for the nose and draw on a mouth.

## Pot of Gold collage

Fun for St Patrick's Day, this pot of gold collage is an easy craft for kids of all ages.

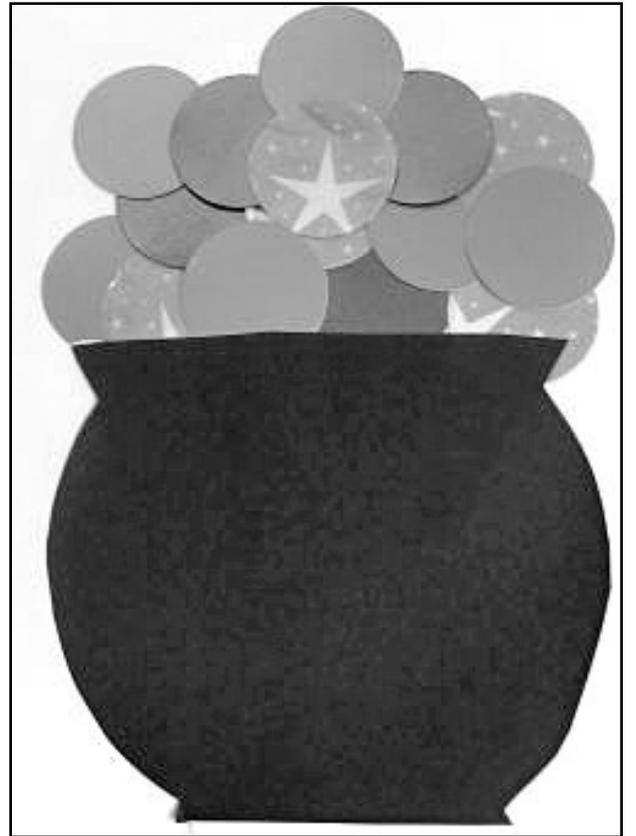
### You will need:

- Black paper
- Gold paper and card (in different textures).
- You could even save the coverings from chocolate gold coins!
- Paper
- Circle craft punch (optional)

### You will need to:

Punch or cut circles from the gold paper. Cut out a pot shape from the black paper.

Arrange your pot and coins on the paper. Glue it down when you are happy with the arrangement.



## Handprint Rainbow

### You will need:

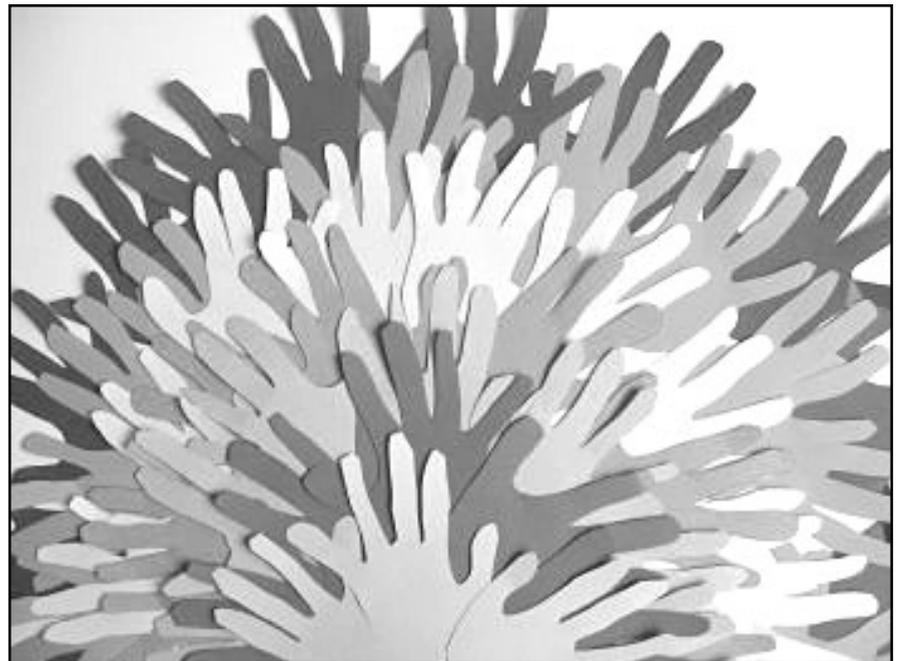
- A large sheet of white cardboard or construction paper
- Paper in all the colors of the rainbow
- Glue

### You will need to:

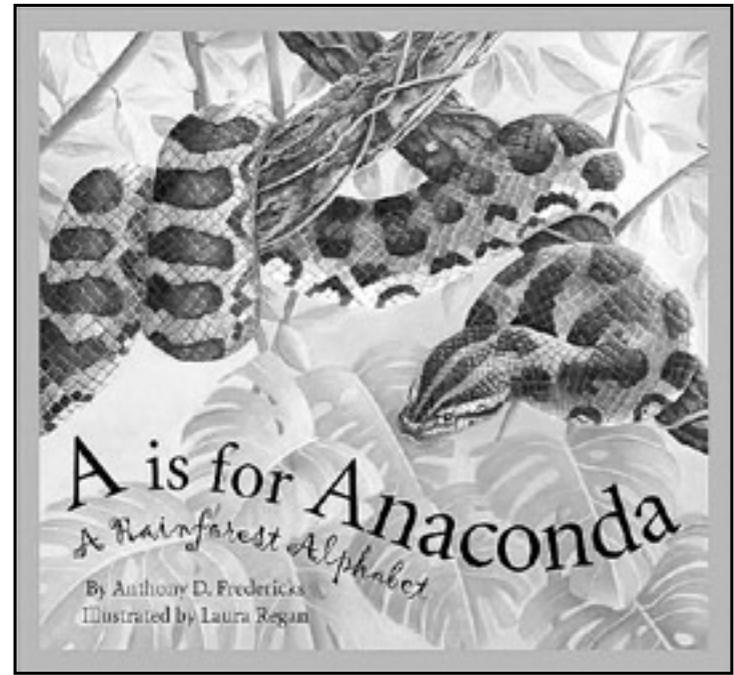
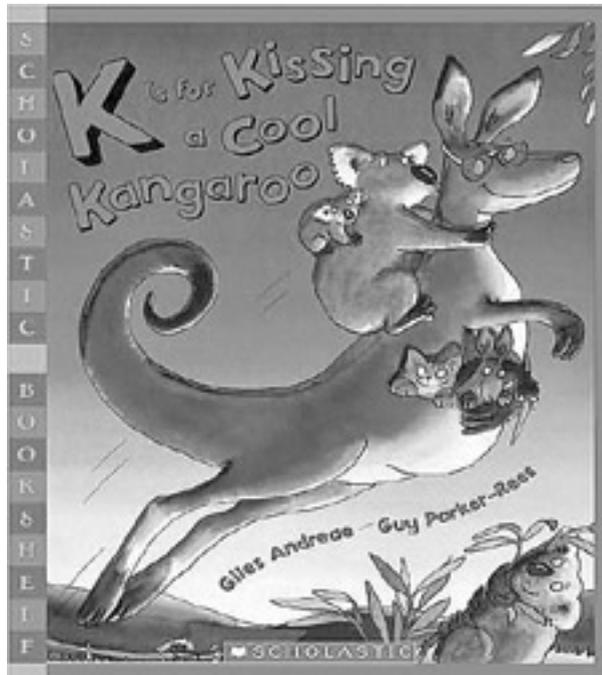
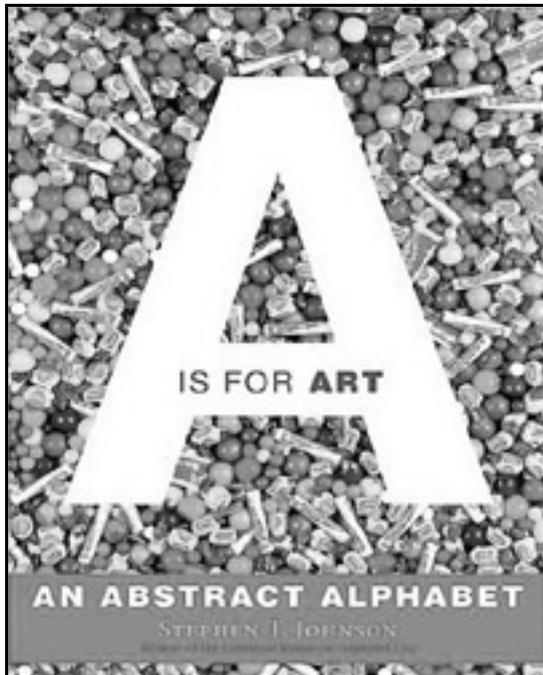
Cut out lots of handprints from the colored paper. Arrange the red handprints in an arch and glue down the palms, leaving the fingers loose.

