

September 2012

# California Kids!

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## Back to School

pages 16-20



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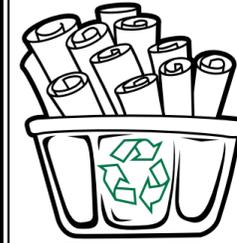
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**Publisher:** George Macko

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**Distribution/Subscriptions:** George Macko

**Cover Photo:** [http://www.flickr.com/photos/jason\\_hutchens/3602733409/](http://www.flickr.com/photos/jason_hutchens/3602733409/)

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

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

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

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# Who Wrote That?

The Creators of Your Child's Favorite Books

Featuring Jim Arnosky By Patricia M. Newman

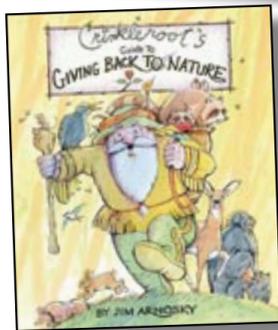
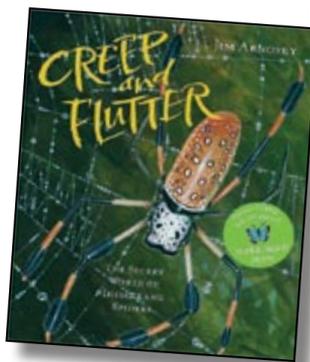
Jim Arnosky's nature illustrations first appeared in magazines when he was only 19. By the age of 26, he had illustrated his first children's book. "I've never made any money doing anything else," he says. Forty-two years, 125 books, and millions of copies later, Arnosky still writes and draws for children, refusing all work that interferes with his daily nature study. Together, he and his wife Deanna will pack up and leave their Vermont farm at a moment's notice if they observe a specific weather pattern in Florida. "All the alligators, crocodiles, and snakes are moving," he says. Arnosky and Deanna live their lives in tune with the rhythms and patterns of nature.



me. I remember looking up and seeing the white underside of the deer."

Although his love of nature was the result of many solitary rambles, he says the "art was born in me." Arnosky remembers his father's near genius as a mechanical draftsman. "He drew machines knowing how they worked. Later when I met Roger Tory Peterson [of the Peterson bird guides] he asked me if I had an engineering background [because] he could see I understood how a bird's wing worked, how hair works on an animal, how the bills are attached to birds. It's all nature's engineering and I was sort of born into it. I never had an art lesson—ever."

After a stint in the U.S. Navy, Arnosky and Deanna moved to Hawk Mountain



in Pennsylvania. They purchased a small cabin with one electrical line and a phone line, but no running water. "It was a four-and-a-half-year adventure," Arnosky says. He read 23 volumes of American naturalist John Burroughs' works, and began reading Henry David Thoreau. Although both Thoreau and Arnosky lived in rustic cabins, their experiences were not the same. Where Thoreau lived a solitary life, Arnosky had two daughters and a wife to provide for.

Without intending to duplicate Thoreau's experience, Arnosky wrote his *Walden* thanks to long-time editor, Margaret Frith, who suggested he start writing because he knew so much about the animals he drew. Arnosky had already convinced himself that he was not a writer, so she suggested he write a letter because he frequently sent her beautiful letters about the cabin. He began, "Dear Margaret: Hi. My name is Crinkleroot. I was born in a tree and raised by bees. I can whistle in 100 languages, and I speak caterpillar, turtle, and salamander all at once..." After removing the salutation and closing, Frith published Arnosky's first book as both author and illustrator, *I Was Born in a Tree and Raised by Bees* (Simon & Schuster, 1988).

## MORE ABOUT JIM ARNOSKY

How to Contact JIM ARNOSKY

Website: [www.jimarnosky.com](http://www.jimarnosky.com)

### SELECTIONS FROM JIM ARNOSKY'S LIBRARY

#### AUTHOR/ILLUSTRATOR

*Crinkleroot's Guide to Giving Back to Nature*, G. P. Putnams, 2012.

*Creep and Flutter: The Secret World of Insects*, Sterling, 2012.

*Thunder Birds*, Sterling, 2011.

*Slither and Crawl: Eye to Eye with Reptiles*, Sterling, 2009.

*I'm a Turkey*, Scholastic, 2009.

*Wild Tracks: A Guide to Nature's Footprints*, Sterling, 2008.

*All About Sharks*, Scholastic, 2008.

*Grandfather Buffalo*, G. P. Putnams, 2006.

*Beachcombing: Exploring the Seashore*, Dutton, 2004.

#### ILLUSTRATOR

*Man Gave Names to All the Animals* by Bob Dylan, Sterling, 2010.

#### UPCOMING

*Shimmer and Splash: The Sparkling World of Sea Life*, Sterling, Spring 2013.

*Little Burro's Favorite Place*, G. P. Putnams, 2013.

When Arnosky undertakes a new project, he and Deanna travel to the animals' native habitat and enter the rhythm of their daily lives. Deanna photographs the animals. Arnosky sketches them. Additionally, they spend hours capturing sound, movement, and ambient air on video. "Video is an intense form of seeing," he says. "I drink in all of the experiences in a deeper way."

While they captured images for *Shimmer and Splash: The Sparkling World of Sea Life*, Arnosky and Deanna worked as a well-oiled team: he caught the fish he wanted to include in the book; Deanna photographed each fish immediately after it was caught because the fish was "lit"—all its colors had risen to the surface; then they released it. Arnosky says catching the fish imparts its physical sense—how powerful it feels, how it moves—and he paints from these experiences.

Sometimes Arnosky's experiences take a while to percolate before they become fodder for a book. Once he and Deanna saw a small band of wild burros come to a lake to drink. "There was a little one with them, and I wondered if this was the first time he'd seen the lake," Arnosky says. But ten years passed before the words of the story solidified into *Little Burro's Favorite Place*, an upcoming release.

Arnosky has learned a few things in his vast experience. By now he's figured out that water helps his writing. Whether he stands in a stream to cast his fly-fishing line or paddles his canoe, water makes the words flow. The words could easily become a picture book or the lyrics to one of Arnosky's many songs.

"I've chosen to live a certain way and be with my subjects," Arnosky says. His nature study requires an enormous commitment. When he won the Christopher Medal for *Drawing From Nature*, he missed the ceremony because the trip would have required unplugging himself from the natural world. "I don't make my books for awards committees and good reviews; I make my books for [my readers]. I have as much fun making them as they have reading them."

Next month: Ashley Wolff

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](http://www.patriciamnewman.com) to watch the trailer.

## A Note from the Nurse

# When it's Time for Antibiotics

By Connie Goldsmith, RN, BSN, MPA

Since antibiotics became widely available in the mid 1940's, they have saved millions of lives. Before antibiotics, small cuts might lead to serious infections. Pneumonia could turn deadly overnight. And soldiers died far more often from infected battlefield wounds than from the injury itself. Antibiotics—medications that fight bacteria—were the miracle drugs of their time. Life expectancy in the United States grew from about 47 years in 1900 to 78.5 years today, partly due to antibiotics.

Antibiotics were so effective that in 1967 the U.S. Surgeon General said it was time to close the book on infectious diseases and turn our attention and resources to chronic diseases such as cancer, diabetes and heart disease. That prediction turned out to be very wrong. The overuse and incorrect use of antibiotics led to a surge in infections that are now difficult or impossible to treat with available antibiotics—a phenomenon known as antibiotic-resistance.

Many experts believe that antibiotic-resistance is one of the greatest threats to human health in the world. How do bacteria become resistant to antibiotics? When people take antibiotics for bacterial infections, sensitive bacteria are promptly killed, but resistant germs may be left to grow and multiply, especially if the medication is stopped too soon. Improper use of antibiotics is a primary cause for the increase in drug-resistant bacteria.

We can all do our part to help keep ourselves and our children healthy by understanding when antibiotics are needed, and if so, by taking them correctly. Antibiotics will not cure diseases caused by viruses, such as the flu or colds. Many coughs, sore throats and ear infections are also caused by viruses and cannot be helped by antibiotics. Antibiotics may help cure diseases caused by bacteria, such as strep throat, many wound and skin infections, some kinds of meningitis and pneumonia, bladder infections, certain ear infections, and food poisoning caused by bacteria (i.e., *Salmonella*, *Campylobacter*).

When you take a sick child to see the doctor, remember that physicians are people, too. They want to make patients happy and parental pressure makes a difference. One study showed that doctors prescribe antibiotics 62% of the time if they perceive parents expect them and 7% of the time if they feel parents do not expect them. Don't pressure your doctor into prescribing possibly unnecessary antibiotics.

If you and your doctor decide that antibiotics are appropriate, be sure you child takes them exactly as prescribed. That means: 1) Don't stop the antibiotics when your child feels better. Doing so leaves the strongest bacteria alive to reproduce and

cause further illness in the same person or in other family members. 2) There should never be 'extra' antibiotics left over. They should all be taken exactly as prescribed; if the doctor says to stop taking them, dispose of the remainder in a safe manner. 3) Never allowing the sharing of antibiotics with other people who may have different infections or who may be allergic to a particular antibiotic. 4) Don't ask the doctor for a specific antibiotic because you've heard it is "better." Trust the doctor to prescribe the right antibiotic for a given condition.

