

July 2012

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SUMMER GUIDE

Pages 16-25

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Sacramento Zoo July events

Twilight Thursdays, July 5, 12, 19 and 26:
Zoo open late until 8 p.m. Enjoy warm summer nights at the Sacramento Zoo with extended hours on Twilight Thursdays. The Zoo is open from 9 a.m. to 8 p.m. for your whole family to enjoy. Dinner specials, live music and activities start at 5 p.m. Regular daily admission rates apply. General admission is \$11.25. Children ages 2 to 11 are \$7.25. Children under two are free. For more information call (916) 808-5888 or visit saczoo.org.



variety of topics in an entertaining manner that will help you design a plan that fits your needs. For more information, or to RSVP, call (916) 808-8815 or visit saczoo.org.

Birthday Cake and Ice Cream Safari, Saturday, July 28, 4 to 8 p.m. The entire family can celebrate the Zoo's 85th birthday with all-you-can-eat Baskin Robbins Ice Cream and Coca-Cola beverages at the 28th Annual Ice Cream Safari. It's a brain-freezing good time from 4 to 8 p.m. Tickets are \$17 for adults and \$13 for children 11 and under. Sacramento Zoo members receive a \$2 discount on tickets and all proceeds benefit the Zoo. Musical entertainment, face-painting and Zoo admission are included in the ticket price. Hot dogs, veggie burgers, chips and raffle tickets are available for an additional charge. Parking is free and available throughout William Land Park. For more information, call (916) 808-5888 or visit saczoo.org. The Zoo closes early at 1:30 pm.

Estate Planning Seminar with Mark S. Drobny, Tuesday, July 10, 5:30 to 7 p.m. This free informative seminar will navigate through a jungle of topics presented by local attorney Mark S. Drobny, California State Bar Certified Legal Specialist in Estate Planning, Trust and Probate Law. Mr. Drobny is widely regarded as one of the top experts on estate planning, providing information on a

Zoo Chats and educational programs

Have you ever wondered how to make an adventure to the Sacramento Zoo as exciting and educational as possible? At the Zoo, there are many ways to keep inquisitive minds filled with an increased number of keeper chats this summer season.

Keeper chats are a great way to learn about your favorite animals that call the Zoo home. Through Labor Day, five keeper chats – each focusing on a different animal – will be offered daily. Visitors learn how keepers care for each animal, why enrichment is important and the animal's natural behaviors in the wild.

Other educational opportunities include daily stage shows, giraffe encounters and riding on the Conservation Carousel. Between keeper chats and stage shows, keep your eyes open for docents wearing bright yellow; from biofacts to animal ambassadors, they always have special knowledge to share with Zoo guests. School may be out for the summer but that doesn't mean that the learning has to stop. Now is the best time to visit the Sacramento Zoo. Check out the complete schedule at saczoo.org and plan your day.

Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. 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. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit saczoo.org.

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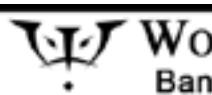
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exhibit, a Sacramento-themed block and activity table designed by Stage Nine Productions. The second event will be “Leo’s Birthday Bash,” an adult-only fundraiser for the Museum on August 30.

The Museum is continually updating, changing, and adding to its activities to support children’s play while learning about the arts, sciences, mathematics, humanities, and culture. It is open daily from 9 a.m. to 5 p.m., Tuesday through Saturday and from noon to 5 p.m. on Sunday. There will be special events every day in August to celebrate the Museum’s first anniversary. Activities include bubble day, face painting day, chalk day, and Leo tattoo day. There will also be several discount days in August including a dollar off day, 10% off all store purchases, and 50% off children’s admission if they are wearing green. There will be two special events in August. First, the Museum will debut a new

For more information, call (916) 638-7225 or visit info@sackids.org or www.sackids.org.



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Nisene Marks State Park

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up Aptos Creek Road (831)464-5620

The Forest of Nisene Marks Guided Walks - Sundays, July 1, 8, 15 and 29 from 2 to 3 p.m.

Explore the beautiful forest of Nisene Marks State Park while learning about the history of the logging industry in Santa Cruz County. Terrain is uneven during this one hour guided walk. Please wear hiking appropriate clothes and closed toes shoes. Meet at the entrance kiosk/pay station inside Nisene Marks State Park, located on Aptos Creek Road, off Soquel Drive in the town of Aptos. Day use fees apply. (All Sundays in July except no guided walk on Sunday, July 22).

To get to the park use the State Park Drive exit from Hwy 1. Go east on State Park Drive to Soquel Drive. Turn right on Soquel Drive. Go 1 mile to Aptos Creek Road. Turn left on Aptos Creek Road (Aptos Center) into the park. Day use fees apply.

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"photo courtesy of Patty Colmer"

A Note from the Nurse Are Your Children Getting Enough Sleep?

By Connie Goldsmith, RN, BSN, MPA

Are your children getting enough sleep? It seems like an easy question, but millions of Americans of all ages don't get sleep and this can lead to potentially serious consequences. For example, driving while drowsy is the equivalent of driving with a blood alcohol level of 0.05%, a figure approaching the legally drunk standard of 0.08% adopted by most states. Fatigue causes 100,000 auto accidents each year because the responses of sleepy drivers are only half as fast as those of alert drivers. And chronic insomnia contributes to medical conditions such as type 2 diabetes, heart problems and obesity. Insufficient sleep also affects children across the lifespan.

Infants usually don't have a problem sleeping. Newborns require at least 16 hours of sleep per day, although most sleep longer. Researchers speculate that neural activity occurring during sleep contributes to an infant's brain development. Studies show that babies consolidate new knowledge during sleep. One study shows that babies who nap can better remember abstract language skills than babies who do not nap. *Sleep tips for infants:* maintain regular schedules; create an enjoyable bedtime ritual; put babies to bed when they are tired, but not yet asleep. This helps them become "self-soothers."

Toddlers (1- 3 years old) need about 12-14 hours of sleep per day, broken into naps and bedtime. Sleep problems such as nighttime fears and nightmares may occur for the first time in toddlers. They often resist going to bed, and their drive for independence, separation anxiety, and imagination can lead to sleep problems. Daytime sleepiness and behavior problems may signal poor sleep. *Sleep tips for toddlers:* maintain a daily sleep schedule and a consistent bedtime routine; make the bedroom environment the same every night; set limits that are consistent and enforced. Encourage use of a security object such as a blanket or stuffed animal.

Want to learn more? Take a "sleep test" to see how much you know about sleep at: <http://yoursleep.aasmnet.org/MedSleepTest.aspx>.

Resources: National Sleep Foundation, *Children and Sleep*, at: www.sleepfoundation.org; and American Academy of Sleep Medicine, Sleep Education, at: www.sleepeducation.com; "www.sleepfoundation.org"; and American Academy of Sleep Medicine, Sleep Education, at: www.sleepeducation.com.

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.

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. She maintains a health blog on her website at www.conniegoldsmith.com.

School-age children (5-12 years old) need 10-11 hours of sleep each night. At the same time, there is an increasing demand on their time

away from school, e.g., homework, sports, and social activities. In addition, school-aged children are more interested in computers, media and the Internet – all of which can lead to difficulty falling asleep, nightmares and sleep disruptions. Watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours. Sleep problems and disorders are common at this age.

Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact children's ability to learn in school. *Sleep tips for school-aged children:* begin to teach children about healthy sleep habits; continue to emphasize a consistent sleep schedule and bedtime routine; make child's bedroom conducive to sleep – dark, cool and quiet; keep TV and computers out of the bedroom; avoid caffeine.

Adolescents (13 and up) should get 9-10 hours of sleep each night. However, a recent study showed that about half of all teens sleep less than 8 hours on school nights. Yet nine out of ten parents believe their teens are getting enough sleep. Teens are not being obstinate when they stay up late at night and struggle to awaken in the morning. Due to a natural shift in circadian rhythms, teens' internal clocks battle with school clocks. By the end of the school week, teens have accrued a serious sleep deficit. Although teens typically sleep later on weekends, it's not enough to catch up. Insufficient sleep may lead to problems with school, mood disturbances and drowsy driving. *Sleep tips for adolescents:* keep lighting dim near bedtime and bright in the morning; stick to a schedule; avoid caffeine, especially after noon; wind down at night with quiet activities (a warm shower or reading); consider banning all electronic devices at bedtime (T.V., phone, computer, etc.).

Want to learn more? Take a "sleep test" to see how much you know about sleep at: <http://yoursleep.aasmnet.org/MedSleepTest.aspx>.

Resources: National Sleep Foundation, *Children and Sleep*, at: www.sleepfoundation.org; and American Academy of Sleep Medicine, Sleep Education, at: www.sleepeducation.com; "www.sleepfoundation.org"; and American Academy of Sleep Medicine, Sleep Education, at: www.sleepeducation.com.

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Special Events at Effie Yeaw Nature Center

July 12, Thursday, 7 to 8 p.m., Campfire Sing Along

Join the staff by the campfire to sing some classic campfire songs and roast marshmallows (marshmallows provided). Bring a camping chair or blanket to sit on, and an acoustic guitar if you would like to strum along with the naturalist. The cost to attend is \$3 per person, children 3 and under are free.

