

June 2010

# California Kids!



See  
Summer  
Guide Inside

# Free!

Valley Community Newspapers, Inc. • 2709 Riverside Boulevard, Sacramento, CA 95818

Publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News,  
The Pocket News, The Valley Shopper, and The Valley Wedding

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Friday, June 25 5:30PM - 7AM  
 Saturday, July 24 5:30PM - 7AM  
 Friday, August 6 5:30PM - 7AM  
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This fun filled sleepover includes a special theater performance, arts & crafts, a scavenger hunt adventure, bedtime stories and a sing-a-long. This is a special ticketed event, prices range from \$35 - \$45, fees include all activities, an evening snack and a light breakfast.

## Overnight Programs

Fairytale Town offers overnight programs for school groups, too. It's a great way to introduce camping concepts and develop student camaraderie. For more information email [programs@fairytaletown.org](mailto:programs@fairytaletown.org)

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# Table of contents

**Who Wrote That? Deborah Underwood**  
by Patricia M. Newman .....page 6

**Wordsearch: Summertime Birding!** ...page 7

**Make it Yourself!** .....page 8

**The Book Report: Novels for Younger Readers**  
by Connie Goldsmith .....page 9

**Travel: Summer Day-cations**  
by Carmel L. Mooney ..... page 11

**Summer Guide**..... pages 15 –24

**Calendar of Events** ..... pages 26–28

**Parties! Parties!**..... pages 29–30

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# California Kids!

## Family Fun Guide

www.valcomnews.com

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## Sacramento Zoo

June 7th - August 15th

SACRAMENTO  
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**Little Duckling: Preschool**  
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Register at [saczoo.com](http://saczoo.com)  
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Sacramento Zoo's

## Twilight Thursdays

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June 17



**80's Night at the Zoo**  
Indestructibles - 80's cover band  
Volkswagens, Bugs and Beatles  
½ BBQ'd Chicken - Sweet Corn on the Cobb  
& Baked Potato Salad \$9.95



June 24

**Grandparents Night**

The Detours  
Antique and Classic Car Show  
Memphis Style Pulled Pork Sldyers w/ Country  
Slaw & Onion Rings \$9.95



Zoo is open all day from 9:00 am – 8:00pm  
Admission is \$10.50 for adults, \$6.50 for Children 3 – 12 or free with Zoo Membership!  
Music, dinner and drinks start at 5:30 pm  
Gates close at 7:30 pm – stay until 8:00 pm  
Outside alcohol is not permitted



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**ASK ABOUT OUR SUMMER KID'S CONTEST AND BIRTHDAY PARTIES**



# Registration now open for Funcamps at Fairytale Town

## Pitch your tent at Fairytale Town

No need to spend endless hours traveling to a state park or national forest; Fairytale Town offers much of the same outdoor retreat, Friday, June 25, Saturday, July 24 and Friday, August 6, 5:30 p.m. to 7 a.m. The lush gardens and urban forest will ensure you'll have a five-star camping experience closer to home. Join the staff this summer for a camping trip full of activities and amenities in beautiful Fairytale Town.

Families can bring their tents, sleeping bags, lanterns, and Fairytale Town will provide a night of fun. An overnight stay at Fairytale Town includes a scavenger hunt, arts and crafts, and an old fashion sing along around the faux camp fire. And the best part, you can pitch your tent under their mighty oaks, stately redwood trees, or in the shadow of King Arthur's Castle for an evening.

Family Camp Outs are a great way to bond as a family, and enjoy the great outdoors while closer to home. Camp Out all-inclusive fees range from \$20 to \$30 and includes an evening snack, a light breakfast, and activities. Fairytale Town campers will be safe behind locked gates for a unique evening experience.

*Fairytale Town is located in William Land Park, 3901 Land Park Drive, Sacramento. For more information, call (916) 808-7979, e-mail: [programs@fairytaletown.org](mailto:programs@fairytaletown.org) or visit [www.fairytaletown.org](http://www.fairytaletown.org)*

## Sumatran tiger cub needs a name!

The Sacramento Zoo's Sumatran tiger cub, born Thursday, March 18, needs a name. The Zoo is requesting the help of the community to choose a name fitting for this adorable cub. Her name will be announced when she goes out on exhibit for the first time in June (date will be announced in early June). Vote now at [saczo.com](http://saczo.com)

The following list of names and their meaning can be voted on at [saczo.com](http://saczo.com).

- **Shamrock** – Born the day after St. Patty's Day, this little cub is sure to be a lucky charm.
- **Selamat** – It has multiple meanings in Indonesian: congratulations, safe and survivor. The Sumatran tiger is an endangered species and the birth of this girl is a safeguard for the survival of the species.
- **Malia** – Malia Obama, the daughter of President Barack

Obama, talks to her father weekly about what he is doing to save her favorite animals, the endangered tigers.

• **Jingga** – It means orange in Indonesian. The little tiger cub already has a full coat of orange and black striped fur. Did you know that no two tigers have an identical stripe pattern?

• **Lina** – for Lina Fat, the matriarch of the Fat family in Sacramento, whose philanthropy has greatly served the Sacramento community.

*The Sacramento Zoo is located near the corner of Land Park Drive and Sutterville Road in William Land Park, Sacramento. 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. For information, call (916) 808-5888 or visit [saczo.com](http://saczo.com).*

Whether your child is a budding artist or an aspiring star, Fairytale Town FunCamps offer week-long fun beginning in June.

Fairytale Town's FunCamps are week-long daytime programs geared towards children ages 4 to 12 years old. Children can participate in a variety of subject areas in visual and hands-on art production, theatre and stage for aspiring musicians, singers, actors, and a one-of-a-kind program for learning about Fairytale Town's friendly farm animals.

Fairytale Town offers a set of camps geared towards visual and hands-on art production.

• **Once Upon A Puppet** - Children will create a new puppet each day based on Fairytale Town's themed play sets, while learning the art of puppet storytelling.

• **Comic Art Basics with Mr. Lee** - Learn the art of comic book storytelling, and develop super characters.

• **Art with Andy** - Use printmaking techniques, beginning drawing and design to create your own art portfolio.

• **Let's Make Art** - Explore texture, water colors, and prints to learn about art and different art techniques.

Let your rising star soar with an introduction to theatre and stage for aspiring young actors, musicians, and singers.

• **Drama Rama** - The essentials of theatre art education; children learn through a series of games, exercises and storytelling experiments.

• **Mr. Sean's School of Rock** - Explore modern rock music, its genres and the instruments used in their production.

• **Sing-A-Long with Dana** - Learn to sing, read music, and identify musical notes.

The most popular FunCamp at Fairytale Town is a one-of-a-kind animal husbandry program, where youngsters become Junior Farmers for the week.

• **Farmer Brown's Junior Farmers** - Help Farmer Brown with his daily chores while learning about different breads and types of animals in his barn at Fairytale Town.

Fairytale Town's summer FunCamps are a unique way to expand your children's minds and experiences, while beating summer boredom. For a complete description of FunCamps and registration, visit [www.fairytaletown.org/educational-programs/camps](http://www.fairytaletown.org/educational-programs/camps).

## Theatre and Stage

**Drama Rama:** June 14 to 18 and August 16 to 20  
Ages 6 to 12; 1 to 4 p.m.; Fee: \$100 member/\$135 nonmember

**Mr. Sean's School of Rock:** June 21 to 25 and July 26 to 30; Ages: 6 to 12; 1 to 4 p.m.; Fee: \$100 member/\$135 nonmember

**Sing-A-Long with Dana:** July 12 to 16 and August 9 to 13; Ages: 6 to 12; 1 to 4 p.m.; Fee: \$100 member/\$135 nonmember

**Visual & Hands-on Art**  
**Once Upon A Puppet:** June 28 to July 2 and July 26 to 30; Ages: 4 to 6; 9 a.m. to noon; Fee: \$95 member/\$130 nonmember

**Comic Art Basics with Mr. Lee:** June 28 to July 2; Ages: 6 to Noon; 1 to 4 p.m.; Fee: \$95 members/\$130 nonmember

**Art with Andy:** July 19 to 23; Ages: 4 to 6  
9 a.m. to Noon; Fee: \$95 member/\$130 nonmember; August 2 to 6; Ages 6-12, 1 to 4 p.m.; Fee: \$95 member/\$130 nonmember

**Let's Make Art:** August 2 to 6 and August 9 to 13; Ages: 4 to 6; 9 a.m. to noon; Fee: \$95 member/\$130 nonmember

## Are Kids Eating Healthy?

Do you know what your child is eating while in day care? Proper nutrition in childhood can reinforce lifelong eating habits that contribute to your children's overall well-being and help them grow up to live a full, healthy life.

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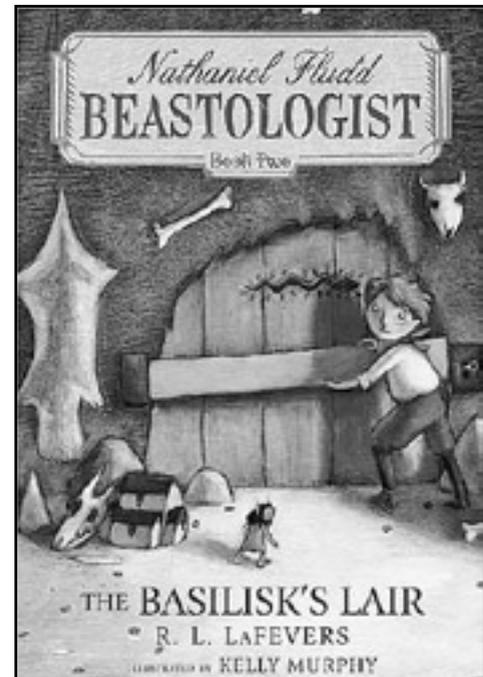
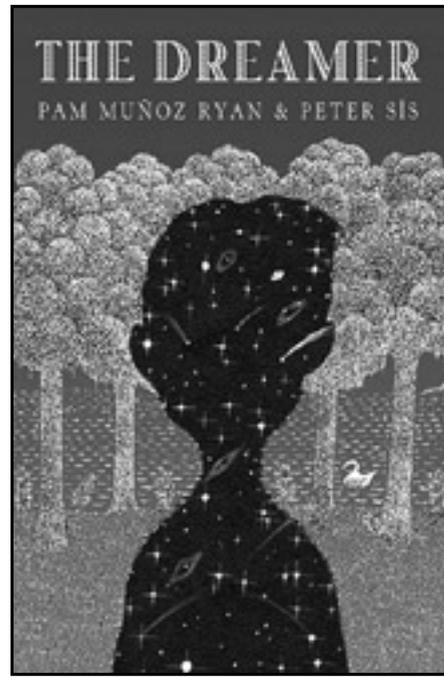
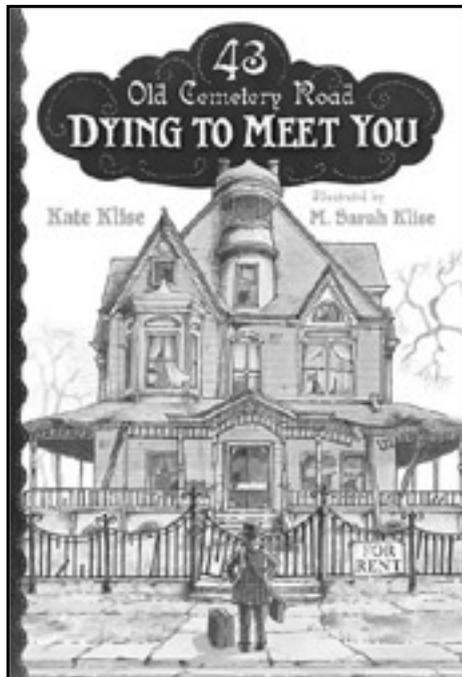
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# The Book Report Novels for Younger Readers

By **Connie Goldsmith**

What a thrill for a child to discover the joy of reading an entire book alone. Some of today's best writing is found in novels aimed at independent younger readers. If your child isn't quite up to the task, the stories are ideal for family read-aloud time. These books all include illustrations, a growing trend in children's novels.

