

May 2012

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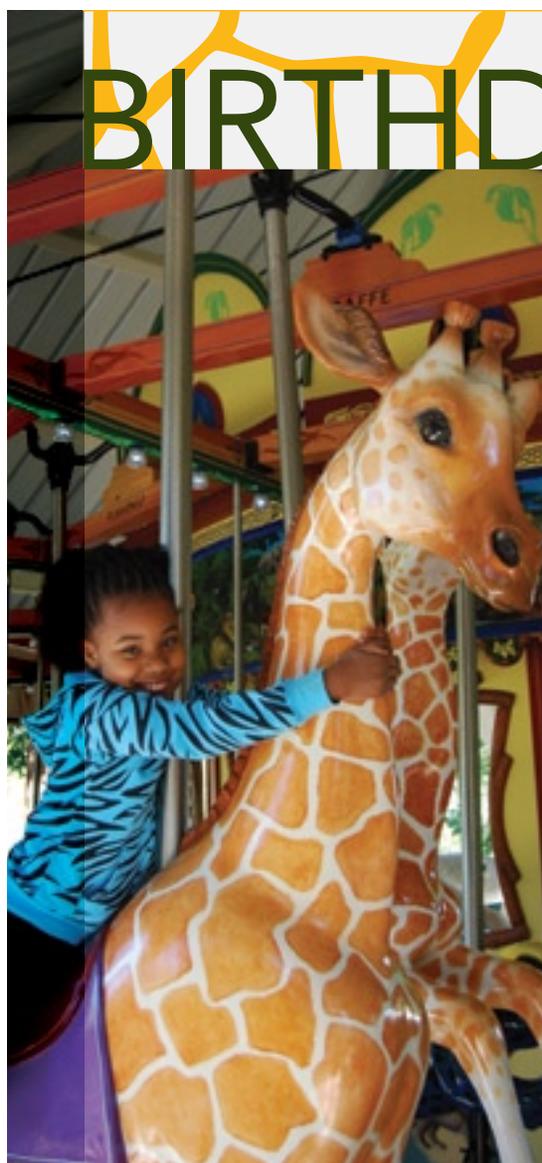
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# Who Wrote That?

The Creators of Your Child's Favorite Books

Featuring **Carolyn Crimi**

By **Patricia M. Newman**

In March 2012, Carolyn Crimi received the Prairie State Award in her home state of Illinois for her body of work. "The committee told me [last] summer," she says, "and I've been dieting ever since." Crimi's sassy, snappy stories explore universal issues of childhood, but she also refuses to shy away from jokes that appeal to adults. "I think of the poor parent who reads the book night after night after night after night," she says.

Crimi wanted to be a children's author as soon as she could read. "I fell in love with books," she says. Some of her happiest memories involve spreading a blanket on the ground to read, "That whole feeling of cracking into a good book on a beautiful day," the sigh implicit in her



tone. Those blissful moments are tied into the books she writes today,

Unfortunately as Crimi grew older, she lost sight of her goal to write for children. College degree in-hand, her dream suddenly seemed impractical. She floated through a variety of retail and advertising jobs (worst among them, selling panty hose in the hosiery department of Lord and Taylor), before discovering the Institute of Children's Literature's "You can be a children's book author" poster on a grocery store bulletin board. She enrolled in the class in 1989, and

soon after began submitting her work. Her first acceptance came from *Child Life Magazine*, and a book contract for *Outside Inside* followed in 1993. When the editor telephoned to tell Crimi the good news about *Outside Inside*, Crimi remembers standing in front of the mirror thinking, "Here's one of the biggest moments of my life and I'm in my underwear!"

At the beginning of a new project, Crimi usually examines an issue she's grappling with in her life. "It doesn't solve my problem," she says, "but it's a good way to start a story." For instance, *Boris and Bella* stars two monsters, messy Bella Legrossi and tidy Boris Kleanitoff, and is based on Crimi and her husband. "Tidy people have plagued me my entire life," she says. "They always want you to be tidier, but why can't they be a little bit messier?"

When two of Crimi's good friends moved away, she recalls grumping around the house saying, "I don't need friends," so she tapped that grumpy, left-out feeling everyone experiences at one time or another—both adults and children. *Don't Need Friends* helped Crimi remember that she doesn't necessarily need a lot of friends, just one true friend.

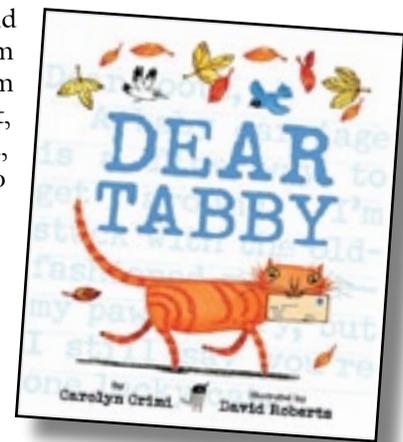
*Where's My Mummy?*, Crimi's bestseller, is the story of Little Baby Mummy playing Hide and Shriek with Big Mama Mummy. No one reading this tender and

gently spooky story would guess that it developed from a sad place. "After my mom died I was feeling sort of lost, and I said, 'Where are you, Mom?'" The title came into my head after I said that."

Crimi says sometimes ideas are handed to her on the proverbial silver platter. After receiving some sympathetic advice from Crimi, a writer-pal began a thank you note with "Dear Dr. Cat," (Crimi's nickname), but before she finished the note she called Crimi about a great idea involving a cat who plays a psychiatrist. Crimi's sense of humor took over; Dear Abby morphed into Dear Tabby and an animal advice column was born. "She handed me that idea," Crimi says of her friend. "She doesn't do anthropomorphic tales. The idea was perfect for me." As the story developed, Crimi wanted to explore all the different ways we use paper to communicate; newspapers, invitations, letters, and notices tell the story throughout *Dear Tabby* as Crimi weaves the tribulations of Tabby, Boots Whitepaw, Pauline Parrot, a lost bear, Manfred Basset Hound, Fizzy Hamster, and Stanky Skunque into a satisfying conclusion.

Frequently ideas "fall into your head and you don't know how they got there," Crimi says. For instance, she owns a pug named Emerson and she also owns a green Volkswagen bug. The first time she rode in her favorite car with her favorite dog her brain kicked in. "It's a pug in a bug... that's all a writer needs."

Each morning, Crimi rolls out of bed to walk Emerson and then checks her email in front of the television. "I need to know what's



going on," she says. She settles down to write about 11:00 am each day, but frequently jumps up and down. Lately, listening to Gregorian chants helps her relax (she laughs and sings a *Twilight-Zone*-type whoo-ooo whoo-ooo). She also sets a timer for 20 minutes. "I can't do anything else but write for those 20 minutes," she says. When the timer rings, she sets it for a five minute break. She repeats the cycle as many times as it takes to reach her word-count goal—usually 500 words a day. "But I can do better!" she says.

Crimi searches out the fun in life--on the dance floor, being silly with her girlfriends, and especially in her books for children. "I [write] because it's fun."

**Next month:** Monica Brown

*Patricia Newman is the author of Jingle the Brass (Farrar, Straus & Giroux), recommended by the Smithsonian National American History Museum. Her newest book, Nugget on the Flight Deck (Walker), received the California Reading Association's Eureka! Silver Honor Award for excellence in children's nonfiction. Visit her website at www.patriciamnewman.com to watch the trailer.*





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## MORE ABOUT CAROLYN CRIMI

**How to Contact Carolyn Crimi**

Website: <http://www.carolyncrimi.com>

### SELECTIONS FROM CAROLYN CRIMI'S LIBRARY

- Pugs in a Bug*, Dial, 2012.
- Dear Tabby*, Harper, 2011.
- Rock N Roll Mole*, Dial, 2011.
- Principal Fred Won't Go To Bed*, Marshall Cavendish, 2011.
- Henry and the Crazy Chicken Pirates*, Candlewick, 2008.
- Where's My Mummy?*, Candlewick, 2008.
- The Louds Move In*, Marshall Cavendish, 2006.
- Henry and the Buccaneer Bunnies*, Candlewick, 2005.
- Boris and Bella*, Harcourt, 2004.
- Don't Need Friends*, Random House, 1999.



Hansel and Gretel, from May 17 to June 10.

## Fairy Tale Town events

**Annual Puppet Festival, Thursdays to Sundays, May 3 to June 30, Weekdays at 10:30 a.m., 11:30 a.m. and 12:30 p.m., Weekends at 12:30, 1:30 and 2:30 p.m.**

Puppet Art Theater is back for another season filled with music, puppetry and fun. Four original shows will be performed in the Children's Theater. All shows are performed by Puppet Art Theater Company. This year's line up is: "Little Red Riding Hood" from May 3 to 13; "The Three Billy Goats Gruff" from May 17 to 27; "Hansel & Gretel" from May 31 to June 10; and the premiere of "Cinderella" from June 14 to 30. Tickets are \$2 for nonmembers in addition to park admission, and \$1 for members. Tickets can be purchased at the Fairy Tale Town main gate or at the entrance to the Children's Theater 15 minutes prior to show time. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

**Farms, Friends and Fairytales, Saturday, May 19, 11 a.m. to 3 p.m.**

Celebrate agriculture at the fifth annual Farms, Friends and Fairytales! Enjoy agriculture-themed hands-on activities, a mini-farmer's market and visit with local area farms and organizations to learn more about California's rich agricultural history. Arrive early to watch the twin Babydoll sheep, Lucy and Ethel, get sheared, then watch as the wool is spun into thread using an old fashioned spinning wheel! This program is free with paid park admission. Weekend admission is \$5 for adults and children ages 2 and older and free for children ages 1 and under. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462. This event is made possible with support from Whole Foods.

*Fairy Tale Town is located in William Land Park, 3901 Land Park Drive, Sacramento.*

## Fairy Tale Town Hosts Read-Aloud Workshops for Parents

Fairy Tale Town will host educator Francie Dillon a workshop on simple and effective read-aloud techniques. Dillon will present "Giving Voice to Children's Literature" for parents on Wednesday, May 2, from 5:30 to 7:30 p.m. The workshop will include one hour of play in the park and a one-hour presentation.

The workshop will cover seven tangible techniques for interpreting stories and engaging young audiences. The easy-to-use techniques can be utilized.

An adjunct professor at Sacramento State University, Dillon is a nationally recognized educator and artist. Her talents can also be heard throughout Fairy Tale Town on the park's Magic Sto-

rybook Boxes, which feature Dillon's original songs, recitations of classic nursery rhymes and more.

The workshop is free, but advance registration is required. To register, email [rsvp@fairytaletown.org](mailto:rsvp@fairytaletown.org). Fairy Tale Town is located at 3901 Land Park Drive, Sacramento. For more information, visit [www.fairytaletown.org](http://www.fairytaletown.org) or call (916) 808-7462.

## Where the Wild Kids Are

Bring the family to the Sacramento Zoo, Saturday, May 5, from 9 a.m. to 4 p.m., for an energetic celebration of kids and culture at "Where the Wild Kids Are." Enjoy live entertainment throughout the day with dancers, singers and storytellers. Guests can also enjoy Zoo hands-on artifacts in the Discovery Room, crafts, face painting and interactive Education Stations.

Live entertainment will showcase Irish American Ceili dancers, Balliamo! Italian cultural dancers, Folklorico Aztlan de Sacramento and Kaulumele Polynesian dancers. Other participants and exhibitors include K12, Spanglish Arte, Stretch-n-grow and the Zoo's mascot, Gus the Green Tree Frog.