July 20, Friday, 7 to 8:30 p.m. Summer Concert Series

Features Ricky Berger, pop, folk and jazz artist. Bring a picnic (no glass beverage containers, please) and enjoy an evening of authentic expression. Doors open at 6 p.m. Limited tickets, call or purchase in advance: \$20 per person, online or by phone. www.sacnaturecenter.net or call (916) 489-4918.

Free weekend activities. Space is limited. Sign-ups taken the day of the program, donations gratefully accepted. There is a \$5 per car daily parking fee in Ancil Hoffman Park

July 1, Sunday, 1:30 p.m. Abalone Necklace Making

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

July 7, Saturday, 10:30 a.m., Knock, knock! It's Acorn Woodpecker

Learn about this common bird and its acorn stashing habits. You will view some items to brush up on your woodpecker facts, then walk to find snags (usually old tree trunks) used as "larders." You may want to bring your binoculars (or borrow some from the staff). All ages welcome.

July 8, Sunday, 1:30 p.m., Critter Close Up

Meet a couple of small animal residents at the Effie Yeaw Nature Center up close and learn what habitat and food they need to survive. All ages welcome.

July 14, Saturday, 10:30 a.m., Summer Nature Stroll

Celebrate the beauty of nature with a guided walk through the Nature Preserve and down to the American River. You may want to bring your binoculars or borrow some from the staff. All ages welcome.

July 15, Sunday, 1:30 p.m., Beaks, Claws and Jaws

Join us in our classroom for a presentation on how local wild animals are adapted to survive. Enjoying viewing "biofacts" – items like skulls or feathers – and a live animal to compare the "tools" an animal uses to find and eat its food. Recommended for ages 5 to 99.

July 21, Saturday, 10:30 a.m., What's the Buzz? Solitary Bees

Join "Bee-ologist" Julie Serences to learn the fascinating life cycle of native bees and why they are important to the ecology of our landscapes. Following a 45 minute program, stroll the grounds with a member of the staff to help identify a variety of busy native bees.

July 22, Sunday, 1:30 p.m., Art Studio

Various wildlife mounts (taxidermy specimens) will be available for public viewing and sketching. Paper provided, please bring other supplies for sketching, such as pencils, charcoal or other art supplies you prefer. Recommended for ages 5 to 99. No instruction provided.

July 28, Saturday, 10:30 a.m., Ethnobotany Walk

Stroll through the Nature Preserve with a naturalist and learn to identify native plants while discovering their many traditional uses. All ages welcome.

July 29, Sunday, 1:30 p.m., Things That Slither

Join the staff inside for a presentation on reptiles and the viewing of reptile "biofacts." Meet a resident reptile from the Nature Center up close. All ages welcome.

Community yard sale

Come join the fun at Fulton-El Camino Recreation and Park District's Community Yard Sale, Sunday, August 5, 9 a.m. to 1 p.m. Shop to your heart's content at our massive yard sale. Enjoy the day in Howe Park, as you browse the treasures of your neighbors. Food and drinks will be available for purchase during the event. Be sure to mark your calendar for the October 7th sale, too. Howe Park, is located at 2201 Cottage Way, enter from Bell Street.

Fourth of July Fun!

Hey Kids! It's time to celebrate America and the beautiful red, white and blue. It's time to celebrate Independence Day, play with friends, have a family picnic and enjoy the parades. Here's a puzzle with hidden words that have to do with 4th of July celebrations. Some are easy and some are hard. See if you can find the words listed, they can be horizontal, vertical, diagonal, or backwards. See how many you can find...

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

Baked beans

Bands

Barbecues

Cake

Chicken

Corn on the cob

Display flags

Fireworks

Hamburgers

Holiday

Hot dogs

Independence Day

Parades

Picnics

Potato chips

Vegetable snacks

Salads

Soda

Softball

Spare ribs

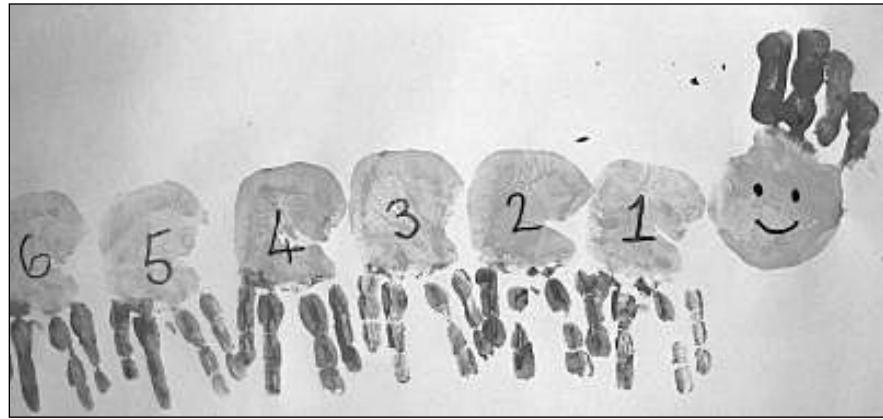
Swim

Vacation

Watermelon



MAKE IT YOURSELF!



Handprint caterpillar craft

This super caterpillar is a fun craft any time. Kids will love painting their hands two colors and making lots of different body segments!

You will need:

Construction paper, green and brown poster paint, and colored pens

You will need to:

Paint the palm of your hand green and the fingers brown (miss the thumb). Print a line of hand prints, however long you like, adding more paint when you need it. At one end of the line, print one handprint with the fingers pointing the opposite direction to the others. When the paint is dry draw on the face. If you like, you can add a number to each of the body sections to practice counting or just decorate each segment with glitter or any other crafty way.

Hand print olympic Rings

Messy, but fun! Kids can get messy with this fun handprint Olympic rings craft, perfect for even the youngest children during the Olympic Games!

You will need:

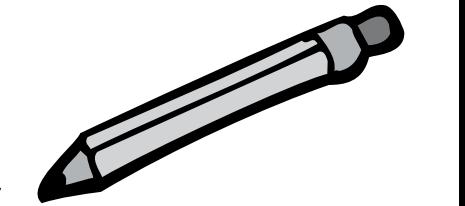
Paint in red, green, black, yellow and blue, paper, wet wipes or paper towel roll to help with clean up.

You will need to:

Make your thumb and index finger into a circle, and with a paint brush paint the sides with blue paint. (See photo of hand curled with paint.) Print onto the paper. It's a bit tricky! Use the wet wipes to wipe the paint from your hand and repeat with each of the colors in turn. Make sure you look at a picture of the Olympic Rings so you can print your colors in the right order!



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



Squeeze Bottle Painting

This is definitely an outdoor project! Protect the kids' clothes well, or let them wear a swimsuit and be prepared to hose them down afterwards.

You will need:

A "squeezey" bottle for each paint. Water bottles that have a sports cap will work fine. Just poke a hole in the cap. You also need different colors of poster paint and a large sheet of paper or poster board.

You will need to:

Lay your paper or poster board on a flat surface of the yard. If it is windy, weight down the corners with pebbles. Be sure the work area is ok to get paint on and can be hosed off immediately.

Pour the paint into the bottles and add some water to each. Shake the bottles, making sure their lids are tightly closed! Spray the paint over the paper and/or poster board by squeezing the bottles or shaking them. The kids can keep adding more colors until they are happy with their picture.



Chinese fan craft

This cute fan makes a good craft for a China theme or perhaps help you cool off this summer. Choose a pretty design like butterflies, flowers, or perhaps decorate with Chinese characters for something a little more dramatic!

You will need:

A piece of paper about 1m by 20cm. Fax paper is ideal or old Venetian blinds that come pleated is good. For around \$5, you usually can find a paper pleated blind at major home improvement stores, that are used for a temporary window covering. You will need two wide popsicle sticks, PVA (white) glue, sticky tape, and coloring pens.

You will need to:

Decorate your paper with the pens. Maybe butterflies, flowers and sunshine, but older children might like to try something more authentic like blossom or calligraphy. 'Pleat' the paper into folds about 1 1/2 cm wide. Glue a Popsicle stick onto each end of the paper. The Popsicle sticks should stick out about 2 cm above the top of the paper. To open your fan, bring the Popsicle sticks all the way round so that they meet.



North Natomas Library's free programs

Special programs at the North Natomas Library, located at 4660 Via Ingolia, Sacramento include:

International Poetry Tour: Saturdays, July 7, 14, 21, and 28, from 4 p.m. to 5 p.m. The Sacramento Poetry Center presents some of the best international poets in the Sacramento area.

Internet Marketing: Saturday, July 21, from 9 a.m. to 12 noon. Presented by SCORE, this adult workshop will provide information to assist small business owners using the Internet as a component of their marketing efforts.

Animals Around the World: Saturday, July 21, 2 p.m. Families are invited to meet and learn about animal ambassadors from five continents.

Dream Catchers: Tuesday, July 17, 4 p.m. According to Native American legend, when hung above a bed, bad dreams will get tangled in the web of the dream catcher, allowing only good dreams to pass through the center to the dreamer. Adults and teens are invited to create dream catchers from cord, beads and feathers.