Arrange the orange hands in an arch underneath, overlapping the fingers with the palms of the red arch. Glue down by the palms.

Carry on, color by color until the rainbow is complete.



Crafts courtesy of: [www.ActivityVillage.co.uk](http://www.ActivityVillage.co.uk) - Keeping Kids Busy



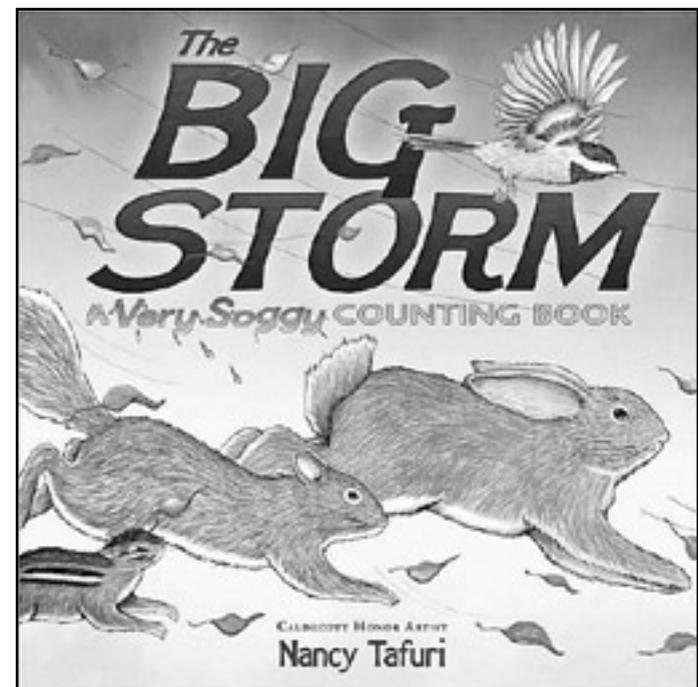
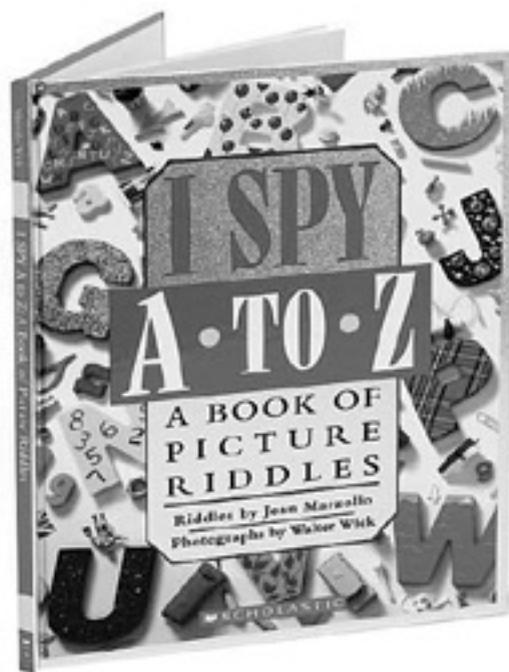
# The Book Report Letters and numbers

By Connie Goldsmith

Every child learns the alphabet and how to count to ten. Alphabet and counting books can turn these simple tasks into a joyous good time when parent and child read together. Use letters and numbers in games during car rides. Count blue cars, red stoplights, or yellow bicycles. Slightly older children might enjoy alphabet games – calling out objects in alphabetical order. Letters and numbers form the foundation for learning. Making it fun for children now can ensure that it remains fun in the future.

*“A is for Art: an Abstract Alphabet,”* by Stephen T. Johnson. (Simon & Schuster). The artist creates a marvelously complex alphabet book that doubles as a trip to an art museum and a stint at a coffee house poetry reading. Readers and listeners of all ages will enjoy seeing the original art and hearing the wordplay of each letter. For C, Camouflage: “Countless colorful candies consciously collected, crammed, crushed, and confined crowd a clear circular container filled to capacity.” Some letters are challenging to find, but all are delightful to look for, especially Pop Quiz, a stunningly brilliant collage of “p” objects to search for: pale pink paper clips, profile of a parrot, peacock feathers, puzzle pieces, and more. An index provides details of the artist’s works and shows us where the hidden letters are.

*“K is for Kissing a Cool Kangaroo,”* by Giles Andreae, art by Guy Parker-Rees. (Scholastic). “A is for apple that grows on the tree,” seems like a pretty clichéd way to begin an ABC book. But surprises abound on every page. An aardvark is balancing on an anteater stretching up to reach the apple while amused ants look on. “O is for octopus, arms everywhere. P is for peaceful and piglet and pear.” Look closely with your child. O is also for orange, owl, ostrich, olives, and otter. And there are a dozen different



P words waiting to be found. The rollicking rhymes are fresh and amusing and always unexpected. The watercolor paintings are eye-popping bright and sassy. You’ve got to love the naughty monkeys, the roller-skating robot, and the rabbit-driven carrot car! \*\*

*“The Big Storm: a Very Soggy Counting Book,”* by Nancy Tafuri. (Simon & Schuster). A storm’s coming to the woods and the animals must find shelter. “The sky started to turn gray. Dark black clouds started to gather. Bird flew for cover. Now there was one in the hill hollow.” The wind blows and mouse joins bird. Leaves swirl and squirrel does the same. When thunder rumbles and grumbles, raccoon, opossum, fox, and others join the crew. Skunk squeezes in and makes it ten. The picture of the animals curled up in a crowded cave during the storm is heartwarming. Daylight comes, but there is still rumbling and grumbling. What’s going on? A mamma bear and cub snore behind the ten friends! Out they run, 10-9-8-7-6-5, counting down. Outside the cave they discover a beautiful rainbow-crowned morning.

*“I Spy A to Z: a Book of Picture Riddles,”* by Jean Marzollo, photographs by Walter Wick. (Scholastic). This seek and find book pairs rhyming text with photographs of dozens of objects to teach visual and auditory skills along with the alphabet. “I spy a baseball, a marble that’s blue, a bucket of sand, and a block with a 2,” for the letter B. Each B is red, alerting readers to words that begin with B (block) and to those that contain B (marble) – a concept uncom-

mon to alphabet books. Photos of words are included in the rhyme so that the youngest listener can easily identify the object. Older kids will love to search for the objects hidden helter-skelter in the colorful photographs – rather like “Where’s Waldo.” Some of the photo layouts are stunning – a scramble of silhouettes, a cache of Christmas ornaments, and a tumble of tiny treasures.

*“A is for Anaconda: a Rainforest Alphabet,”* by Anthony Fredericks, illustrated by Laura Regan. (Sleeping Bear Press). This book works on two levels: For the youngest, a simple rhyme, such as for the letter S: “S is for the sloth. Like an acrobatic clown, it spends its days and nights in a world that’s upside down.” Older readers and adults alike will enjoy the detailed sidebar on each page that describe the object (in this case, the sloth) and how it fits in with its environment. The world’s rainforests have been slashed by half, endangering its animal and plant inhabitants. Read about the anaconda, jaguar, the kapok tree, orchids, and poison dart frogs. The strong message of conservation and environmentalism rings out loud and clear in this fascinating book.

\*\* Reviewer’s pick of the month

Connie Goldsmith lives and writes in Carmichael. Her latest juvenile nonfiction books, *“Cutting Edge Medicine,” “Meningitis,”* and *“Superbugs Strike Back: when antibiotics fail,”* can be found at online booksellers, and in school and public libraries. Her newest books about hepatitis and malaria are due out this spring.



# Discovery Museum Science & Space Center activities

**Prehistoric Fish Prints - March 6 and 7 - 12:30 to 3 p.m.** When learning about prehistoric times, most people think about dinosaurs. But did you know fish have been around even longer than dinosaurs? This weekend at the Discovery Museum, the highlight is on pre-historic fish. Touch real fish fossils and make a fish print poster to take home as a souvenir.

**Woolly Wonders - March 13 and 14 - 12:30 to 3 p.m.** Visit the Discovery Museum to learn about an animal that may be in – or under – your own backyard. Woolly Mammoth fossils were recently discovered in the Elk Grove area, proving the species once resided right here in the Sacramento Valley! Learn about this colossal creature in our Gee Whiz Geology exhibit. Kids 12 and under help create a life-size baby woolly mammoth by adding yarn to her coat! (There's a smaller mammoth craft to take home!)