### Activity Schedule:

- 11 a.m. - Zoo P.I. Critter Caper Stage Show
- 11:25 a.m. - Giraffe Encounter
- 10 a.m. - Reptile House Keeper Chat
- 10:30 a.m. - Pelican Feeding at the Lake
- 1:30 p.m. - Wildlife Stage Show
- 2 p.m. - Giraffe Encounter
- 2:15 p.m. - Chimpanzee Keeper Chat
- 2:30 p.m. - River Otter Keeper Chat
- 2:45 p.m. - Red River Hog/Bongo Keeper Chat

*The Sacramento Zoo is located at the corner of Land Park Drive and Sutterville Road in William Land Park, Sacramento. It is open daily from 9 a.m. to 4 p.m., general admission is \$11.25; children ages 2 to 11 are \$7.25 and one and under are admitted free. For information, call (916) 808-5888 or visit [saczoo.org](http://saczoo.org).*

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# PokéPark 2: Wonders Beyond is Here!

*PokéPark 2: Wonders Beyond*, one of the newest video games from Nintendo and the family friendly Pokémon franchise. It is the exciting sequel to *PokéPark Wii: Pikachu's Adventure* and offers single or multi-player fun for the whole family. The game is easy for kids and parents to play together.

Play as one of four different Pokémon and interact with many more as you explore and discover the secrets of a mysterious new world. Along the way, players can experience the fun of activities, battles, attractions and more on their quest.



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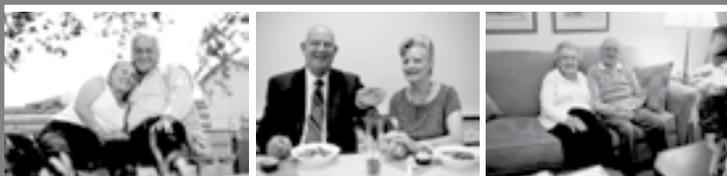
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A Note From the Nurse

# Fever in Children

By **Connie Goldsmith**  
RN, BSN, MPA

What parent hasn't been awakened at night by a crying baby or a cranky toddler only to discover that the child has a fever? The ever-present parental worry machine kicks into gear. Is the fever too high? Is it dangerous? Do you need to take your child to an urgent care clinic or hospital emergency room? Should you call the doctor? Or is it safe to treat the fever at home?

Many parents are very worried when their children develop fevers. Yet fever itself is not an illness, but rather a symptom of an illness. A fever is a normal physiological response to a disease-causing infection. Fever slows down the growth and reproduction of bacteria and viruses, making it easier for the body to overcome the infection. The American Academy of Pediatrics (AAP) says that fever is not in itself known to endanger a generally healthy child, and in fact, may benefit the child's recovery.

Fevers are extremely common in children. Pediatricians say a third of children seen in their offices have fevers. Many parents believe they must banish the fever entirely so the child's temperature returns to normal. It may be neither possible nor advisable to do this. What is a fever and when is it necessary to treat it? Most medical authorities say a fever is present if the child's temperature is at or above 100.5° rectally or 99° by mouth. And most pediatricians say it is not necessary to treat a fever until it's higher than 101° or unless the child is very uncomfortable. Note that this may differ in newborns, children with a history of febrile seizures, children with weakened immune systems, or children with other medical conditions.

Years ago, parents often used alcohol baths to lower fevers. Today, doctors say that is not a good idea because of the potential for a child to absorb alcohol through the skin. Tepid sponge baths, i.e., wiping a child with a cloth soaked in lukewarm water, is safer and more effective.

What about medications? Generally, it is safe for infants older than three months to take acetaminophen (Tylenol and similar products), and for children six months and older to take ibuprofen (Motrin and similar products). A child's doctor may recommend one or the other for a particular reason, so parents should clarify this with their pediatrician. Studies have shown that alternating acetaminophen and ibuprofen is more effective at reducing fever than either medication given alone.

The medication dose is based on the child's weight, not age. Ideally, parents

should discuss fevers and their treatment with pediatricians before they happen. According to the AAP, up to half of all parents give incorrect doses of medications, while 15% give doses that are far too high. Also, about 85% of parents wake children from a sound sleep to give them medication for fever. Eight out of ten pediatricians do not recommend waking a child for the sole purpose of giving them medications.

What about aspirin? The Surgeon General, Centers for Disease Control, and the AAP say that aspirin and products containing aspirin are not to be given to children under 19 years of age for fevers unless a doctor advises otherwise. Reye's syndrome is a rare and potentially fatal disorder linked to taking aspirin during viral illnesses such as influenza and chickenpox. Liver and brain damage may occur within a few days. Reye's syndrome usually affects children between 4 and 16 years old. Many over-the-counter products, such as Alka-Seltzer, Pepto-Bismol, and cold and sinus remedies contain aspirin. Read labels carefully. The list of ingredients may include acetylsalicylate or salicylic, other names for aspirin.

Many health insurance companies and health maintenance organizations offer a 24-hour nurse advice line to their insured customers. These are staffed by registered nurses who have a wide variety of resources at their fingertips. Try calling your nurse advice line first if the service is available to your family. Before calling a nurse or doctor about a child's fever, be sure you know the current temperature, what you've tried, and what other symptoms the child has. This helps the nurse or doctor give you the best possible advice. You'll find that in many cases, you can safely treat your child's fever at home.

References: American Academy of Pediatrics children's health at [www.healthychildren.org](http://www.healthychildren.org) National Reye's Syndrome Foundation at [www.reyessyndrome.org](http://www.reyessyndrome.org), and "Fever and Antipyretic Use in Children," *Pediatrics*, 2011.127(3):580-587.

Note: The information contained in this article is not intended to replace medical advice. Parents and caregivers should always contact their child's doctor for guidance with any health concerns.

**Coming in July: Children and Sleep**

*Connie Goldsmith writes health and science books for young people and continuing education courses for nurses. She has also worked as a triage nurse on a 24/7 nurse advice line and has talked to many anxious parents whose children had a fever. She maintains a health blog on her website at [www.conniegoldsmith.com](http://www.conniegoldsmith.com).*

# Effie Yeaw Nature Center Events

**Special Events:** Effie Yeaw's new speaker series, "Nature of Things," features Lewis Kemper, an award-winning professional photographer, Friday, May 18, 6:30 to 8:30 p.m. Lewis Kemper has been photographing the natural beauty of North America and its parklands for over 30 years. Be sure to bring your camera for some hands-on experience.

Advanced registration is required, space is limited. The cost to attend is \$5 per person. Call (916) 489-4918 or go to [www.sacnaturecenter.net](http://www.sacnaturecenter.net) to register.

## Sun Seekers, Saturday, May 5, 10:30 a.m.

Enjoy a guided hike into the Effie Yeaw Nature Area to see if any reptiles are basking in the spring sunshine and learn basic safety guidelines when observing snakes and lizards. Meet one of the Nature Center's resident snakes up close. All ages welcome.

## The Lost Ladybug Project - Citizen Science for Kids and Adults, Sunday May 6, 1:30 p.m.

Did you know that all ladybugs are NOT the same? Learn about common ladybugs in our area and become part of the monitoring team that helps scientists across the US. Join "Bee-ologist" Julie Serences for a 15 to 20 minute talk about Ladybugs (beetles!) and, depending on conditions, go searching for them in the Nature Area. Fun and educational for all ages. No equipment needed.

## Abalone Necklace Making, Saturday, May 12, 10:30 a.m.

Join us in the replica Nisenan Maidu village to polish your own abalone shell piece for a necklace. All ages are welcome; children will need assistance from an adult.

## Mother Nature Stroll, Sunday, May 13, 1:30 p.m.

Celebrate the beauty of spring with a delightful guided walk through the Nature Preserve on Mother's Day. You may want to bring your binoculars (or borrow some from us). All ages welcome.

## Binoculars for Beginners - Learn from the Experts! Saturday, May 19, 10:30 a.m.

What do all those numbers mean? Which type is best for you? Why do some cost more? What about spotting scopes? Jim and Marilyn Rose of Discount Binoculars (Mendocino, CA) will share their 30+ years experience and dozens of models for you to try out and choose which is best for you. Scopes and binoculars available for testing from 10 a.m. to 5 p.m.

## The Best of the New Optics - for Birdwatchers by Birdwatchers, Sunday, May 20, 10 a.m. to 3 p.m.

Jim and Marilyn Rose will present on new binocular models and answer your questions at 11:30 a.m. Presentation is free and suitable for all levels of birdwatchers and binocular users. Dozens of models will be available to field test in the preserve from 10 a.m. to 3 pm. The best way to test optics for birding is to GO BIRDING!

## Santa Cruz Mission State Historic Park Program

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### Mission Living History Programs

Saturdays from 1 to 2 p.m.

Living history activities take place most Saturdays from 1 to 2 p.m. at the Santa Cruz Mission State Historic Park. Activities vary and may in-

clude mission cooking, mission building methods, working with leather and tallow, or early textiles: wool spinning and weaving. Each activity is aimed to give a feel for the way of life introduced to this area in the late 1700's to early 1800's as part of California's Mission Period. For more information, call (831) 425-5849.

## Happy Mother's Day!

You've skinned your knee. You have a tummy-ache. You don't understand your homework. Who ya gonna call? MOM! You can call her Mom or Mum, Mama or Mommy, Mother or Ma but whatever you call her, she's always there when you need some tender loving care. See if you can find some of the words in this puzzle that make you think of your mother. The words can be horizontal, vertical, diagonal, or backwards. Give her a big hug and a kiss on Mother's Day!

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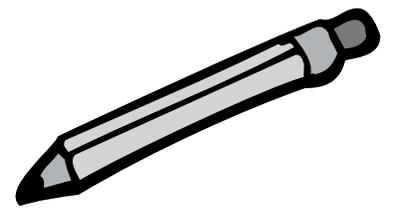
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# MAKE IT YOURSELF!



## Bunch of Daffodils craft

Aren't these daffodils pretty? Welcome Spring with this pretty bunch of handmade daffodils— an easy craft for kids of all ages.

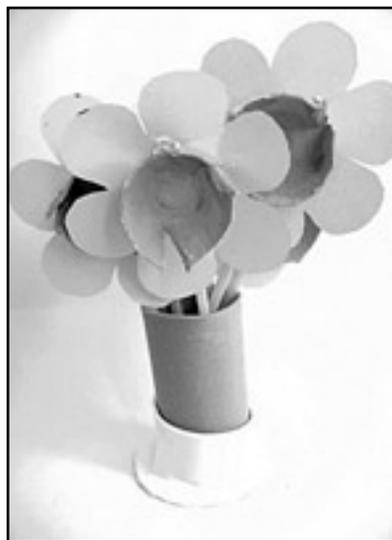
### You will need:

An egg box, orange paint, yellow card or construction paper, glue, green drinking straws and sticky tape

### You will need to:

Paint the bottom of an egg box orange. Leave to dry.

Cut out 6 flower shapes from your yellow card or construction paper. Cut the egg box into the individual compartments, gluing them to the center of the flower shapes as the trumpet. Tape a green straw to the back of each daffodil.



## Fabric Flower craft

Here's a fabric flower craft for kids that will use up your scraps, provide practice for kids learning to sew, and create a really pretty display! These flower "yoyos" can be wired, or you can glue the flowers onto sticks and stand them in a pot, sew them onto headbands, hats, T-shirts or bags, or stitch a safety pin on the back to make pretty flower brooches, which make lovely gifts.



### You will need:

Fabric in two coordinating designs, buttons, thread, garden wire (optional)

### You will need to:

Cut two paper circles about four and six inches diameter. Pin each to one of the pieces of fabric and cut out. Alternatively draw around cups and saucers onto the fabric.

Cut a piece of thread long enough to go all of the way around the edge of your biggest circle with some spare. Then knot one end and thread the other.

Sew a loose running stitch around the outside of the largest circle, finishing with the thread to the right side of the fabric.

Pull the thread so the fabric gathers. Secure the gap with a few stitches. Knot the fabric and tie off.