As with so many things, it's easier to prevent an infection than to cure one. Disease-causing bacteria on dirty hands can enter the body through the nose, mouth and open sores. Washing hands properly greatly reduces the risk of transmission. According to the Centers for Disease Control and Prevention, hand washing is an important way of preventing the spread of infection. Wash hands *before* preparing, eating or serving food, and tending someone who is sick or who has an open sore. Wash hands *after* using the bathroom, changing a diaper, handling trash, blowing the nose or coughing, contact with pets, tending someone who is sick or who has an open sore, and touching raw meat, fish and poultry. Don't bother buying antibacterial products unless your healthcare provider advises otherwise. Such products have not been proven to prevent the spread of infection any better than products without antibacterial chemicals.

Doctors are reporting increasing numbers of bacterial infections that fail to respond to antibiotic treatment. A government task force recently noted that antibiotic resistance is "a growing menace to all people," cautioning that continued spread of resistance means that treatments for common infections "will become increasingly limited and expensive—and, in some cases, nonexistent." Let's all use antibiotics appropriately and responsibly so they will continue to be effective now and in the future.

Resources: CDC: Antibiotic/Antimicrobial Resistance. At: [www.cdc.gov/drugresistance/about.html](http://www.cdc.gov/drugresistance/about.html), and Mayo Clinic: Antibiotics. At: [www.mayoclinic.com/health/antibiotics/FL00075](http://www.mayoclinic.com/health/antibiotics/FL00075)

**Coming in November: Children and Falls**  
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. Her book, "Superbugs Strike Back," is about antibiotic resistance. She has also worked as a pediatric triage nurse on a 24/7 nurse advice line. She maintains a health blog on her website at [www.conniegoldsmith.com](http://www.conniegoldsmith.com).



# Great Chili Cook-off and Car Show

Taste buds are gearing up as historic Main Street in Sutter Creek will be transformed into one of the HOTTEST events of the year and the location for lots of fun on Sunday, September 9, from 9 a.m. to 4 p.m.! The Great Sutter Creek Chili Cook-Off and Car Show is a favorite annual event for adults and children. For only \$5 (\$3 children) you can sample homemade Chili and Salsa from more than 40 participating Teams and cast your vote for your favorite. Then stroll down Main Street listening to music and view the display of over 100 of the most beautiful Classic Cars, Hot Rods, and motorcycles, gathered together in the picturesque backdrop of historic Sutter Creek.

Chili teams really get into the spirit as they compete for the Best Costume and Best Booth trophy and cash prizes. You will have a ball seeing all the wild themes that the contestants dream up; Pirates, Alley Cats, Cowboys, you name it. Don't forget the Salsa competition! From mild to hot and everything in between, you will sample favorite family recipes from all over as they too compete for trophies and cash.

A new addition to this year's event is a parking lot full of vendors. All types of merchandise will be on sale, from art to antiques. Browse through the booths and you may just find a treasure that you have to have.

Mark your calendars for Sunday, September 9, to come to Sutter Creek. This is one fun event you won't want to miss! Car show is free, chili and salsa tasting \$5 entry \$3 for children. Visit [www.suttercreek.org](http://www.suttercreek.org) for more information.

**Halloween is Here!!**

Halloween has arrived at Once Upon A Child. We have frightfully good deals on all of our Halloween costumes. No matter what you are looking for, from spooky vampires to itty bitty ladybugs, we have you covered.

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# Discovery Museum Science and Space Center activities



**Bone Zone Grand Opening, Saturday, Sunday, Monday, September 1, 2 and 3** Celebrate the opening of the Discovery Museum's newest exhibit, Bone Zone. Bring the whole family to learn about skulls, bodies, and health. Kids can dress in lab coats to make-believe in our doctor's office and dentist's office. Adults and children role play in our '50s-themed Healthy Bones Diner. Bring your camera! Remember all the fun by making a glow-in-the-dark skeleton necklace to take home (ages 12 and

under). Special guests from community organizations are on the grounds to teach children about being active and healthy (Saturday and Sunday). Members only reception and goodie bag for kids 10 a.m. to noon on Saturday, September 1.

**Movin' and Groovin' Skeletons, Saturday and Sunday, September 8 and 9** The Museum is highlighting the human skeleton this weekend. View a model of a human skeleton in the Bone Zone exhibit and learn what to eat to get healthy bones. Kids! - make a jointed, paper skeleton

craft to take home as a souvenir. Don't forget to bring a camera for pictures of your child in a skeleton costume. No bones about it, this is a fun weekend activity for the entire family! 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.

**Whale of a Weekend, Saturday & Sunday, September 15 and 16** Visit the Discovery Museum to learn about whales, some of the largest mammals on Earth. Learn why whales are not fish! Whale specimens are on display, including skulls, rib bones, baleen, and teeth. Visitors 12 and under complete a whale craft to remember their fun weekend. Remember, your admission also includes an animal presentation at noon and 2 p.m., and a planetarium show at 1 and 3 p.m. (for ages 4 and above only).

**Fall Foliage Fun, Saturday and Sunday, September 22 and 23** Welcome the Fall season by trekking around our grounds and learning to identify trees using our Nature Trail Guide. The wide, smooth path around the pond is good for toddlers, strollers, and wheelchairs. How many turtles can you see? Families with children 12 and under make a leaf headband to celebrate the first weekend of Fall. Planetarium shows are at 1pm & 3pm (for ages 4 and older).

**Robots and Jell-o Shots, Friday, September 28**

Calling all adults! Join us for the most unusual fun-raiser you will ever attend! It's the Third Annual Robots and Jell-o Shots party, and it just gets crazier and more fun each year. This year will feature bug-bot races, bottle rocket launches, a live DJ for dancing, fab-u-lous sushi, and lots, lots more. Support your local science center and have a fun night out, too. Tickets available online: [www.poerhousesciencecenter.org/botsnshots](http://www.poerhousesciencecenter.org/botsnshots)

**Slitherin' Snakes, Saturday and Sunday, September 29 and 30**

Now is the perfect time to start spotting snakes when you are out enjoying nature. Learn about snakes at the Discovery Museum and visit the Bone Zone exhibit to see a snake skeleton. The classroom has a small display of snake skin for guests to view. Make and take a twirling snake kite to play with outside on our 14 acres. Remember, your admission also includes an animal presentation at noon and 2 p.m., and a planetarium show at 1 and 3 p.m. (for ages 4 and above only).

*The Discovery Museum Science and Space Center is open 10 a.m. to 4:30 p.m., with Science Discovery activities from 12:30 to 4 p.m. It is located at 3615 Auburn Boulevard, Sacramento. Admission is \$8 adults (18+), \$6 seniors (60+), \$6 teens (13-17), \$5 children (4-12), \$0 children (3 and under). The exhibits are age appropriate for 4 to 12 years old. For more information, call (916) 808-3942 or visit [www.thediscovery.org](http://www.thediscovery.org).*

*"There is more treasure in books than in all the pirate's loot on Treasure Island."*  
- Walt Disney

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# Effie Yeaw Nature Center events

**September 8, Saturday, Bringing Nature Home - Transitioning to a Beautiful, Water-Wise Native Garden, 9 a.m. to 4 p.m.**

Want a native garden, but not sure where to start? Brought to you by the Sacramento Valley Chapter of California Native Plant Society, this workshop will take you from beginning your garden's transition, to designing your garden, caring for your native plants, and inviting nature into your yard. You'll be inspired by a show of native plants of the Sacramento region and guided walks with a naturalist. Cost: \$35 for general public, \$25 for CNPS members, free parking. Information and reservations at <http://SacValley.CNPS.org>

**September 13, Thursday Campfire Sing Along, 6:30 to 7:30 p.m.**

Join us by the campfire to sing rock ballads, modern tunes and classic favorites. Roast a marshmallow for a sweet treat (marshmallows provided). Bring a camping chair or blanket to sit on, and an acoustic guitar if you would like to strum along with our musician. \$3 per person, children 3 & under are free. Free parking.

**September 21, Stuffed Animal Sleepover, Hosted by Pete the Coyote, Drop off Friday, 5 p.m. Pick up Saturday, September 22, 9 a.m.**

Cost is \$10 per person, first-come, first-served. Only 24 accepted. Register online or at the Nature Center. Bring your favorite stuffed animal to the Nature Center (ONE per person, only stuffed animal stays overnight). Photos and video will be taken of their overnight adventure. Make a memory scrapbook of the night with photos and materials provided on Saturday. Free parking.

**September 1, Saturday, 10:30 a.m., Birding at the River**

Walk down to the riverbank with a naturalist to discover the many species of birds that use the river. You may want to bring your binoculars (or borrow some from us) to get a closer look at ducks, geese, herons and egrets. All ages welcome.

**September 2, Sunday, 1:30 p.m., Amazing Amphibians**

Meet a couple of amphibious residents at the Effie Yeaw Nature Center up close and learn how they spend half their life in water and half their life on land. All ages are welcome.