**NASA Sun-Earth Day - March 20 and 21 - 12:30 to 3 p.m.** Join the Discovery Museum Science & Space Center in celebrating NASA's National Sun-Earth Day. The focus is on the relationship between the star we call Sun and our own planet. We'll have activities and display topics ranging from the structure of the sun to solar flares. Kids 12 and under make a craft. The 1 and 3 p.m. planetarium shows highlight the Sun.

**Bunny Bonanza - March 27 and 28 - 12:30 to 3 p.m.** It is truly a hare-raising Bunny Bonanza at the Discovery Museum this weekend! The 4-H rabbit group will bring their fascinating and beautiful bunnies to visit. It's a great educational opportunity with loads of fun facts and young rabbit experts excited to answer all bunny questions. The displays are informative and kids have a blast petting the different types of rabbits. Children make and take home a paper bunny basket with jelly beans.



A young visitor in the "dinosaur petting zoo" takes a ride on a Triceratops.

The Discovery Museum Science & Space Center is located at 3615 Auburn Boulevard, Sacramento. Admission is \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). These programs are appropriate for ages 4 to 12 years.

For more information, call (916) 575-3942 and visit [www.thediscovery.org](http://www.thediscovery.org)



## Voetberg Family Band to perform Free Family Concert

Enjoy a special evening with the Voetberg Family Band in a free family concert at 6:30 p.m., Thursday, March 18, in the Tsakopoulos Library Galleria, at the Central Library, 828 I Street, Sacramento.

Based in Centralia, Washington, the Voetberg family members will perform their unique music with bluegrass, gospel, country, folk, jazz and Celtic influences. The Voetberg's 10 children, from ages from eight to 25, have garnered many awards including 10 Washington state fiddle championships, eight Washington State Music Teachers Association awards for outstanding keyboard and vocal performance, 20 regional fiddle championships, 10 top-five placements at the National Fiddle Competition, and the title of 2007 National Young Adult Fiddle Champion.

For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org).

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# Crocker Art Museum Hosts Art Activities at Local Libraries

The Crocker Art Museum will travel to four local libraries from March through June to host an art activity inspired by a classic children's book. Designed after the Crocker's popular Wee Wednesday series, Stories and Art is for children 3 to 5 and the special adult in their lives.

"Combining reading with a hands-on art activity is a meaningful and easy way to encourage development for kids during their preschool years," says Emma Moore, manager of experiential learning at the Crocker Art Museum. "We are

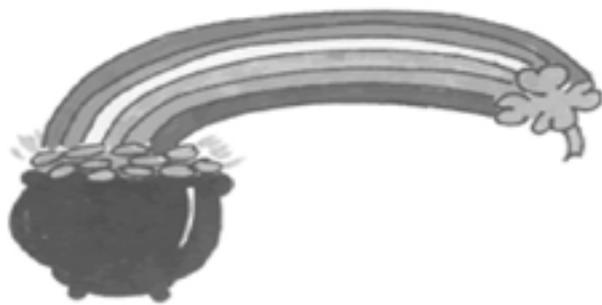
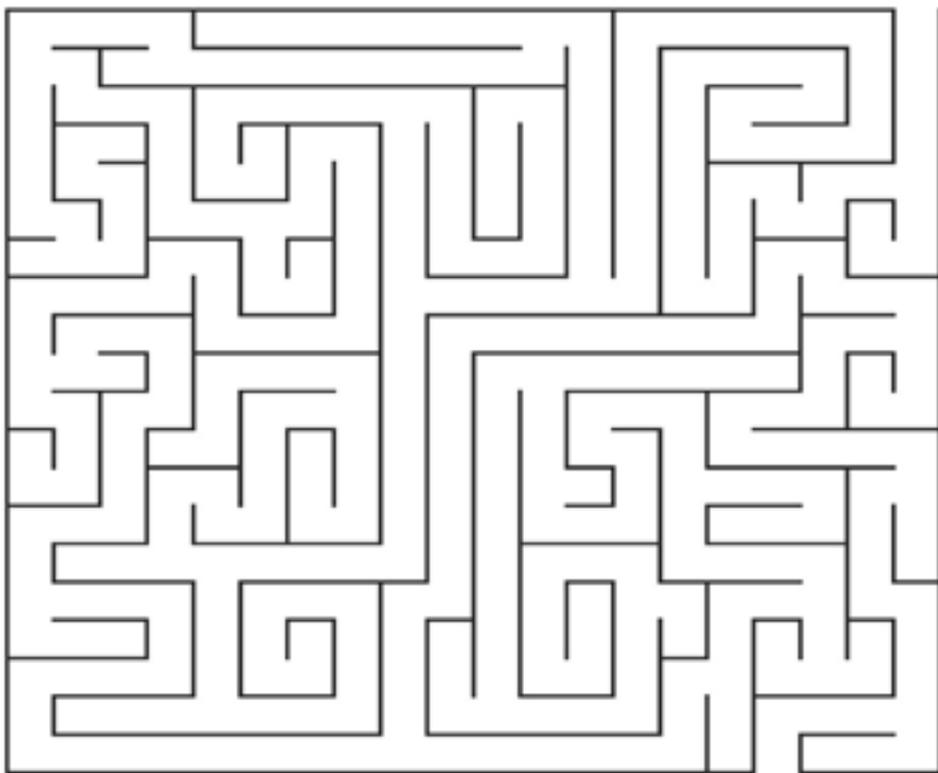
very excited to bring this program to libraries in the community."

- Thursday, March 18, 4:30 p.m., Colonial Heights Library, 4799 Stockton Boulevard
- Wednesday, April 14, 11 a.m., Courtland Library, 170 Primasing Avenue
- Thursday, May 13, 11 a.m., North Highlands - Antelope Library, 4235 Antelope Road
- Thursday, June 10, 11 a.m. and 3:30 p.m., Elk Grove Library, 8900 Elk Grove Boulevard

This program is free and open to the public. For more information about the Stories and Art programs, call Emma Moore at (916) 808-1961 or [emoore@cityofsacramento.org](mailto:emoore@cityofsacramento.org). The Crocker Art Museum is located at 216 O Street in Downtown Sacramento. Museum hours are 10 a.m. to 5 p.m., Tuesday to Sunday; first and third Thursdays until 9 p.m. Free admission on Sundays from 10 a.m. to 1 p.m. For more information on exhibits and events call (916) 808-7000 or visit [crockerartmuseum.org](http://crockerartmuseum.org).



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Keeping Kids Busy

## Name Bubbles Labels Protect Camping Gear Against Loss and Theft

Special to California Kids!

There's nothing fun about coming home from camp having lost a favorite sweatshirt or piece of camping gear. Flashlights, thermoses, outdoor equipment and clothing may look similar, so personalized property labels are an important way to let little campers know for sure who owns which items. Durable laminated vinyl press-and-stick personalized name labels identify equipment and clothing, so campers can keep their focus on having fun.

To help prepare your children and keep them organized at camp, Name Bubbles' Camp Labels come in a mix of sizes and styles, including laundry- and dishwasher-safe labels, and water-resistant Fun Stickies. Name Bubbles are weather-proof, and they're not affected by the use of sunscreens or insect repellents, so they last through the gamut of summer-camp activities.

**Name Bubbles Camp Pack provides 124 labels in a variety of styles (\$35.20), as follows:**

- 8 Square Bubbles - perfect for expensive outdoor equipment, room for e-mail and telephone numbers
- 8 Fun Bubbles - great for water bottles, fishing poles, and camping necessities

- 18 Mini Bubbles - skinny waterproof labels for sun block, bug spray, and toiletry items
- 2 Super Bubbles - extra large labels for camp trunks, bags, and gear
- 56 Bitty Bubble - press and stick kids clothing labels, the perfect solution for quick and easy labeling
- 8 Pairs of Bubbles Toes - shoe labels that are laminated for extra durability
- 8 Square Stickies - water resistant labels with a lot of contact information for expensive indoor equipment
- 8 Fun Stickies - water resistant vinyl labels for books, cell phones, and personal items

### About Name Bubbles

Name Bubbles are fun and functional waterproof press-and-stick name labels designed to help busy families keep track of toys, clothing, hand-held electronics, baby bottles, school uniforms, sports equipment, and much more. Name Bubbles waterproof labels are safe for the dishwasher, laundry, and microwave. Custom label packs are available for camp labels, school labels, and daycare labels. They can all be personalized and purchased right on the Name Bubbles web site at [www.NameBubbles.com](http://www.NameBubbles.com).



# Spot, Prevent, Smile! oral Health Matters

## Special from First 5 Sacramento

Oral health begins even before children start teething. Are you establishing positive dental habits early to ensure your child's teeth are healthy? Paying attention to your child's oral health early can prevent problems down the road such as chronic pain, impaired chewing and speech development, as well as reduced concentration and self-confidence.