Repeat with the smaller circle.

When you have your two yo-yos, layer them up with a button over the top hole. Stitch the button in place going through both yoyos.

Finish off by stitching a length of garden wire to the back, bending the ends into a loop so that they aren't sharp and dangerous. You can now twist your flower onto a branch or pop it in a vase.

## Mini Blossom Tree craft

Make some of these beautiful little mini blossom trees with the kids. It's a sweet craft for Spring.

### You will need:

Florist foam (from craft shops or florists), 4 brown pipe cleaners (chenille stems), pink tissue paper and glue

### You will need to:

Rip up small pieces of tissue paper and scrunch into balls.

Cut the pipe cleaners into 2 pieces. Don't cut them all exactly in half, make sure you end up with a variety of lengths. Push one end of some of the pieces into the center of the foam and bend the pipe cleaners. Twist a few pieces around others to form branches.

When you are happy with the shape of your tree, dab the scrunched up balls of tissue paper with glue and stick on to the branches. This gets tricky as your fingers get gluey so it helps to keep a wet wipe to hand!



## Filter Paper Bouquet

Kids will enjoy making this filter paper bouquet for Mother's Day or for a Spring project.

### You will need:

Coffee filter papers, paint and green chenille stems

### You will need to:

Water down the paint (approx 4 parts water to one paint). Paint the filter papers. Use more than one color per flower so they blend together. You could paint the edges in one color and the middle in a darker shade or, decorate with dots. Experiment!

Let the filters dry. Then, open out a filter paper into a cone shape and twist the bottom to form a point. Wrap the chenille stem around the point. Leave the other end of the chenille stem loose to be the flower stem. Make a whole bunch and twist the stems together so you have your own bouquet.



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



## A Midsummer Night's Dream and Crystal Ice Cream Fantasy

**A** Midsummer Night's Dream and Crystal Ice Cream Fantasy, Fairytaletown's popular fairy-themed fundraiser and ice cream social, will return on Saturday, June 9, from 6 to 10 p.m. Inspired by Shakespeare's famous play, this enchanting evening features nonstop entertainment for the whole family, including costumed performers, fanciful arts and crafts activities, live music, food and all the Crystal Ice Cream one can eat.

Celtic-rock band Tempest will perform throughout the evening. Since forming in 1988, the band has won rave reviews for their musical hybrid of high-energy folk rock with Irish reels, Scottish ballads, Norwegian influences and other world music elements.

Multiple arts and crafts activities will be stationed throughout the park, and old-time vendors will be on hand to offer their traditional wares. Guests can also sample different Crystal Ice Cream flavors throughout the evening. Costumes for the entire family are strongly encouraged.

John Frisch, regional managing director at Cornish and Carey, and Monica Woods, News 10's chief meteorologist, will serve as the evening's hosts and honorary king and queen. Taking on the roles of Oberon and Titania, the king and queen of the fairies in

Shakespeare's play, Frisch and Woods will kick off the event and greet guests. Mix 96's Jennifer Wood will emcee the event.

Tickets go on sale May 1 and are \$15 for adults and \$5 for children ages 2 to 12 in advance. Day-of tickets are \$20 for adults and \$10 for children ages 2 to 12. Children ages 1 and under are free. Tickets will be available for purchase at [www.fairytaletown.org](http://www.fairytaletown.org).

*For more information, visit [www.fairytaletown.org](http://www.fairytaletown.org) or call (916) 808-7462. Fairytaletown is located at 3901 Land Park Drive, Sacramento.*

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and Cheer is here at...



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## Mother's Day Word Search

How many times can you find the word "Mother" in the puzzle below?



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

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Summer Camps start June 4, for 10 weeks.

Weekly and daily rates available

Your children will enjoy a day of fun, fitness, and creativity. Full day and half day options are available. 2 healthy snacks & hot lunch provided. We also offer a sibling discount and pre-registration is required.

Program starts at 9:00am and ends at 5:30pm with early morning drop-off available

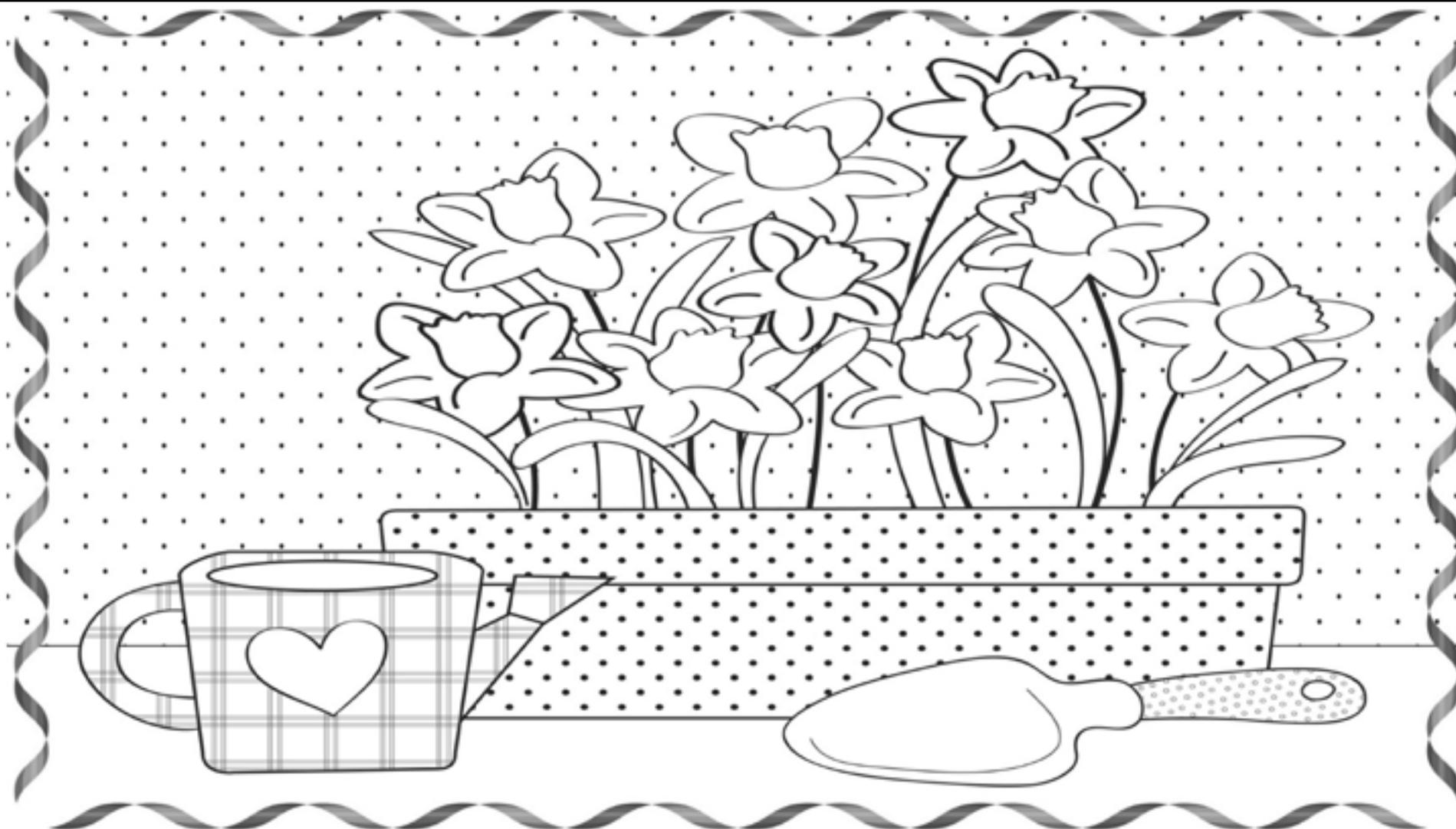
Special guest instructors including martial arts, Zumba, hip hop & theatre arts.

**CALL 916-372-4496  
to reserve your spot today!**

If reserving your space for IGC Summer Camp at the same time, we offer a multi-week discount. Call for details.



# Have fun coloring!



www.ActivityVillage.co.uk - Keeping Kids Busy

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To Register:

Membershipsacsynchro@gmail.com or 916.932.6606

Summer Camp Sessions  
Mondays-Thursdays 4:00-5:00pm

Mira Loma High School Pool, 4000 Edison Avenue, Sacramento  
Ages 5-11 yrs.

Must be comfortable in deep water and able to swim 15 yards  
Cost: \$125\* per session. \*Refer a friend for \$10 off. Sign-up for all four sessions and receive a \$20 discount.

**Session 1:** June 4-14  
**Session 2:** June 18-28  
**Session 3:** July 9-19  
**Session 4:** July 23-Aug 2

All summer camp kids who complete 3+ sessions are invited to be a part of our Summer Show on August 3 & 4th.

All you need is a swimsuit, towel, goggles & a smile!  
Let's get synchronized!

Synchro Summer Camps  
Coached by USA Olympic Bronze Medalist &  
Stanford University Coach Sara Lowe

About Coach Lowe  
2004 USA Olympic Bronze Medalist  
2004-2008 Swimmer/Captain at  
Stanford University

USA National Team coach



# Family Fun In and Around Seattle

by Carmel L. Mooney

On our most recent visit to Seattle we had the privilege of taking a tour of Olympic National Park with Evergreen Escapes.

Our group of about 10 was led by two naturalist guides who made sure we enjoyed a diverse array of scenery from the very beginning of our expedition.

After a brief visit to a Native American Reservation and a break for lovely scones and tea we were off to the heart of our adventurous escape to enjoy the area's points of interest.

We visited Dungeness National Wildlife Refuge where our guide led us on a moderate hike out to the sandy spit where a lone lighthouse has lit the way for ages. There we enjoyed a half an hour of beach combing and exploration where we saw giant kelp varieties and even an octopus on the beach, a hit with the kids.

Beautiful trees, berries, flowers, and wildlife were enjoyed both to and from the spit along with waterfowl and shorebirds we spotted frequently along the way in both directions.

Shortly after our visit to the beach we drove out to Olympic National Park where a delicious gourmet picnic was served for all to enjoy. This was no ordinary picnic but rather artfully presented barbecued chicken, gourmet salads, roasted vegetables, numerous home baked desserts to choose from and even wines to accompany the meal. The food far exceeded our expectations and keeping with Evergreen Escapes Eco-Tourism model, the cuisine incorporated local and organic ingredients. Our tween daughter found plenty to enjoy with the salads and chicken and dessert choices so everyone was happy.

After being satiated we took a delightful hike along world renowned Hurricane Ridge which provided majestic vistas and jagged pinnacles to observe. Wildflowers and wild life were everywhere including numerous black tailed deer and one black bear we spied from a distance. We enjoyed the views of the summit and strait along with the San Juan Islands. The almost constant interesting

scenery and wildlife even kept our tween happily occupied and captivated.

Another day we visited Port Townsend, Washington's Victorian Seaport and one of only three in the country. While it may be known for numerous movie locations and the Whidbey Island Ferry, there is so much more than meets the eye in this picturesque seaside village.

A family must visit Fort Worden State Park with its many beach walks, bicycle paths and rich history. While there, the Port Townsend Marine Science Center is a must stop.

A lovely park is Chetzemoka Park where gorgeous gardens and walking paths beckon to any out door lover and a dog park sits adjacent.

If you like boats, this is the place to be as boat building schools, festivals, museums and boat tours are everywhere. We loved our half day whale watching boat tour with PS Express. The tour was simply fabulous as we watched orcas right off the side of our boat and along the shore in pods. Leaving from Port Townsend in the morning and arriving in time for lunch in Friday Harbor, it gave us a wonderful glimpse into the San Juan Islands and the gentle giants of the sea. The tour was an informative and educational for young and old alike. It was relaxing and a wonderful way to commune with nature in a safe environment. In fact, with nearly three decades of experience leading whale watching tours and access to the best technology available, PS Express offers a whale of a guarantee with a promise to spot the majestic creatures or a refund.