To learn about more library programs, please telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

AT THE SACRAMENTO ZOO ★ OPEN LATE UNTIL 8 PM
TWILIGHT THURSDAYS
HOT BANDS ★ CAR SHOWS
COLD DRINKS ★ EXOTIC ANIMALS

JULY 5
ACROSS THE POND
BECAUSE
HERB CRUSTED TRI TIP WITH VEGETABLE MEDLEY



JULY 12
OLD SKOOL PARTY
EAST WIND
CAR SHOW...
LOW RIDERS
BARBECUE CHICKEN SERVED WITH HOUSE POTATO SALAD



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HAVE FUN COLORING!

www.ActivityVillage.co.uk - Keeping Kids Busy

Twilight Thursdays at the Zoo

During the summer month July, the Sacramento Zoo will stay open late for extended summertime entertainment. As the heat of the day wears off and dusk begins to settle, come enjoy an evening filled with hot cars, live music, good food and cool drinks. General zoo admission gets you in for these evenings of fun! If you're a Sacramento Zoo member, free admission is one of your membership benefits! Not a member yet? Get your membership today at saczoo.org.

Music starts at 5:30 p.m. with the last admission ticket sold at 7:30; guests may stay on grounds until 8 p.m. Bring your own picnic basket or your family can enjoy the evening's \$9.95 Dinner Special. Kampala Café's classic choices will also be available. Please note that alcoholic beverages may not be brought into the zoo but can be purchased once inside.

July 5 -Across the Pond

Live music by: Because: A tribute to the Beatles

Featuring: British and Euro Cars

Dinner Special: Herb crusted tri tip with vegetables. \$9.95

Nonprofit partner: Society for the Blind

July 12 -Old Skool Groove

Live music by: East Wind

Featuring: Low-riders

Dinner Special: Barbecue chicken served with house potato salad. \$9.95

Nonprofit partner: UC Davis Children's Miracle Network

July 19 -Rockabilly Night

Live music by: The Nickel Slots Featuring: Kustoms and Rat Rods Dinner Special: Grilled Italian sausage on a hoagie roll served with rosemary potatoes. \$9.95 Nonprofit partner: Sierra Forever Families

July 26 -So 70's Hot Rods

Live music by: Q Balls, 70's rock

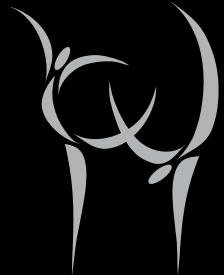
Featuring: Hot Rods

Dinner Special: Teriyaki burger with pineapple salsa and Asian salad. \$9.95

Nonprofit partner: Albie Aware Breast Cancer Foundation

Sacramento Zoo – Celebrating 85 years! Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. 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. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit saczoo.org.

Spring is in the air and Cheer is here at...

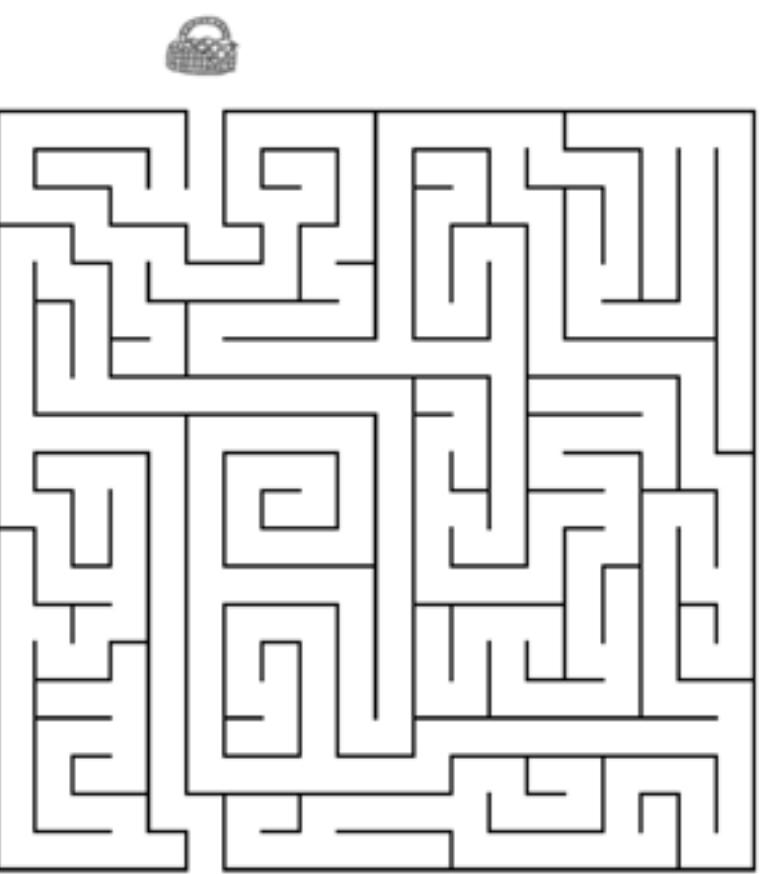


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A Family Birthday Getaway Tradition to South Lake Tahoe

by Carmel L. Mooney

When I was a tween my family asked me where I'd most like to go for my thirteenth birthday. I could have picked Disneyland or even Hawaii but my first choice was Lake Tahoe so it never surprises me when it comes to my kids that the annual decision to go to Lake Tahoe beats out choices like 4H camp or even a sleepover party with friends.

Lake Tahoe has a special place in my heart. As a travel columnist for nearly twenty years I can say I have been blessed to circle the globe a few times and still I stand in awe at the beauty and grandeur and no matter how many times we visit Lake Tahoe. No matter what season finds us there, we always manage to make new memories and find new hidden gems.

We always pack the bikes on the back of the car no matter what, because Lake Tahoe has such gorgeous cycling options wherever our adventures take us. Yes, we have even been known to do this even in winter and cycle around Lake Tahoe after a long day on the slopes.

I guess the apple doesn't fall far from the tree as when my daughter turned thirteen this month she chose Lake Tahoe over many other birthday trip options.

While every year we discover new reasons to love Lake Tahoe we always have a few favorite reasons that never waiver. This year we decided to try something new and take the 2.4 mile ride on the Heavenly Gondola to the top of the mountain and check out the views and activities from the top. It was sheer delight. The ride up to an elevation of 9500 feet was spectacular with astounding views of the lake and captivating vistas for miles into Nevada. At the top of the mountain, families can hike, rock climb on the 25 foot climbing wall, enjoy the non-snow and non-water tubing hill, dine at the Lodge or take in a summer event.

We enjoyed the wild life, the views and the amazing scenery and panoramic vistas that were unforgettable. It was a great family excursion in every regard. Our thirteen year old loves chipmunks and we saw plenty of them during our stop at the gorgeous observation deck, half way up the mountain.

One family favorite activity is a day cruise on Lake Tahoe and this time we chose an old family favorite activity by exploring Emerald Bay aboard the Tahoe Queen. For anyone not familiar with Tahoe's rich history and wildlife or even those like us, who enjoy it yearly, one of these sightseeing cruises is a great way to get a feel for North America's largest alpine lake from an "on the water" perspective.

Narrated tours about the Tahoe Queen give visitors a glimpse into the wonders and majesty of 39 trillion gallons of water



Photo courtesy Embassy Suites Lake Tahoe Resort

and its environs. Another younger birthday girl was on our cruise that day with her family and kids and grown ups of all ages love this safe, entertaining and fun way to explore the lake. Osprey nests, castles, islands, and cobalt waters are just a few of the highlights.

Over

the years we have stayed at virtually every major property in South Lake Tahoe and our family favorite without compare, is by far, the Embassy Suites Lake Tahoe Hotel and Ski Resort.

In our opinion, there's no better place to lay your head near Lake Tahoe in the heart of South Shore.

Our kids actually beg to stay there and with very good reason. With 400 beautifully appointed two room suites that are perfect for families, every stay includes a complimentary cooked-to-order breakfast with all the healthy and hearty offerings.

Omelets, bacon, sausage, potatoes, pancakes, fresh fruit, yogurts, muffins and more; this is the place to fuel up for a busy day with kids.

A lovely indoor heated pool and spa and an excellent fitness center with modern and well maintained equipment round out the amenities nicely. Our kids love the indoor heated pool and the nice patio outside the pool allows for parental relaxation while supervision is in progress.

Every evening a pleasant manager's reception is offered with complimentary cocktails and hors d'oeuvres. Specialty drinks are offered as well at no charge.

For years, my favorite has been the Cactus Bite. I look forward to my annual Cactus Bite made by Ann, our favorite bartender who gives families great service, hospitality and even suggestions on family-friendly things to do and see in the area. Our kids love her Shirley Temple's. They are the best!

As if the great locale and endless amenities are not enough, from a mom's perspective on traveling, this property itself has so many nice features. It's a great alternative from staying at a casino. With the unique grand garden atrium design the acoustics are excellent and a genuinely fabulous night's sleep is almost guaranteed. That means happy traveling for our clan. No smoke, noise or other nuisances so commonly associated with casinos and other types of lodging are ever an issue, yet casinos, bars and nightlife are only yards away should dad, mom or older kids want the best of both worlds.

While Lake Tahoe has changed a bit from the days when I spent my 13th birthday there, the unspoiled beauty and endless array of fun outdoor family activities still enchant my entire family a generation later. Over thirty years have passed and I still can't think of a better place to spend a birthday and neither can my kids.