It's estimated that nearly two million school days are lost nationwide annually because of dental problems in children ages 5 to 17. First 5 Sacramento is working to combat this problem by working with local water districts to help fluoridate drinking water. Fluoride plays an important role in the healthy tooth development in children and helps prevent the early stages of tooth decay. Visit the street

detailed fluoridation map at [www.First5Sacramento.net](http://www.First5Sacramento.net) to find out if your house receives fluoridated water. Also be sure to talk with your child's dentist about fluoride.

First 5 Sacramento offers parents the following tips to help Spot, Prevent and Smile – establishing a lifetime of healthy teeth.

- Spot – Looking for Tooth Decay - Check your baby's teeth and gums for tooth decay every day. Look for white, brown or black spots on the teeth. If you see any spots, visit the dentist right away. Also, check gums for swelling, bleeding and pimples. Take your baby to the dentist, starting at age one.

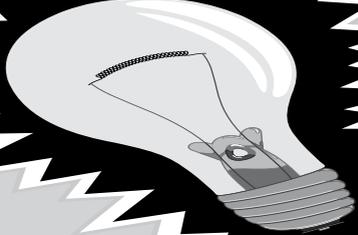
- Prevent – Early Prevention is Best - Remember to wipe or brush your child's teeth daily with a clean washcloth, especially after eating. When your child is about two years old, help him or her brush using small circular

motions. Give your child water rather than juice when he or she is thirsty. After six months of age, one small serving of juice daily is plenty. Once your baby is eating solid foods, limit the number of sweet and sticky foods he or she eats. Instead, offer healthy foods and snacks like fruits, vegetables and cheeses.

- Smile – Healthy Teeth for Happy Smiles - Help your child brush his or her teeth at least twice a day and floss every day. Take your child to the dentist at least once a year. Remember your child's teeth and gums are important – even his or her baby teeth. A child's first set of teeth is crucial for chewing, speaking and speech development, jaw development, self-esteem and are placeholders for permanent teeth. Smart oral health practices are just one step in preparing a child to begin school on the right track.

To find a pediatric dentist in your area call the California Society of Pediatric Dentists at (800) 503-9780 or online at [www.cspd.org](http://www.cspd.org). Additional oral health tips and information is available online at [www.first5oralhealth.org](http://www.first5oralhealth.org). First 5 Sacramento encourages all parents to be aware of their child's development and share any concerns with a health care professional. For more information on parenting resources or other First 5 Sacramento programs, call (916) 876-5865 or visit [www.First5Sacramento.net](http://www.First5Sacramento.net).

*About First 5 Sacramento - California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages zero to five. First 5 Sacramento distributes approximately \$17 million a year in Prop. 10 revenues to programs and services that meet local needs.*



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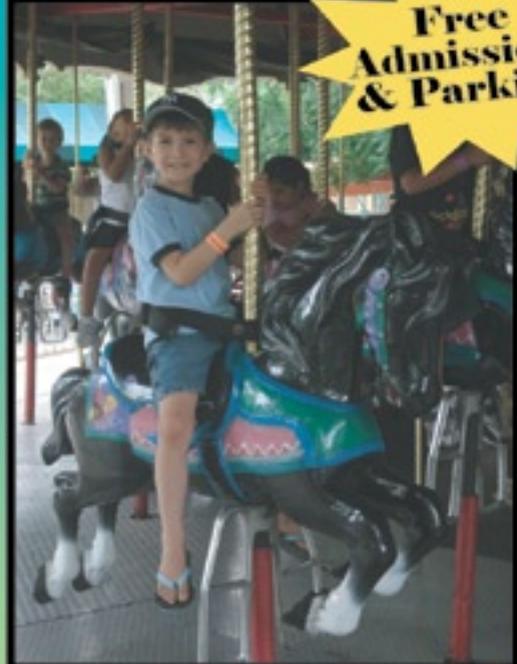
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Summer Guide! Summer Guide!

# Camps for Everyone

Summer camps, like people, are not all alike. The most obvious difference is between day and resident camps, but many other features distinguish individual camps. Some camps specialize, either in particular groups or in special interests such as music. Here's a listing of some of the most popular types of camps available in Northern California, courtesy of the American Camp Association® (ACA), Northern California.

**Special populations** - There are camps for disabled children, as well as for children with cancer, sickle cell anemia, diabetes, asthma and other challenges.

**Specialty camps** - At least one camp is totally devoted to baseball, another to music and another to horsemanship.

**Special activities** - In addition to the traditional outdoor activities, some camps offer a variety of special-interest programs. For example, some emphasize the arts, giving instruction on dance, drama, music – even circus performing. Environmental programs include organic gardening, astronomy and tide-pool exploration. Sports can include rafting, rock climbing, backpacking, gymnastics, water-skiing, aquatics, wind surfing, skateboarding

and karate. Camps can be instructional, too, offering classes in computers, for example.

**Family camps** - In some cases, entire families can go to camp together. For many, it is the best of all worlds, enabling parents to enjoy the camp experience with their children and yet have time on their own.

Whatever the camp specialty, it is generally recognized that campers learn new skills, increase their self-esteem, develop social skills and enhance their self-confidence.

To find an ACA-Accredited® camp and to access other resources including a list of local camp fairs, visit <<http://www.acanorcal.org/>><http://www.ACANorcal.org>, call (916) 333-5344 or email [info@acanorcal.org](mailto:info@acanorcal.org).

ACA is the only organization that accredits all types of camps. ACA accreditation means that your child's camp cares enough to undergo a thorough (more than 300 health and safety standards) review of its operation from staff qualifications and training to emergency management. Accreditation is voluntary, and while many good camps are not accredited, ACA accreditation assures families that camps have made the commitment to a safe, nurturing environment for their children.

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**Summer Guide! Summer Guide! Summer Guide! Summer Guide! Summer Guide!**

# Family activities in Lompoc!

**L**a Purisima Mission State Historic Park offers a variety of experiences for families to enjoy a fully restored Spanish California Mission as well as the 2,000 acres of wilderness that surrounds it. Visitors can steep themselves in early California history by learning about the native Chumash and how the Spanish came to rule the land converting the natives and their way of life. Ten adobe buildings can be explored on your own or as part of a daily tour.

There are also 25 miles of trails in the park allowing hik-

ers to summit vista points, explore a pond, immerse oneself in fine examples of California Chaparral and sit in the shade of a live oak tree. Wildlife abounds and the sightings of deer, squirrel, lizards, and birds common. Trails range from easy to moderate in length and degree of difficulty. You will want to pack a lunch and water as this much fun can take all day!

In addition there are special days were docents in costumes bring the people of mission times to life offering interactive demonstrations.



Special events planned for March and April:

**March 6 and April 3, Purisima People Days - 11 a.m. to 2 p.m.**

A Living History experience where you meet historical figures found at the mission in 1822. Step back in time to 1822. Costumed re-enactors portray the people who call La Purisima Mission home. Visitors may meet Padre Payeras, the Mayordomo, blacksmith, and the women and children completing their daily chores. Feel free to visit with Purisima's People, but remember - it's 1822!

**March 12 and 13, Mountain Men - 10 a.m. to 4 p.m.**

Buckskin clad members of the American Mountain Men share mountain men history and skills. Cooking, hide preparation and tanning, leather working, rope making, engraving horn, gunsmithing, and blacksmithing are among the skills that visitors may experience. Equipment will be on display and tall tales will surround the campfire.

**March 20 and April 17, Mission Life Days - 11 a.m. to 2 p.m.**

Learn about the type of people found at the mission, and the

way they lived in mission times. Join the costumed docents and staff for an opportunity to observe and participate in the craft activities that supplied the needs of the mission residents. Demonstrated crafts may include: tortilla making, candle making, soap making, spinning and weaving, carpentry, pottery, and blacksmithing.

*Daily tours begin at 1 p.m., meet at the visitor center. La Purisima Mission State Historic Park is located at 2295 Purisima Road, Lompoc. For more information, call (805) 733-7776.*

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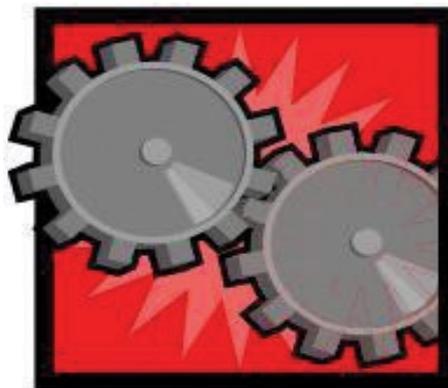
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**Summer Guide! Summer Guide! Summer Guide! Summer Guide! Summer Guide!**

# Show them the world at the California Academy of Science

**By Grace Ertel**  
*Special to California Kids!*

A pleasant train ride from Sacramento to the California Academy of Science at San Francisco's Golden Gate Park provides a one of a kind experience for children and adults alike. It's the only place in the world where you

can visit creatures of the sea and the earth as well as the heavenly bodies of outer space--all under one roof.