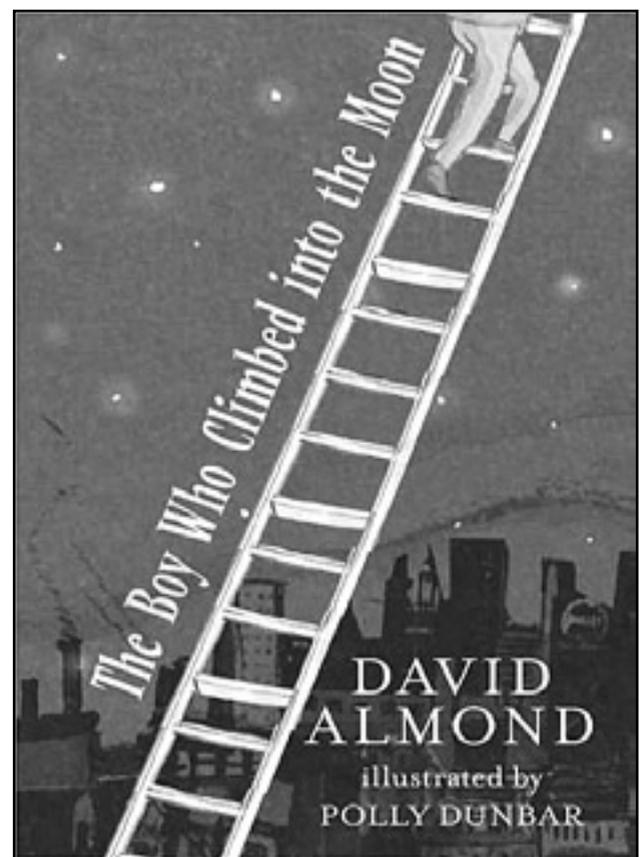
"*News for Dogs*," by Lois Duncan. (Scholastic). Sequel to the popular book and movie, "Hotel for Dogs," sibs Andi and Bruce whip up a new batch of canine capers. Bruce must earn money to pay for the Irish setter he rescued from bad-guy Jerry. Andi has the perfect idea – start a newspaper for dogs! Filled with poems, articles, and photos of neighborhood dogs, the paper is a hit with locals. But the dogs and their owners catch the attention of Jerry and his cousin. The boys decide there's big profit in dog napping. Can Andi and Bruce find the criminals and bring the dogs safely home? They can with the help of Aunt Alice, a retired private eye. Not too scary and not too mysterious, this fast-paced story is sure to captivate the dog lovers in your family.

"*43 Old Cemetery Road: Dying to Meet You*," by Kate Klise, illustrated by M. Sarah Klise. (Harcourt). This story, told through a campy collection of letters, maps, newspaper clippings, and drawings, will hold the attention of reluctant readers. Former best-selling children's author I.B. Grumpy rents a Victorian mansion for the summer so he can finish the 13<sup>th</sup> book in his "Ghost Tamer" series. Instead of the quiet he seeks, he finds 11-year-old Seymour who's been abandoned by his parents, and ghost Olive C. Spence who lives in the cupola. I.B., Seymour, and Olive communicate only through letters. I.B. begins as a dried-up husk of a man – as grumpy as his name – but he learns to

love again. In this quick read, the trio write a best-selling book, buy the house which is scheduled for demolition, and establish themselves as the family they each long for.

"*The Dreamer*," by Pam Muñoz Ryan, drawings by Peter Sís. (Scholastic). This may be the most beautiful novel of the year. From the stunning cover to the elegant drawings inside, readers are enticed into the fictionalized life of Chilean poet, Pablo Neruda. It starts with a timid boy verbally brutalized by his domineering father, and follows the child as he grows into a young man who gains fame with his evocative poetry. Vivid details lace the narrative as we follow the flowering of Neruda's towering talent, which ultimately landed him the Nobel Prize for Literature. Sís' symbolic drawings add to the story, such as that accompanying the question: "Is fire born of words? Or are words born of fire?" in which a phoenix formed of tiny words emerges from flames. A selection of Neruda's poetry rounds out this book that's likely to be a Newbury nominee. \*\*

"*The Boy Who Climbed Into the Moon*," by David Almond, illustrated by Polly Dunbar. (Candlewick). Be prepared to suspend disbelief as you embark on this quirky adventure. Paul is very shy, perhaps because of his "unusual ideas." For example, he believes the moon is actually a hole cut into the sky. He skips school one morning to wander the halls of his urban high-rise and meets Molly, maybe the one person in the building with ideas stranger than his. With the help of family, friends, neighbors, and a really tall ladder, Paul climbs through the moon into a very weird world of lost pilots, balloonists, pterodactyls, comets, and Fortuna, a circus girl shot out of a cannon into the moon some years past. The spectacular full-color art, often stretching over two pages, is a wonder to behold.



"*Nathaniel Fludd, Beastologist. The Basilisk's Lair*" by R. L. LaFevers, illustrated by Kelly Murphy. (Houghton Mifflin). Ten-year-old Nathaniel Fludd is heir to a long dynasty of Fludds that search out and protect rare beasts of the world. It's 1930, and Nate's parents are presumed lost at sea. He lives with his adventurous Aunt Phil. In this second book of what's turning out to be a charming series, Nate and Aunt Phil are in hot pursuit of a missing, deadly basilisk, a poisonous serpent so deadly that even its gaze can kill. A little fantasy, a bit of adventure, a dose of history, all combine to make a most enjoyable and satisfying story. The drawings of the story's exotic settings add additional appeal. Once the captured basilisk is returned to its den, Nate and Aunt Phil take off to follow a clue that may lead to the discovery of Nate's missing parents.

\*\* Reviewer's pick of the month

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



## Water Sports Word Search



- |             |           |         |             |
|-------------|-----------|---------|-------------|
| waterskiing | sailing   | surfing | swimming    |
| snorkeling  | waterpolo | boating | windsurfing |
| fishing     | diving    |         |             |



## Sacramento Fire Station Open House Schedule

The Sacramento Fire Department is hosting "Fire Station Open Houses" through September. Everyone is invited to come out and visit with your Firefighters, learn about the job they do, see some of the equipment they use, and how you can prevent fires and keep your family safe! All Open Houses will take place from 2 to 5 p.m. The dates and Station locations are:

- June 5, Station #11 - 785 Florin Road
- June 12, Station #57 - 7927 East Parkway
- June 19, Station #5 - 731 Broadway
- June 26, Station #10 - 5642 66<sup>th</sup> Street
- July 10, Station #6 - 3301 Martin Luther King Boulevard
- July 17, Station #16 - 7363 24<sup>th</sup> Street
- July 24, Station #17 - 1311 Bell Avenue
- July 31, Station #18 - 746 North Market Boulevard
- August 7, Station #60 - 3301 Julliard Drive
- August 14, Station #20 - 2512 Rio Linda Boulevard
- August 21, Station #4 - 3145 Granada Way
- August 28, Station #19 - 1700 Challenge Way
- September 18, Station #8 - 5990 H Street
- September 25, Station #56 - 3720 47<sup>th</sup> Avenue

## Black Bart Returns!

Sutter Creek's 4th Annual Black Bart Hold-Up Day, Saturday, June 19, 10 a.m. to 4 p.m., will take you back 127 years, to the last successful stage coach robbery by the infamous highwayman. There's fun for the whole family! Historic re-enactments of Black Bart's Stage Coach Robbery and a Wild West Show will take place at various times during the day on Main Street. Learn about gold fever, and try your luck panning for gold. Period costumes are encouraged; there will be a costume contest for the Best Male, Best Female, and Best Child costume. Finish the day at a Street Dance on historic Main Street from 6 p.m. to 8 p.m. featuring the rock band Out of the Blue. Sponsored by the Sutter Creek Business and Professional Association. For more information, visit [www.suttercreek.org](http://www.suttercreek.org) or call (800) 400-0305.

## Annual Fiddletown Flea promises to be a major outing

The Fiddletown Community Center will be holding the Fiddletown Flea on Saturday, June 19, from 8 a.m. to 3 p.m. This is a giant community yard sale held in the park on the main street in Fiddletown and many private residences in the surrounding area. Maps will be available to guide attendees to the multiple venues. Food and beverages will be available for purchase. Vendors welcome. For directions or any other questions, call (209) 296-0918.



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## Summer Day-cations, Stay-cations and Creative Heat-Busters

By Carmel L. Mooney

Summer is almost here and families are starting to mark their calendars with trips, outings, vacations, and getaways. It's time again to buy a new bathing suit and get the sunblock and visor ready.

Sacramento is a great place from which to take many day-cations, and one-tank getaways and with all that goes on right in the Sacramento area, there's plenty to do here. With a little planning and ingenuity you might just feel like you skipped town for the day, even if you stay in the Metro area.

But should you want to skip town for a day-cation, SuperShuttle's Gateway Express Shuttle has just launched a terrific new way to travel from Sacramento to Napa or Tahoe. This excellent stress free mode of transportation offers daily scheduled service between Sacramento International Airport and locations throughout Napa and South Lake Tahoe. With Napa's new waterfront and fantastic dining and shopping options, it's a no-brainer. Both routes are served by a 22-passenger bus.

No place is more beautiful for a day trip or a few nights away than Lake Tahoe. With the SuperShuttle, families can go for the day to escape the heat and play at the beach. Or mom and dad can enjoy the luxurious appeal of not driving and the whole clan can getaway to Tahoe on the shuttle for a few nights of lake fun, golfing, kayaking, casino fun for mom and dad, and to take in the many festivals and events this summer in Tahoe. Conveniently the shuttle stops at Lakeside Inn and Casino and MontBleu Resort and Casino & Spa which both are excellent family friendly properties.

Lakeside Inn has a 1-mile scenic hike to beach access, small-property feel and family-friendly dining. MontBleu boasts world class dining, an award winning steak house, full service spa and salon, nightclubs, a lagoon style pool, and much more.