**September 8, Saturday, 10:30 a.m., Nature Stroll**

Join a naturalist for a morning stroll through the Preserve to learn about our local wildlife and plants. You may want to bring your binoculars for an close-up view of birds and wildlife, or borrow some from the staff. All ages are welcome.

**September 9, Sunday, 1:30 p.m., Remarkable Reptiles**

Join the staff inside the Nature Center for a presentation on local reptiles. Enjoy viewing "biofacts" like skulls or shed skin and a live reptile, too. Fun for all ages.

**September 15, Saturday, 10:30 a.m., Abalone Necklace Making**

Join the staff in the replica Nisenan Maidu village to polish your own abalone shell piece for a necklace. Children will need assistance from an adult.

**September 16, 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.

**September 22, Saturday, 10:30 a.m., Ethnobotany Walk**

Take a guided plant walk with a naturalist and learn to identify many of the common plants while discovering their traditional uses. All ages welcome.

# Activities at Seacliff State Beach

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

**Family Beach Discovery Walk, Saturday, September 1, 1 p.m.**

Join docent Norm Beeson for a fun filled family beach walk to explore the mysteries and wonders of Seacliff State Beach and the shoreline along our incredible Monterey Bay National Marine Sanctuary. See what the day has to offer on this easy, 1.5 mile, one and a half hour walk. Bring beach friendly shoes, water, sunscreen, a snack and an inquisitive spirit. Meet at the Seacliff Visitor Center at 1 p.m.

## My Best Friend!

Hey kids! Do you have a dog for a pet? They're fun to have around and are wonderful loyal friends, but they sure get into mischief! They love to race around the yard, chew up your sneakers, leap for a Frisbee, or maybe you'll find them fast asleep next to your bed. Have fun searching for hidden words related to dogs. Look carefully, words can appear vertically, horizontally, diagonally, backwards and upside down. Good luck hunting.

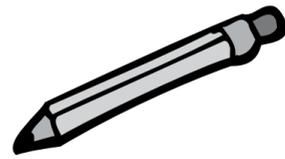
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Going for a walk  
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Leash  
Jump High  
Paws  
Pet  
Playful  
Sweet  
Vet  
Wagging tail

# MAKE IT YOURSELF!



## Family bulletin board

This is a simple craft but it makes a cute gift that kids can make. And it's a super "back to school" craft, providing a special place for children to show off their best work

### You will need:

Cork notice board, paints, maybe poster paint for the base colors and acrylics for the decoration



### You will need to:

Split the board into sections, one for each child. Paint each section in a different color of poster paint and leave to dry. Let each child then decorate their own section with acrylic paints.

## Schoolhouse photo frame

You can use a traditional old-fashioned schoolhouse shape to make this fun schoolhouse photo frame. Display it on your refrigerator or hang it up proudly to get the kids ready for "back to school" time, show off a special photo of a school event. Or what about capturing an image of your child's first day at school?



### You will need:

14 Popsicle sticks (or 7 wide craft sticks), black and red acrylic paint, a photo, black and yellow craft foam, white (PVA) glue, double-sided sticky tape, ribbon

### You will need to:

If using Popsicle sticks, carefully glue them together along the thin edge to make 5 pairs and one group of 4. If you are using craft sticks you need to stick two together so you have 1 pair and 5 single sticks.

Lay two pairs (or single craft sticks) parallel to one another, and then lay another pair on top to form three sides of a square. When you are happy everything is lined up correctly, glue in place. Sit the other two pairs at an angle to form the roof. When you are happy glue the sticks in place (tip - use a spare stick to prop up the apex of the roof while it dries so everything sits flat).

When the glue is dry, paint the sticks red and black. Cut your photo to size and use double sided tape to attach it down the sides of the frame. To decorate, glue or tape on a black foam 'v' shape for the tower roof and a yellow foam bell. You can add any other embellishments you like. You might like to include a date or message such as 'first day at school'.

Finally, glue or tape a loop of ribbon onto the back of the frame to hang it, or a strong magnet so that you can display it on the fridge.

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

## School Bus craft

Here's a fun way to get your kids in the mood for "Back To School" and excited about seeing their school friends again!

### You will need:

Box (a shoe box works great) yellow paint, white paper, black paper, glue, pens, old magazines, craft safety scissors

### You will need to:

Paint the box yellow and let dry. Cut out two rectangles of white paper, about half the height of the box and a bit shorter than the length. Draw a line of people's faces on each one or cut out people from your old magazines and glue them on. Glue these to the sides of the box as the windows.

Cut a rectangle for the front window and draw on the driver or cut someone out of a magazine and glue down. Stick this to the front of your bus. Cut out another small rectangle for the back window and glue it on to the back of the bus. Maybe cut another person and glue them looking out the back window.

Cut 4 circles for wheels from black paper. Also from black paper cut a rectangle for the radiator at the front of the bus. Glue these to the bus. Finish off by drawing the door, headlights, license plates and writing school along each side with coloring pens.



## Handprint magnets

Here is a fun way for children to display artwork on the refrigerator using their own handprint to hold it.

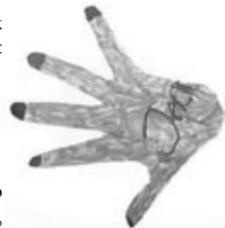
### You will need:

White card or thick paper, poster paint, felt tip pens, crayons or colored pencils, safety craft scissors, craft magnets, strong glue, laminator is optional

### You will need to:

Help your child trace around their hand on the white card. Decorate the card hand with felt tip pens, paints or crayons in whatever way you wish. It is a nice idea to write a name on the front and a date on the back! Cut out and laminate. Trim the laminate to about 1/4" inch around the hand.

Use strong glue to attach a magnet to the back of the hand.



## Fairytale Town events

September 5, Concert: Voices--Where the Girls Are, Wednesday

Gates open 5:30 p.m., concert 6 p.m. Four generations of local female artists take to the Mother Goose Stage for an exciting and unique evening concert. Performers include 16-year-old up-and-comer Parie Wood, indie darling Autumn Sky, rock vocalist Larisa Bryski and jazz vocalist Valerie V. Blankets and chairs are welcome. Food and drink will be available for purchase. Event tickets are \$10 per person. Members receive 2-for-1 admission, and children 12 and under are free. Tickets go on sale in August. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.



literacy and arts organizations. This two-day program is free thanks to the generous support of ScholarShare College Savings Plan, Wells Fargo, KVIE Channel 6, Mix 96, Ronald McDonald House Charities, the Sacramento Bee, Sierra Health Foundation and IKEA. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

September 9, Grandparent's Day, 9 a.m. to 4 p.m.

Join Fairytale Town and celebrate the 33rd annual National Grandparents Day. Families are encouraged to bring grandma and grandpa for an enjoyable day of play in the park. Grandparents receive free admission when accompanied with a child ages 0 to 12. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

September 12, Wednesday, Parent Workshop: Giving Voice to Children's Literature, 5:30 - 7:30 p.m.

Learn easy and effective read-aloud techniques from Francie Dillon, a professor of children's literature at Sacramento State University. Her simple techniques make reading and learning fun for everyone. This workshop is free, but preregistration is required. To register, please email [rsvp@fairytaletown.org](mailto:rsvp@fairytaletown.org). For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

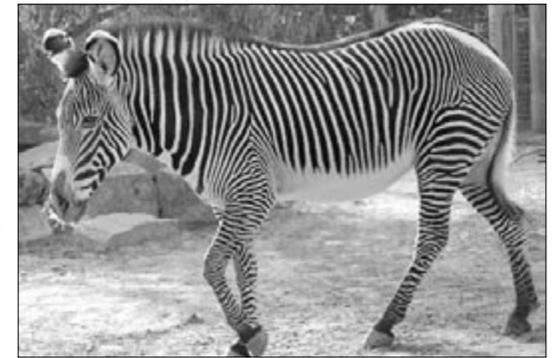
September 29 and 30, Saturday and Sunday, ScholarShare Children's Book Festival, 10 a.m. to 4 p.m.

Join Fairytale Town and several local organizations for the largest early childhood literacy event in our region. The ScholarShare Children's Book Festival features ongoing author and illustrator performances on the outdoor Mother Goose stage, free hands on literacy activities, a book fair and multiple booths from local

## Sacramento Zoo biz

Tea and Tours for Seniors, Mondays, September 10 and 17, 9:30 a.m. to noon

Seniors, register for this popular event early. Join the staff Mondays, September 10 and 17 for a special tour of the Zoo followed by snacks and tea. This program is for adults 55 and over, and 2 weeks advance reservations are required. Cost is \$15 per person. Call (916) 808-5888 for more information or register at [saczoo.org](http://saczoo.org).



Deaf Awareness Day, Saturday, September 15, 10 a.m. to 4 p.m.

Join us for a special day for our deaf and hard of hearing community sponsored by NorCal Services for Deaf and Hard of Hearing. The Zoo will have ASL interpreters on site for the day. Call (916) 808-5888 or visit [saczoo.org](http://saczoo.org) for more information.