Here you'll find an aquarium, a planetarium, a natural history museum which includes a rain forest as well as world class scientific research facilities with interactive displays. We advise you to plan your time wisely as various daily shows are given at different times. You may choose from a variety of performances such as the Planetarium Show, the Forum Show, the Coral Reef Dive, the Penguin Shows and

the Swamp Talk. On weekends, the Explore Science (talks and animal demonstrations), Family Nature Crafts (for ages 4 -8), as well as Science Up-Close (interactive mini talks) provide still other options.

As the line to the Rain Forest looks a bit crowded, we begin our exploration at the colorful Living Roof--a 2.5 acre expanse of native California plants and wildflowers that employ a wide range of energy-saving materials and technologies and also make a new link for wildlife. In fact, the whole academy has earned a



*Photo courtesy Grace Ertel*

*Visitors line up to view the Rain Forest.*

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Immediately below the Living Roof lies the Morrison Planetarium where the show takes us on a guided tour of the Solar System and then to the furthest reaches of the universe. We learn about our

fragile planet and possible life beyond our own solar system as well as about climate change and global warming.

It appears that everyone wants to see the living rainforest. With mahogany and palm trees and sturdy vines hanging through this four-story exhibit,

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**Saturday, March, 11am-3pm**



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

the sights, the sounds and the dripping atmosphere all make for a rich experience. A winding ramp takes you to see Borneo's bats and then to the geckos and chameleons of Madagascar. Continue on up the path to see colorful butterflies from the treetops of Costa Rica. Down below all this (take the elevator), you'll see anacondas, piranhas and electric eels of the Amazon. For a rather strange experience, walk through the tunnel and peer up at the fish swimming overhead.

There is really so much to see and do here, However, two shows we find especially attractive to kids are the Penguin Show and the Bug Show. The Penguin Feeding takes place twice daily--once in the morning and once in the afternoon. A 75,000-gallon tank at the end of the African Hall lets a colony of African penguins dip and dive to their hearts' content.

At feeding time, you sit on benches or the floor to watch the proceedings. The birds seem to come alive when their fish feed appears. The caretaker calls many by name and tells of their background as they cavort around impatiently, jostling for space with few manners. We learn this is a survival program aimed at conserving the species in the wild.

When ready for a bit of nourishment ourselves, we head for the Cafe and Restaurant area which, for museum food, has

gotten quite good reviews. It has a wide selection of hot "sit down" and cold "grab and go" items so one can more easily schedule a meal without too much wait between exhibit viewing and show times.

Don't miss the Swamp Talk on the main level. Here you'll see some amazing creatures from the swamps of our own southeastern states such as the alligator snapping turtles as well as snakes, frogs and salamanders. However, the star here appears to be the albino alligator with its stark white skin.

At the end of the day we asked some youngsters what they liked best of all at the Academy. It was the Bug Show in 3D that took their special notice. We had to agree that the 25-minute film taken in Borneo's tropical forests had to be a winner. When you put on the 3D glasses and peer into the screen, a fascinating variety of small creatures come alive. They hatch, receive individual names, and go through a series of stages before attaining their adult forms. Some grow into beautiful butterflies. It must be that, as each has its own name, you more closely identify with these creatures throughout their lives.

We must admit that one cannot really take in all the Academy offers in one day. However, it really gives one a hunger to see more and perhaps schedule a return visit.

Admission to the California Academy of Science is \$24.05 for adults; \$19.95 for youths ages 12 to 17, seniors aged 65+ and students with valid ID; #14.95 for children ages 7 to 11; and free for children, ages 6 and younger. The Academy is located at 55 Music

Concourse Drive, Golden Gate Park, San Francisco. Admission is free to the public on the third Wednesday of every month. Hours are 9:30 a.m. to 5 p.m., Monday to Saturday and 11 a.m. to 5 p.m. on Sunday. For more information, call (415) 379-8000.

For the Amtrak schedule, call (800) 872-7245. You may take a Muni bus from the station at Emeryville. Check www.511 for the schedules. Then the easiest way to get to Golden Gate Park and the Academy of Science is by the Culture Bus. Check <http://www.sfculturebus.org> This drops you right near the academy.



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# Santa Cruz State Parks March Calendar

March is a great time to search for hints of spring in the Santa Cruz area state parks. Visitors are encouraged to come see, enjoy, and take part in the opportunities listed:

• **Natural Bridges State Beach** is seeking volunteers for the Tidepool walk season. You'll learn about the fascinating creatures that live among the reef at Natural Bridges and then lead guided walks for school children and the public. Please call Natural Bridges State Beach at (831) 423-4609 to sign up or email [mnitzberg@parks.ca.gov](mailto:mnitzberg@parks.ca.gov). Natural Bridges State Beach, located at the end of West Cliff Drive in Santa Cruz. For more information, call (831) 423-4609

• **Natural Bridges State Park—Tidepool Docent Training Begins March 6**  
Natural Bridges State Beach is currently seeking curious, enthusiastic individuals to share about the marine life at the park. The training program will cover information about the park and tide pool life, along with public speaking and teaching techniques. Natural Bridges is located at the end of West Cliff Drive in Santa Cruz. Call (831) 423-4609.

• **March 6 - Newt Night at Rancho del Oso**  
Ranch of the "Oso" or bear, becomes Ranch of the Newt on Saturday, March 6. The nature and history center will host informative displays on newts and have newt songs and a newt night hike in the evening. Call (831) 427-2288 on weekends to speak to staff, get directions, and reserve a spot for the limited seating evening activities. There's a potluck at 5 p.m. or make a donation toward snacks.

Rancho del Oso is located 17 miles north of Santa Cruz on Highway 1. Turn right before the Waddell Beach parking lot, you'll see a sign marked "Rancho del Oso Nature and History Center." Please follow all driving and parking instructions and watch for newts on the road. This event is free of charge and is for all ages. Dress in layers and

please bring a flashlight. P.S.—This event is rain or shine and raincoat-friendly. Newts LOVE the rain. For more information, call 1 (831) 427-2288

**Big Basin Redwoods State Park**, located 9 miles outside of Boulder Creek on Hwy 236 (831) 338-8861

• **Big Basin Redwoods State Park** is gearing up for a busy season—would you like to become an important member of the volunteer team? The park is seeking volunteers who want to assist visitors and share the natural and cultural history of our parks. To join the Big Basin Redwoods docent volunteer staff, please call (831) 338-8883 or email [sblake@parks.ca.gov](mailto:sblake@parks.ca.gov).

**Become a Docent at Big Basin Redwoods State Park—Series of classes begins in March and goes through mid-April.**

Join a knowledgeable and enthusiastic team of volunteer naturalists and park staff dedicated to helping the environment through education at Big Basin Redwoods State Park. Big Basin Docents will be trained in redwood ecology, local history, and the art of public speaking. Docents lead guided walks, host the museum, and share their own interests and skills with the park and its visitors. You must be at least 16 years of age and be able to volunteer a minimum of six hours per month. A curious spirit and open mind are pluses! Docent training is held at Big Basin on Saturdays. Please call the docent coordinator at (831) 338-8883 or email [sblake@parks.ca.gov](mailto:sblake@parks.ca.gov).

**Redwood Loop Walk - Every Saturday and Sunday at 11 a.m. and 2 p.m. (except no 2 p.m. walk on Saturday, March 6)**

How do these grand redwoods grow to be so old? So tall? How are they important to humans? Join us for this fun and informative guided half-mile stroll through a magnificent old growth redwood forest. Meet the famous Mother Tree, the Father of the Forest and the incredible

Chimney Tree on this one-hour walk. Stroller and wheelchair accessible. Meet at Park Headquarters.

**Ocean View Summit Hike - Saturday, March 13 at 10 a.m.**

Join docent David Auerbach on one of their most diverse hikes—by mountain streams, oak woodlands, chaparral and redwoods. You'll discuss forests, flowers and fires on a six-mile, four-hour hike. This somewhat strenuous ascent is rewarded with ocean views on a clear day. Bring water, lunch and good hiking shoes. Heavy rain cancels. Meet at Park Headquarters.