Also a wonderful program in Tahoe called Parents' Night Out allows visitors to have a night out without the kids for only \$10. With all of Tahoe's award winning dining, this is a winning combination for parents to get that much needed date night alone at an amazingly low cost.

Parents' Night Out is a child program designed to allow parents to have a night out without the kids. Activities include: movies, games, Bible stories, songs, crafts, and a snack. All children ages birth-12 are welcome! The cost of PNO is \$10 per child for the evening with a maximum of \$20 per family.

Parents' Night Out is held the first Friday night of the month from August to May. PNO is also held weekly on Friday nights in June and July. PNO begins at 6 p.m. and ends at 10 p.m. (Note: The August Parents' Night Out is over at 9 p.m.)

Closer to home is the timeless favorite of rafting the American River. For over 30 years, Sacramento area residents have

enjoyed American River Rafting and no company does it better than American River Raft Rentals. Just a few miles east of downtown Sacramento this self-guided company offers the best in self-guided Class II rafting. When the temperature approaches triple digits, stay cool on the river. Just remember to pack to a cooler with a picnic and water squirting toys. It's a cheap, easy way to enjoy the beautiful river that meanders through our capital city area.

If something educational and captivating is in order, then stay inside a nice cool air-conditioned building to enjoy Bodies Revealed. In its return engagement, the groundbreaking and provocative exhibit is back in Sacramento with an all-new exhibition which began in late April. This limited engagement is located at 2040 Alta Arden Way (Alta Arden at Arden Way; across from Arden Fair Mall). The exhibition's much anticipated return to the West Coast follows a two-year absence where visitors explored and learned about the human body. The exhibition has been seen by more than 15 million visitors worldwide. It features more than 200 specimens never before seen in California.

The return of Bodies Revealed to Sacramento marks one of the few times the exhibition has ever revisited a host city. Hundreds of Northern California area schools attended the exhibition as an educational field trip supported by special classroom curriculum designed for teachers to continue the important discussion about the human body and health awareness. Also among its many visitors, medical students and practitioners, art students and other related professions attended the exhibition for its fascinating combination of scientific and artistic education.

"Northern Californians have embraced this remarkable exhibition and we are thrilled to meet the demand for its return," stated Dr. Roy Glover, Chief Medical Director for Bodies Revealed. "It is more powerful and memorable than ever before with the new specimens and a unique design. In a region so well known for its medical excellence and passionate outdoor, active lifestyles, this is sure to enlighten, empower, fascinate and inspire."

"Based on the success of the first Sacramento to run, we are very excited to see this expanded Bodies Revealed exhibit return to our city," said Steve Hammond, President and CEO of the Sacramento Convention & Visitors Bureau (SCVB). "Not only does it give our residents the opportunity to see a world-class traveling exhibit, it provides the SCVB with a strong attraction that will help us to draw additional visitors to this community."

Another fun and educational option is The Sacramento History Museum. Recently renovated with some exciting and spectacular new changes, it's a "must visit" this summer with its hands on exhibits and activities and impressive new additions.



Beginning on Saturday, July 10, the Historic Old Sacramento Foundation (HOSF) will unveil guided tours of Old Sacramento's underground and hollow sidewalks. The tours will be offered hourly on Thursdays through Sundays from 10 a.m. to 6 p.m. (the last tour departs at 5 p.m.). Tours will last approximately 45 minutes and cost \$15 for adults and \$10 for youths. Private groups will be able to book weekday and evening tours. The tours will be high quality presentations utilizing extensive original historic research.

Visitors to the Old Sacramento Underground will have new eyes with which to see the district and understand the city's history after they view the disappearing windows and doors, dipping alleyways, exposed retaining walls, and walk into underground hollow sidewalks and tour under historic structures.

Most important of all, they will learn about Sacramento's unique historical identity as the only city in the California to raise its streets, and one of only a handful to do so in the entire nation.

Another "must plan" for the summer calendar and a great idea for summer fun and staying cool is to take in a show at the Esquire IMAX theater. A line-up of fabulous films for summer is on its way including the mind boggling and phenomenal HUBBLE 3D running throughout the summer.

Fountains Free Summer Entertainment Series in Roseville at the Fountains offers concerts three nights a week beginning June 4. And Fountains will host a free family entertainment series. Wednesday and Saturday nights will include concerts of all genres including rock, reggae, and country with free dance lessons and exhibitions on Friday nights.

Also don't forget the State Fair. This year the state fair will be bringing back one of the most popular exhibit producers of recent years, Stage Nine Entertainment. This year the folks who brought you "Toytopia," "It's a Candy Nation," and "Going Hollywood"

return this year with "Get Animated." It's the first time that all the major animation studios have come together in one educational and entertaining exhibit.

One great way to escape the heat and escape into another world for a couple of hours is to see a play at the Sutter Street Theater in the heart of historic Folsom's downtown district. All of this theater's productions are top notch, excellent, entertaining and the theater has earned countless top awards. They are refreshingly dedicated to families and children, so check out their acting workshops and instruction, too. Robin Hood is coming in June and they have a terrific line up of shows throughout summer and fall, in the works.

Before or after the show, stop by the Folsom Zoo and take the train. And if you're really adventurous, stop by Folsom Lake for a picnic or outing as well.

There is so much in our own backyard in the Sacramento area, or just a gas tank away, so get out the red pen and the calendar and start plotting your summer course of fun today.

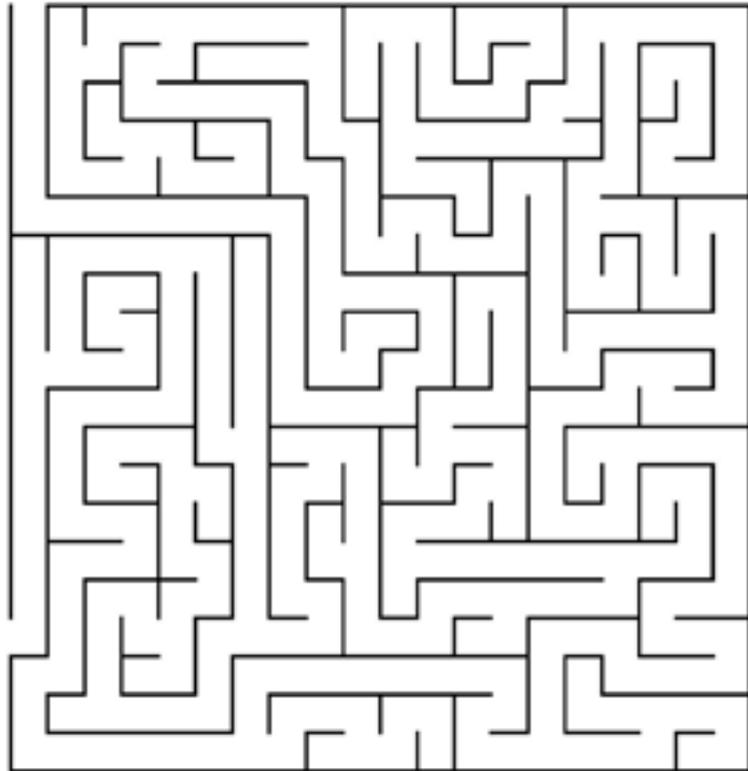
Visual Arts! Workshop intensives are also available for students.

[www.sutterstreettheater.com](http://www.sutterstreettheater.com)  
[www.folsom.ca.us/depts/parks\\_n\\_recreation/zoo/](http://www.folsom.ca.us/depts/parks_n_recreation/zoo/)  
[www.montbleuresort.com/](http://www.montbleuresort.com/)  
[www.bodiessacramento.com](http://www.bodiessacramento.com)  
[www.fountainsroseville.com](http://www.fountainsroseville.com)  
[www.stagenine.com](http://www.stagenine.com)  
[www.bigfun.org](http://www.bigfun.org)  
[www.sachistorymuseum.org](http://www.sachistorymuseum.org)  
[www.raftrentals.com/](http://www.raftrentals.com/)  
[www.tahoeministries.com/PNOMO.php](http://www.tahoeministries.com/PNOMO.php)  
[www.lakesideinn.com/](http://www.lakesideinn.com/)

*Carmel L. Mooney is a 4<sup>th</sup> generation Californian who loves to travel with her family. You can hear her talk about travel, dining, and entertainment on KJAY 1430 AM in Sacramento on Sunday afternoons.*



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[www.activityvillage.co.uk](http://www.activityvillage.co.uk)

# Discovery Museum events

**Creative Cave Painting, June 5 and 6, 12:30 to 4 p.m.** Release your inner cave-man at the Discovery Museum Science & Space Center. View our Gee Whiz Geology exhibit and learn about animals that lived with early man, such as the mammoth, crocodile and saber-toothed cat. Every child has an opportunity to design a "cave painting" on a personal sized piece of sandstone. This would make a great Father's Day gift!

**Ancient Oceans, June 12 and 13, 12:30 to 4 p.m.** Planning on taking a trip to the beach this summer? Visit the Discovery Museum Science and Space Center this weekend to learn about oceans during the Paleozoic era (before dinosaurs existed). Children explore this ecosystem while working on a coloring sheet. Every child, 12 and under, takes home a small replica fossil as a souvenir.

**Woolly Wonders, June 19 and 20, 12:30 to 4 p.m.** Visit the Discovery Museum to learn about an animal that may be in - or under --your own backyard. Woolly Mammoth fossils have been discovered in the Elk Grove area, proving the species once resided right here in the Sacramento Valley. Learn about this colossal crea-

ture in our Gee Whiz Geology exhibit. Back by popular demand, Max, our life-size baby woolly mammoth replica is on display. Add yarn to his coat and make him woollier then ever! Children make a paper mammoth banner to take home.

**Fourth of July Fun, June 26 and 27, 12:30 to 4 p.m.** Get ready for the Fourth of July with a patriotic star-spangled waver. This is always a popular activity for kids to construct. Admission includes the Gee Whiz Geology exhibit, Creature Feature programs and Planetarium shows (ages 4 and above only). Bring a picnic lunch too!

**Challenger Learning Center Community Missions**  
June 11 - Comet Halley  
July 9 - Voyage to Mars  
Time: Doors Open at 5:30 p.m. (Team selection on a first come, first served basis)  
Launch Time is 6 p.m. --  
Landing Time is 8:30 p.m.  
Age: 9 to 109 years old!

**NOTE** - Each 9 and 10 year old child must be accompanied by an adult teammate.

All people ages 17 and younger must have an adult chaperone onsite. Missions are held at the Discovery Museum Science & Space Center and reservations are required. Call (916) 575-3942 to pay by credit card or visit the museum to pay by cash or check. The cost is \$15 for members and \$20 for non-members.

*The Discovery Museum Science & Space Center is located at 3615 Auburn Boulevard, Sacramento. Museum admission is \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). Above activities are appropriate for 4 to 12 years old. For more information, call (916) 808-3942 or visit [www.thediscovery.org](http://www.thediscovery.org)*



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

# Wild Kingdom Comes to Effie Yeaw

Things are about to get wild at Effie Yeaw Nature Center. Peter Gros, co-host of the original Mutual of Omaha's Wild Kingdom, along with some of his animal friends will stop by Monday, June 7, to do two appearances from 8:45 to 9:15 a.m. and 9:30 to 10 a.m.