Red Panda Day, Saturday, September 15, 10 a.m. to 4 p.m.

Join us for an interactive and educational event developed to raise awareness about Red Panda conservation. Kids can become Red Panda Rangers after stopping at various Red Panda Stations and completing the activities. There will also be keeper chats throughout the day, at the Red Panda exhibit. Any and all donations to the Red Panda stations will be given to the Red Panda Network.

Wildlife Stage Show

The Sacramento Zoo's Wildlife Stage Show will run every Friday, Saturday

and Sunday until October 28. Shows start at 11 a.m. Learn about animals in a 15-minute stage adventure. Afterwards, meet several of the animal actors up close and personal at the animal encounter. For more information, call (916) 808-5888 or visit [saczoo.org](http://saczoo.org).

Sacramento Zoo - Wildly Inspiring!

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 two and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit [saczoo.org](http://saczoo.org).

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# Half Moon Bay, So Many Choices and So Much Beauty for Families Exploring the Coast

By Carmel L. Mooney

## WHERE TO STAY:

For complete privacy and serenity, yet the perfect central hub from which to enjoy your visit of Half Moon Bay, stay at the Inn at Maverick's. There guests savor unsurpassed views of the bay and harbor. This sensual experience of sounds, smells, and utter tranquility will undoubtedly quiet the soul and revive the spirit.

This beautiful little boutique inn overlooking the bay is nicely appointed and relaxing beyond measure. The gentle drone of the distant fog horn will lull your clan to sleep along with the gulls and the seals. Fine quality linens, high-end toiletries, ample complimentary snacks in a basket, cozy outdoor fire pits and decks along with dog friendly treats and pooch amenities make this a special place to lay your head by the bay. The lovely suites all include wireless Internet, icc, DVD use, binoculars for watching sea life, complimentary access to a local gym, and private fireplaces.

The only downside about the Inn at Maverick's will certainly be the temptation to forgo your family's entire agenda to simply soak in the ambiance of the Inn. But with downtown and the docks only a couple of blocks away, you will probably eventually be lured to explore and experience all that Half Moon Bay has to offer a few steps away.

## FAMILY FRIENDLY DINING ABOUNDS:

One such gem is The Half Moon Bay Brewing Company where some of the state's best beers reside and world class surfers from around the world congregate for the outstanding cuisine, the eclectic beer and some of the world's best waves nearby at the annual Maverick event. Kids will fall head over heels for the food and moms and dads will love the fare and beer.

Highly talented and wonderfully passionate Chef Gaston Alfaro's Yucatan-Asian influenced cuisine is truly remarkable and will entice any family to return on their next visit, regardless of the surf. Brewmasters display not only their talents but also their creativity and passion in each and every hand crafted beer product.

Delightful seafood dishes, savory sauces, tantalizing salads and painstakingly homemade from scratch gourmet desserts

are enjoyed by all ages in this fun, surf side locals' eatery overlooking the bay. Great beer and astoundingly excellent fare marry perfectly in this establishment where the food is impeccable yet the ambiance is relaxed, family friendly and casual both in the dining room and out on the heated patio which, by the way, is a favorite for those traveling with pets.

Some of mom's and dad's favorites were the Bootlegger's Brown Ale, Belgium Dubbel, Princeton By the Sea IPA, Maverick's Amber Ale, and Pinot Barrel Quadrupel, a Belgian style "quad" aged in Pinot Noir barrels. They also have several seasonal Ports, Stouts and Ales and a half dozen beers on tap. The homemade won tons and chips with Yucatan Ceviche with mango salsa was to die for, as was the satisfying and impeccable Portuguese Fisherman's Stew chock full of fresh catch, shellfish, and linguica. It was oozing with garlic and saffron and cilantro. We loved the Beeramisu made just like it sounds as a Tiramisu but with stout. Unbelievable goodness!

## OUTDOOR FUN:

Right by the harbor you'll find Half Moon Bay Kayak an excellent way to get an atop the water perspective. After donning our wetsuits and life jackets we enjoyed a tandem ocean kayak excursion where we saw cormorants, seals, sea lions and beach fowl as we paddled around the safely sheltered harbor and bay. We even took the time to paddle out to the front of our abode at the Inn at Maverick's to catch a glimpse from the sea up to the land right where we had peacefully slumbered just hours before. All the equipment is meticulously maintained by Proprietor Doug Connor and his crew at Half Moon Bay Kayak and the professionals there are more than capable of teaching you whatever you need to know to feel confident, safe and adventurous no matter your age or skill level. The day we were there, even a large group of kids with disabilities enjoyed the wonderment.

Heading down the coast a bit from the harbor, more gems are glistening and waiting to be discovered.

## MORE EXCELLENT FARE AND UNIQUE NOVELTIES:

With its unique British food and hundreds of unusual collectibles and eclectic conversation pieces from locals and celebrities alike, Cameron's Restaurant Pub and Inn is a must do Half Moon Bay

experience for either a meal or snack and to take in the ambiance of yet another San Mateo County classic. They even have a British import shop with novelties to intrigue their patrons.

A special dog dining patio, the world's first outside double-decker smoking buses, and new RV park are just a few treasures at Cameron's worth a second look.

Cameron Palmer is an entrepreneur who started with a beer can collection and a dream and now boasts amazing collections of pub style artifacts and remarkable food. Specialties like Bangers and Mash, pasties, pizza, imported European sausages, Fish and Chips and Brussels Sprouts are only a few of the many signature items worth experiencing and raving about. Don't forgo the delicious desserts and famous sundaes. It may sound trivial but everything is delicious and bountiful at Cameron's right down to the garnish bar where you'll find fresh crunchy pickles and kraut and dozens of sauces and condiments for whatever suits your fancy.

The place is fun, unique, hip and oh so unique. Cameron has a new addition next to the pub. His Half Moon Bay RV Park & Campground now offers RVing and camping travelers a great location where wonderful food is just a few steps away. He even offers rooms at the Pub and Inn so groups and multi-generational travelers can RV and stay at the inn at the same time while experiencing the best of both worlds within their group together.

You have to experience this fun and lively pub or your visit to the area is not complete. As Cameron states in his wonderful book, *Cameron's Inn*, about his journey, "When I first started in the restaurant business some twenty-plus years ago, my primary goals were not to feed thousands of people or make buckets of money. Instead I wanted to create an enjoyable experience and memory for the entire family on every visit." Cameron's is totally family friendly yet still a pub atmosphere. There's nothing like it anywhere.

A little further South more coastal treasures lie. Don't miss any of them.

## ELEGANT YET UNPRETENTIOUS GOLF ADVENTURES:

The Half Moon Bay Golf Links offers two beautiful yet completely different and varied golf courses. One is a more historic links style course offering unparalleled views of the Pacific Ocean and the other meanders through majestic cypress and pine trees finishing with a spectacular ocean view of the cliffs, surf and of the Ritz Carlton Half Moon Bay.

In the Clubhouse, Mullins Bar and Grill offers three lovely meals a day with astounding views. The Ocean Course has yielded accolades from Golf For Women. The Old Course has garnered prestigious compliments from Golf Digest and Business Week particularly for its awe inspiring 18<sup>th</sup> hole played south along a dramatic cliff overlooking the water's edge and rugged coastline.

These unforgettable and challenging yet family-friendly golf courses have been

ranked #18 in Golf Digest's prestigious ranking of the "Best Golf Courses in North America" and this is the highest ranking in the San Francisco Bay Area as well.

They are a delight for a traveling family to see and even bigger delight to play. Carve out half a day for an unforgettable family golfing experience of class and luxury. Gorgeous vistas, breath taking cliffs and sea life, gorgeous homes, sumptuous dining and lavish accommodations are just a few things you will find while golfing at the Half Moon Bay Golf Links.

## FRESH SEAFOOD GOODNESS FOR FAMILIES:

Perhaps before or after golf, horseback riding, kayaking or cycling along the coastal paradise of Half Moon Bay, you may decide that dining deck side next to a blazing bonfire overlooking the sea sounds enticing? If so, then legendary Sam's Chowder House is in order.

Every painstakingly homemade sauce, salad, entree, and dessert is bursting with freshness. They are even famous for and have won numerous awards for their unique lobster rolls that are better than the Maine version. Elegance and casual dining weave together to create a relaxed atmosphere where homemade and freshly prepared specialties like various clam chowders, stews, fresh oyster bar, seafood platters fit for a king of the freshest quality along with delectable local produce desserts all tempt and please.