With many quaint hotels and Victorian inns and lodges to choose from we enjoyed our stay at the historic Bishop Victorian Hotel.

Port Townsend is just the perfect blend of small town atmosphere and something to do for everyone no matter their interest or activity level. The town hosts a 9 hole municipal golf course, artillery museum, brewery, marine touch center, lighthouse, and Washington's smallest state park in the Rothschild House Museum. These are just a few highlights.

Back in Seattle, it is no wonder that the Savor Seattle Food Tours have won numerous prestigious awards and are now rated as the number one attraction in Seattle. There is simply no better way to get a sampling of the vast array of culinary delights the diverse city has to offer.

We enjoyed our family's recent tour immensely and it gave us an appetizer of numerous culinary icons so that we could better plan the rest of our trip as well as feel that we got the true flavor of the city, its history, and a who's who insight into Seattle's food greats.

Our two hour walking tour of Pike Place began a few blocks from the heart of the offerings. Armed with our own perfectly-working personal audio devices and an exuberant and knowledgeable guide we began a deliciously fun and informative tour of downtown eateries and culinary staples.

A few of our favorites were Pike Place Chowder where we sampled award winning chowders and seafood bisque, Daily Dozen Doughnuts where sweet, homemade delicacies melted in our mouths, and Pike Place Fish where we got to see the famous fish fly and we mean big 20 pound fish flying from burly fish monger to fish monger as jubilant cheers rang out from the crowds and the fishermen.

We sampled teas, local produce, artisan cheeses and more. It was lovely, delectable, and fun.

Whether you have been to Seattle many times, or are planning a first visit, this is the tour to take to truly feel you have experienced the flavor of Seattle and its rich culture. Our tween even enjoyed it tremendously which is the ultimate litmus test of partnering good flavors, food, and a fun upbeat repertoire. Bon Appetit!

While visiting Bainbridge Island in Washington a ferry's ride from Seattle, we had the pleasure of dining at Local Harvest Restaurant, a wonderful family treat for the taste buds and a thoroughly fun dining experience.

We were impressed with the locally raised Flatiron Steak, Jamaican Jerk Pork Chop, flatbreads and local steamed clams



on our visit. All entrees were served with sides that were from local farmers, organic, and with delicious flavors.

The famous homemade flatbreads served with savory toppings such as goat cheese and local sausage, are made with sustainable flour grown in the Pacific Northwest and gluten free dough is available on request.

The location of Local Harvest Restaurant is a pleasant short walk from most Bainbridge Island lodging and attractions. A children's menu is also offered that includes healthy and

homemade options like Mac & Cheese, Baked Chicken Tenders, Cheese Pizza, and Vegetable choices.

There is so much to do in and around Seattle for a vacationing family but these are some of our favorite highlights and I'm sure they will be yours as well.

*Carmel L. Mooney is a travel writer and radio talk show host and she is Executive Director of Pawsitive Service Dog Solutions, an organization that trains and places service dogs with children challenged by Autism and other developmental disorders. [www.pawsitivesolutions.org](http://www.pawsitivesolutions.org)*

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Children \$10

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Questions? Contact Deane Dance Center  
916.453.0226



# Discovery Museum Events

**Space Days, Saturday and Sunday, May 5 and 6, 12:30 to 4 p.m.** Celebrate the national event, Space Days, at the Discovery Museum Science and Space Center. There is a variety of activities available, suitable for guests of all ages. Children have a blast launching egg-o-nauts, dressing in astronaut costumes for photo ops, and creating artwork to take home. Families with interest in astronomy and space have the opportunity to meet with local clubs to learn how to get more involved in the "Sacramento space scene." Planetarium shows are at 1 and 3 p.m. for ages 4 and older.

**Nikon's Small World Opening, May 12 and 13.** It really is a small world after all! Visit the Museum this weekend for the opening of a beautiful photographic exhibit of some very small subject matter. The Small World microphotography exhibit is on a national tour and this is its

only California appearance! To add to the fun, a Microscope Lab is available for visitors: older kids (and adults) can have fun with the pond water lab; youngsters can enjoy stereoscopes and magnifying glasses. A great opportunity for students of all ages! Planetarium shows are at 1 and 3 p.m. for ages 4 and older.

**Science and Sushi Night, Tuesday, May 15, 6:30 to 8 p.m., Oshima Sushi, 2071 Natomas Crossing at Truxel.** Cost is \$5 per person cover charge, no-host dinner and refreshment. Ages appropriate for 10-years and up. For more information, visit [www.thediscovery.org](http://www.thediscovery.org) Science presentation and trivia contest with prizes! Tonight's topic is all about beer! Charlie Bamforth, UC Davis' renowned author and chair of the Food Science and Technology Department will regale fascinating facts about brewed beverages. Get there early to get a good seat!

# Weekend Excursion Train Rides

All aboard for the California State Railroad Museum's popular excursion railroad, the Sacramento Southern Railroad. Guests will delight in the sights, smells and sounds of an authentic, working locomotive as it rolls along the levees of the Sacramento River. Appealing to all ages, the experience offers guests with the chance to enjoy train travel from an earlier era. Those aboard are treated to a six-mile, 40-minute roundtrip excursion along the levees of the Sacramento River. The train features a combination of vintage closed coaches with comfortable seats, and open-air "gondolas" with bench style seating. Same-day general admission weekend excursion train ride tickets are available in-person on a first-come, first-served basis starting at 10:30 a.m. the day of the train ride at the Sacramento Southern Railroad ticket office, located on Front Street between "J" and "K" Streets in Old Sacramento. Tickets to ride the first-class El Dorado are available to book online in advance at [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org) and groups interested in reserving the El Dorado for a regularly scheduled ride should call (916) 322-7112.

*About the California State Railroad Museum*

The California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year's Day. The complex of facilities includes the 100,000-square foot Railroad History Museum plus the reconstructed Central Pacific Railroad Passenger Station and Freight Depot, 1849 Eagle Theatre, and Big Four and Dingley Spice Mill commercial buildings in Old Sacramento. For 24-hour information, visit [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org) or call (916) 445-6645.



## Minibeast Wordsearch



n	c	b	u	t	t	e	r	f	l	y	f
u	r	u	b	e	e	y	r	i	l	p	r
z	g	u	h	l	i	m	e	v	t	f	o
c	g	s	p	z	a	f	g	s	j	k	g
m	g	k	d	y	c	h	x	v	f	c	w
c	a	t	e	r	p	i	l	l	a	r	y
o	j	p	x	e	t	s	s	a	r	b	w
p	f	l	y	q	d	r	p	d	k	b	y
c	i	c	s	g	z	g	i	y	b	h	u
u	b	e	e	t	l	e	d	b	b	a	r
s	n	a	i	l	x	g	e	u	k	n	d
t	m	a	p	f	t	h	r	g	g	t	a

- |             |        |        |           |
|-------------|--------|--------|-----------|
| ant         | bee    | beetle | butterfly |
| caterpillar | fly    | frog   | ladybug   |
| snail       | spider |        |           |

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# Henry Cowell Redwoods State Park Events

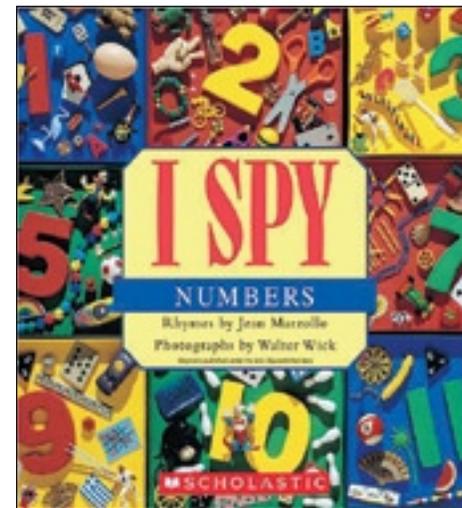
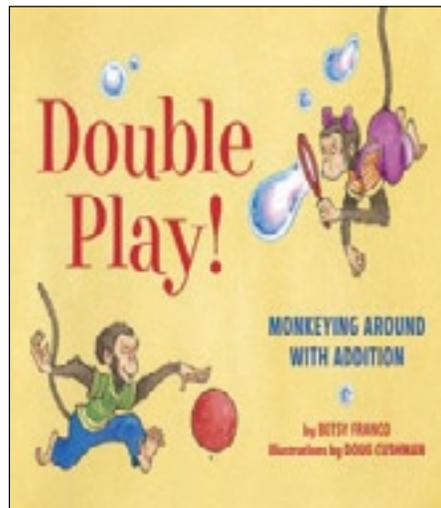
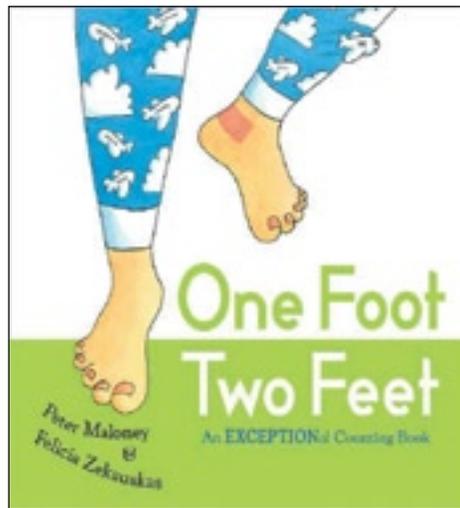
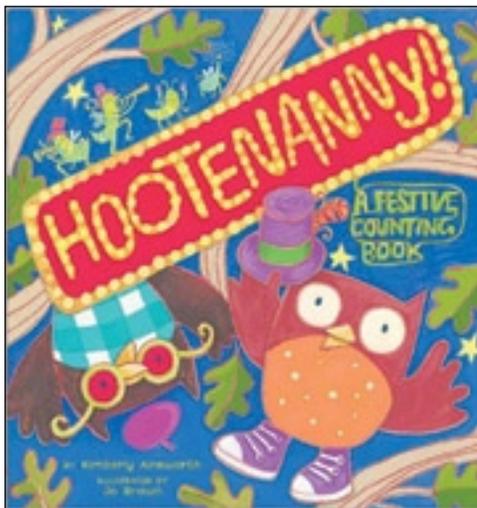
**Main entrance located two miles South of Felton on Hwy 9. Campground entrance located off Graham Hill Rd. (831) 335 7077**

## Critter Safari, Sunday, May 13, 1:30 p.m.

On this 2 hour leisurely walk we'll uncover the tracks and other "signs" that animals leave. You can reconstruct the hidden lives of deer, hawks, ducks, bobcat, lizards and more – to see how they survive in our rivers, forests and grasslands. Children from age 6 are encouraged, when accompanied by a parent. Dress in layers for changeable weather and temperatures. Bring walking shoes and water. Park and meet at 1:30 p.m. in front of the Nature Store (edge of parking lot) at Henry Cowell Redwoods State Park. Enter the park from Hwy 9 just south of downtown Felton. Heavy rain cancels the walk.

## A River Wild, Sunday, May 27, 1 p.m.

On this 4+ hour moderate hike you will visit some of the park's "back-country." Initially through old growth Redwood, then Douglas-fir forest, enjoy a little-visited part of the San Lorenzo river gorge. Maximum elevation gain is about 500 feet. Suitable for adults, and young adults who are diligent hikers. Dress in layers for changeable weather and temperatures. Bring walking shoes, water and snacks. Meet at 1 p.m. in front of the Visitor Center at Henry Cowell Redwoods State Park. Enter the park from Hwy 9 just south of downtown Felton. Heavy rain cancels the walk.