Gros will talk with those in attendance about what they can do to protect the natural world and the animals that share it with us. A serval, python, civet, ocelot, ring-tail lemur, fennec fox and a few creepy crawly creatures will help him deliver his message.

Live animals from the Nature Center and some fascinating natural history biofacts will also be on display. Tickets for this event are \$2.50 per person. For more information, call (916) 489-4918.

For more information about Mutual of Omaha's Wild Kingdom, visit [wildkingdom.com](http://wildkingdom.com) and for more information on Peter Gros, visit [http://www.wildkingdom.com/nostalgia/gros\\_bio.html](http://www.wildkingdom.com/nostalgia/gros_bio.html)



## Foxtail Farms

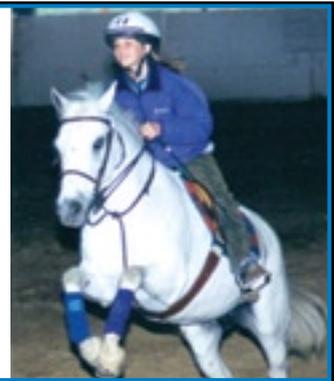
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- Competitive prices

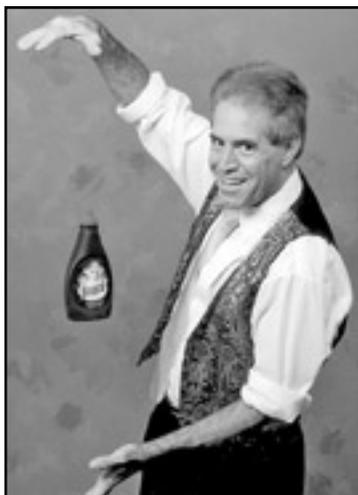
9439 Clay Station Road  
Wilton, CA 95693

916-296-6305 • [www.foxtailhorses.net](http://www.foxtailhorses.net)



## Meet Bosco the Magician

Join the fun at the Arcade Library, Thursday, June 17, at 3 p.m., with "Soak Up Stories," with Bosco the Magician. This program is best suited for children ages 5 to 12. Arcade Library is located at 2443 Marconi Avenue, Sacramento. Call (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org) for more information.



# Funderland Amusement Park

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# New Carmichael business has kids flipping...literally

By **BENN HODAPP**  
California Kids! Writer  
benn@valcomnews.com

When Copeland's Sports went out of business, the sprawling 21,300 square foot lot at 6404 Fair Oaks Boulevard sat idle for years, just waiting for an opportunity to re-open its doors. But finding a suitable establishment can be difficult for such a large locale. For over three years, it lay dormant until Patrick O'Donnell and associates decided to take a chance on the site in the form of Fliptastic! Gymnastics, Dance and Cheer.

In August of 2008, O'Donnell, the primary owner of the facility, began the process of drawing out the plans for what he wanted it to look like and how it would function on the inside. With truckloads of equipment coming in, the 20 or so workers were consistently busy making the vision a reality.

The huge site may not have been great for the ice cream shops and burger joints of the world, but O'Donnell found the building most conducive to his needs. Add in the fact that the shopping center was ecstatic to fill the lot, and you have an ideal situation for all involved.

Fliptastic! quietly opened its doors on January 11, 2010, 17 months after the idea was hatched. But it didn't stay quiet for long.

Just three months into its stay in Carmichael, the facility boasts an impressive 722 students taking part in all manner of curriculums.

"We're off to a great start," O'Donnell said. "The community was looking forward to this. We didn't advertise like we should have, but due to great word of mouth from the community it's been great."

The grand opening took place on February 27, which O'Donnell admitted was the only time he advertised his location.

### The layout

When you walk inside the building, it is hard not to be a little bit overwhelmed by all the chaotic routines unfolding before you. Trampolines, backflips, uneven bars, balance beams, painted murals and more colorful contraptions than you can imagine immediately jump out and grab your attention.

There are sectioned-off areas for the different disciplines being taught by the 23 different instructors. There is an area for babies as young as 12 weeks old to work on their coordination; an area for kids up to age five to play and learn; and the rest of the main room is where the big kids go to study and practice physical feats most of us will never achieve.

The facility also has two rooms set aside for dance classes, com-

plete with floor-to-ceiling mirrors. Next to the dance rooms is a break room/party room that is used to host birthday parties. O'Donnell said that there were 12 parties at Fliptastic! just in the last week.

One of the most unique aspects of the building is the 20-by-16-foot foam pit that acts as a soft landing spot for gymnasts and cheerleaders to practice their aerial acrobatics. The pit, which is filled with 9,000 foam cubes, is the only such pit in the area.

### Classes offered

The most popular discipline as of right now is gymnastics, but that isn't all that the facility has to offer. There are a number of dance classes, cheerleading, tumbling and trampoline classes as well. Before long, O'Donnell hopes to bring karate and yoga in as well to make the building even more versatile.

There is a lifetime membership fee of 45 dollars and classes

range from \$45-\$60 per month for as long as the child chooses to continue. There is also a VIP program for children who take three or more different classes. The program offers discounts so as to not burden the families financially.

You can also have a birthday party there, which has been a very successful aspect since the January opening.

Although one might think that a place that offers gymnastics, cheerleading and dance instruction would be a boy-free zone, such is not the case. O'Donnell explained that the beginner tumbling class is predominantly boys. The break dancing and hip-hop dancing classes are popular with the young male population as well.

O'Donnell, who grew up playing baseball, stressed the fact that the things you can learn at Fliptastic! can help kids in other sports.

"We've all jumped on a trampoline before and when we got off our legs were sore," he said. "In almost every sport you need to have that strong hip rotation and our classes can help you achieve it."

It's early yet, but it looks as though the gaping hole that was left by the departure of Copeland's has been filled quite well by these energetic, tumbling youngsters.

If you have a child interested in becoming a gymnast, cheerleader, dancer or tumbler, call Fliptastic! At 487-FLIP (3547) or visit them online at [www.fliptastic.biz](http://www.fliptastic.biz).



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# Preparing Children for Camp

## Special to California Kids

Your children want to go to camp. You think that's a great idea. At camp they can experience a community where learning contributes to their growth and development through play. They can have a great time and learn new things, and you will probably get some peace and quiet.

Before your children take off though, there are some things you can do to help make the camp experience more fun and rewarding. Here are some suggestions on how to prepare your children for camp, courtesy of the American Camp Association® (ACA), Northern California.

- Involve your children. You and your potential campers should select the camp and prepare for it together. Try to match the camp with your campers' interests so that they will do the things they want to do, learn the things they want to learn. Discuss the differences between day and resident camps. If your children don't feel ready for a resident camp, look at day camp alternatives. If they want to go to a resident camp,



Photo courtesy American Camp Association

discuss how long they would like to stay.

- If possible, you and your children should attend a camp fair and visit the camp itself.

- Be sure to send the message "you get to go to camp" and not "you are being sent to camp." Make it clear you are not "trying to get rid" of your campers.

- Discuss what camp will be like. Talk about your own camp experiences and, if possible, talk with former campers and their families. Encourage your children to ask them questions. Consider role-playing an-

anticipated camp situations such as using a flashlight to find the bathroom. Be open. Answer any questions that come up. The more questions that are answered, the more confident your campers will be.

- Set realistic expectations. Camp, like the rest of life, has high and low points. Not every moment is filled with wonder and excitement. Encourage your children to have a reasonable view of the experience. Your children should not feel pressured to succeed at camp, either. For

See Camp, page 17

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# Camp

Continued from page 16

them, the main purposes of camp are to relax and have fun.

- Make it clear in advance that you do not intend to “rescue” your children from camp if they don’t like it.

- Be practical. As the first day of camp draws near, double-check the list of items your youngsters need. Make sure the camp receives in writing any information about your children’s health (prescriptions, allergies, medications).

By following these tips, you can almost assure that your children will enjoy a fun, enriching and educational camp experience. And don’t be surprised if they don’t want to come home at the end of camp.

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 [www.ACAnorcal.org](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 [www.CampParent.org](http://www.CampParent.org) and [www.ACAcamps.org](http://www.ACAcamps.org)

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<http://www.smud.org/en/community-environment/greenenergy/pages/index.aspx>  
 Code "NMFFA"

# Crocker Art Museum Calendar

*In preparation for the public Grand Opening of the New Crocker on 10.10.10, the Museum will be closed to the public from June 7 thru October 9, 2010. Visit [newcrocker.org](http://newcrocker.org) for more information.*

## PUBLIC PROGRAMS, CONCERTS and SPECIAL EVENTS

Thursday, June 10, 12 p.m.  
 - Public Art Walkabout: The Crocker Family Legacy Meet in

front of the Crocker for a one-hour walking tour of the public art on view in Downtown Sacramento. This tour is presented in collaboration with the Sacramento Metropolitan Arts Commission. Reservations are required. To register, call (916) 808-5499 or email [education@crockerartmuseum.org](mailto:education@crockerartmuseum.org). Free.

## Youth and Family Programs

Thursday, June 10, 11 a.m. and 3:30 p.m. - Stories and Art at Elk Grove

Library Encourage your pre-schooler's development through a special art activity inspired by a classic children's book. Designed after the Crocker's popular Wee Wednesday series, this program is for children 3-5 and the special adult in their lives. Show your Crocker membership card to receive a special at-home activity for your child. This program will take place at the Elk Grove Library. Free.

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*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; 1st and 3rd Thursdays until 9 p.m. Admission is \$6 for adults, \$4 for seniors and \$3 for students. Free admission on Sundays from 10 a.m. to 1 p.m. For more information, call (916) 808-7000 or visit [crockerartmuseum.org](http://crockerartmuseum.org).*

Don't Suffer From Summer Boredom! **CAMP L.F.U.** is the perfect cure! We offer our campers ten exciting themed weeks! Every week is a new adventure packed with awesome activities and fieldtrips that will guarantee your child an unforgettable summer! Camp L.F.U campers will experience a hands-on program in which they will enjoy nature & the outdoors, drama & music, sports, swimming, cooking, creative arts, crafts & messy science experiments! They will also take part in team & confidence building activities, skill development & friendship building! In addition, there are tons of incredible fieldtrips & weekly special events such as humongous bounce house waterslides & obstacle courses, petting zoos, magicians & more!