Carmel L. Mooney is a family and pet travel columnist and radio talk show host. You can follow her on Twitter: @CarmelLeeMooney



Spend the Night at Humpy Dumpty's House

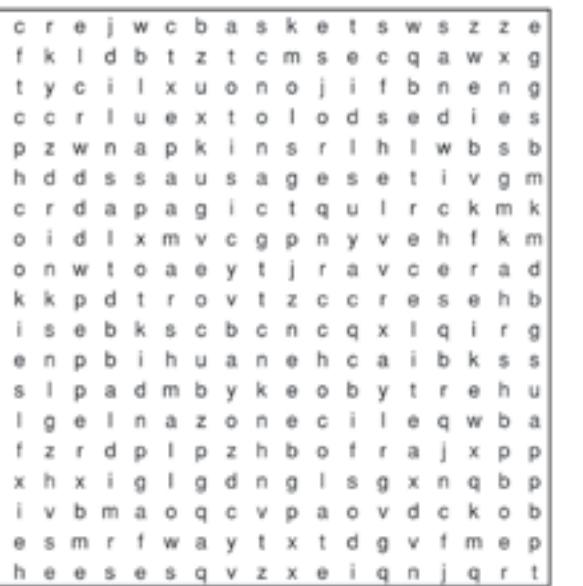
Families are invited to spend the night at Humpty Dumpty's house this summer. Fairytale Town will host three Family Campouts at the park this year: Friday, July 20; and Friday, August 10.

This exciting overnight adventure includes a theater performance by Puppet Art Theater Company, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Families will camp in tents on the Mother Goose Lawn and wake up the next morning under the park's canopy of trees to a light continental breakfast.

Prices range from \$20 to \$30 per person and include all activities. Member discounts are available.

Fairytale Town is located at 3901 Land Park Drive, Sacramento. For more information, visit www.fairytaletown.org or call (916) 808-7462.

Picnic Word Search



drinks	blanket	napkins	sandwiches
cake	marshmallows	cookies	salt
pepper	sausages	eggs	cheese
chocolate	basket	cooler	

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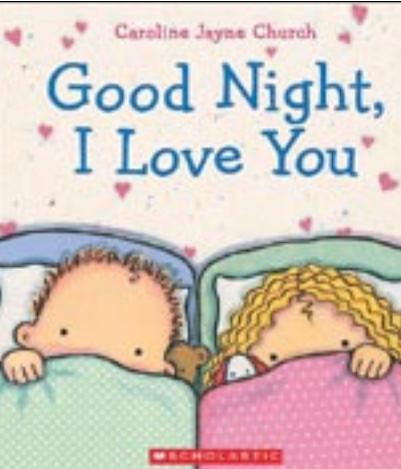
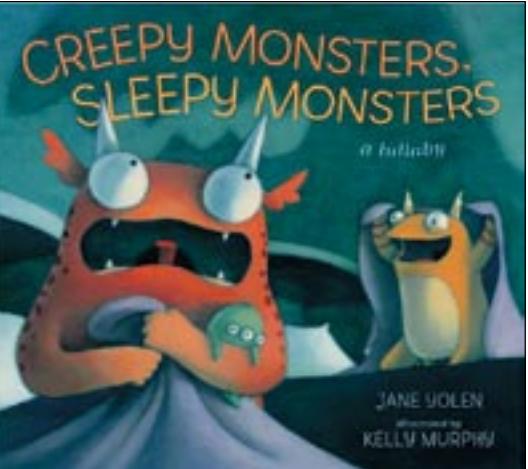
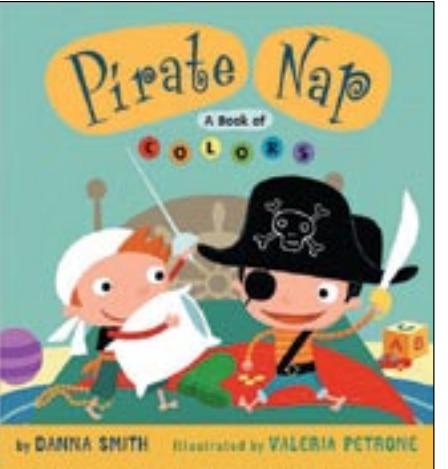
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CALIFORNIA KIDS! Family Fun Guide • JULY 2012

The Book Report

Bedtime Stories



By Connie Goldsmith

Every parent has struggled to put a cranky toddler down to nap or to bed – it's practically a rite of passage. Reading a bedtime story together can smooth the way to sleep and sweet dreams. Story time is a standard ritual for many families. If you're not reading to your child, give it a try – it just might work. It can also instill a life-long love of reading. "Good Night Moon," is not the only bedtime book out there. Take a look at one of these to send your little one off to sleep.

"Pirate Nap," by Danna Smith, illustrated by Valeria Petrone. (Clarion). Argh! Even little pirates need naps, although they won't admit it. "Time for a nap, rowdy crew. Mighty pirates need sleep, too. Captain sneers, "Tis a trap! Pirates never, ever nap!" And so the little pirate duo carries on with their plundering and looting and guzzling. The clever rhyming text features 'pirate-speak' at its best. The wide-eyed characters sport expressive faces and body language that nearly pops off the pages. The digital gouache illustrations are perfect for the story. After a busy morning of play, the pirates along with little sis, dog, and teddy, settle in for a nap. "Calm blue water. Briny deep. Pirates, monster, sail to sleep." This is a lovely entertaining book for every child who fusses at naptime.

"Good Night, I Love You," by Caroline Jayne Church. (Scholastic). This charming board book has tough, thick pages, perfect for the littlest fingers. The sweet toddler faces are irresistible as they go through the comforting night-time ritual of getting ready for bed. "It's time for bed, so let's get ready. Bring your bunny. Bring your teddy." Tub time, brushing teeth, putting on the jammies, and a bedtime story – every child knows what bed

time is like. Then it's "Snuggle the covers and off with the light, dream little dreams, I love you, good night." These familiar activities are a perfect prelude to sleep.

"The World Champion of Staying Awake," by Sean Taylor, illustrated by Jimmy Liao. (Candlewick). Stella is ready for bed when her dad says it's time, but her animals, Cherry Pig, Thunderbolt the puppet mouse, and Beanbag Frog are wide awake. Cherry Pig bounces on the bed. "I'm the world champion of staying awake." Like good mothers everywhere, Stella has a trick up her sleeve. The wee beauties first climb onto a pillow, which with a little imagination turns into a ship that sails the ocean. Cherry Pig falls asleep. Next, Thunderbolt and Frog climb into a box which turns into a train and chugs off into the night. Only Frog is left awake, and Stella quickly imagines a sleepy-making adventure for him as well. Finally, Stella tucks each animal into bed and climbs in after them. The delightful text and wondrous luminous illustrations are enough to make this book an instant bedtime classic.

** Reviewer's pick of the month**

a good night kiss. Bella tells mom she's sorry and mom forgives her. "We all have those days sometimes." Keep this story tucked away to read when your own little one has a really bad day. It's wonderful to know that no matter how badly we behave, our moms still love us!

"Creepy Monsters, Sleepy Monsters, a lullaby," by Jane Yolen, illustrated by Kelly Murphy. (Candlewick). This beloved author of over 300 books has come up with another winner in which she creates a city filled with oodles of not-too-scary monsters. Little monsters everywhere must go to school, play with friends, and have

dinner. And even monsters must have a bath, say their monster prayers, and climb into bed, where "they toss and turn and bounce instead." At first the monster duo is too busy growling, gurgling, snarling and snarfing to fall asleep. In the end, they fall asleep just as non-monsters do. Both children and their parents will identify with the little monsters. Be sure to check out the

colorful art which is filled with whimsical monster details. Connie Goldsmith (www.connie-goldsmit.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, in school and public libraries, and at online booksellers.

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Who Wrote That?

The Creators of Your Child's Favorite Books
Featuring *Uma Krishnaswami*

By Patricia M. Newman

Uma Krishnaswami has vivid memories of holding a green crayon and writing on a wall in her house in India when she was a child of five or six. At the age of ten, she remembers sitting at her father's manual typewriter, tapping out stories and submitting them to magazines. At thirteen, her first poem appeared in a children's magazine published in India. Yet, Krishnaswami says, "It never occurred to me that I was a writer."



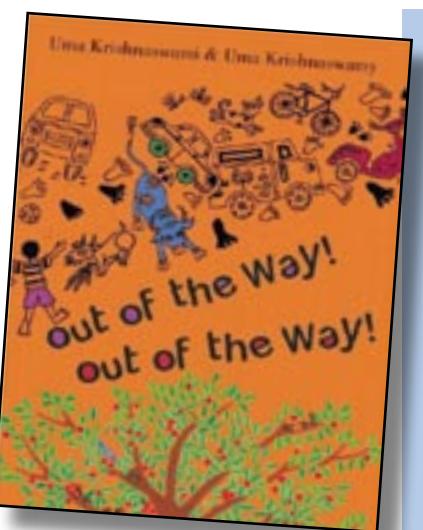
make me cry," Krishnaswami says. "It occurred to me that books were about my emotions and how I felt."

The birth of her son changed Krishnaswami's life in more ways than she counted on. She began collecting children's literature and fell in love with the books. "I remembered that the books of my childhood had been really important to me." As an only child who moved frequently because of her father's job, Krishnaswami says, "Books were my friends." Becoming reacquainted with children's books through her son sparked a need deep inside her.

Krishnaswami's son is now 25 years old and a graduate student in Boston, but she is still writing. She employs a series of notebooks to test her ideas. "I scribble things down as they show up in my mind," she says. "Ideas don't all have the same weight. If I see something that thematically repeats itself, then I'll start paying attention."