## THE BOOK REPORT

# Knowing the Numbers: Counting Books

By **Connie Goldsmith**

Every child learns how to count, and most learn before they get to first grade. Counting books turn this simple task into a joyous good time when parent and child read together. Try using numbers in games during tedious car rides. Count blue cars, red stoplights, or yellow bicycles. Knowing the numbers builds the foundation for later learning. Making it fun as well instills an important lesson in young minds.

*“Hootenanny! a Festive Counting Book,”* by Kimberly Ainsworth, illustrated by Jo Brown. (Simon & Schuster). First of all, it’s a lot of fun to say hootenanny! When it’s part of a counting book, it’s hilarious. It’s Saturday night, party time for the owls. The first owl gets all gussied up. “Hootenanny, hootenanny, it’s time for fun!” Off he flies to pick up the second owl. They collect three other friends until five owls are ready to party in the old oak tree. They wear funny hats, silly shoes, and eye-popping outfits. The final spread is delicious. Don’t miss the musical insects accompanying the owl band. The bright colors and wild patterns of the owls’ clothing reflect the artist’s training in textile and fashion. Counting from one to five, this book is ideal for the very youngest.

*“One Foot, Two Feet, an EXCEPTIONal Counting Book,”* by Peter Maloney and Felicia Zekauskas. (Putnam). This simple, cleverly-designed book serves two purposes. First, it shows how to count from one to ten. Secondly, a child learns the difference between singular and plural nouns: one foot, two

feet; one mouse, three mice; one goose, four geese, and so on. Each counted object begins with one item shown in a colored frame cut into the page. Turn the page with the cutout, and all the items are displayed. One snowman on one page becomes five snowmen on the next page. Tiny pictures of the accumulated items are shown on the bottom of the pages for easy review. Look for the humorous details on each page, and be sure to track the toy plane through the book. **\*\* Reviewer’s pick of the month\*\***

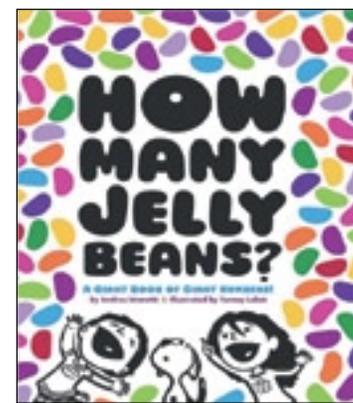
*“I Spy Numbers,”* by Jean Marzollo, photographs by Walter Wick. (Scholastic). This *I Spy* book features Wick’s signature style of photographing a number of real objects (little plastic toys, balls, cards, dominoes, etc.) with a ‘hidden’ object for a child to find. For example, “I spy a

great big yellow two, a pair of scissors, and a button that’s blue.” The three objects are spread out in a red tray along with two dozen other objects. The rhyming riddles guide the child’s search for the requested items placed amongst the ‘decoy’ items. This search and find book is easier than some of Wick’s others. A child as young as three or four will enjoy the thrill of finding the named objects.

*“How Many Jelly Beans?”* by Andrea Menotti, illustrated by Yancey Labat. (Chronicle). How many jelly beans are enough? Can you ever have too many of them? When Mom asks Emma how many jelly beans she wants, Emma says ten. But Aiden wants twenty. Emma wants more, then Aiden, and so it goes until the kids are asking for thousands of them. One hundred thousand jelly beans may be too many! The kids imagine vast quantities of jelly beans and decide what flavor they

want, for example 50,000 grape, and one lemon. While kids can’t really count a million jelly beans, this story introduces them to the concept of large numbers, giving them an idea of how one hundred jelly beans compares to one thousand. Tiny dots of pastel paint suggest the relative size of one number to another. The art is largely black and white, except for the bright primary colors of the jelly beans. An older, more thoughtful child is certain to find this giant-sized book an intriguing surprise.

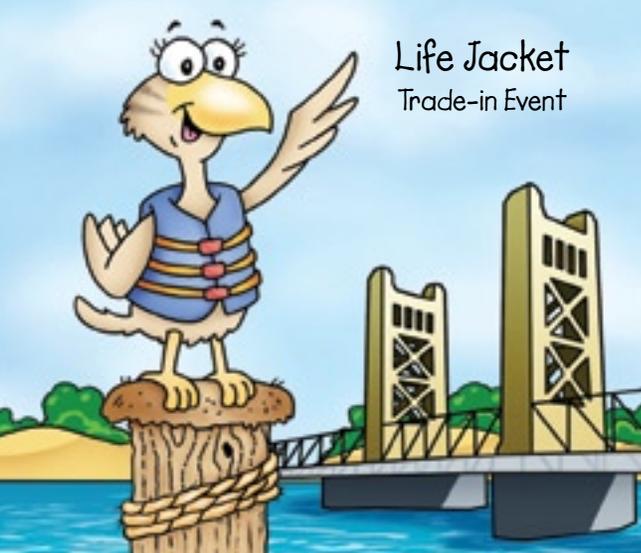
*“Double Play! Monkeying Around With Addition,”* by Betsy Franco, illustrated by Doug Cushman. (Tricycle Press). It’s recess time at school and chimp friends Jill and Jake are off to play. “1 friend + 1 friend = 2 friends.” First, they hang from the monkey bars. “2 knees + 2 knees = 4 knees.” They next jump rope with other kids. “3 kids + 3 kids = 6 kids.” Jill and Jake make



the most of recess as they play ball, blow bubbles, share grapes, and draw monsters. Children easily learn the concept of doubling – adding a number to itself. The rhymes and diverse student population (chimps, koala, fox, pig, hippo, snake, gator, rabbit, etc.) are sure to make this adding lesson as much fun for kids as recess is.

Connie Goldsmith ([www.connie-goldsmith.com](http://www.connie-goldsmith.com)) lives in Carmichael where she writes for adults and children. See her nonfiction juvenile books, *“Battling Malaria: on the Front Lines Against a Global Killer,”* and *“Leukemia,”* one of the *USA Today Health Reports* series,

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- Green Acres / County Fair..... Safari West
- Star Wars..... Exploratorium
- Play That Funky Music..... Limo Ride

### Sneak Peek of Preschool Camp

Example Theme Week: Main Events:

- Back to the Future..... Lava Lamps / Tie-Dye
- Captain Caveman..... Mud 101 / Ice Age Discovery
- Star Wars..... Puppet Theater / Jedi Training
- Green Acres..... County Fair

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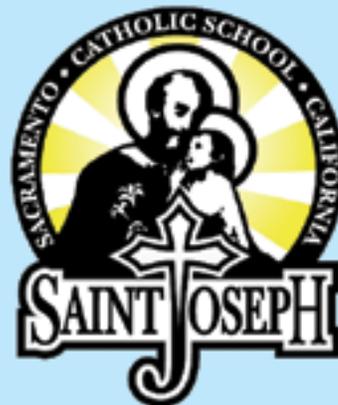
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# SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!  
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## Five Ways Camp Encourages Kids to Eat Right

American Camping Association

Camps are helping address concerns about kids eating the right foods and getting enough exercise. At camp, thoughtful menu planning and physical exercise are helping stem the problem of weight gain among children. A summer camp experience can provide the structure and activity needed to keep kids healthy year-round.

### What are some of the things camps are offering?

**Health menu choices** More than two-thirds of all camps accredited by ACA say that they serve more fruits and vegetables than just a few years ago. About four in ten have explicitly reduced the use of fried foods and sweets or sugary foods. Some offer low or no-fat options. Cooking with olive oil, adding flax, avoiding partially hydrogenated oils, making food from scratch – camps are doing all this and more to help children eat healthier. Even in the camp canteen, the trend is toward healthier choices and less candy or “junk food”

**Allergen-free foods** Many camps provide choices that address specific allergy issues. Nearly 40 percent of all camps say they offer a peanut-free option, potentially including items like soy nut butter. Some camps are completely peanut-free, while others set up a no-nuts table at mealtime. Camp directors also report they are more attuned to children who are sensitive to gluten.

**Special diets** Camps also offer meals that are kosher, calorie controlled or designed for diabetic campers. Parents can ask the director of the camp they’re considering what special foods are offered.

**Classes in nutrition** Besides new menu choices, some camps offer specific programs to teach healthier ways of eating. One day camp invites families to family night programs where topics such as healthy choices are discussed. Another camp schedules a mandatory class on nutrition for its campers. Some camps even have the campers experiment with doing their own cooking.

**Awareness of eating disorders** In ACA’s survey of camps, one camp reported that its staff is trained to watch for indicators of eating disorders and shown how to model good eating behaviors. Camp health staffers are there to watch out for children, and aware camp nurses can keep a trained eye on campers for any special problems or behaviors.

Camps have always placed an emphasis on health and fitness. Today, the activities and food options they provide and the healthy behaviors they teach are more important than ever.

To learn which camps offer the program options you’re seeking, visit the Find a Camp page <http://www.CampParents.org>, where there are more than 2,400 ACA-Accredited® camps to choose from.

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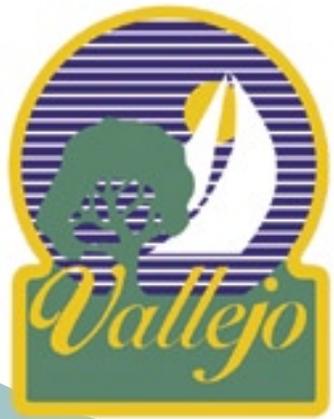
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**RIDE** behind a vintage railroad locomotive for a 40-minute ride atop the Sacramento River's levees, departing Old Sacramento every Saturday and Sunday hourly 11 a.m. – 5 p.m. April – September.

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# SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!

For ad rates, call (916) 429-9901

## Big Basin Redwoods State Park

**Located 9 miles outside of Boulder Creek on Hwy 236 (831) 338-8883**

**Redwood Loop Walk**, every Saturday and Sunday, 11 a.m. and 2 p.m. and Monday, May 28, Memorial Day, 11 a.m. and 2 p.m.

How do these grand redwoods grow to be so old? So tall? How are they important to humans? Join 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.

**Campfire Programs**, Saturday, May 26, 7 p.m. and Sunday, May 27, 7 p.m.

Join the staff at the historic campfire center for an evening of song and story. Serenade the glittering stars and learn about redwood ecology, creatures of the forest or stories of the park while relaxing in the shadows of the towering trees. Fire lighting and marshmallow roasting

marshmallows and sticks are provided) starts at 7 p.m. and the program begins at 7:30 p.m. Wheelchair and stroller accessible. Good dogs welcome. Meet at the Campfire Center.

**Junior Rangers**, Saturday, May 26, 3 p.m., Sunday, May 27, 3 p.m., Monday, May 28, 11 a.m.

Discover the fascinating secrets of the forest. Explore, practice outdoor skills and play games as you learn about plants, animals, geology, and more. This one-hour program is for kids ages 7 to 12 only. Sorry parents, this program is for the kids. Register your child 15 minutes before the program begins at the Nature Lodge.

**Big Basin Nature Club**, Saturday, May 26 at 4:30 p.m., Sunday, May 27, 4:30 p.m., Monday, May 28, 10 a.m.

This fun program is for children ages 3 to 6 and their families. Read, sing, pretend, play and explore. This half-hour program will introduce youngsters to the wonders of the redwood forest. Meet at the Nature Lodge.

**Creeping Forest Ramble**, Saturday, May 5 at 2 p.m.

Explore the natural history of this less-visited trail with docent Doreen Devorah on a three-hour, 2.5-mile hike up and down the "creeping" terrain, along creeks, through fire-scarred redwoods and over log bridges. Bring water and good hiking shoes. Meet at Park Headquarters.

**Berry Creek Falls Hike**, Sunday, May 13, 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 11-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 seven-hour hike. Meet at Park Headquarters.