**Check out some of our theme weeks!**

Summer 2010 Theme Week:	Main Activity
<b>Calling all Campers!</b> Enjoy smores, snores & the great outdoors!	<b>3ly Park Day Camping</b>
<b>Amazing Races!</b> Grab your passport & "race around the world!" Experience world cultures, challenges & build friendships as you compete for awesome prizes!	<b>6 Flags Discovery Kingdom</b>
<b>GROSSology!</b> The science of REALLY gross things! Ever played with fake Snot? Join us if you dare!	<b>San Francisco Academy of Sciences</b>
<b>MINER 49ER</b> Taffy pulling, soap making & bread baking! This week we will step back in time & try out frontier life!	<b>Coloma Gold Panning Trip</b>
<b>THE SANDLOT</b> What would summer be without lots of sports, sand beneath your toes & fun in the sun?!	<b>DAY AT THE BEACH!</b> Crown State Beach BBQ & Crab Cove Nature Reserve.
<b>SPONGEBOB'S DEEP SEA ADVENTURE!</b> Spend the week in Bikini Bottom blowing enormous bubbles, playing tug-o-war over a pool of BBQ sauce, perfecting the Krabby Patty, jellyfishing & of course...foiling Plankton's diabolical plan! A week full of SpongeBob Silliness!	<b>Ferry Ride To Pier 39, &amp; Aquarium of the Bay &amp; Hard Rock Café In San Francisco!</b>

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# Activities at Wilder Ranch State Park

Located two miles north of Santa Cruz, on Highway 1 (831) 426-0505

**The History of Wilder Ranch: A tour of the Historic Ranch Buildings** All Saturdays and Sundays in June at 1 p.m. Discover what life was like a century or more ago on this innovative dairy ranch. The hour-long tour includes the 1859 Meder Gothic revival style farmhouse, 1897 Victorian home, 1896 water-powered machine shop, barns and other historic buildings.

**Living History Demonstrations:** Some Saturdays and Sundays, 11 a.m. to 3 p.m. At Wilder Ranch State Park, volunteers lead living history

activities on most weekends. Stop by for a picnic and lawn games and you may also find blacksmiths, quilters, and cooks demonstrating their skills on the ranch. Call (831) 426-0505 for more information.

**History, Nature, and Scenic Views:** A Tour of the Grey Whale Ranch Area, Saturday, June 12 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, June 5, 19, and 26 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.

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

## Cherry Pineapple Frozen Treats

Quick to whip up, this family favorite is great to have in the freezer for hot hungry moments.

Ingredients: 1 large (20 oz, 560g) can cherry pie filling 1 large (20 oz, 560g) can crushed pineapple, drained 1 x 14 oz (396g) can sweetened condensed milk 8 oz (225g) whipped topping, thawed (or equivalent whipping cream) Instructions: Combine all

the ingredients and pour them into a 9 X 13" pan. Cover and freeze. Alternatively, spoon into ice lolly moulds.

When ready to serve, turn out and cut into squares to serve. Keep cool by refrigerating for a short time, if necessary.

For more treats, visit [Activityvillage.co](http://Activityvillage.co) Keeping Kids busy

## Catfish Derby Set For June 5, Competition Now Open to Adults

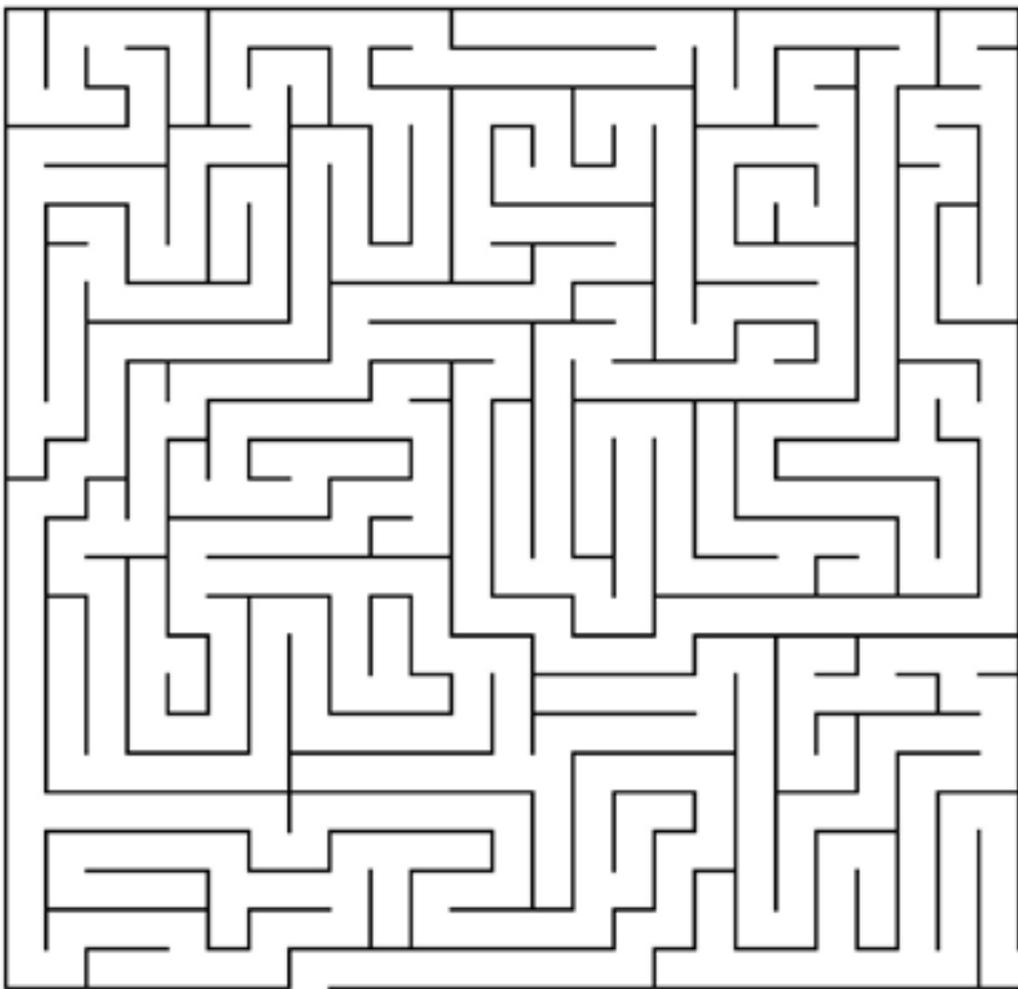
San Joaquin County Parks and Recreation and the Delta Fly Fishers will launch this year's Catfish Derby, set for Saturday, June 5, at Oak Grove Regional Park, by opening the competition up to adults for the first time in the event's 26-year history.

In the past, young anglers have competed for prizes in similar age groups (i.e.: 8 and under, 9 to 12 and 13 to 15). This year's derby, however, will allow those 16 years of age and older to compete as well. Approximately 1,500 lbs. of catfish will be planted prior to the derby, with additional poundage supplied by the California Dept. of Fish and Game.

As always, kids age 15 years and younger fish for catfish FREE at Oak Grove's 10-acre lake during the event, which begins at 6:15 a.m. There is no registration fee for the event, however, a \$3 fishing permit fee and valid CA. fishing license are required for those sixteen (16) years of age or over. A \$5 vehicle-parking fee will also apply. All State Fish and Game laws apply. Participants must supply their own fishing equipment.

Oak Grove Regional Park is located on Eight Mile Road and Interstate 5 in Stockton. Park gates will be open at 6:15 a.m., derby registration closes at 10 a.m. and the last weigh-in is at 12:30 p.m. Prizes will be awarded shortly thereafter. For more information, call (209) 331-2050 or log onto [www.mgzoo.com](http://www.mgzoo.com).

Dad's cooking! Can you help the hotdog find its way to the barbecue?



[www.activityvillage.co.uk](http://www.activityvillage.co.uk)

## Rancho Del oso Nature & History Center activities

Located 16 miles north of Santa Cruz along Highway One, at Waddell Creek (831) 427-2288

### Guest Presenter - Pat Rapp

Saturday, June 19 at 1 p.m.  
Native American Arts

June 19, Pat Rapp, a long time practitioner of Native American arts, will teach how to make cordage, tule effigy/animal figures, and beginning basketry to adults and older children. Please call or email to reserve a space so that we will know how many materials to harvest. The class will go from 1 to 4 p.m. at the Nature and History Center at Rancho del Oso State Park. Call (831) 427-2288 or email: [RDOPIS@parks.ca.gov](mailto:RDOPIS@parks.ca.gov)

### Natural History Hikes

Sunday, June 6 at 1:30 p.m.

Join Naturalist Laura Shaw for a wildflower hike starting at the ranger station at Rancho del Oso at 1:30. We will hike the new interpretive trail (West Trail not West Ridge trail) to enjoy the abundance of this rainy spring's gift of wildflowers. Hike is 3 miles with moderate elevation gain and at a slow pace so that we can explore. Meet at the Ranger Station located .25 miles in from the Highway 1 entrance to the park along the Skyline to the Sea trail.



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

## Charles M. Schulz Museum events

**Monday, June 7, Summer Classes Begin!** The Museum offers half-day and week-long classes in cartooning, manga, computer and Lego animation, hands-on art, and even ice skating! Look for a complete class listing on the Museum website at [www.schulzmuseum.org/workshops-summer.html](http://www.schulzmuseum.org/workshops-summer.html) or call (707) 579-4452, ext. 263.

**Saturday, June 12, 1 to 3 p.m., Second-Saturday Cartoonist Meet**, watch, and talk to freelance illustrator Karen Luk. Luk's comics and art have been displayed throughout the San Francisco Bay Area.

**Saturday, June 12, 5 to 8 p.m., FREE Summer Sampler** Enjoy FREE admission and sample our summer class activities, including live storytelling and cartoon workshops by Joe Wos and a free Italian soda at the Warm Puppy Café.

**June 16 through September 27, NEW EXHIBITION** | From Highland Park Caddy to Pebble Beach Celebrity: Schulz and the Game of Golf Sports were important to Charles Schulz, and golf was one of his favorite games.

**Saturday, June 19, 1 to 3 p.m.** Nancy Goldstein will talk about her biography of Jackie Ormes, the first African-American woman cartoonist, and will sign books.

**Monday, June 28, 10 a.m. to Noon, Museum Mondays for Little Ones** Enjoy sto-

ries, movement games, and arts and crafts especially designed for little ones ages 1 to 5. \$5 per child; 2 adults per child are free before 11 a.m.

Museum hours are: Weekdays Monday through Friday (except Tuesdays\*) 11 a.m. to 5 p.m., Saturday and Sunday, 10 a.m. to 5 p.m., Closed Tuesdays\* Open everyday throughout the summer (Memorial Day through Labor Day) Admission fees are: Free - Museum Members, Children 3 and under \$5, Children 4 to 18, college students with valid I.D. card, and Seniors 62 + \$10 - Adults

The Charles M. Schulz Museum is located 50 minutes north of San Francisco by car on Highway 101. The Museum is located at 2301 Hardies Lane, Santa Rosa. For more information consult the Museum web site: [www.SchulzMuseum.org](http://www.SchulzMuseum.org).