Out of the Way! Out of the Way!

tells the story of a sapling that grows into a towering tree as the village around it becomes a bustling metropolis. The emotion underlying the story goes back to Krishnaswami's childhood again, when she planted a mango seed and watched it sprout. "I still remember the leaves," she says. "Purplish shot with green. By the time we moved out of that house,



Frequently, Krishnaswami's stories stretch back to childhood memories. "The only child I can connect with is the child I used to be," she says. "When I get stuck in a story, I think how I would see that if I were eight or 12." For *The Happiest Tree: A Yoga Story*, Krishnaswami knew her character needed to be involved with yoga somehow, but she did not see a way into the story. She turned to her notebooks and experimented with questions, notes, and memories before recalling that she was a klutzy kid. "I was the kind of kid where paint would fly out of the jar and stick to her," she says. "I grafted that trait on to my character and the story fell into place."

"I don't like the first draft phase," she says of her writing process. "I'm trying so hard and my mind just hasn't wrapped around the story yet." Revision allows her to "muck things up" and disassemble the story to "get rid of some of the polish." That may sound counterintuitive, but she uses revision to look underneath and determine what is carrying the story. During this phase, the words are expendable as she explores the characters, their motivations, and the story's theme.

MORE ABOUT UMA KRISHNASWAMI
How to Contact UMA KRISHNASWAMI
Website: www.umakrishnaswami.com

SELECTIONS FROM UMA KRISHNASWAMI'S LIBRARY

Out Of the Way! *Out of the Way!*, Tulika Books, 2010; reprinted by Groundwood Books, 2012.
The Grand Plan to Fix Everything, Atheneum, 2011.
Bringing Asha Home, Children's Book Press, 2006.
The Happiest Tree: A Yoga Story, Lee & Low Books, 2005.
The Closet Ghosts, Lee & Low Books, 2005.
The Broken Tusk, Linnet Books, 1996; reprinted by August House, 2005.
Naming Maya, Farrar Straus Giroux, 2004.
Monsoon, Farrar Straus Giroux, 2003.
Chachaji's Cup, Children's Book Press, 2003.
Yoga Class, Bebop Books, 2000.

UPCOMING

Book Uncle and Me, Scholastic India, June 2012.
The Problem with Being Slightly Heroic, Atheneum, 2013.
The Girl of the Wish Garden, Groundwood Books, 2013.

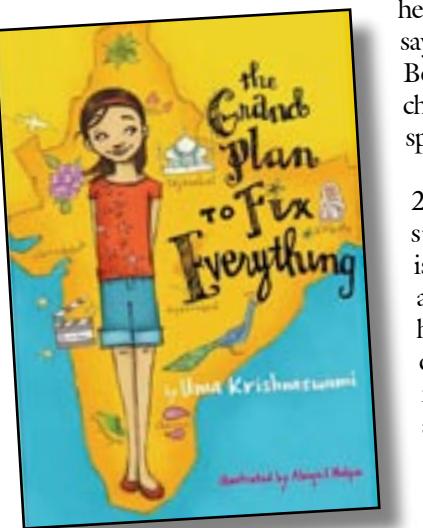
it was on its way to becoming a young tree. I didn't of course realize when I was writing this book that that's where it came from." In fact, Krishnaswami says if you stop to think about the seed of a story too soon, it can derail the entire thing.

"I'm a messy writer," she says, preferring to concentrate on one or two specific things during each sweep of the manuscript." She uses a timer and dark chocolate with sea salt as strong motivators to keep her focused as she edits. Today, Krishnaswami lives in northwest New Mexico with her husband and three cats. Still an avid reader, she divides her reading into two categories: books that make her want to read more and books that feed her writing. The poems, stories and music of Rabindranath Tagore, winner of the 1913 Nobel Prize in Literature, feed Krishnaswami's writing. "When my word bag is empty, I pick up Tagore and he fills me back up again."

Even after multiple books, Krishnaswami continues to grow and change as a writer. "And I don't think I'll ever be done," she says. Two high points of story especially excite her: when she discovers the main point of a story, and when her readers figure it out and tell her. "I think they're connected," she says. "Those moments, when the writer gets it and later when readers bring their own perspective to it, those are magical moments for me."

Next month: LeUyen Pham

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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9000 lbs. of catfish stocked at oak Grove Regional Park

San Joaquin County Parks and Recreation and the California State Department of Fish and Game will continue to stock over 9,000 lbs. of catfish at Oak Grove Regional Park through the end of September.

Beginning last June 13, Department of Fish and Game planted 1,200 lbs. of catfish at Oak Grove each week through the end of the month. County Parks will plant each week, beginning Friday, July 6 through Friday, September 28. (Specific dates may change due to vendor availability).

As always, fishing is free to kids 15 years and under, a \$5 fishing permit fee and valid CA. fishing license are required for those 16 years or older. A \$5 vehicle-parking fee will also apply, as do all State Fish and Game laws. Participants must supply their own fishing equipment.

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FUNDERLAND Amusement Park
(916) 456-0131 FunderlandPark.com

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Manresa Uplands State Beach Activities

Located 13 miles south of Santa Cruz via Highway One on San Andreas Road (831) 763-7063

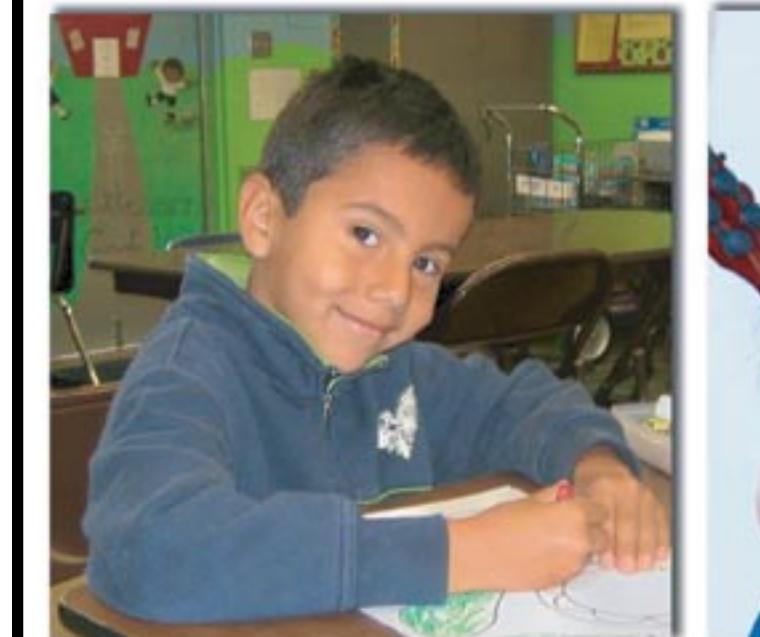
Junior Rangers - Saturdays in July from 3 to 4 p.m.

Discover the vast and fascinating world of the Monterey Bay. Learn about many different animals and plants that call the bay home, in the fun and interactive Junior Rangers program. This is an hour long program just for kids, ages 7 to 12 years old. Meet at the campfire center in the Manresa Uplands campground, located off of Sand Dollar Road, off San Andreas Road, near the town of La Selva Beach. No Junior Rangers program on July 28th.

Campfire Program - Saturdays, 8 to 9 p.m.

Enjoy learning about Manresa Uplands State Beach, the Monterey Bay and the surrounding areas through song, demonstrations and a slideshow. Relax by the fire at this program that is fun for the entire family. Meet at the campfire center in the Manresa Uplands campground, located off of Sand Dollar Road, off San Andreas Road, near the town of La Selva Beach. No Campfire Program on Saturday, July 28.

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Zoo chats and educational programs

Have you ever wondered how to make an adventure to the Sacramento Zoo as exciting and educational as possible? At the Zoo, there are many ways to keep inquisitive minds filled with an increased number of keeper chats this summer season.

Keeper chats are a great way to learn about your favorite animals that call the Zoo home. Through Labor Day, five keeper chats – each focusing on a different animal – will be offered daily. Visitors learn how keepers care for each animal, why enrichment is important and the animal's natural behaviors in the wild.

Other educational opportunities include daily stage shows, giraffe encounters and riding on the Conservation Carousel. Between keeper chats and stage shows, keep your eyes open for docents wearing bright yellow; from biofacts to animal ambassadors, they always have special knowledge to share with Zoo guests. School may be out for the summer but that doesn't mean that the learning has to stop. Now is the best time to visit the Sacramento Zoo. Check out the complete schedule at saczoo.org and plan your day.

Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. 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. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit saczoo.org.



SUMMER GUIDE

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Discovery Museum Science and Space Activities

Fossil Fun for Everyone!, Saturday and Sunday, July 7 and 8

Visit the Discovery Museum and learn new stuff about old things. Their "Blast from the Past" exhibit features rocks, fossils, dinosaurs, and crystals. This weekend the museum is highlighting fossils by digging out a collection not usually on public display. Kids get a hands-on experience with a variety of fossilized specimens. As a souvenir, youngsters design a poster with fossil stamps. Planetarium shows are at 1 and 3 p.m. for ages 4 and older; live animal presentations at noon and 2 p.m. for all ages.

Stone Age Rage, Saturday and Sunday, July 28 and 29

The Stone Age is all the rage this weekend at the Discovery Museum Science and Space Center. Their "Blast from the Past" exhibit features dinosaurs, fossils, rocks and crystals. The classroom has Max, their baby mammoth model, on display for guests to add "hair" to his woolly coat. Kids take home a special souvenir by painting their own mammoth cave painting on sandstone rock. Planetarium shows are at 1 and 3 p.m. for ages 4 and older; live animal presentations at noon and 2 p.m. for all ages.