**The Women of Big Basin**, A Mother's Day Special Event, Sunday, May 13, 1 p.m.

Celebrate Mother's Day by honoring some of the incredible women who have lived in, worked in and fought for the Big Basin. Meet pioneer homemaker Alice Maddock; Josephine McCrackin, the "Savior of the Redwoods" and Harriet "Petey" Weaver, the first female Ranger. Stroll through the magnificent redwoods on this half-mile, 1.5-hour guided walk. Wheelchair and stroller accessible. Meet at Park Headquarters.

**What's that Bird?** Saturday, May 19, 9:30 a.m.

This easy, one-mile stroll with docent Karen DeMello will introduce you to the birds of the redwood forest. Beginner birders are welcomed. Bring binoculars if you have them—but they're not required. Meet at Park Headquarters.

**Wildflower Walk!** Sunday, May 20, 10 a.m.

Join docent Scott Peden to learn to identify the plants and communities of the redwood forest. You'll also visit several historical spots within the park. The walk is a five-mile, five-hour

walk that includes a chimney tree. Bring water and lunch. Meet at Park Headquarters.

**Creeping Forest Ramble**, Sunday, May 20 at noon

Explore the natural history of this less-visited trail with docent Doreen Devorah on a three-hour, 2.5-mile hike up and down the "creeping" terrain, along creeks, through fire-scarred redwoods and over log bridges. Bring water and good hiking shoes. Meet at Park Headquarters.

**Twilight Hike**, Friday, May 25 at 7:30 pm

Enjoy an easy, level walk for the whole family. Experience the turning of the day into night in the forest, and learn about the critters that are just becoming active as the sun goes down. This is a one-hour, half-mile walk. Meet at Park Headquarters. Wheelchair/stroller accessible. Bring a flashlight. Sorry, no dogs on the trail.

**Shadowbrook Stroll**, Saturday, May 26, noon

Join docent Doreen Devorah as she guides you on a less-traveled trail that takes you by Union Creek, to the Sempervirens Falls and back through the redwoods. This is a four-mile, 3.5-hour hike. Bring water and good hiking shoes. Meet at Park Headquarters.

**Footsteps of the Founders**, Monday, May 28 at noon

This moderate five-mile, four-hour loop walk will take you back in time to the origins of our oldest state park. Discover the redwoods and other treasures that inspired the movement to save the trees. Docent Doreen Devorah will share stories of the park's first human inhabitants, pioneering homesteaders and early redwood conservationists. You will pass historical places of interest and enjoy views of Slippery Rock and Sempervirens Falls. Meet at Park Headquarters.



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## Rancho Del oso Nature and History Center

Located 17 miles north of Santa Cruz, off Highway 1 (831) 427-2288

Rancho del Oso Nature and History Center is open weekends from noon to 4 p.m.

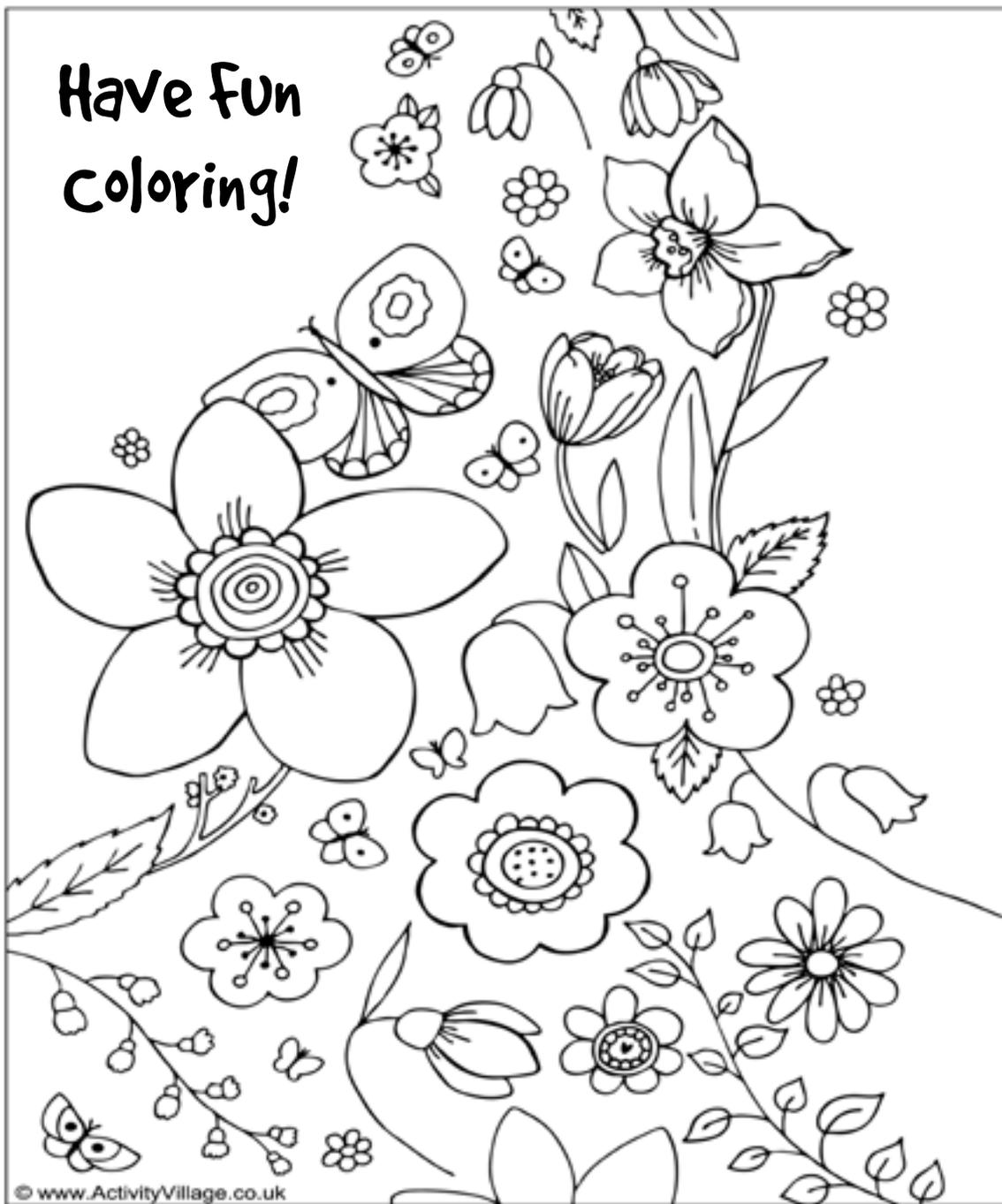
California State Parks in cooperation with Waddell Creek Association proudly announce the grand opening of the Rancho del Oso Nature and History Center located 17 miles north of Santa Cruz, off Highway 1, just south of Waddell Beach. New interactive exhibits share the wonders and diversity of the Waddell Valley. The exhibits tell the story of Rancho del Oso as seen through the eyes of Hulda Hoover McLean, who moved here as a young girl and returned to raise her own family in the valley she knew and loved. Throughout the new center, Hulda's appreciation of the land she came to know intimately is expressed through her art, written word and collections. The exhibits encourage visitors to explore, appreciate and protect the valley.

The remodeled center, with its rich, warm interior, invites the visitor to explore the "Close to the Heart" exhibit, which reflects on the family's history in the valley. The "Seven Habitats" exhibit highlights the flora and fauna visitors can see along the trails. An interactive docent desk invites to investigate nature, look through a microscope, complete art projects and interact with docents and staff. "Stewards of the Valley" encourages visitors to take on the role of today's stewards and introduces the sensitive species that need protection. The cultural section of the visitor center explores the logging history of the park and connects the past to the present. Come find out the details and be first to explore the center. Then take to the trails and begin your journey to get to know the sights, smells and seasons of Rancho del Oso.

Hulda's father, Theodore J. Hoover, brother of former President Herbert Hoover, fell in love with the Waddell Valley as a student at Stanford University. When Theodore Hoover first came upon Waddell Creek, he fell in love with this place and its "trout stream flowing between redwood covered heights down to the sea." He resolved, "When my ship comes in I'm going to own this place." That cherished plan was carried out when he bought 2500 acres of forest, hill and dale. Hulda Hoover McLean spent her childhood in close association with the land and felt strongly about its preservation. In 1983 she began arranging for her home to become what is now the Nature and History Center.

Rancho del Oso is part of the ocean end of Big Basin Redwoods State Park and 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 and other wildlife as you pass the short dirt road to the parking area.

### Have fun coloring!



### What: Kids 2 Camp Benefit Ride 2012

Join us for a day of family friendly fun that includes a benefit Motorcycle run

When: Saturday, June 30, 2012

Where: Calvary Chapel  
6750 Florin Perkins Road, Sacramento  
Ride Registration starts 8:00am  
Pre-registration: \$20 Rider/\$10 Passenger  
Day of Event: \$30 Rider/\$15 Passenger  
Pre-register by June 15 and receive a ride T-shirt

Ride Departs at 10:30am from Calvary Chapel,  
6750 Florin Perkins Road, Sacramento  
Ride Ends at Calvary Chapel Amador, 18400 Ridge Road, Pine Grove,  
with BBQ, Bounce House, Custom Car Display, Silent Auction,  
Raffles and Live Bands

The route follows scenic Highway 49, south to Pine Grove, just east of Jackson.  
Participation in the ride is not required to attend the BBQ and concert.

All proceeds used for camp scholarships for under privileged youth & camp improvements

For more information call 530-867-1295

[www.petraspringschristiancamp.org](http://www.petraspringschristiancamp.org) -or- [www.kids2camp.net](http://www.kids2camp.net)



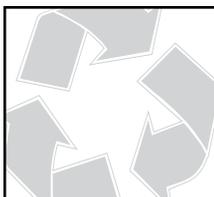
"Let the little children come to Me, and do not forbid them; for such is the kingdom of heaven."  
Matthew 19:14



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## Wilder Ranch State Park Activities

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

### Life on the Ranch: Family Living History Day

Saturday, May 12, 11 a.m. to 3 p.m.

Find out how families lived during Mexican Rancho and early dairy ranching days at Wilder Ranch State Park's Family Living History Days. Activities include a selection of hands-on activities and demonstrations and may include draft horse wagon rides, branding, horseshoes, hand-making tortillas and salsa, chuck wagon style cooking, roping skills and lawn games. Come for a picnic on the lawn and follow it up with a game of tug of war, sack races, hoops, stilts, bubbles, and more. The event is held on the grounds of the Wilder Ranch Cultural Preserve. The park is located 2 miles north of Santa Cruz on the coast side of Highway 1 at 1401 Coast Road Santa Cruz. This event is appropriate for all ages. For more information, call (831) 426-0505.

### Wilder Ranch Living History Demonstrations and Ranch Tours

Weekends, 11 a.m. to 3 p.m. Tour of the ranch buildings at 1 p.m. Step back in time to visit a circa 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, watch blacksmithing, or learn about the Meder Family voyage to California. Weekends at 1 p.m., join the 1-hour tour of the 1897 Victorian home, 1896 water-powered machine shop, and other historic buildings.

### History, Nature, and Scenic Views: A Tour of the Grey Whale Ranch Area

Saturday, May 12, 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 the hike leader in the Wilder Ranch parking lot. Bring good walking shoes, lunch, snacks, and water. Hike is cancelled if rain.

### Wilder Ranch Coast Nature Walks

Saturdays, May 5, 19 and 26, 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.

## 2012 Children's Summer Art Classes

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Monday-Friday, 9:30-11:30am

Two groups: Grades 1-3 & Grades 4-6

Tuition \$65.00 per week

A different class each week – no repeats!