*About the Charles M. Schulz Museum and Research Center The Charles M. Schulz Museum opened in August 2002 to fulfill its mission of preserving, displaying and interpreting the art of Charles M. Schulz. The museum carries out this mission through changing exhibitions and programming that: build an understanding of cartoonists and cartoon art, illustrate the scope of Schulz's multi-faceted career, communicate the stories, inspirations and influences of Charles Schulz, and celebrates the life of Charles Schulz and the Peanuts characters.*

## Special olympics Athletes Prepare for 2010 Summer Games

Some 800 Special Olympics athletes from 32 Northern California counties are descending on the UC Davis Campus June 25 to 27 to compete in championship-level play for the 2010 Summer Games. Their quest: to Reach for the Gold® as they compete in the sport that has required their hard work, time and commitment. Summer Games will feature aquatics, bocce, tennis and track and field events.

Last year, about 110 athletes from Sacramento/Yolo, Placer/Nevada counties made it to the games. A similar number of athletes are expected to qualify this year.

The Opening Ceremonies and the Summer Games are free and open to the public. The Summer Games is the largest Special Olympics sporting competition in Northern California showcasing four sports offered during the spring season - aquatics, bocce, tennis and track and field.

### Schedule of events:

June 25, 10:30 a.m.- Press Conference and Final Leg of Torch Run, Capitol Steps  
June 25, 7:30 p.m.- Opening Ceremonies for Summer Games (Aggie Stadium)  
June 26, 9 to 5 p.m. -Summer Games Competition  
June 27 -Summer Games Competition

Special Olympics Northern California is a free year-round sports training and competition program for children and adults with developmental disabilities. About 14,000 athletes compete in over 170 competitions throughout the region in 12 sports. Programs are free to all eligible athletes. Financial support comes almost exclusively from individuals, organizations, corporations, and foundations. Find out how you can be a fan and visit [www.SONC.org](http://www.SONC.org).

## Quick Banana Ice

This is not quite ice-cream, and you need at least half an hour for preparation, but your kids will love it. You will need: Bananas!

### Instructions:

Mash one or two bananas in a bowl. Cover and place in the freezer for about 30 minutes. Remove from freezer and fluff up with a fork, then enjoy!

For more ideas, visit [ActivityVillage.co](http://ActivityVillage.co) Keeping Kids Busy!

## Mandarin Munchies

These super quick and super easy kids snacks are a real treat, and thirst quenching, too. You will need:

Mandarin oranges and Plastic wrap

### You will need to:

Peel a few mandarin slices and cover in plastic wrap. Place in the freezer for about an hour (or longer) for a thirst quenching treat.

For more yummy treats, visit [ActivityVillage.co](http://ActivityVillage.co) Keeping Kids Busy



## Capital Athletic Soccer Academy Recreational Soccer League



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Best fields in the Greater Sacramento area, safe, and centrally located

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

# Summer activities at Seacliff State Beach

Located off State Park Drive in Aptos (831) 685-6444

## Saturdays at Seacliff

Activities take place from 11 a.m. to 2 p.m.

**June 12** - 11 a.m. to 2 p.m. – A Day of Crafts. Join volunteers in a day of crafts and fun!

**July 10** - 11 a.m. to 2 p.m. – Sand sculptures. Come see and make sand sculptures.

**August 14** - 11 a.m. to 2 p.m. – Music Day with Michelle Kiba, Banjos by the Bay and other local musicians.

## Family Beach Discovery Walk at Seacliff State Beach

Saturday, June 26 - 1 p.m.

Join Docent Norm Beeson for a fun filled family beach walk to explore the mysteries and wonders of Seacliff State Beach and our incredible Monterey Bay National Marine Sanctuary. We'll see what the day has to offer on this easy, 1 mile, 1 hour walk. Bring beach friendly shoes, water, sunscreen, a snack and an inquisitive spirit. Meet at the Visitor Center.



# Make a Splash for Summer Reading Fun

The warm summer weather is coming, and what better way to read a “hot” book than to “Make a Splash” by joining the Sacramento Public Library’s Summer Reading program. Each of the 27 Sacramento Public Library locations will offer nearly 600 free entertaining and educational summer reading programs for school-age children,

teens, adults, and families, June through August.

Everyone is invited to the Summer Reading program’s kick-off celebration, Mega-Splash, from 1 p.m. to 3 p.m., Sunday, June 6, at the Central Library, 828 I Street, Sacramento. There will be free activities for all ages at the downtown Sacramento library event, featuring award-winning

singer-storyteller Francie Dillon; face painters; a henna artist; favorite costumed book characters Curious George, Stella Luna, Rotten Ralph, and Clifford the Big Red Dog; storytelling; kids and teen craft making; games; and more. Plus, metered street parking is free on Sunday.

Water is the theme for this year’s Summer Reading programs: “Make a Splash for kids”, “Making Waves for teens”, and “Water Your Mind for adults”.

Starting June 1, library customers can either sign up online at [saclibrary.org](http://saclibrary.org) or at their Sacramento Public Library branch.

Registrants will receive a bingo game card which features Summer Reading activities. When a participant finishes a bingo row of activities, he or she will receive a branch’s prize: a book for pre-readers and school-age children and teens and a book bag for adults. There will be grand-prize drawings at summer’s end. Call the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org) for more information.

## Town and Country Lutheran SUMMER FUN CAMP

**Dates:** June 14 through August 13

**Hours:** 7:30 am to 5:30 pm

**Ages:** Students who have finished Kindergarten and going into Sixth Grade

**Academic Program • Arts and Crafts • Field Trips**

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Be a 'Green' Family

# Tips for parents of young children to live environmentally-friendly

## Special to California Kids

**T**urns out, it is easy being green. Parents and caregivers can teach children environmentally-friendly habits starting at an early age. However, the benefits of a healthy environment are not for Earth alone. Many 'green' choices have added health benefits for children and families, such as encouraging physical activity, eating fresh fruits and vegetables, and creating safer, toxin-free environments.

First 5 Sacramento offers families the following "Top 10" green tips to teach children to care for both their health and the health of the planet:

**No Gushing While Brushing:** Teach children to turn off the water while brushing their teeth during the two-minute brushing time dentists recommend.

**Walk the Walk:** Instead of taking the car, walk! By walking, you will not only help

cut down on pollution, but provide good exercise for you and your family.

**Fresh Is Best:** Go to a farmers market and teach your preschooler how to choose local seasonal produce for healthy snacks. A farmers market is eco-friendly because it offers fresh produce that has not traveled a long distance and isn't wrapped in a lot of packaging. Don't forget to bring a reusable bag to carry your groceries home!

**Lights Out:** Tell children to turn off the lights when leaving a room and help them open curtains and blinds to let in the sun's natural light during the day. Switching off lights helps conserve energy – and lower your home energy bill.

**Recycle Over and Over:** Teach your kids the value of recycling – newspapers, magazines and junk mail are just a start. You can even turn this into a fun activity like creating a newspaper and magazine photo collage.

**Green Thumb, Here We Come:** Most kids love to play in the dirt. Turn this into a fun gardening experience to grow plants

and herbs – all it takes is a small plant container. As an extra bonus, indoor plants help clean the air in your home.

**Take a Hike:** Play as a family outdoors. Throw a ball around, go for a hike or play tag instead of playing with electronic toys.

**Think Artsy:** Bring the artist in you to life and make crafts from objects you were planning to throw away. Make homemade wooden toys or create new outfits for your child's dolls from old clothes and linens.

**Give Bottled Water the Boot:** It is important for kids to drink plenty of water every day. To cut down on trash, refrain from buying bottled water. Instead, show your child how to fill up reusable bottles and thermoses with filtered tap water. An added value for children's teeth to prevent tooth decay is when the tap water is fluoridated. Visit the First 5 Sacramento website at [www.First5Sacramento.net](http://www.First5Sacramento.net) to check the fluoridation map and find out if your family lives in a fluoridated water district.

**Turn Household Chores Into Playtime:** Kids are natural scientists and love experi-

menting with things, so show them how to mix baking soda and vinegar to create a natural cleanser for your home. Not only will you replace unhealthy household toxins found in traditional cleaning supplies, but you will also turn a household chore into a fun activity for your child.

For more information on First 5 Sacramento and early childhood development programs, please visit the Parents Resource Center at [www.First5Sacramento.net](http://www.First5Sacramento.net) or call (916) 876-5865.

*About First 5 Sacramento – Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, 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 \$16 million a year in Prop. 10 revenues to programs and services that meet local needs.*



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



# Calendar of Events

## Arts and Crafts

**June 16, T-Shirt craft, 2 p.m., 5605 Marconi Avenue, Carmichael.** Join the fun at the Carmichael Library for "Fish Print T-Shirts." This program is best suited for children ages 5 to 12. For more information, call (916) 264-2920.

**June 23, Origami, 2 p.m., 5605 Marconi Avenue, Carmichael.** Join the fun at the Carmichael Library for "Ocean Origami." This program is best suited

for children ages 5 to 12. For more information, call (916) 264-2920.

**June 26, Wind Chimes, 1 to 4 p.m., 212 D Street, Davis.** The Pence Gallery in Davis invites you to make wind chimes out of glass, found objects, and beads, with artist Brenda Brinkhouse-Hatch. This event is appropriate for children ages 3 to 14, but adults are also welcome. If you would like to participate, RSVP to (530) 758-3370.

**June 30, Buttons, 2 p.m., 5605 Marconi Avenue, Carmichael.** Join the fun at the Carmichael Library for "Button Making Party." This program is best suited for children ages 5 to 12. For more information, call (916) 264-2920.

**July 8, Collages, 3 p.m., 920 Grand Avenue, Sacramento.** Children ages 5 to 12 are invited to the Del Paso Heights Library for "Seashore Collages," with ArtWorks. For more information, call (916) 264-2920.

**July 14, Water Crafts, 2 p.m., 5605 Marconi Avenue, Carmichael.** Join the fun at the Carmichael Library for "Water Crafts." This program is best suited for children ages 5 to 12. For more information, call (916) 264-2920.

## Critter Events

**June 5, Catfish Derby, 6:15 a.m. to 12:30 p.m., Oak Grove Regional Park, Stockton.** Adults can participate in this derby. Approximately 1,500 lbs. Of catfish will be planted prior to the derby. Kids age 15 years and younger fish free for the event, however, a \$3 fishing permit and valid CA fishing license are required for those 16 and over. A \$5 vehicle parking fee will also apply. Bring your own fishing equipment. Oak Grove is located on Eight Mile Road and Interstate 5. Park gates will open at 6:15 a.m., derby registration closes at 10 a.m. and the last weigh-in is at 12:30 p.m. Prizes will be awarded shortly thereafter. For more information, call (209) 331-2050 or visit [www.mgzoo.com](http://www.mgzoo.com).

**June 10, Animal Library Program, 3 p.m., 920 Grand Avenue, Sacramento.** Children ages 5 to 12 are invited to the Del Paso Heights Library for "Animals of the World," with Wild Things. For more information, call (916) 264-2620.