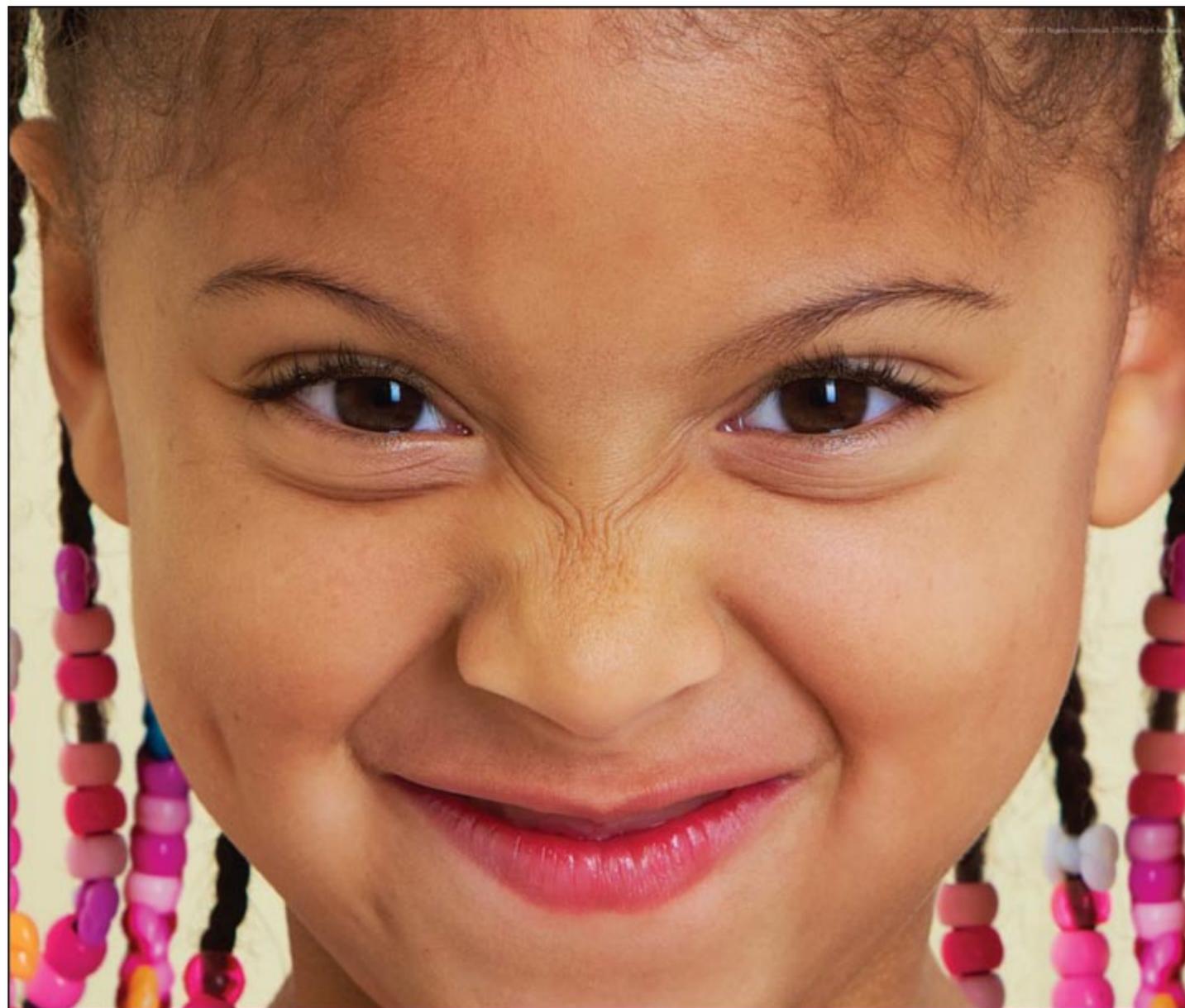
We loved the Captain's Platter full of ceviche, clams, oysters, shrimp and more. It was a treat and pinnacle of the meal. The clam chowder was savory and delicious made with real tasty broth not thickened by flour. The Oyster Stew with bacon, herbs, brandy and cream was terrific. And the key lime pie was some of the best ever.

They have a wonderful and varied kids' menu and conveniently children's portions of all their side dishes are available for \$4.

Half Moon Bay and its environs have a history richly steeped in the Coastal Indians, famous Spanish explorers, prohibition and Canadian rum runners. Today the same rich area draws family explorers of another type in search of fine wines, culinary delights, outdoor adventures, prize winning pumpkins, wines and cheeses and so much more. The treasures of Half Moon Bay may have changed over the decades but the magic still brings explorers back but in the modern day, to find a different beauty and experience and to carve out a little of their own special history on this rugged and magnificent portion of the California Coast.

<http://www.smccvb.com/>

*Carmel L. Mooney has been a travel columnist, food and wine critic, and radio talk show host for 17 years. Follow her on Twitter at: @CarmelLeeMooney or visit: [www.moneythewriteaway.com](http://www.moneythewriteaway.com) or [www.roadtripsforcouples.com](http://www.roadtripsforcouples.com)*



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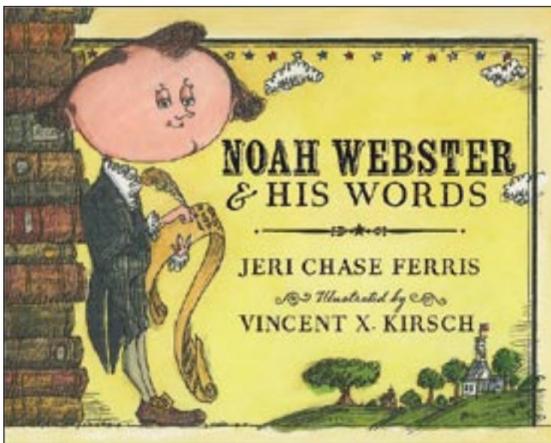
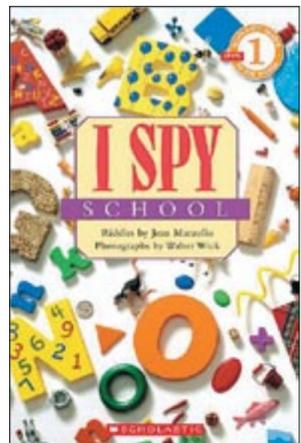
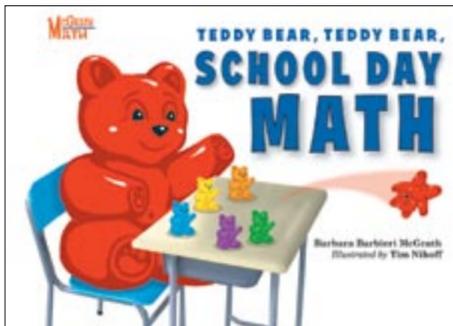
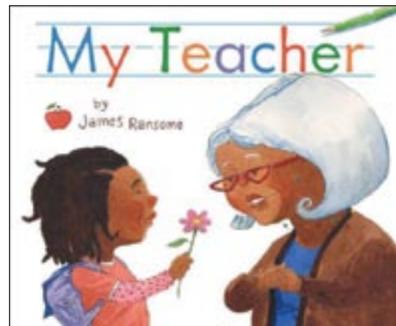
# The Book Report It's back to school time!

By **Connie Goldsmith**

Whether your child is a kindergarten novice or an "experienced" second grader, reading a book about school can help pave the way back after summer break. You could say that school is the work of children, and it helps if they're well-prepared. The very youngest child may ask, "What will I do?" Older children may worry about making friends or wonder about their new teacher. Back-to-school books can smooth away those worries. School may seem a little scary at first, but it won't be long until most kids feel right at home.

"*Noah Webster & His Words*," by Jeri Chase Ferris, illustrated by Vincent X. Kirsch. (Houghton Mifflin). Long before Noah Webster wrote his dictionary – the second most popular book ever printed in English – he believed in the young nation of America. And "Noah Webster always knew he was right and never got tired of saying so (even if sometimes, he

wasn't). He was, he said, 'full of CON-FI-DENCE' [noun: belief that one is right] from the very beginning." After graduating from Yale in 1778 during the Revolutionary War, Webster decided to become a teacher. He wrote the first American spelling book, an American grammar book, a reader, many other schoolbooks, a magazine and a newspaper! He started his dictionary in 1807 and planned to include every English word in it, including new American words such as skunk, dime and tomahawk. He read thousands of books. He studied twenty languages. And two thousand pages and twenty years later, when Webster was 70 years old, *Webster's Dictionary* was published. The clever text, insertion of dictionary words, and hilarious illustrations make this a perfect book for everyone who loves words. Don't miss the detailed timeline, "Noah Webster and the New United States of America" that ties Webster's work to concurrent events in American history. This is a book to remember! *The author lives in the Sacramento region. Meet her at Barnes*



"*My Teacher*," by James Ransome. (Dial). Anyone who ever loved a teacher or who owes their success to one will enjoy this touching tribute to a very

special teacher. This teacher encourages her children to write, to read, to draw and to dance. When one child cries because her parents are divorcing, the teacher stops what she is doing to explore the different kinds of families people have. Even though this urban classroom is in a poor neighborhood, the teacher helps the students prepare Thanksgiving boxes for people who have even less. The child narrator knows that the teacher could retire or work at a nicer school and wonders why she stays at this school. She tells the students she was a student in this very classroom and she stays to help children as she was once helped. This story celebrates all the ways teachers help and inspire their students. The book would make a perfect gift for your child's special teacher.