<b>WEEK 1</b> June 25-29	<b>WEEK 4</b> July 23-27
<b>CLOSED WEEK OF JULY 4</b>	<b>WEEK 5</b> July 30-Aug 3
<b>WEEK 2</b> July 9-13	<b>WEEK 6</b> Aug 6-10
<b>WEEK 3</b> July 16-20	Mid-Morning Juice & Snack Break

### LIMITED SPACE: REGISTER EARLY!

By mail or at the Sacramento Fine Arts Center. Registration includes all art supplies and snacks.

### COME VISIT OUR CENTER:

We have ongoing gallery exhibits free to the public; art classes, workshops, art clubs to join that offer free day and evening demonstrations. We have lots of brochures & information for you at the Center.

### IF INTERESTED:

Call the SACRAMENTO FINE ARTS CENTER at 916.971.3713

*This is not a program of the San Juan Unified School District and San Juan accepts no liability or responsibility for this program.*



**SACRAMENTO FINE ARTS CENTER Inc.**

5330-B Gibbons Dr., Carmichael, CA 95608

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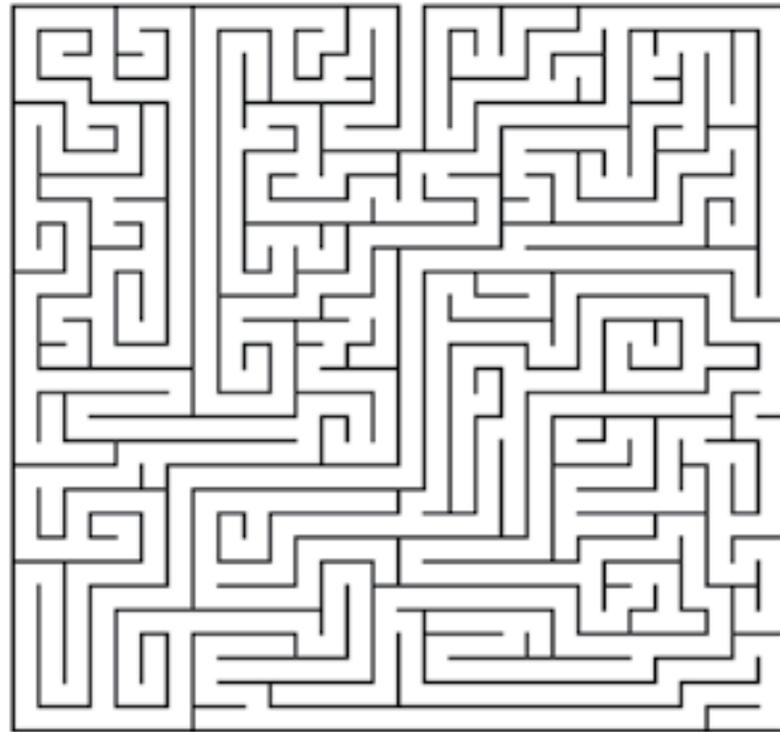




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[www.townandcountryartfiesta.org](http://www.townandcountryartfiesta.org)



This event benefits local charitable organizations helping children/teens, including Kiwanis Family House; families with children undergoing treatment at UC Davis Medical center; and high school Key Clubs, teaching teenagers the value of community service.

# Calendar of Events

## Arts & Crafts

**May 3, Music Around the World, 4 p.m., 4235 Antelope Road, Antelope.** Children ages 5 to 12 are invited to the North Highlands-Antelope Library to explore music from other cultures around the world and create drums, rainsticks, tambourines or even a simple guitar. For more information, call (916) 264-2920.

**May 3, Beads, Leather and Things, 4 p.m., 920 Grand Avenue, Sacramento.** Children, ages 5 to 12, are invited to the Del Paso Heights Library for "Beads, Leather and Things." Every culture creates beautiful adornments to wear. Explore jewelry making from various continents. For more information, call (916) 264-2920.

**May 5, Huichol Yarn Art, Noon to 3 p.m., 2112 22<sup>nd</sup> Street, Sacramento.** Huichol yarn painting originated in north central Mexico, and the artistic expressions continue today. Join the staff at the Ella K. McClatchy Library, for this fun activity, and take home a beautiful piece of art. Children will also take home a book. For more information, call (916) 264-2920.

**May 5, Free Comic Book Day, 2 p.m., 6132 66<sup>th</sup> Avenue, Sacramento.** Join the staff at the Southgate Library for a drawing contest for kids. All participants will receive a free comic book in celebration of national Free Comic Book Day and Dis de los ninos/Dia de los libros. Registration is required by calling the library at (916) 264-2920.

**May 12, Abalone Necklace Making, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Join the staff at the Effie Yeaw Nature Area in the replica Nisenan Maidu Village to polish your own abalone shell piece for a necklace. All ages are welcome; children will need assistance from an adult. For more information, call (916) 489-4918.

**May 26, Wet and Wild Pond Animals, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Splashing, skimming, swishing and swimming—what are all those creatures in the water? Meet an aquatic garter snake and learn about the other aquatic critters from near ponds and rivers. All ages are welcome to attend. For more information, call (916) 489-4918.

## El Dorado County Fair

The 2012 El Dorado County Fair, themed "The Grapest Show on Earth," will take place Thursday to Sunday, June 14 to 17, 100 Placerville Drive, Placerville. Tickets purchased by June 13 are \$8 for ages 13 and over, \$6 for Juniors (ages 7 to 12) and Seniors (ages 60 and over). Tickets sold during the fair, June 14 to 17 are \$9 for ages 13 and over, \$7 for Juniors (ages 7 to 12) and Seniors (ages 60 and over). For more information visit [www.eldoradocountyfair.org](http://www.eldoradocountyfair.org) or call (530) 621-5860.

## Magic Show

**May 5, Magic Show, 3 p.m., 2112 22<sup>nd</sup> Street, Sacramento.** Families are invited to the Ella K. McClatchy Library for "Magical Wonders Magic Show," with Jonathan Lopez. Enjoy fun music and exciting magic tricks in this fast paced show. Kids will receive a magic trick to take home and perform. For more information, call (916) 264-2920.

**May 13, Mother Nature Stroll, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Celebrate the beauty of spring with a delightful guided walk through the Effie Yeaw Nature Preserve on Mother's Day. You may want to bring your binoculars, or borrow some from the staff. All ages are welcome. For more information, call (916) 489-4918.

**May 27, Under the Oaks, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Our mighty oak trees provide food and shelter for many animals and insects. Come to the Effie Yeaw Nature Center and learn how to identify the three species of oak trees found in the Nature Preserve, and who may be living in them. All ages welcome. For more information, call (916) 489-4918.

**May 5, Dia Family Celebration, 1 to 3 p.m., 2901 Truxel Road, Sacramento.** Celebrate Dia de los Ninos at the South Natomas Library. Take a swing at the piñata, create tissue paper flowers, and enjoy special fiesta treats and a traditional Aztec dance circle. Each child attending the celebration will receive a book to take home. For more information, call (916) 264-2920.

**May 5, Musical Family Program, 3:30 p.m., 6700 Auburn Boulevard, Citrus Heights.** Victoria Mendoza Dancers will perform at the Sylvan Oaks Library. The group specializes in Mexican Folklore dance and features children, ages 5 to 11. The beautiful art of folkloric dance is shared with the dancers in colorful costumes and accompanied by joyful recorded music. For more information, call (916) 264-2920.

**May 5, Musical Program, 2 p.m., 8820 Greenback Lane, Suite L, Orangevale.** Musician Catherine Mandella will introduce a variety of world musical instruments, demonstrating their sound and sharing stories about these unusual instruments at the Orangevale Library. For more information, call (916) 264-2920.

**May 5, Musical Family Program, 2 p.m., 9845 Folsom Boulevard, Sacramento.** *Dia Celebration* with musician Felipe Ferraz will be held at the Rancho Cordova Library. Guitarist Felipe Ferraz performs a selection of songs in English and Spanish that entertains and delights. The audience is encouraged to participate and sing along. For more information, call (916) 264-2920.

## Critter Events

## Nature Event

## Special Events

**May 5, Nature Hike, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Enjoy a guided hike into the Effie Yeaw Nature Area to see if any reptiles are basking in the spring sunshine and learn basic safety guidelines when observing snakes and lizards. Meet one of the Nature Center's resident snakes up close. All ages are welcome. For more information, call (916) 489-4918.

**May 6, Lost Ladybug Project, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center, located in Ancil Hoffman Park and learn about common ladybugs in the area. Also, become part of the monitoring team that helps scientists across the US. Join "Beeologist" Julie Serences for a 15 to 20 minute talk about ladybugs (beetles) and, depending on conditions, go searching for the in the Nature Area. This is fun and educational for all ages. No equipment needed. For more information, call ((16) 489-4918.

**Ongoing, Music for Young Children Classes, Sacramento.** Sacramento Piano Conservatory is offering summer group music camps for kids. For more information about Sacramento Piano Conservatory visit [www.sacpiano.com](http://www.sacpiano.com) or call Tanya at (916) 538-3357.

**May 5, Musical Program, 2 p.m., 9845 Folsom Boulevard, Sacramento.** Families are invited to the Rancho Cordova Library for a performance by guitarist Felipe Ferraz who will perform a selection of songs in English and Spanish that entertains and delights. The audience is encouraged to participate and sing along. For more information, call (916) 264-2920.

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# Calendar of Events

**May 5, Instruments of the World Musical Program, 2 p.m., 8820 Greenback Lane, Suite O, Orangevale.** Families are invited to the Orangevale Library for *Instruments of the World* with Catherine Mandella. Musician Catherine Mandella will introduce a variety of world musical instruments, demonstrating their sound and sharing stories about these unusual instruments. For more information, call (916) 264-2920.

**May 5, Folkloric Dance Program, 3:30 p.m., 6700 Auburn Boulevard, Citrus Heights.** Families are invited to the Sylvans Oaks Library for this special program. The group specializes in Mexican Folklore dance and features children, ages 5 to 11. The beautiful art of folkloric dance is shared with the dancers in colorful costumes and accompanied by joyful recorded music. For more information, call (916) 264-2920.

**May 5, Bilingual Music and Story Time, 2 p.m., 5600 South Land Park Drive, Sacramento.** A special program for children ages 2 to 7 will be held at the Belle Cooleedge Library. Join Mariela Herrera for a lively program of rhythms, stories, bilingual songs and fun. Don't miss out on the piñata at the end of the show. All children at the program get a free book. For more information, call (916) 264-2920.

**May 19, Farms, Friends and Fairytales, 11 a.m. to 3 p.m., 3901 Land Park Drive, Sacramento.** Celebrate agriculture and the fifth annual Farms, Friends and Fairytales at Fairytale Town. Enjoy hands-on activities, a mini-farmer's market and visit with local farms and organizations to learn more about California's rich agricultural history. This program is free with park admission. For more information, call (916) 808-7462 or visit fairytaletown.org.

**June 30, Kids 2 Camp Benefit Ride, 8 a.m., 6750 Florin Perkins Road, Sacramento.** Join the fun at this benefit motorcycle run followed by a family festival and concert. The festival includes a bounce house, custom car display, barbecue, raffle, silent auction and live bands. Pre-register by June 15 and receive a T-shirt. Advanced registration is \$20

per rider and \$10 per passenger. Day of registration it is \$30 for riders and \$15 for passengers. The ride departs at 10:30 a.m. at Calvary Chapel Sacramento and ends at Calvary Chapel Amador, 18400 Ridge Road, Pine Grove. The route follows scenic Highway 49, south to Pine Grove, just east of Jackson. For more information, call (530) 867-1295 or visit [www.Kids2camp.net](http://www.Kids2camp.net).