**June 11 to 13, Dogs Expo, Cal Expo Fairgrounds, Sacramento.** Highlights include educational seminars, demonstrations, adoption/rescue row, doggie makeovers and shopping. Live entertainment, learn from UC Davis vets, plus much more. Friday and Saturday, 9 a.m. to 7 p.m., Sunday, 10 a.m. to 5 p.m. Admission: adults \$18; children 7 to 13 \$5, and 6 and under admitted free. Discount tickets available at local pet stores. For more information, call (800) 352-2411 or visit [www.dogsexpo.com](http://www.dogsexpo.com)

**June 11 to 13, Western States Horse Expo, Cal Expo Fairgrounds, Sacramento.** The 12<sup>th</sup> annual Horse Expo, is known throughout the US as the gold standard of equine expositions. Clinicians, breed demonstrations, competitions, horse sale, and shopping for the equestrian lifestyle. Plus a model horse show by BreyerWest, a Young Rider Park with pony rides and activities, art show and evening performances. Friday and Saturday, 9 a.m. to 7 p.m., Sunday, 10 a.m. to 5 p.m.. Admission: Adults \$18; children 7 to 13 \$5; 6 and under free. Enter Main Gate. Expo Bucks (discount tickets) available at your local feed and western stores. For more information, call (800) 352-2411 or visit [www.horseexpo.com](http://www.horseexpo.com)

**June 26, Bat Program, 1 p.m., 116B I Street, Old Sacramento.** Come down to the Trailmix.Net Old Sacramento Store for a very special presentation by NorCalBats [www.norcalbats.org](http://www.norcalbats.org) NorCalBats is dedicated to the rescue, rehabilitation, and release of bats throughout Northern California. In this workshop you will learn about bats, look at live bats, clear up some common bath myths, learn about bat rescue/rehabilitation, and find some special places in the Sacramento region where parents and families can observe bats in the wild. A reservation is not required, but it would be appreciated if you call (916) 498-9090 if you plan to attend to let the staff know. The store is located across the street from the California State Railroad Museum.

## Especially for Parents

**June 5, Gardening Program, 8:30 to 11:30 a.m., Fair Oaks and Madison, Fair Oaks.** Drop buy to see the orchard, berries, grapes and vegetables at the Fair Oaks Horticulture Center. Talk to UC Master Gardeners as they work. Wander in the water efficient

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### PARTY PACKAGE

#### INCLUDES:

1-1/2 hour party room - Admission for 10 kids Popcorn - Candy - Soda - Invitations - Personal Host- Balloon for each child - Special VIP seating - Movie poster - Photo on screen prior to film: Call 446-2333 x200 for more information.

## SUMMER READING IS HERE!

Exciting, fun, and educational programs and events for all ages – pre-readers, kids, families, teens, and adults – are planned for the 2010 Sacramento Public Library free summer reading series:

- storytimes for pre-readers
- arts and crafts
- game nights
- book discussions
- how-to workshops
- ice cream socials and more!

### READ TO SUCCEED!

Studies show children, who participate in summer reading programs, retain more and do better in school.

Kids and teens can earn a book, and adults will get a book bag for their summer reading accomplishments, plus other great prizes.

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# Calendar of Events

landscape. Ask gardening questions and see how to make every drop count. The Fair Oaks Horticulture Center is located south of Madison, on Fair Oaks Boulevard, next to the library. Admission is free. For more information, call (916) 875-6913.

**June 2 to July 7, Free Positive Parenting Classes, 11601 Fair Oaks Boulevard, Fair Oaks.** Parents can learn long-term parenting skills at a free workshop at the Fair Oaks Library. Debbie Sheridan, a credentialed Adult Ed educator with a degree in early-childhood education, will show parents how to encourage their children to think for themselves, become more responsible, and have a greater respect for themselves and others. The teachings of positive discipline are filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, bring more joy into the home, and give parents a sense of accomplishment. For more information, call (916) 264-2920.

**June 12, Food Preservation Demonstration, 10 a.m., 4145 Branch Center Road, Sacramento.** This is a free event held at the Sacramento Cooperative Extension Office. The Sacramento County UC Cooperative Extension Master Food Preservers presents, "All Dried Up!" basic introduction to safe dehydration techniques. For more information, call (916) 875-6913.

**June 12, Plant Clinic, 10 a.m. to 1 p.m., 5750 Windmill Way, Carmichael.** The Sacramento County UC Master Gardeners have scheduled a plant clinic at the Windmill Nursery to assist the public in diagnosing and solving garden problems. This is a free clinic and the public is encouraged to bring samples from problem plants or insects that need to be identified.

**June 16, Food Preservation Demonstration, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento.** The Sacramento County UC Cooperative Extension Master Food Preservers offers this demonstration on "Apricots, Peaches and Plums." There is a \$3 fee to attend, no advanced registration is required. For more information, call (916) 875-6913.

**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 Book Den is operated by members of Friends of the Sacramento Public Library. For more information, call (916) 264-2880.

**Wednesdays, Crochet and Knitting Circle, 6:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks.** Enjoy a bit of conversation and companionship at the Fair Oaks Library Crochet and Knitting Circle. All ages and skills are welcome; this is not an instructional class but some assistance will be available. Please bring your own hooks, needles, yarn and a project to work on. If you need a project, the library can provide you with ideas and patterns to make newborn baby hats. Those wishing to donate their baby hat creations to the Mad Hatters, who provide free newborn baby hats to local hospitals, can do so through the Fair Oaks Library. For details, call (916) 264-2920 or visit saclibrary.org.

## Magic Events

**June 17, Magic Program, 3 p.m., 920 Grand Avenue, Sacramento.** Children ages 5 to 12 are invited to the Del Paso Heights Library for a free program called "Caddwynn's Magical World of Wonder and Amazement." For more information, call (916) 264-2920.

**July 22, Magic Show, 3:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks.** Children ages 5 to 12 are invited to the Fair Oaks Library for "Make a Splash Magic," with magician Jon Lopez.

**July 29, Magic Program, 3 p.m., 920 Grand Avenue, Sacramento.** Bring the kids, ages 5 to 12, to the Del Paso Heights Library for "Make A Splash," with magician Ed Middleton. For more information about this free program, call (916) 264-2920.

## Special Events

**June 2, Bubble Program, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove.** Join the fun at the Elk Grove Library for "Adventures in Bubble Land" with Rebecca Nile, the Bubble Lady. For more information about this free program, call (916) 264-2920.

**June 17, Ice Cream Social, 4 p.m., 891 Watt Avenue, Sacramento.** Bring the family to the Arden-Dimick Library for a "Summer Reading Kickoff: Ice Cream Social," with the staff. For more information, call (916) 264-2920 or visit saclibrary.org

**June 17, Student Awards Event, 11:30 to 1:30 p.m., L and 11th Streets, Sacramento.** Elected officials will join Comcast in a celebration of education on the steps of the California State Capitol. Students and families will meet at the North Steps where Comcast will distribute more than \$175,000 in scholarships saluting the California high school seniors who have won a 2010 Comcast Leaders and Achiever® Scholarship and a \$1,000 grant. Two students will be surprised with \$10,000 scholarships.

**June 19, Preschool and Kindergarten Open House, 9 a.m. to Noon, 410 Crother Road, Meadow Vista.** Learn about the unique and nurturing curriculum offered in the early childhood programs of a Waldorf school. At this event, you will see the beautiful 40-acre campus, meet faculty members, and discuss your child at this free open house. Free childcare with advanced reservations. For more information, visit [www.liveoakwaldorf.org](http://www.liveoakwaldorf.org) or call Live Oak Waldorf School, which is just minutes from Auburn, off I-80 at the Applegate exit, at (530) 878-8720.

**June 19, Black Bart Hold-Up Day, 10 a.m. to 4 p.m., Main Street, Sutter Creek.** Sutter Creek's 4<sup>th</sup> Annual Black Bart Hold-Up Day will take you back 127 years, to the

last successful stage coach robbery by the infamous highwayman. There's fun for the whole family. Historic re-enactments of Black Bart's Stage Coach Robbery and a Wild West Show will take place at various times during the day on Main Street. Learn about gold fever, and try your luck panning for gold. Period costumes are encouraged; there will be a costume contest for the Best Male, Best Female, and Best Child costume. For more information, visit [www.suttercreek.org](http://www.suttercreek.org) or call (800) 400-0305.

**June 19, Flea Market, 8 a.m. to 3 p.m., Fiddletown.** The Fiddletown Community Center will be holding the Fiddletown Flea, which is a giant community yard sale held in the park on the main street. Many private residences will also participate. Maps will be available to guide attendees to the multiple venues. Food and beverages will be available for purchase. Vendors welcome. For directions or any questions, call (209) 296-0918.

**June 30, Face Painting, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove.** Children ages 5 to 12 are invited to the Elk Grove Library for "A Splash of Face Painting," with Blanca Rose. For more information about this free program, call (916) 264-2920.

**July 21, Balloon Program, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove.** Bring the family to the Elk Grove Library for "Underwater Balloon Twisting," with Blanca Rose. For more information, call (916) 264-2920.

**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](http://crockerartmuseum.org).



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# Calendar of Events

## Storytellers & Puppetry

**June 17, Storyteller, 3 p.m., 2443 Marconi Avenue, Sacramento.** Join the fun at the Arcade Library with "Soak Up Stories," with Bosco the Magician. This program is best suited for children ages 5 to 12. Call (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org) for more information.

**June 24, Puppet Show, 3 p.m., 2443 Marconi Avenue, Sacramento.** Children ages 5 to 12 are invited to the Arcade Library for "Goldilocks and the Three Sharks," with Puppet Art Theater. For more information about this free program, call (916) 264-2920.

**June 24, Puppet Show, 4 p.m., 891 Watt Avenue, Sacramento.** Bring the kids, ages 5 to 12 to the Arden-Dimick Library for "Froggy's Big Splash," with the Caterpillar Puppets. For more information, call (916) 264-2920.

**July 1, Music Show, 4 p.m., 891 Watt Avenue, Sacramento.** Join the fun with musician, Bonnie Lockhart, at the Arden-Dimick Library as she presents, "Flippers, Fins and Feathers." For more information, call (916) 264-2920.

**July 1, Puppet Show, 3 p.m., 920 Grand Avenue, Sacramento.** Children ages 5 to 12 are invited to the Del Paso Heights Library for "Make a Splash Stories and Puppetry," with Mr. Tim and Ms. Jami. For more information, call (916) 264-2920.

**July 7, Marionette Show, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove.** Join the fun at the Elk Grove Library for "The Frog Prince," with the Fratello Marionettes. For more information, call (916) 264-2920.

**July 8, Ventriloquist Show, 4 p.m., 891 Watt Avenue, Sacramento.** "Make a Splash," with ventriloquist Steve Chaney and Cornelius Crowe at the Arden-Dimick Library. This is a perfect program for kids ages 5

to 12. For more information, call (916) 264-2920.

**July 15, Puppet Show, 4 p.m., 891 Watt Avenue, Sacramento.** Bring the family to the Arden-Dimick Library for "Tommy's Splashy Pirate Adventure," with Puppet Art Theater. For more information about this free program, call (916) 264-2920.

**July 15, Marionette Program, 3:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks.** Join the fun at the Fair Oaks Library for a very special program called, "Vaudeville Follies," with the Fratello Marionettes. For more information about this free program, call (916) 264-2920.