**Berry Creek Falls Hike - Sunday, March 14 at 9:30 a.m.**

Travel deep into the heart of Big Basin as you experience a wide range of habitats on this moderate to strenuous 12-mile-loop hike. Wind through shady redwood canyons and climb dry ridges as you hike to the jewel of Big Basin—65-foot Berry Creek Falls. Bring lots of water, lunch and wear layers. Docent Bill Rhoades will be your guide on this six- to seven-hour hike. Bring a poncho if it's raining. Meet at Park Headquarters.

**Winter Wildflower Walk! - Saturday, March 20 at 10 a.m. Sunday, March 21 at 10 a.m.**

Flowers in the winter? Fall rains bring a whole new blooming season upon us—many plants survived through the long, hot, dry summer just waiting for the cooler, wetter months to return and refresh them. Lichens, mosses and many chaparral plants just begin blooming this time of year! Join docent Scott Peden and learn to identify these flowering plants. Saturday's walk is a four-mile, four-hour walk. Sunday's walk is a five-mile, five-hour walk. Bring water, lunch and good hiking shoes. In case of rain, there will be a wildflower slide show in our warm Sempervirens Room! Meet at Park Headquarters.

**Footsteps of the Pioneers - Saturday, March 20 at Noon**

Docent Doreen Devorah will guide you on this easy, three-

mile, two-hour roundtrip walk to the site of the old Maddock Cabin. Enjoy a beautiful walk through the redwoods and hear stories of the early settlers and their life deep in the forest. Bring water. Heavy rain cancels. Meet at Park Headquarters.

**Shadowbrook Stroll - Saturday, March 28 at Noon**

Docent Doreen Devorah will show you a less-traveled trail that takes you by Union Creek, to the Sempervirens Falls and back through the redwoods. This is a four-mile, three-hour hike. Bring water and good hiking shoes. Heavy rain cancels. Meet at Park Headquarters.

• **Wilder Ranch State Park**, Located two miles north of Santa Cruz, on Highway For more information, call 1 (831) 426-0505.

**Wilder Ranch Living History Demonstrations: Some weekend days, 11 a.m. to 3 p.m.** Step back in time to visit a c.1900 dairy ranch in Santa Cruz County at Wilder Ranch State Park. Play Victorian Games or bring a picnic to enjoy on the front lawn, visit the farm animals and see what activities are taking place on the ranch this weekend. You may learn about hand quilting with master

quilter, watch blacksmithing, or learn about the Meder Family voyage to California. Call (831) 426-0505 for specific days and activities.

**History, Nature, and Scenic Views: A Tour of the Grey Whale Ranch Area Saturday, March 13 at 9 a.m.**

This challenging guided three-hour hike will explore the natural and cultural history of the upper hills of Wilder Ranch State Park. Meet at the Wilder Ranch interpretive center. Bring good walking shoes, lunch, snacks, and water. Hike is canceled if rain.

**Wilder Ranch Coast Nature Walks: Saturdays, March 6, 20, & 27 at 11 a.m.**

On these two-hour natural history excursions you will explore the plants, animals, and geology of the spectacular coastal bluffs. Meet at the Wilder Ranch interpretive center. Bring a snack, water, binoculars, and good walking shoes. Binoculars are available to borrow. Walk is canceled if rain.

**Co-sponsored by California State Parks and Friends of Santa Cruz State Parks**

California State Parks - Santa Cruz District, 303 Big Trees Park Road, Felton, CA 95018, (831) 335-6391

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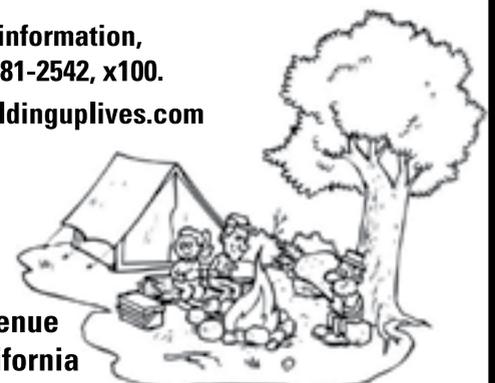
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# Should Your Child Go to Summer Camp?

Should your child go to camp? If at all possible, the answer is yes, according to the American Camp Association® (ACA), Northern California. Here are some reasons that summer camp would probably be good for your child.

## Camp exposes children to a wide variety of wholesome activities

Unfortunately, many children are involved in fewer and fewer activities. Within the past decade, a range of summer programs that made memories – and provided important social and academic skills – have been eliminated or cut back.

Camp helps fill that void. After all, camp is meant to be fun and the activities are certainly a major factor in making camp a pleasant experience. What's more, many of these activities involve wholesome physical play and outdoor activities, something that is often lacking in kids' lives today. And, in addition to the traditional activities of hiking, swimming and crafts, different camps offer specialized activities to meet virtually any interest, from music and gymnastics to computers and foreign languages.

## Camp provides a community that fosters positive relationships and acceptance

Camp is a place where everyone is welcome. Campers often report that they feel "more themselves" at camp than at other places. Counselors conscientiously include children who otherwise might be excluded in a non-camp setting. Ideally camps create a culture where making friends blossoms in the absence of cliques, bullies and materialism.

## Campers learn interpersonal skills

Children can learn many skills at camp, from rope climbing to ceramics. More importantly, the typical camper benefits from the experience in fairly dramatic personal ways. Camping helps children build self-esteem, develop an increased sense of responsibility, improve decision-making skills and enhance their interpersonal relationships with adults and other kids. These benefits are long-lasting, even permanent, and seem to occur irrespective of the age, gender or race of the child, the nature of the camp itself (day, resident or specialty) or the length of the camping experience.

## Camp exposes children to solid adult role models

Warm, caring counselors are an important part of the camp experience. Competent counselors serve as mentors and help motivate children to try new things. As positive adult role models, counselors serve a different purpose than school teachers or parents; children often see them as their first adult "friends."

## Camp gives children the opportunity to interact with other children

Aside from the activities and counselors, the relationship with the other children is probably the single most important factor in determining how much your child enjoys camp. In the past, kids had many opportunities to develop natural day-after-day relationships with other children. These days, a lot of children don't have that chance. Too often they are alone for hours, sitting in front of televisions, computers, or roaming malls.



Photo courtesy American Camp Association

At camp, however, children are exposed to kids from outside their neighborhood or school. A week or so of sharing living quarters and confidences helps children develop a better understanding of community and a greater appreciation for diversity. Campers learn to get along with others by developing teamwork abilities, tolerance and conflict-resolution skills.

In short, camp can help children get a healthy start. The experience provides a safe place and structured activities where they can learn and grow. Camp gives kids the opportunity for an ongoing relationship with a caring counselor. It helps them develop important personal skills. Camps are one of the few places where children can get the kind of positive experience that can really make a difference in their lives.

*ACA is the only organization that accredits all types of camps. ACA accreditation means that your child's camp cares enough to undergo a thorough (more than 300 health and safety standards) review of its operation from staff qualifications and training to emergency management. Accreditation is voluntary, and while many good camps are not accredited, ACA accreditation assures families that camps have made the commitment to a safe, nurturing environment for their children.*

To find an ACA-Accredited camp and to access other resources, visit <http://www.ACANorcal.org>, phone 916-333-5344 or e-mail [info@acanorcal.org](mailto:info@acanorcal.org). For more information about summer camps in general, visit <http://www.CampParent.org> and <http://www.ACAcamps.org>.

# Living History Days at San Juan Bautista State Historic Park

Bring the family to San Juan Bautista State Historic Park on Saturday, March 6, and Saturday April 3, for their monthly living history days. Step back in time to the 1800's and meet people of early California including blacksmiths, miners, mountain men, Civil war soldiers and Victorian ladies. See craft and cooking demonstrations. Visit the saloon and

drink an old fashioned soda or play a game of cards.

Also, mark your calendar for the annual Early Days event on June 19 and 20. Admission for adults is \$3, sixteen and under are free.

San Juan Bautista State Historic Park is off Hwy. 156, in the town of San Juan Bautista. The State Park is located on Second Street between Washington and Mariposa streets.



# Wildlife Viewing in the heart of Sacramento

Did you know there is a perfect place for viewing wildlife located right in the heart of Sacramento? The Effie Yeaw Nature Center, located within Ancil Hoffman Park, has some of the best wildlife viewing around. Recently, the Nature Center launched a special website that displays photos of their animal residents to increase awareness for the preserve.