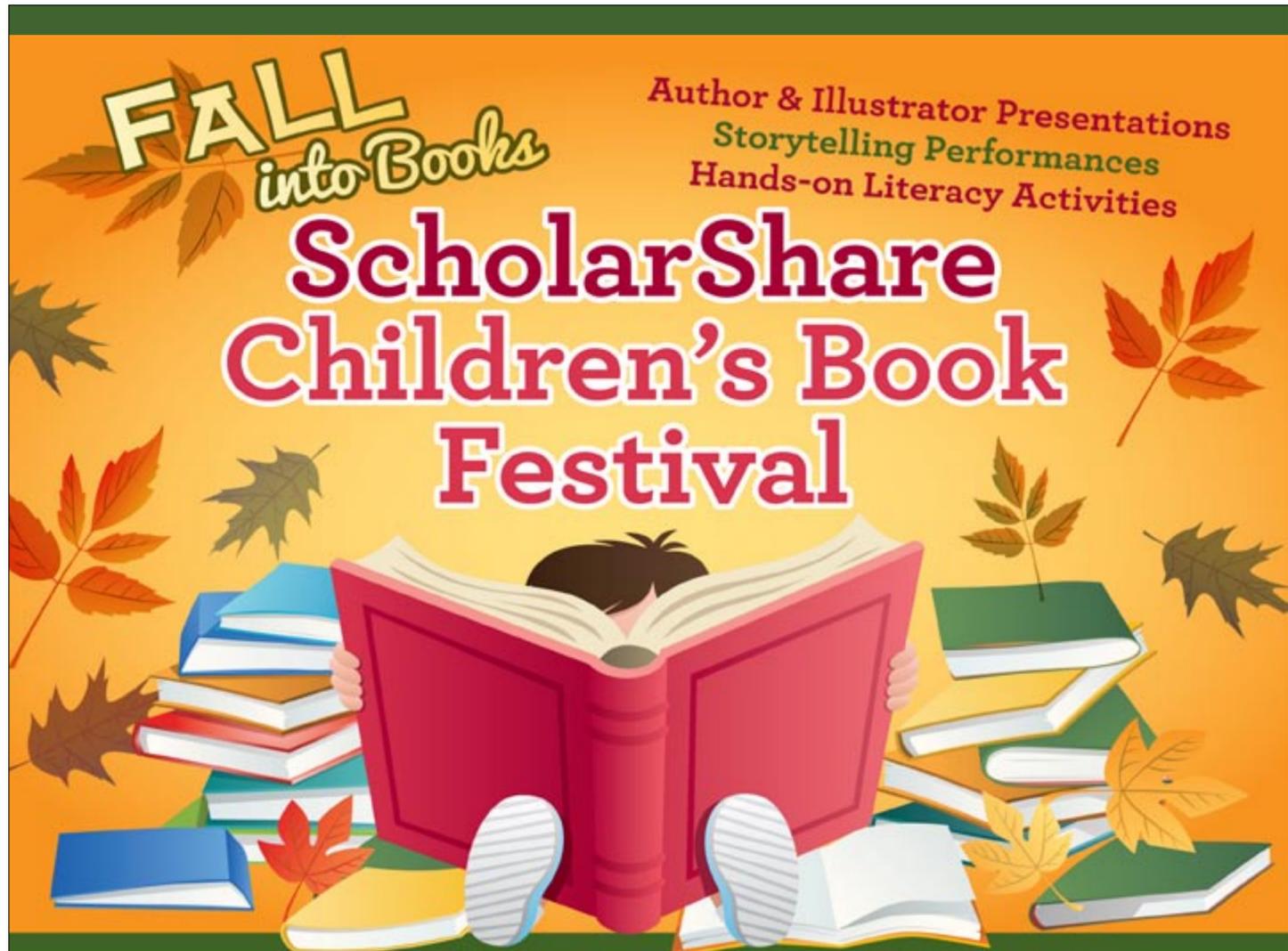
"*Teddy Bear, Teddy Bear, School Day Math*," by Barbara Barbieri McGrath, illustrated by Tim Nihoff. (Charlesbridge). "Teddy Bear, Teddy Bear, school's begun. Count the teddies. Join the fun!" This cute rhyming book looks at several forms of simple math: addition, subtraction, and even fractions. The bright colors and appealing teddies that look like gummy bears make this an easy way for back-to-school kids to review their beginning math skills. Follow the teddies through the school day and see how much fun you and your young scholar can have on each page with teddies galore.

"*I Spy School*," 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, blocks, cards, dominoes, etc.) with 'hidden' objects for a child to find. For example, "I spy a school bus, a bright blue van, a yellow speedboat, and a policeman." The four objects are spread out in a crafted street scene 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 a level one reader, a book that the beginning reader can easily master. A child who is not yet reading will still enjoy the thrill of finding the named objects. Bonus end material shows kids how to find words that begin with an S or an SP, or identical words used in different ways.

"*Teddy Bear, Teddy Bear, School Day Math*," by Barbara Barbieri McGrath, illustrated by Tim Nihoff. (Charlesbridge). "Teddy Bear, Teddy Bear, school's begun. Count the teddies. Join the fun!" This cute rhyming book looks at several forms of simple math: addition, subtraction, and even fractions. The bright colors and appealing teddies that look like gummy bears make this an easy way for back-to-school kids to review their beginning math skills. Follow the teddies through the school day and see how much fun you and your young scholar can have on each page with teddies galore.

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, in school and public libraries, and at online booksellers.



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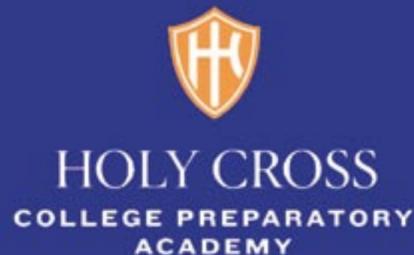
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California Candy Festival - GOLDEN COUPON  
Saturday & Sunday, September 22 & 23, 2012  
11am to 6pm at the Jelly Belly Candy Company



The Festival is a charitable fundraising event to benefit kids' educational programs and activities in Northern California.



for more info: [www.californiacandyfestival.com](http://www.californiacandyfestival.com)

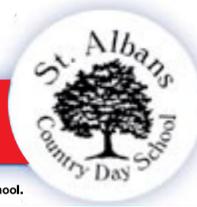
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## Back to school jokes

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Knock Knock!  
Who's there?  
Dewey.  
Dewey who?  
Dewey have to go to school today!

Have you heard about the teacher who was cross-eyed?  
She couldn't control her pupils!

Teacher: Name two days of the week that start with "t".  
Pupil: Today and Tomorrow.

What school supply is always tired?  
A knapsack!

Teacher: I see you missed the first day of school.  
Kid: Yes, but I didn't miss it much.

Teacher: Could you please pay a little attention?  
Student: I'm paying as little attention as I can.

Teacher: James, where is your homework?  
James: I ate it.  
Teacher: Why?  
James: You said it was a piece of cake!

Teacher: Why is your homework in your father's handwriting?  
Pupil: I used his pen!

Teacher: You've got your shoes on the wrong feet.  
Pupil: But these are the only feet I've got!

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# Back to School

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# Back to School

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- 1 1/2 cups quick-cooking oats
- 1 cup butter or margarine, softened
- 3 eggs
- 2 cups candy-coated milk chocolate candies

Heat oven to 375°F. In large bowl, stir all ingredients except candies until soft dough forms. Stir in candies. On ungreased cookie sheets, place about 1/4 cupfuls dough about 3 inches apart.

Bake 12 to 13 minutes or until light golden brown. Cool 2 minutes; remove from cookie sheets. Cool completely. Store in covered container at room temperature.

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**VISIT** the California State Railroad Museum in Old Sacramento, open daily 10 a.m. - 5 p.m. It's a family experience filled with sharing and learning that will delight like no other.

**EXPERIENCE** your childhood again as you tour *Small Wonders: The Magic of Toy Trains*, America's most comprehensive toy train exhibit.

**RIDE** behind a vintage 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.

**SHOP** for children's items, gifts, books, DVDs, clothing and dazzling reproduction dining car china at our Museum Store - a year-round supplier of *Chuggington* and *Thomas* products!