**July 15, Storyteller, 3 p.m., 920 Grand Avenue, Sacramento.** Children ages 5 to 12 are invited to the Del Paso Heights Library for "Gyotaku Fish Printing and Stories" with Mr. Tim. For more information, call (916) 264-2920.

**July 15, Music Show, 3 p.m., 2443 Marconi Avenue, Sacramento.** Join the fun with musician, Bonnie Lockhart, at the Arcade Library as she presents, "Flippers, Fins and Feathers." For more information, call (916) 264-2920.

**July 22, Puppet Show, 4 p.m., 891 Watt Avenue, Sacramento.** Children ages 5 to 12 are invited to the Arden-Dimick Library for "Shouka the Whale," with the California Puppets. For more information about this free program, call (916) 264-2920.

**July 29, Puppet Show, 3 p.m., 2443 Marconi Avenue, Sacramento.** Bring the family to the Arcade Library for "Adventures on Puppet Island," with Tony Borders Puppets. For more information, call (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org)

**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.

## Maidu Museum Calendar

### MUSEUM SECTION

**Maidu Museum, Indigenous Art Gallery and Historic Site,** 1970 Johnson Ranch, Roseville  
Guided Tours: Monday to Friday, 10 a.m. and 2nd Saturdays at 10 a.m. and 1p.m. Call (916) 774-5934 or visit [www.maidumuseum.org](http://www.maidumuseum.org) for more information.

### DROP IN FAMILY ACTIVITIES

#### Native American Stories

Saturday, June 12, from 11:30 to Noon 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, June 18, 7:30 p.m. to 8:30 p.m. Fee: \$5/person or \$16/family of four  
Enjoy an evening with family and friends around a campfire in the new amphitheater. Listen to Native stories under the stars and roast marshmallows for a sweet ending to the perfect family gathering. No reservations required.

### ADULT CLASSES

#### Rock Art Mysteries

Ages 7+

Saturday, June 12, from 8 to 9:30 p.m. Fee: \$6 per person

Join Nisenan Maidu Rick Adams to visit the new museum; then journey outside to observe petroglyphs by lantern light – the best way to see them. Explore ideas about the purpose of these ancient symbols in stone and the native people who made them thousands of years ago. No reservations required.

### CHILDREN'S CLASSES

Pre-registration required for classes. Call the Maidu Museum to sign up for this exciting learning opportunity. (916) 774-5934

**Summer Adventure Camps** Fee: \$119/\$109 City of Roseville Resident Discount Please preregister: (916) 774-5934. 9:15 a.m. to 12:15 p.m. **Birds, Bees, Flowers and Trees**, June 14 to 18, Ages: 5 and 6, Class #49438 Explore nature, its plants, animals, shapes and smells, through hikes, games and investigations of the natural world. **Wet and Wild**, June 21 to 25, Ages: 7 to 9, Class #49431 Explore the life of local creeks and ponds. Meet aquatic creatures and investigate their homes. Bike trip along Miner's Ravine one day. **Wild Things**, June 28 to July 2, Ages: 7 to 9, Class #49444

Meet the world of the wild as you become acquainted with plants, animals and their homes. Play nature games, enjoy a live animal show and discover where the wild things live on land, in air and water.

**Water Zone**, June 28 to July 2, Ages: 9 to 12, Class #49434

Immerse yourself in the life of the water zone as you explore Roseville's creeks and ponds. Bike trip at Miner's Ravine.

**Hands on Archaeology**, June 21 to 25, Ages: 9 to 12, Class #49430

Reconstruct the past! Participate in an archaeological dig to uncover artifacts from Roseville's ranching era.

**Afternoon Archery Fun**, June 28 to July 2, 1 to 3:30 p.m., Ages: 9 to 16, Class #49445

Spend a week as an archer! Learn how to hold and shoot a bow and arrow, then jump into archery fun in the indoor archery range.

And many more Camps throughout the summer!

*Maidu Museum and Historic Site is located at 1970 Johnson Ranch Drive, Roseville. For museum and program information call (916) 774-5934 or visit [www.roseville.ca.us/indianmuseum](http://www.roseville.ca.us/indianmuseum).*





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

# Pin The Tail on The Donkey

This classic game has been played in many variations at countless children's parties over the years, and remains a favorite. Choose a theme that your particular group of children will love.

**Age: 4+**

## You will need:

- A pin board
- A large piece of cardboard or paper, or poster-board
- A "tail" made of pieces of wool tied together, or drawn and cut out
- Drawing pins
- A blindfold

## You will need to:

Draw a donkey on the cardboard or paper as big as possible and attach the card to the pin board. Hang or prop it up at child-height so that the children can reach it easily.

Blindfold a child, turn them round three times, then lead them so that they stand just in front of the pin board, and put the "tail" in their hand, with the drawing pin already attached. The child pushes

the "tail" into the pin board in what they think is the right position. The blindfold is removed and a tiny circle drawn for the position of the drawing pin, and the child's initials written nearby.

When everybody has had a go and a few laughs, the child who was closest to the correct position is declared the winner.

## Variations:

Find a poster, or draw, your child's favorite character, or perhaps a large clown's face or celebrity's face. Invent something appropriate instead of a "tail" such as a moustache or a wart! You can also use an inanimate object such as a house or school (you could provide a "teacher" and try to place her at the front door).

Ask the party child to come up with an idea for the pin board in advance - you might be surprised! Maybe an elephant missing its trunk!

Some children don't like to wear a blindfold. If you have one of these kids at your party, appoint them the official in charge of writing initials, or tying the blindfold.

For younger children you could use sticky-tack or even sticky-tape to attach the "tail".

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

## What's In The Sock?

For your kid's sake,  
**STOP SMOKING NOW!**



**916.505.6797**

A good game to quieten down a party, this works well with mixed age groups.

**Age: 5+**

### You will need:

A collection of large socks (trying 10, but you could provide less for younger age groups) Various small objects A piece of paper

and pencil for each child Sticky notes or small pieces of paper numbered 1-10 (to correspond with the number of socks.) Hide an object in the toe of each sock, and place the socks around a table or room and assign it a number. The children take a piece of paper and pencil and walk around the room, feeling each object through the sock (no peeking!) and trying to guess what it is. They should write down their answers against the correct number.

When they have finished, the objects are revealed, correct answers added up, and a winner declared.

### Hints:

Younger children may be allowed to put one hand inside the sock while guessing (which

makes the guessing process a lot easier!)

Keep an eye on the clock and move everyone on to the next sock if it is taking too long. Tell the children to guess if they don't know (suggesting that they think of something funny if they don't know the right answer can reduce tension if somebody is getting anxious or competitive).

### Suggested objects:

(Vary your objects to suit the age of the players)

Coin Small, plastic toy animal or insect, Toothbrush or nailbrush, Hair grip, Paper clip, Lego piece, Medicine spoon, Bottle-top, Doll's shoe, Candy (sweet).

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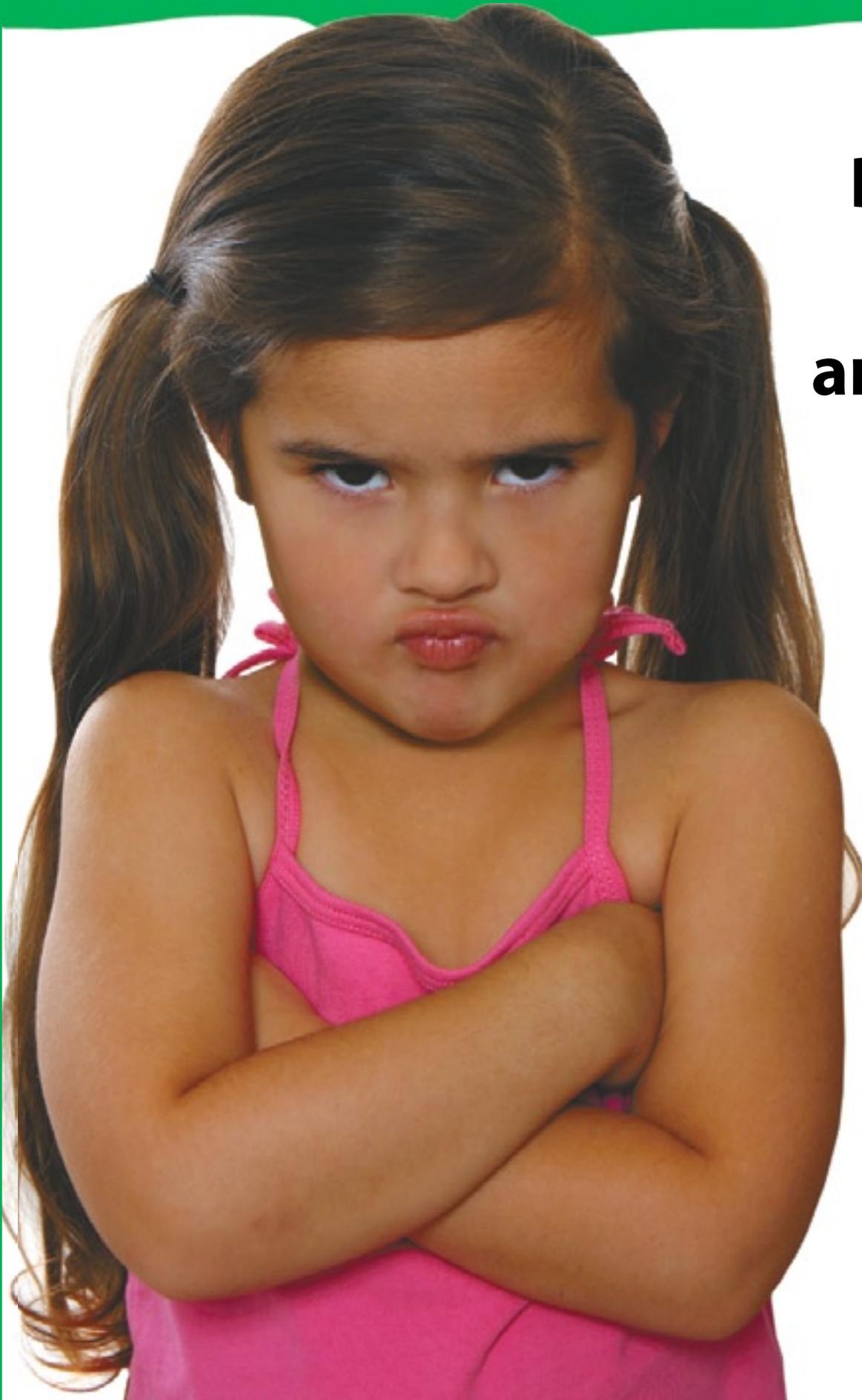
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around-the-clock  
resources.**

We know how difficult it can be. But now parents have somewhere to turn, anytime, day or night. With one call, you're connected to a wide variety of very helpful resources designed to assist parents and their families. And, best of all, it's free.

You'll find information and resources for health-related concerns, food and shelter, finding a job, parenting classes, a parent support line, even a crisis nursery. Our goal is to connect you with the people who can help.