Photo website: <http://www.msa2.sac-county.net/parks/effieyeaw/Pages/AtEffieYeawToday.aspx>

“These pictures represent the amazing variety of animals that live on the Parkway throughout the year,” said Marilee Flannery, Nature Center Director. “The many trails meandering through our 77-acre preserve are teeming with wildlife and ready for visitors year-round.”

Learn more about the Effie Yeaw Nature Center and view upcoming events and classes by visiting [www.effieyeaw.org](http://www.effieyeaw.org) or call (916) 489-4918. To learn more about the American River Parkway and Sacramento Regional Parks, visit [www.sacparks.net](http://www.sacparks.net) or call (916) 875-6961.



## Bird and Breakfast

Is that a dirty sock hanging in that tree? No, it's a bushtit nest! And that tiny cup the size of a quarter, built with lichen and spider webs? A hummingbird nest!



Explore the miracles of spring in the beautiful oak woodland and meadows of the Effie Yeaw Nature Area, in small groups guided by Audubon experts.

Return to a delicious breakfast prepared by your hosts, the American River Natural History Association. This event is a fund-raiser for educational programs on the American River Parkway.

Saturday, March 13th, 2010

7:30 – 10:30 a.m.

Effie Yeaw Nature Center, inside Ancil Hoffman Park, California Avenue and Tarshes Drive, Carmichael

Reservations are required, \$35 per person, ages 12 and older please. Call 489-4918 for information and reservations by March 8th.

Don't forget your binoculars!







# Calendar of Events

**April 20, Art to Wear with the Girl Scouts, 6 p.m., 8820 Greenback Land, Suite L, Orangevale.** Come to the Central Library and turn an old garment into something new and fresh. Girl participants are asked to bring their own clothing items (T-shirt, jeans, etc.) and Girl Scout staff will provide materials (beads, buttons, fabric paint, etc.) to decorate/revamp the clothing item into something new. Girls will have the opportunity to learn about Girl Scouts and how to become involved in scouting. For more information, call (916) 264-2920.

in their pond. For more information, call (916) 489-4918.

**March 31, Beaks, Jaws and Claws, 10:30 a.m. to Noon, 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center and discover and learn about the unique adaptations of birds, mammals, and reptiles. Participate in games and activities and get a close-up look at some of the Nature Center's animals. For more information, call (916) 489-4918.

**March 20, Basic Floral Design, 2 p.m. 5605 Marconi Avenue, Carmichael.** Adults are invited to the Carmichael Library for a program on basic floral design. Floral designer, Carolyn Salmon from Relles Florist, will share her floral design tips, including simple greening techniques, insertion of everyday flowers into design, how to create a rose bouquet, and how to create a hand tied bouquet. For more information, call (916) 264-2920.

create a food forest, and herb spiral, and other innovation gardening techniques. Take home a mini-bag of garden spring greens, too. For more information, call (916) 264-2920.

**March 11, Magic Performance, 4 p.m., 2443 Marconi Avenue, Sacramento.** Learn to mystify your family and friends with easy-to-learn magic tricks at Arcade Library. Kids will get individual instruction and learn a variety of magic tricks from **magician Trevor Wyatt** that can be mastered in a short time. The best part of the program is that you did it yourself. For more information, call (916) 264-2920.

## Magic Events

**March 23, How to Clear Clutter, 7 p.m., 4660 Via Ingoglia, Sacramento.** Join professional organizer, Via Ingoglia, at the North Natomas Library, and learn how to clear clutter from every area of your life using a simple four-step method. Learn to make decisions about what to do with stuff, start an action plan to get rid of things holding you back, gain clarity on what's important, and experience the joy of letting go. For more information, call (916) 264-2920.

**March 3, Magic Program, 3:30 p.m., 10055 Franklin High Road, Elk Grove.** Visit the Franklin Library and learn to mystify your family and friends with easy-to-learn magic tricks. Kids will get individual instructions and learn a variety of magic tricks from magician Jon Lopez that can be mastered in a short time. For more information, call (916) 264-2920.

**March 11, Balloon Animals, 4 p.m., 4660 Via Ingoglia, Sacramento.** Magician Jon Lopez will demonstrate how to make simple balloon animals and balloon sculptures at the North Natomas Library. Kids will take away balloons to create their own balloon animals and shapes. For more information, call (916) 264-2920.

**March 27, Free Composting Clinic, 11 a.m., 2901 Truxel Road, Sacramento.** Learn how to recycle fruit, vegetables, and yard trimmings into enriched soil at the South Natomas Library. This free workshop will be presented by Master Gardener Roberta Hopkins. For more information, call (916) 264-2920.

**March 4, Magic Performance, 3:30 p.m., 6700 Auburn Boulevard, Citrus Heights.** Learn to mystify your family and friends with easy-to-learn magic tricks at the Sylvan Oaks Library. Kids will get individual instruction and learn a variety of magic tricks from **magician Trevor Wyatt** that can be mastered in a short time. The best part of the program is that you did it yourself. For more information, call (916) 264-2920.

**March 16, Magic Program, 4 p.m., 7340 24<sup>th</sup> Street Bypass, Sacramento.** Visit the Martin Luther King, Jr. Library and learn to mystify your family and friends with easy-to-learn magic tricks. Kids will get individual instructions and learn a variety of magic tricks from magician Jon Lopez that can be mastered in a short time. For more information, call (916) 264-2920.

**April 3, Basic Floral Design, 1 p.m. 11601 Fair Oaks Boulevard, Fair Oaks.** Adults are invited to the Fair Oaks Library for a program on basic floral design. Floral designer, Carolyn Salmon from Relles Florist, will share her floral design tips, including simple greening techniques, insertion of everyday flowers into design, how to create a rose bouquet, and how to create a hand tied bouquet. For more information, call (916) 264-2920.

**March 9, Magic Performance, 6:30 p.m., 1000 Caroline Avenue, Galt.** Learn to mystify your family and friends with easy-to-learn magic tricks at the Galt-Marian O. Lawrence Library. Kids will get individual instruction and learn a variety of magic tricks from **magician Trevor Wyatt** that can be mastered in a short time. The best part of the program is that you did it yourself. For more information, call (916) 264-2920.

**March 17, Magic Performance, 4 p.m., 2112 22<sup>nd</sup> Street, Sacramento.** Learn to mystify your family and friends with easy-to-learn magic tricks at Ella K. McClatchy Library. Kids will get individual instruction and learn a variety of magic tricks from **magician Trevor Wyatt** that can be mastered in a short time. The best part of the program is that you did it yourself. For more information, call (916) 264-2920.

## Especially for Parents

**March 6, How to Clear Clutter, 11 a.m., 8900 Elk Grove Boulevard, Elk Grove.** Join professional organizer, Thomas Antolin, at the Elk Grove Library, as he shows how to clear clutter from every area of your life using a simple four-step method. Learn to make decisions about what to do with stuff, start an action plan to get rid of things holding you back, gain clarity on what's important, and experience the joy of letting go. For more information, call (916) 264-2920.

**March 6, How to Clear Clutter, 6 p.m., 2443 Marconi Avenue, Sacramento.** Join professional organizer, Thomas Antolin, at the Arcade Library, as he shows how to clear clutter from every area of your life using a simple four-step method. Learn to make decisions about what to do with stuff, start an action plan to get rid of things holding you back, gain clarity on what's important, and experience the joy of letting go. For more information, call (916) 264-2920.

**March 20, Getting Your Family Organized, 1 p.m., 11601 Fair Oaks Boulevard, Fair Oaks.** Join professional organizer, Thomas Antolin, at the Fair Oaks Library, as he shows how to get your family working together in a positive way to create a supportive environment. Learn how to get started, create teamwork, and to run effective family meetings. For more information, call (916) 264-2920.

**April 14, Spring Gardening, 6 p.m., 5605 Marconi Avenue, Carmichael.** Join certified landscaper and gardener, Lisa Christensen, at the Carmichael Library, for spring and summer tips for local gardens. Learn about easy, no-dig planting for beginners, what to plant, how and when to plant. Lisa will offer an introduction to composting, how to

## Critter Events

**March 13, Bird and Breakfast, 7:30 to 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Enjoy a guided bird walk in the Effie Yeaw Nature Center area followed by a hearty breakfast. Bring binoculars, walking shoes, friends and a healthy appetite. Appropriate for 12 years old and older. This event is a fundraiser for the Nature Center's educational programs. The cost to attend is \$35. Advanced registration is required. Call (916) 489-4918.

**March 14, Nature's Symphony, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Listen for a drumming woodpecker, a sweet soprano songbird and the deep bass notes of a bullfrog on this guided walk to discover the sounds of Nature. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

**March 27, Saturday Safari, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Grab your binoculars (or borrow some from the Effie Yeaw Nature Center staff) and take a guided walk to see the animals and plants that make up the unique habitat along the American River. For more information, call (916) 489-4918.