Crazy About Coral, Saturday NS Sunday, July 14 and 15

It's summertime and a fun weekend is planned for all you beach lovers out there. Learn the basics, and a few surprises, about coral, view specimens, and see a microphotography photo of coral in the Nikon Small World exhibit. Children can craft a coral reef scene. This is all included with admission. Planetarium shows are at 1 and 3 p.m. for ages 4 and older; live animal presentations at noon and 2 p.m. for all ages.

Summer Spinners, Saturday and Sunday, July 21 and 22

Since the 1800s, a favorite summer toy for children has been the pinwheel. Bring that fun to your kids this weekend by visiting the Discovery

The Discovery Museum Science and Space Center opens at 10 a.m. to 4:30 p.m. Science Discovery activities are from 12:30 to 4 p.m. and is located at 3615 Auburn Boulevard, Sacramento. Admission is \$8 adults (18+), \$6 seniors (60+), \$6 teens (13-17), \$5 children (4-12), \$8 children (3 and under) and is age appropriate for 4 to 12 year olds. For more information, call (916) 808-3942 or visit www.thediscovery.org.

Knock, knock! It's Acorn Woodpecker

Bring the family to the Effie Yeaw Nature Center located in beautiful Ancil Hoffman Park for this special program on the Acorn Woodpecker. The program will be held Saturday, July 7, at 10:30 a.m. Learn about this common bird and its acorn stashing habits. A staff member will view some items to help you brush up on your woodpecker facts. Then walk to find snags (standing remains of a dead tree trunk) used as "larders," which could be holes in tree trunks stocked with acorns. You may want to bring your binoculars or you can borrow some from staff. All ages are welcome.

The Effie Yeaw Nature Center is located at California Avenue and Tarshes Drive, in Carmichael. For more information, call (916) 489-4918 or visit www.sacnaturecenter.net



Fairy Tale Town

Play with us! Upcoming Programs

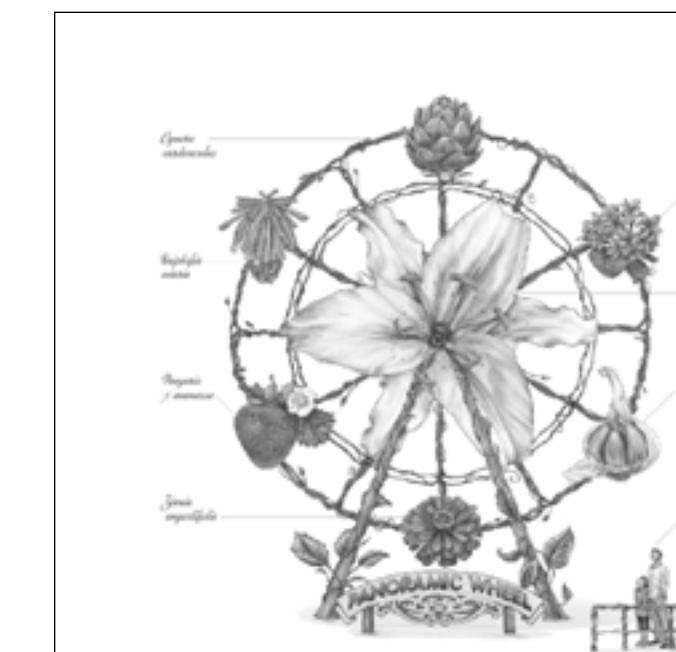
July 7
International Celebration • Nonstop dance performances!

July 20 & August 10
Family Campout

July 28 & 29 and August 4 & 5
Children's Concert Series • Rockin' matinee concerts!

Open Daily 9AM to 4PM
Weekdays \$4/Weekends \$5
FREE ADMISSION for Children 1 and Under
3901 Land Park Drive, Sacramento (916) 808-7462

For more programs and events, visit www.fairytaletown.org



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WITNESS A CRIME
June 9 - July 8





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Programs at Fairyfale Town

International Celebration - Saturday, July 7, 11 a.m. to 3 p.m.

Fairyfale Town presents a day of international dance and fun on the outdoor Mother Goose Stage. Tickets are \$10 per person and go on sale in June. Blankets and chairs are welcome. Food and drink will be available for purchase. For more information, visit fairytaletown.org or call (916) 808-7462.

ning rock to soul, afropop to lush balladry and zydeco to country--to Fairyfale Town for a live performance on the outdoor Mother Goose Stage. Tickets are \$10 per person and go on sale in June. Blankets and chairs are welcome. Food and drink will be available for purchase. For more information, visit fairytaletown.org or call (916) 808-7462.

The Fairyfale Town Troupers present: "Sinbad & Aladdin: The Arabian Knights!"

Saturdays and Sundays, July 14, 15, 21 and 22

Show times at 12 and 1 p.m.

The Fairyfale Town Troupers return for their second show of the season. In this original production, the greatest superheroes of the ancient world join forces on a magical quest to rescue the supreme storyteller Scheherazade from the clutches of an evil Wizard and his monstrous minions. Performances will be held on the outdoor Mother

Geese Stage and are 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 or call (916) 808-7462.

Mumbo Gumbo Live in Concert - Wednesday, July 11 Gates open 5:30 p.m. Concert starts 6 p.m.

Sacramento favorite Mumbo Gumbo brings their signature danceable sound-a mixture span-



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BOCA focuses on skills development to bring out the best in each player

For more information check us out at www.bocasoccer.org or 916-489-2272

Summer Schedule

All BOCA sessions held at Larchmont Community Park

August 6 - 10
9:00am - 10:30 am

August 6 - 10
6:00pm - 7:30 pm

August 13 - 17
8:00am - 10:00 am

BOCA Skills Camp at Larchmont Park

U8 to U14 This camp will cover all aspects of the game

- Technique
- Individual Tactics
- Team Tactics
- Small Sided Games & Full Field Games

U8 to U14 This training sessions that the goalkeepers work on are:

- Shot stopping
- Footwork
- High balls
- Crosses
- Breakaways
- Speed agility

Fee per sessions is \$100.00
(\$50.00 for BOCA Players)

Goal Keeper Camp

U12 to U18 BOCA training "Possession Obsession!"

- Technique
- Functional Training
- Functional Games

Advanced Technique Camp

matinee concerts on the Mother Goose Stage this summer. It's music and fun for the whole family! Blankets are encouraged. The Sacramento Youth Symphony Trio performs on July 29. Ericka Davis and Kiss N Tell will perform on August 4. The series wraps up with a day of fun, games and music on National Kids Day with performances by Freebadge Serenaders and Musical Charis. The concerts are 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 or call (916) 808-7462.

Children's Concert Series - Saturdays & Sundays, July 28, 29, August 4 and 5, 2 p.m.

Join Fairyfale Town and local performing artists for rockin'

CALIFORNIA KIDS! Family Fun Guide • JULY 2012



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Santa Cruz Mission State Historic Park events

Located off Mission Plaza on School Street overlooking downtown Santa Cruz (831)425-5849

Junior Rangers at the Mission "Seed to Table" - Thursday, July 12, 11 a.m. to 12:15 p.m.

All aboard for a look at life at sea. Tend to the demonstration garden, and sample the harvest with bread baked in our newly refurbished hornito (clay oven). This program is free. Space is limited. Advanced registration by calling (831) 425-5849.

Junior Rangers at the Mission "Sailors & Whalers" - Thursday, July 5th, 11 a.m. to 12:15 p.m.

Junior Rangers is a statewide program for 7 to 12 year olds. All aboard for a look at life at sea. Chew on some hardtack, sing some chanteys, and practice the art of scrimshaw. This program is free. Space is limited. Advanced registration by calling (831) 425-5849.

Building Methods at the Mission - Saturday, July 14, 1 to 2 p.m.

Come and see how the oldest building in town was made. Have fun working with the materials used by the Ohlone to build their homes and the materials used by the Spanish to build Mission Santa Cruz. You will have the chance to get your hands dirty and make your own mini adobe brick. The event is free. Call (831) 425-5849 for more information.

Spinning, and Weaving - Saturday, July 7th, 1 to 2 p.m.

How did an isolated settlement clothe the hundreds of people who lived there? Take an in depth look at the cloth industry of Mission Santa Cruz. Follow the path of wool from the sheep to the shirt. You will have the chance to try your hand at a drop spindle and spin your own wool. The event is free. Call (831) 425-5849 for more information.

Junior Rangers at the Mission "Mission Art" - Thursday, July 19, 11a.m. to 12:15 p.m.

Mission churches were ornate and the decorations were inspired by Spanish and

Indian motifs. View original examples and make your own tortilla. The event is free. Call (831) 425-5849 for more information.

Junior Rangers at the Mission "Adobe" - Thursday, July 26, 11 a.m. to 12:15 p.m.

Get ready to play in the mud and learn about the architectural techniques of the oldest building in Santa Cruz. You'll take home your own adobe brick. This program is free. Space is limited. Advanced registration by calling (831) 425-5849

Hides and Tallow - Saturday, July 28, 1 to 2 p.m.