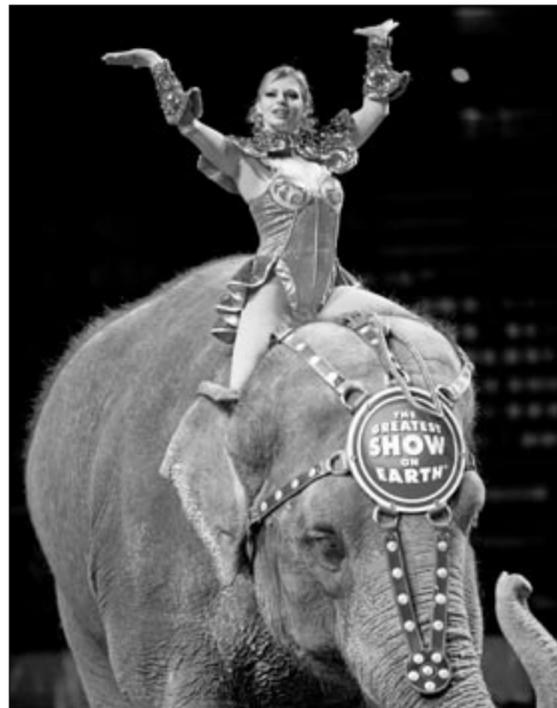
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# Back to School

## Union Pacific Railroad celebrates 150th Anniversary

Union Pacific Railroad's 150th anniversary celebration, a huge, two-day signature event, will be held in Old Sacramento on September 29 to 30. The free event will commemorate 150 years since President Abraham Lincoln created the original Union Pacific by signing the Pacific Railway Act of July 1, 1862. The celebration will be the most elaborate event staged in the Western United States as part of Union Pacific's sesquicentennial year to be held at the California State Railroad Museum.

A variety of locomotives and other equipment will be on special display during the two-day Union Pacific - Building America for 150 Years! event in Old Sacramento, open from 10 a.m. to 5 p.m. each day. Other highlights will include train rides on Union Pacific's popular miniature train, UP 956, and free weekend excursion train rides on the Sacramento Southern Railroad, based on availability. Also, complimentary entrance all weekend long to the California State Railroad Museum. For more information visit [www.up150.com](http://www.up150.com) and [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org).



## The circus is coming to town!

Let the Dragon Games Begin! Circus performers from the farthest reaches of the globe have assembled for Ringling Bros. and Barnum & Bailey® Presents DRAGONS to honor the Spirit of the Dragon!

DRAGONS is a never-before-seen circus adventure of legend and spectacle coming to:

Sacramento's Power Balance Pavilion: Thursday, September 6 – Sunday, September 9

One phenomenal Ringling Bros. circus act after another, from Shaolin Kung Fu Warriors, charging Cossack riders, magnificent Asian elephants, fierce tigers to the frenzied Globe of Steel. As the audience observes these and even more real world displays that pay tribute to the dragon, their continued excitement will bring glimpses of the elusive beast. But, the big question remains; what will it take to lure a true dragon from its golden lair?

Guests should arrive early to join several exciting interactive elements before the show starts. Opening 90 minutes prior to each performance, all ticket holders are invited to tour the Animal Open House to get up-close with the amazing animals. Then one hour before show time, families can step onto the arena floor to meet performers and animals on the show floor at the interactive All Access Pre-Show, FREE admission to all ticket holders.

Sacramento's Power Balance Pavilion  
Thursday, September 6 and Friday, September 7, 7 p.m.  
Saturday, September 8, 11 a.m., 3 and 7 p.m.  
Sunday, September 9, 1 and 5 p.m.

Ticket Prices: \$15, \$18, \$23, \$40 (VIP), \$62 (Front Row) and \$92 (Circus Celebrity)

Opening night tickets available for only \$11 each (not valid for premium seating)

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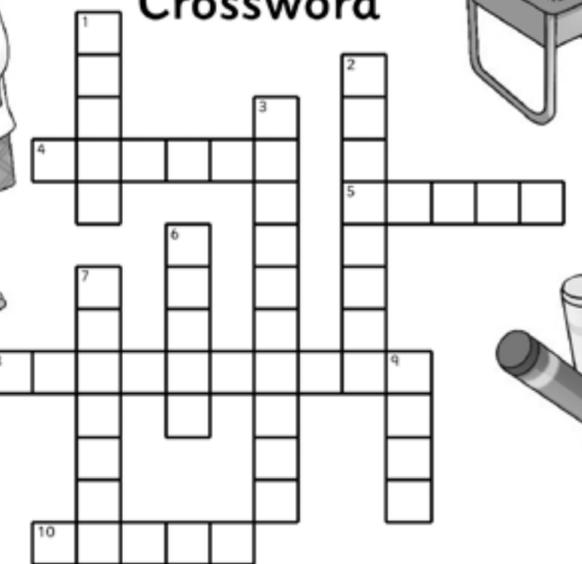
## HAVE FUN COLORING!



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## Back to School Crossword



### Across

4. Do you need to sharpen yours?
5. Write or draw on this.
8. You write on this with chalk.
10. Please \_\_\_\_\_ your name on your work.

### Down

1. Draw straight lines with this.
2. It has a keyboard and a screen.
3. Where you go to play at break (recess)
6. Read these at home or school.
7. They help you learn new things.
9. The teacher sits here.

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## Ocean Under glass project

When the kids get bored, here's a fun and easy project for any age, creating their own ocean scene in a jar.

All you need to do is take a clear glass jar, any size will do, and glue some plastic seaweed or cuttings from an old flower arrangement to the bottom of the jar. Add one-third to almost half way with sand to weigh it down while it dries and sets.

Then glue some plastic flowers, or small fish cut from old plastic flowers to the greenery. Place some small seashells in the sand. Fill the rest with water and put in one or two drops of blue food coloring to the water.

Put the lid back on tight so there is no leakage. You can even paint the lid. Children will have fun 'gently' moving the jar to create waves and making up stories about their "ocean under glass."



## Big Wheels Festival at Franklin Library

The Sacramento Public Library will host a Big Wheels Festival on Saturday, September 29 from 11 a.m. to 3 p.m. in the Franklin Library parking lot, 10055 Franklin High Road, Elk Grove.

The free family event will feature outdoor displays of a variety of commercial and private vehicles, including amazing trucks; vintage cars; farm equipment; military, police and fire vehicles; racing cars; and more of every shape and size.

Among the exhibited vehicles will be the "Dream Big" monster motorcycle that measures more than 11 feet tall.

Festival visitors will have the opportunity to meet the drivers and learn more of their displayed vehicles. Plus, there will be food, entertainment, library card sign ups, and more family fun.

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

## Get Ready For Kindergarten

A Message from First 5 Sacramento

Summer is still in full swing, but your child's first day of kindergarten has already begun. First 5 Sacramento encourages parents and caregivers to spend some quality time practicing school readiness activities together to ensure your child has a smooth transition into kindergarten, preschool or child care.

To help transition your child from a familiar home environment to an exciting new classroom, First 5 Sacramento offers parents and caregivers the following tips to help prepare children for their first day of school.

**Get immunized:** Make sure your child is ready to start the school year by visiting your pediatrician and getting the required vaccinations for school enrollment.

**Set your clocks for school schedules:** A good night's sleep helps young students to succeed in the classroom. Put children on a schedule and have them go to bed and wake up earlier. Let your child become involved with picking clothes – lay them out the night before.

**Prepare for the separation.** If possible, visit the new kindergarten setting with

your child and meet the teacher or early childhood professional. Arrange a play date with another child from the program or class so that your child will see a familiar face when walking through the door.

**Eat breakfast:** Breakfast is the most important meal of the day. If you are not able to provide a healthy breakfast, contact your school to learn more about free breakfast programs available for your child.

**Read together:** Try to read with your child daily. Reading together helps your child get a head start at learning and helps prepare him or her for reading and listening to stories in the future. Even a few minutes of reading time each day improves a child's readiness for school.

**Take an adventure together:** After school or on weekends, try visiting places where you and your child can learn together, such as museums, libraries and parks. Later you may ask, "What was something you learned today?"

**Always say good-bye to your child:** Be firm, but friendly about separating. Never ridicule a child for crying. Instead, make supportive statements like, "it's hard to say good-bye." Be enthusiastic. If you