**March 29, Living in Water, 10:30 a.m. to Noon, 2850 San Lorenzo Way, Carmichael.** Visit the Effie Yeaw Nature Center and discover the hidden world of water insects and polliwogs through activities and games. Using catch and release activities you'll see these amazing little animals that live



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# Asian Squirrels Born at Micke Grove Zoo

**T**win Prevost's squirrel pups recently emerged from their nest at Micke Grove Zoo. Estimated at approximately six weeks old, the squirrels are venturing farther from their nest box each day, though still under the watchful eye of their mother.

Prevost or Asian tri-colored squirrels are native to Indonesia, Malaysia, and Thailand, where they inhabit lowland and mountain forests. In the wild they eat fruits, nuts, seeds, buds, flowers, insects and bird eggs.

Relatively solitary, these strikingly colored black, white and reddish rodents communicate

with a trilling whistle sound, and by raising their large tail. There are more than 200 species of tree and ground squirrels, including the eastern fox squirrels so abundant in Micke Grove Park.

This is the first litter for Lucy, who was born at the Los Angeles Zoo in 2000, and her mate, Obi, born at the Minnesota Zoo in 2005. Litter size typically ranges from two to four young. At Micke Grove Zoo the new squirrel pups and their parents are located in the Tropical Forest Canopy exhibit.

Micke Grove Zoo, located within Micke Grove Park, is

open daily, from 10 a.m. to 5 p.m. Admission to the Zoo is \$2 for adults and \$1 for children over two years of age. There is a vehicle entry fee to the Park, \$3 on weekdays and \$5 on weekends and holidays. Micke Grove Park and Zoo is located at 11793 N. Micke Grove Road, west of highway 99 off Armstrong Road between Lodi and Stockton.



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

## Getting to know you

Age: 4+

This is an excellent game to play when you have a group of children who don't know each other well.

Children (and adults) stand in a circle. An adult starts off the game by throwing a beanbag or ball at someone in the circle and asking a question at the same time - such as "What's your name?" "Do you have a brother or sister?" "What's your favorite color?" and so on. The person who catches the beanbag/ball must answer the question and then throw it to someone else and ask their own question. The game works best if you keep it moving quite quickly, so you may have to step in to prod very young children.

## cat catching Mice

This traditional Chinese chase game can cause much screeching and excitement! Play outdoors - or indoors, if you have a large room. It is also known simply as "Cat and Mouse".

Age: Any

One child is chosen to be the Cat (the chaser) and one child is chosen to become the Mouse. All the other children form a circle, holding hands, with the Mouse inside and the Cat outside.

The children in the circle move around while calling out the following rhyme:

"What time is it?" "Just struck nine." "Is the cat at home?" "He's about to dine."

When the rhyme stops, the children stop moving and the Cat starts to chase the Mouse, weaving in and out of the ring of children to do so. However, the Cat MUST follow the mouse's path. When he catches the Mouse he can enjoy pretending to "eat" him, and then two more children take a turn

## Blind Man's Bluff

Age: 6+

### You will need:

All you will need is a blindfold and enough space for some excitable children!

### How to play:

Choose one child to be "it", and blindfold him or her. Turn her round a few times to disorientate her a little, while the other children group themselves around her. Then let her try to tag one of the other children, who will then become "it".

### Variation:

Play as above, but when a child is caught the blindfolded child must try to guess who it is by carefully feeling their face and hair.

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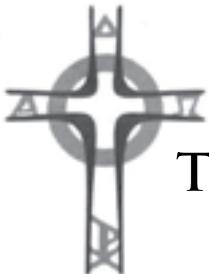


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Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties!

# Capture the Flag

**C**apture The Flag has always been a huge favorite with my kids, who learned it at a school summer camp and have played on every available occasion since. It is a great game for large, mixed age groups and long summer afternoons!

## You will need:

A large group of children  
2 flags or markers (anything bright and light-weight, such as a Tshirt, will do)  
A large area, which can be roughly divided into two

## How to play:

Split the children into two teams and allocate each team with one half of the area. Each team chooses a base position, where they keep their "flag", and a goal position, where they will keep their prisoners, and makes it known to the other team.

Each team now tries to capture the other team's flag. Whenever a team member ventures onto the other team's territory, he is at risk of being caught (tagged) by the enemy team. When caught

he is taken to that team's goal, where he must remain until he is freed (touched) by one of his team members.

When someone manages to capture the other team's flag and return it to their own territory, their team wins.

*Hints: Older children will probably organize their teams so that some players guard, others hunt. Younger children will probably run around a great deal and just have fun! In a large space, especially one with hiding places, this game can go on for an hour or more.*

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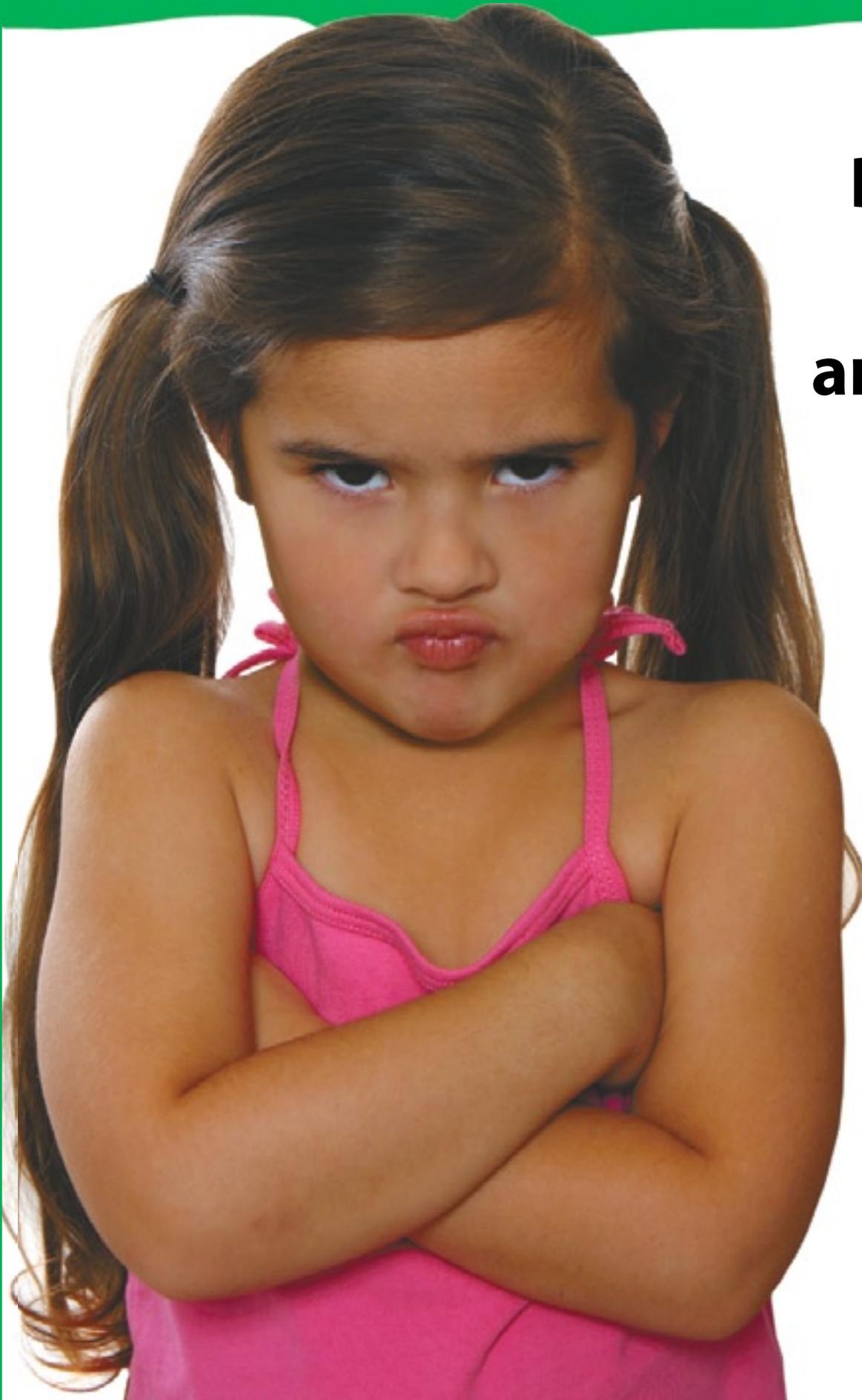
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