Come and see how Mission Santa Cruz participated in a world economy back in the early 1800's. Take a look at some of the major products of the mission; leather and tallow, and demonstrate how they were used. You will see how a branding iron works and get to make your own candle. The event is free. Rain Cancels. The Santa Cruz Mission State Historic Park is located on School St. off of Mission and Emmet Street in Santa Cruz. Call (831) 425-5849 for more information.

Mission Cooking Demonstration - Saturday, July 21, 1 to 2 p.m.

Come to Santa Cruz Mission State Historic Park for a taste of history. There will be a presentation of Ohlone and Spanish cuisine including hot rock cooking, tortilla frying on a Comal and baking in our Horno. You can even sample the creations

HAVE FUN COLORING!





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Henry Cowell Redwoods State Park Activities

Main entrance located two miles South of Felton on Hwy 9.

Campground entrance located off Graham Hill Road (831) 335-7077

Old-Growth Redwood Grove Walks- Each Saturday and Sunday in July at 1 p.m.

Come experience a forest adventure on a docent-led walk through the magnificent old-growth coast redwoods. Guided walks meet at the Park Visitor Center and last about an hour.

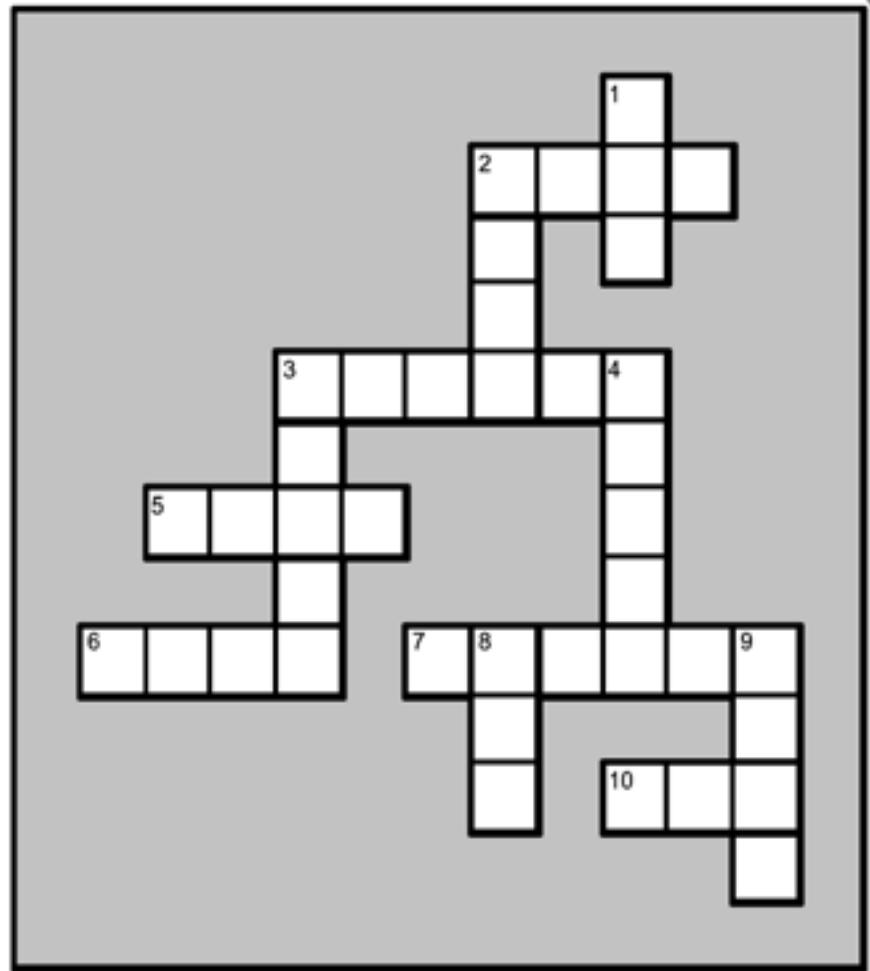
Hike the Big Bend Country in Henry Cowell Redwoods State Park, Saturday, July 7 at Noon

Enjoy three of the park's diverse habitats on this 4+ hour / 5 ½ mile moderate paced hike. Maximum descent and ascent is about 500 ft. Suitable for adults, and young adults who are diligent hikers. Start in a shady live oak-Ponderosa pine woodland, then traverse upland Redwood and Douglas-fir forest, before our descent to the San Lorenzo River canyon's "Big Bend". Depending on river flow, explore the Big Bend's riparian forest of Maple, Sycamore, Alder and Azalea. Dress in layers for changeable weather and temperatures. Bring water and snacks. Old hiking shoes and a trekking pole may be the best choice for possible shallow river crossings – with no bridges. Meet at noon at the campfire circle in the campground at Henry Cowell Redwoods State Park. Enter the park from Graham Hill Road between Santa Cruz and Felton. Note: The park's two entrances (Hwy 9 and Graham Hill Road) are not connected by road. Heavy rain cancels the walk.

Critter Safari - Sunday, July 15 at 1:30 p.m.

On this 2 hour leisurely walk you may uncover the tracks and other "signs" that animals leave. 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.

Seaside Crossword



Across

2. It may have a sail or oars
3. Perhaps you could collect water in this?
5. Watch him scurry down his hole
6. They swim in the sea and have scales and fins
7. She sells sea----- on the sea-shore
10. I hope this is out for your holiday

Down

1. Carry your beach things in this
2. A good read!
3. The strip of sand along the sea shore
4. Dry yourself with this
8. Wear one of these to keep the sun off your head!
9. It feels funny under your toes

www.ActivityVillage.co.uk - Keeping Kids Busy



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free summer programs

The Sacramento Public Library has many fun, exciting, and free Summer Reading programs at its Belle Cooldge branch, 5600 South Land Park Drive, Sacramento. Upcoming special programs include:

Teen Cartooning Workshop: Friday, July 6, at 2 p.m.

Teens can learn cartooning from a local cartoonist! The library will supply the drawing materials and some simple instruction. Teens should bring their imagination, ideas and some of their own art to share. Don't miss this opportunity to learn about cartooning from a top professional.

Family Movie in the Park: Saturday, July 21, at 8 p.m.

The whole family will enjoy a free outdoor movie, next to the library, sponsored by City of Sacramento's District 5.

Dream Big: Plan Your Trip of a Lifetime (adult program): Saturday, July 14, at 3:30 p.m.

Learn how to plan a vacation, from picking the country/itinerary and teaching all you need to know before you go. Receive tips about travel insurance, health information, financial preparation, reaching your destination and enjoying it after you arrive.

Shadow Puppets with the Magical Moonshine Theater (family program): Saturday, July 28, at 2 p.m.

Shadow puppetry creates a mysterious and wonderful world where color, light and story enchant the audience. Magical Moonshine Theatre presents folktale inspired stories from around the globe.

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calendar of Events

Arts & crafts

critter Events

July 1, Abalone Necklace Craft, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Join the staff at the Effie Yeaw Nature Center 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 the Effie Yeaw Nature Center at (916) 489-4918.

July 12, Dream Catcher Art, 3:30 p.m., 6700 Auburn Boulevard, Citrus Heights. Kids ages 5 to 12 are invited to the Sylvan Oaks Library to make dream catchers with ArtWorks. For more information, call (916) 264-2920.

July 17, Dream Catchers, 4 p.m., 4660 Via Ingoglia, Sacramento. According to Native American legend, when hung above a bed, bad dreams will get tangled in the web of the dream catcher, allowing only good dreams to pass through the center to the dreamer. Adults and teens are invited to the North Natomas Library to create dream catchers from cord, beads, and feathers. For more information, call (916) 264-2920.

July 22, Art Studio, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Various wildlife mounts (taxidermy specimens) will be available for public viewing and sketching at the Effie Yeaw Nature Center. Paper provided, but bring other supplies for sketching, such as pencils, charcoal, or other art supplies you prefer. This activity is recommended for ages 5 to 99. No instruction provided. For more information, call (916) 489-4918.

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Magic Events

July 21, Bat Program, 2 p.m., 2901 Truxel Road, Sacramento. Bring the kids to the South Natomas Library for "Bats; Myths and Facts," with NorCal Bats. For more information, call (916) 264-2920.

July 7, Woodpecker Program, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center and learn about the Acorn Woodpecker, and its acorn stashing habits. Visitors will view some items to help brush up on their woodpecker facts, then walk to find snags (usually old tree trunks) used as "larders," (usually holes in a tree where acorns are stashed). You may want to bring your binoculars, or use some from the staff. All ages are welcome to attend.

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July 21, Animal Program, 2 p.m., 4660 Via Ingoglia, Sacramento. Bring the kids to the North Natomas Library for "Bats; Myths and Facts," with NorCal Bats. For more information, call (916) 264-2920.

July 25, Nocturnal Animals, 3 p.m., 5600 South Land Park Drive, Sacramento. Join the staff at the Belle Coolege Library for "Nocturnal Animals," with members of the Sacramento Zoo. For more information, call (916) 264-2920.

July 28, Animal Program, 2:30 p.m., 2112 22nd Street, Sacramento. Bring the kids to the Ella K. McClatchy Library for "Animals from Around the World," with Wild Things. For more information about this free program, call (916) 264-2920.

July 21, Magic Program, 2 p.m., 7335 Gloria Drive, Sacramento. Join the fun at the Robbie Waters Pocket-Greenhaven Library for "Magical Wonders Magic Show, with Jonathan Lopez. For more information about this free program, call (916) 264-2920.