**June 14 to 17, El Dorado County Fair, 100 Placerville Drive, Placerville.** The 2012 El Dorado County Fair will take place Thursday through Sunday. Tickets purchased by June 13 are \$8 for ages 13 and over, \$6 for Juniors (7 to 12) and Seniors (ages 60 and over). Ticket sold during the fair are \$9 for ages 13 and over, \$7 for Juniors and Seniors. For more information, visit [www.eldoradocountyfair.org](http://www.eldoradocountyfair.org) or call (530) 621-5860.

## Storytime & Puppet Shows

**May 1, Bilingual Lapsit Baby Story Time, 12:30 p.m., 5600**

**South Land Park Drive, Sacramento.** Join Jackie Favrin at the Belle Cooleedge Library for a fun program of stories and songs in English and Spanish. This is a special program for infants. For more information, call (916) 264-2920.

**May 3, Bilingual Toddler Story Time, 9:30 a.m., 5600 South Land Park Drive, Sacramento.** Children ages 18 months to 3 years are invited to the Belle Cooleedge Library for toddler story time in English and Spanish with Jackie Favrin. For more information, call (916) 264-2920.

**May 3 to June 30, Puppet Festival, Weekdays 10:30, 11:30 a.m. and 12:30 p.m., Weekends 12:30, 1:30 and 2:30 p.m., 3901 Land Park Drive, Sacramento.** Puppet Art Theater is back at Fairytale Town with music, puppetry and fun. Call (916) 808-7462 or visit [fairytaletown.org](http://fairytaletown.org) for schedule of shows and ticket prices.

**May 3, Bilingual Preschool Story Time, 11 a.m., 5600 South Land Park Drive, Sacramento.** Children ages 3 to 5 are invited to the Belle Cooleedge Library for bilingual preschool storytime with Jackie Favrin.

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

**May 3, Storytime, 10 a.m., 891 Watt Avenue, Sacramento.** Children ages 3 to 5 are invited to the Arden-Dimick Library for a special bilingual story time to celebrate Dia with Erica.

**May 5, Bilingual Music and Story Time, 2 p.m., 5600 South Land Park Drive, Sacramento.** Children, ages 2 to 7, are invited to the Belle Cooleedge Library for "Bilingual Music and Story Time" with Mariela. Join Mariela Herrera for a lively program of rhythms, stories, bilingual songs and fun. Don't miss out on the piñata at the end of the show. All children at the program get a free book. For more information, call (916) 264-2920.

**Wednesday, Toddler Story Time, 10 a.m., 4799 Stockton Boulevard, Sacramento.** Children ages 0 to 3 years are invited to Colonial Heights Library for stories. For more information, call (916) 264-2920.

**Thursdays, Baby Lapsit Story Time, 10 a.m., and Sundays, noon, 828 I Street, Sacramento.** Infants are invited to the Central Library for lapsit storytime. Toddler Story Time for ages 0 to 3 will be held at 10:30. For more information, call (916) 264-2920.

**Thursdays, Preschool Storytime, 10 a.m., 2443 Marconi Avenue, Sacramento.** Children ages 3 to 5 are invited to the Arcade Library for stories. For more information, call (916) 264-2920.

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# First 5 Sacramento offers Tips for Healthy Family Eating

*Cooking with children, visiting local farmers' markets and planting a summer garden among the ways to develop healthy eating habits that last a lifetime*

## A message brought to you by First 5 Sacramento

Proper nutrition in children ages zero to five can reinforce lifelong eating habits that contribute to a child's overall well-being and help them to grow up to their full potential with a healthy life. Most experts advise that you can often get children to eat more veggies if you start early by offering your older infant and toddler a large variety of vegetables, set a good example by eating vegetables yourself, offer a lot of choices, and mix vegetables into a food that your child already likes. First 5 Sacramento has compiled a list of tips to promote healthy family eating.

### Cook with Your Children

Cooking together can be a delicious learning experience for children and their parents. Children can explore new foods and learn about nutrition, not to mention develop math and reading skills as they measure and read directions. By following a few simple guidelines, you can make cooking safe and fun, and entice your children into trying something new:

Invite your child to help plan a meal or pick a recipe (and keep a list of child-friendly recipes).

Create a safe place where children can cook.

Give preschoolers their own safe utensils.

Eat your creation together and enjoy!

### Visit Your Local Farmers' Market

Most fruits and vegetables have a special peak time of year when they taste their best and are most abundant, and the more recently they've been picked, the better they taste. Farmers' markets are great places for children ages zero to five to try new fruits, vegetables, and other foods. Visit your local farmers' market and you and your children may discover an exciting taste or flavor. Find a Farmers' Market near you at [www.california-grown.com](http://www.california-grown.com).

### Plant a Summer Garden

Children learn a great deal from growing their own fruits and vegetables. To get started, designate a section of your yard as a place where your child can plant his or her own vegetables. Then let your child harvest the veggies and help decide how to eat them. Community gardens are also a great way to get involved in growing fruits and vegetables.

In addition to these tips, try to keep children on an eating and snacking schedule: breakfast, lunch, dinner, and two snacks. This helps them feel signs of hunger and stops mindless munching between meals. Make the kitchen off-limits unless it's time for a meal or a planned snack. Limit



calorie-rich juices, sodas, and other liquids. To keep children hydrated in the heat, give them plenty of water.

For more information about nutrition resources and programs for children ages zero to five, as, please visit the Health Education Council at [www.healthedcouncil.org](http://www.healthedcouncil.org) or call and (916) 556-3344 visit [www.first5sacramento.net](http://www.first5sacramento.net).

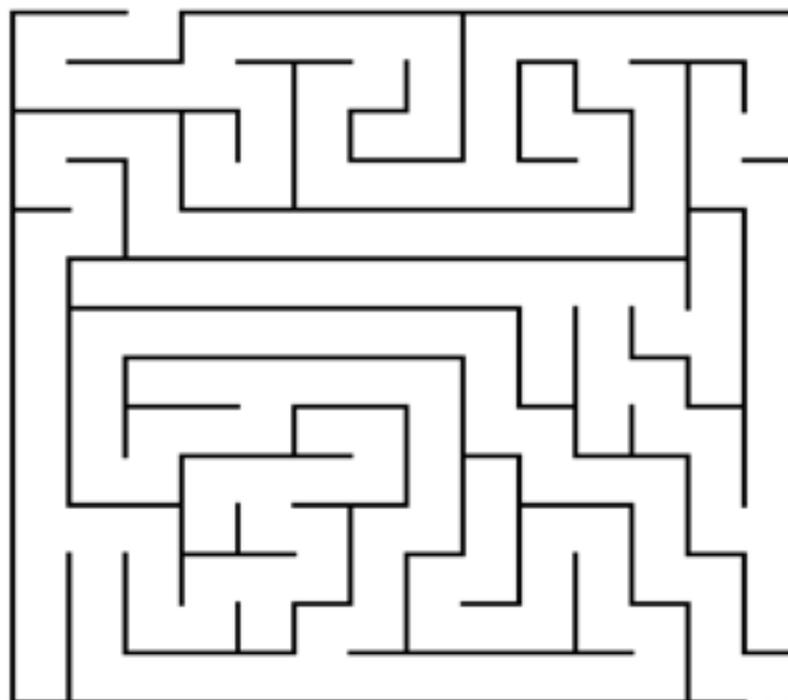
### About First 5 Sacramento

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 tobacco products to support programs for expectant parents and

children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$14 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: (530) 669-2475; First 5 Placer: (530) 745-1304; and First 5 El Dorado: (530) 672-8298.

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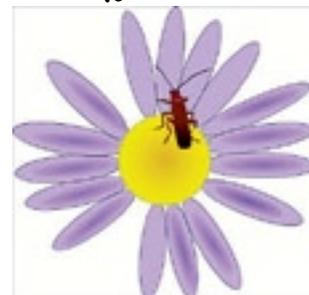


## Bug and Flower Party Garden Theme

The Bug and Flower Garden theme is great for birthdays celebrating twins, siblings or any child who likes nature.

### Bug and Flower Party Games

- Pin the bug on the flower - Played just like pin the tail on the donkey only use a large poster of a flower and bug stickers. Buy or draw a flower on a poster board. Make sure the flower has a stem and leaves and doesn't take up more than 10% of the poster. Mark a spot on the large flower using a sticker or marker in case more than one player gets their bug on the flower - the player closest to this mark wins. Attach the poster to a wall.



### Birthday Invitation Ideas

Make fun flower garden/bug themed birthday invitations for your party using blank cards with colorful flower stickers.

### Party Decorations

- Cover tables with green tablecloths and set out plastic or real flowers in vases. Place real and artificial flowers throughout the room. Cut large petals that look like flowers from paper or butcher paper and tape together on the walls so they look like flowers. Make a super size flower garden.
- Tie ribbon to helium balloons. Attach plastic flying insects and bugs to the other end of the ribbon. Don't tie the balloons down and have them rest on the ceiling so the bugs look like they are flying.

### Party Activities

- Make bug antenna's with fuzzy pipe cleaners, headbands and painted Styrofoam balls.
- Decorate terra cotta pots with stickers or paint. Fill with potting soil and the kids can pick some pretty flowers to plant in them .

### Fun Ideas

Combine the two interests of bugs and flowers and have a Nature Scavenger Hunt. The Nature Scavenger Hunt can be at a park or your backyard. Each guest receives a nature scavenger hunt list. They then are sent off in pairs (with adult supervision) or groups with their list. Have a prize for the winning team who finds the most items. Give each hunter a gallon size plastic baggie, bucket and spoon to collect their items.

Maybe they can look for: different leaves, a large rock, different colored smooth stones, a pinecone, animal tracks (draw them on paper after you find them), nut or acorn, a flower, or seeds.

### Birthday Party Food

Butterfly Bow tie pasta and cheese, Cheese (cut with butterfly cookie cutter) and crackers. Make dirt/garden cupcakes. Fill individual cupcake liners 1/2 way with chocolate pudding. Crush Oreo cookies and sprinkle them on top of the chocolate pudding to fill the liners. Place gummy worms in the cupcakes and add pretty plastic flowers on top. This a also a fun activity for the party goers to make!

**Bug and Flower Party Favors** - bug nets, magnifying glass, plastic bugs, small rake or toy hoe

**Goody/Loot Bags** - Plastic Bucket and shovel, pot that is filled with party favors, plastic or wooden wheelbarrow, small watering can to hold party favors, bug/flower printed cup

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# Face paint recipes

[www.birthdaypartyideas4kids.com](http://www.birthdaypartyideas4kids.com)

Face painting is a fun activity for your bug and flower party. Paint cute little flowers, ladybugs or butterflies on your guests cheeks. Add some glitter while it is still wet!



Tip: Mix up a small batch days before the party to see which Face Paint recipe you like the best. Then mix up enough for all the guests the day of the party.

coloring, one drop at a time and mix well, until you get the color you desire. Make a separate batch for each color you want to use. Use small paint brushes or a sponge for larger areas to paint on party guests faces. Remove with soap and water or a baby wipe.

## Face Paint #2

- 3/4 cup Karo light corn syrup
  - 1/4 cup Water
  - 3 tbs. Cornstarch
  - 1 tbs. Flour
  - Food Coloring
- Divide into smaller jars and add food coloring. Mix in extra cornstarch if mixture is too thin.

## Face Paint Recipe #1

- 1 tsp. corn starch
- 1/2 tsp. water
- 1/2 tsp. cold cream
- Food Coloring

Stir starch and cold cream together until blended. Add the water and stir. Add food

## Face Paint Recipe #3

- 2 tsp Cornstarch
  - 1 tsp Cold Cream
  - 1 tsp Water Food Coloring
- Mix all ingredients except the food coloring. Then add food coloring one drop at a time until you reach the color you want.

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Nurturing Peace  
Inspiring Curiosity



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# Learning begins at birth...



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in the first 5 years?

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