July 29, Things that Slither, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Join the staff inside at the Effie Yeaw Nature Center for a presentation on reptiles and viewing of reptile 'biofacts.' Meet a resident reptile from the Nature Center up close. All ages are welcome to attend. For more information, call (916) 489-4918.

July 22, Comedy Magic, 3 p.m., 828 I Street, Sacramento. Families are invited to the Central Library for "Comedy Magic" with Penney the Clown. For more information, call (916) 264-2920.

July 26, Magic Program, 3 p.m., 2443 Marconi Avenue, Sacramento. Join the fun at the Arcade Library for "Uncle Al's Magic Show," with Al Skinner. For more information, call (916) 264-2920.

July 28, Magic Program, 2 p.m., 2109 Del Paso Boulevard, Sacramento. Join the fun at the North Sacramento - Haggewood Library for "Dream Big-Read," with magician Trevor Wyatt. For more information about this free program, call (916) 264-2920.

Nature Events

July 14, Summer Nature Stroll, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Celebrate the beauty of nature with a guided walk through the Effie Yeaw Nature Preserve and down to the American River. You may want to bring binoculars or borrow one from the staff. All ages are welcome to attend. For more information, call (916) 489-4918.

July 28, Ethnobotany Walk, 10:30 p.m., 2850 San Lorenzo Way, Carmichael. Bring the family to the Effie Yeaw Nature Center for an Ethnobotany Walk. Stroll through the Nature Preserve with a naturalist and learn to identify native plants while discovering their many traditional uses. All ages are welcome. For more information, call (916) 489-4918.

Special Events

July 7, 14, 21, and 28, Summer Reading Program, 4 to 5 p.m., 4660 Via Ingoglia, Sacramento. Free summer reading programs are available at the North Natomas Library. Enjoy International Poetry tour. The Sacramento Poetry Center presents some of the best international poets in the Sacramento area. For more information, call (916) 264-2920.

calendar of Events

Safari. Advanced tickets are \$17 for adults and \$13 for children 2 to 11. Day of the event and at the door tickets are \$20 for adults and \$15 for children 2 to 11. Enjoy music, face-painting, hot dogs, veggie burgers, chips and raffle tickets will be available for an additional charge. For more information, call (916) 808-5888 or visit saczoo.org. Zoo closes early at 1:30 p.m.

July 29, Music Program, 3 p.m., 828 I Street, Sacramento. Families are invited to the Central Library for "Instruments of the World" with musician Catherine Mandella. For more information, call (916) 264-2920.

July 31, Juggling Program, 4 p.m., 891 Watt Avenue, Sacramento. Bring the entire family to the Arden-Dimick Library for "Rock Steady Juggling" with Doug Nolan. For more information, call (916) 264-2920.

August 4, Harvest Day, 8 a.m. to 2 p.m., 11549 Fair Oaks Bou-

levard, Fair Oaks. Hear presentations by local gardening experts, tour the unique Horticulture Center demonstration gardens; taste fruit, grapes, and tomatoes; visit educational booths and the silent auction; ask Master Gardeners questions at the Plant Clinic. This free event will be held at the Fair Oaks Horticulture Center, south of Madison next to the Fair Oaks Library. For more information, call (916) 875-6913.

August 5, Community Yard Sale, 9 a.m. to 1 p.m., 2201 Cottage Way, Sacramento. Come join the fun at Fulton-El Camino Recreation and Park District's Community Yard Sale. Shop to your heart's content at the massive yard sale. Enjoy the day in Howe Park, as you browse the treasures of your neighbors. Food and drinks will be available for purchase during the event. Be sure to make your calendar for the October 7 sale, too. Howe Park, is located at 2201 Cottage Way, enter from Bell Street.

July 5, Puppet Show, 3:30 p.m., 6700 Auburn Boulevard, Citrus Heights. Bring the family to the Sylvan Oaks Library, for "Jungle Joe's Dream Big Read Show," with The California Puppets. For more information about this free show, call (916) 264-2920.

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 call (916) 538-3357.

Storytime & Puppet Shows

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First 5 Sacramento's Programs Impacted nearly 1 of every 5 Children in the County

The First 5 Sacramento Commissioners continually work together to ensure that our funded programs are effective and reaching children and families. While the evaluation overview presented by Walter R. McDonald and Associates (WRMA) presented the total number of children and families that received First 5 services in Fiscal Year 2010-11, the Commissioners wanted to know First 5's total reach and impact compared to all children in Sacramento County.

As Commission staff and WRMA worked on calculations of reach and impact in the community, it became clear that the eligible pool for each program would vary. Many factors impact the reach of a program, including the program size, target population, best practice model, requirements of the proposal process, focus areas, and timeframes for implementation.

Not surprisingly the results of the calculations indicated that the percent reached varied widely across programs, from 0.50% for a program that just began, to 100%. Overall, the results were positive and reflect the great effort contractors make to reach out to those that need the services the most.

According to Census data, there were 121,175 children ages 0-5 in Sacramento County. In Fiscal Year 2010-11, First 5 Sacramento services and activities touched 28,292 children ages 0-5. This means that Commission funded programs and activities have reached 23.35% of young children throughout the County. Program areas focus on seven priorities to improve the lives of children ages zero through five and their families: health access; nutrition and physical activity; oral health; effective parenting; quality childcare and education; school readiness; and community building.



Moreover, these counts only reflect the direct services that are reported in the evaluation program. They do not count other ways families have benefited from Commission and program efforts, such as training of providers, community building activities, and community events where families have received invaluable services and resources.

Finally, the percentages do not reflect the depth and breadth of services a family may receive from a program. While the program reach to children and their families may not always be easy to quan-

tify, the impact on these families is clearly due to all the wonderful dedication and hard work of great contractors – thank you for all that you do to make the first 5 years count!

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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Teen party ideas

Pool Party

Pool parties are always fun for any age. Activities can include pool volleyball, water sports, and plenty of squirt guns for your guests. Keep the music going and barbecue hot dogs and hamburgers or just order pizza. Keep your guests hydrated with water, sodas and sport drinks. Pool parties are easy.

Chocolate Fountain

Simple idea, but teenagers love it! Set out long toothpicks and bowls of strawberries, marshmallows, fruit, graham crackers, Twinkies, rice krispie treats or anything that can be dipped in chocolate (which is pretty much everything!) This is fun, festive and a real treat! Just add music and dancing.

Ultimate Mall Photo Scavenger Hunt

Send the kids to the mall for this fun "photo opt" scavenger hunt. Of course this must be age appropriate for children to be in groups together in the mall, temporarily unsupervised. Be sure to get parental permission. For those who cannot participate, have them be the score keepers and judges.

Divide the guests into groups, depending on how many attend the party and how many digital cameras you have, or how many guests cell phones that have that feature you can use. Keep it as simple as possible. First, take a picture of each team. Then give each team photographer a camera. At least one person from each team (except photographer) must be in a photo as described on the scavenger list. Be sure to set a time when all teams must be back at the designated meeting place. Whether they are done or not.

Scoring: 5 points for each task completed. 10 point bonus for first team to arrive at the mall meeting place. 10 point "deduc-

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Tween party ideas

Tween Auction Party Theme

Fun birthday theme for tween girls and boys. On the birthday invitation ask each tween to bring a "white elephant" (something that is in good shape but they don't want anymore) wrapped or a sealed in a paper bag. Give the tweens \$20 in play money and start an auction for the unwrapped gifts. For fun add food and gag gifts to the auction items. Keep the gifts wrapped and don't let anyone know what is inside until the high bidder opens the item. At the end let them trade or buy each others' presents. With left over money let them bid on the first or largest piece of cake.



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Tween Spa Party Theme

It's a sparty! Ask the tween girls to bring their bathrobes and slippers to set the scene for this theme—day/night at the spa. Set out different facial masks and peel masks. Set up different stations for manicures, pedicures, facials and hairstyling. Let the tween girls rotate to each station every 10 to 15 minutes. Have a different color nail polish for each guest and let them try them all. Or they can play nail polish spin with

all the different colors. Give them colorful emery boards and toe separators along with their nail polish for a party favor. Party favors idea: candles wrapped in ribbon, makeup, fingernail files, nail polish, facial treatments, sleeping mask, lip gloss, toe spreaders, cuticle sticks, hair bands, moisturizers, lotions, or perfume.

tween birthday theme let's girls dress up in glamorous clothes and add in tiaras, sunglasses, necklaces, hats, scarves, boas, wigs etc. Set up a runway using a red sheet, paper or even a long walkway outside. Let the tweens take turns walking the runway while someone takes pictures. Place pictures in a album for each girl or give them a CD as a birthday favor. Tip: check out thrift stores for great deals on dramatic clothes and accessories.

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Teen party

Continued from page 29

tion" for every instance of running, screaming or being rude to salespeople or shoppers. 1 point deduction for every minute teams are late to the mall meeting place.

Remember at least one person on the team must be in the photo.

The photo scavenger lists is as follows (or you can make up your own):

1. with a salesman named Bob
2. wearing a hat with a feather
3. wearing a feather boa
4. trying on an orange necktie
5. wearing a tiara
6. holding a stuffed animal
7. riding the escalator
8. riding the elevator
9. in a bathroom stall
10. singing "Mary had a little Lamb" to a child under 6
11. laying on a bench

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