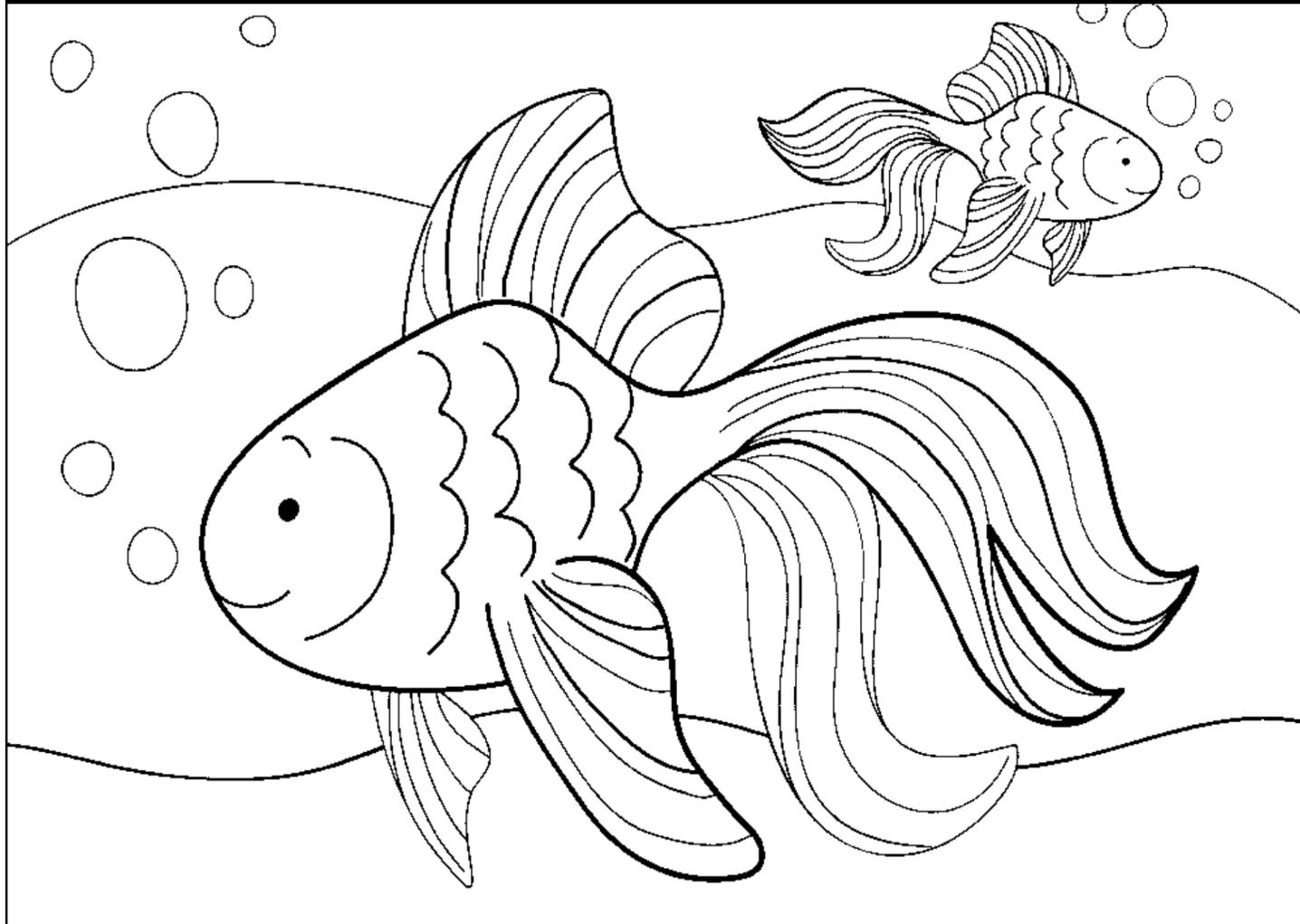
are excited and confident, your child will be, too.

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 support 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.

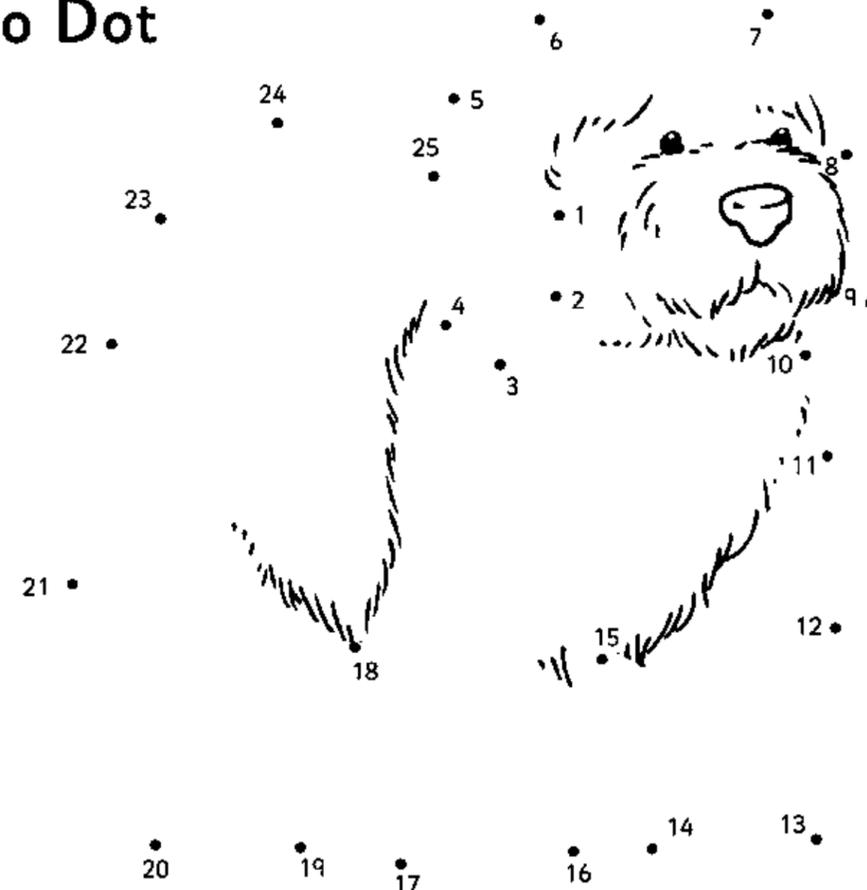


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## Dot to Dot



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# Calendar of Events

## Arts & Crafts

**September 15, Abalone Necklace Making, 10:30 a.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. Children will need assistance from an adult. For more information, call (916) 489-4918.

## Critter Events

**September 1, Birding at the River, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Walk down to the riverbank with a naturalist to discover the many species of birds that use the river. You may want to bring your binoculars, or borrow some from the Effie Yeaw Nature Center, to get a closer look at ducks, geese, herons and egrets. All ages are welcome to attend. For more information, call (916) 489-4918.

**September 2, Amazing Amphibians, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center in Ancil Hoffman Park, and meet a couple of amphibious residents up close. Learn how they spend half their life in water and half their life on land. All ages welcome. For more information, call (916) 489-4918.

**September 9, Remarkable Reptiles, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Join the staff at the Effie Yeaw Nature Center for a

presentation on local reptiles. Enjoy viewing "biofacts" like skulls or shed skin and a live reptile, too. Fun for all ages. For more information, call (916) 489-4918.

**September 15, Red Panda Day, 10 a.m. to 4 p.m., Sutterville Road and Land Park Drive, Sacramento.** This is an interactive and educational event at the Sacramento Zoo, to developed to raise awareness about Red Panda conservation. Kids can become Red Panda Rangers after stopping at various Red Panda Stations and completing the activities.

**September 15 and 16, 12:30 to 4 p.m., 3615 Auburn Boulevard, Sacramento.** Visit the Discovery Museum Science and Space Center to learn about whales, some of the largest mammals on Earth. Whale specimens are on display, including skulls, rib bones, baleen and teeth. Visitors 12 and under complete a whale craft to remember their fun weekend. For more information, call (916) 808-3942 or visit [www.thediscovery.org](http://www.thediscovery.org).

**September 16, Critter Close-Up, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Meet a couple of small animal residents at the Effie Yeaw Nature Center up close and learn what habitats and food they need to survive. All ages welcome. For more information, call (916) 489-4918.

**September 23, Birds of Prey, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Come in out of the heat for this program at the Effie Yeaw Nature Center. Learn about raptors and view some raptor "biofacts." Meet a resident raptor from the Nature Center up close. All ages are welcome to attend. For more information, call (916) 489-4918.

**September 29, Tracks and Scat, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Stroll through the Effie Yeaw Nature Center with a naturalist and learn to identify the tracks, scat and other signs left behind by resident wildlife. All ages are welcome. For more information, call (916) 489-4918.

**September 29 and 30, Slitherin' Snakes, 12:30 to 4 p.m., 3615 Auburn Boulevard, Sacramento.** Now is the perfect time to start spotting snakes when you are out enjoying nature. Come to the Discovery Museum Science and Space Center to learn about snakes. Also, view snake skeleton and a small display of snake skin. Make and take a twirling snake kite to play with outside on the 14 acres. For more information, call (916) 808-3942.

**September 30, Living in Water, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Join us in the visitor center and try some hands on activities to discover the world of aquatic critters. All ages are welcome to attend this program at the Effie Yeaw Nature Center. For more information, call (916) 489-4918.

## Nature Events

**September 8, Nature Stroll, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Join a naturalist for a morning stroll through the Effie Yeaw Preserve to learn about local wildlife and plants. You may want to bring your binoculars for an close-up view of birds and wildlife, or borrow some from the staff. All ages are welcome to attend. For more information, call (916) 489-4918.

**September 22, Ethnobotany Walk, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Take a guided plant walk with a naturalist and the Effie Yeaw Nature Center and learn to identify many of the common plants while discovering their traditional uses. All ages welcome. For more information, call (916) 489-4918.

**September 22 and 23, Fall Foliage Fun, 12:30 to 4 p.m., 3615 Auburn Boulevard, Sacramento.** Welcome the Fall at the Discovery Museum Science and Space Center by trekking around the grounds and learning to identify trees using a Nature Trail Guide. The wide, smooth path around the pond is good for toddlers, strollers, and wheelchairs. For more information, call (916) 808-3942.

## Special Events

**September 8, Master Food Preservers Demonstration, 10 a.m. to Noon, 4145 Branch Center Road, Sacramento.** The Sacramento County UC Cooperative Extension Master Food Preservers will present, "Step-by-step basic introduction to safe water bath canning techniques." This is a free program, no advanced registration required. For more information, call (916) 875-6913.

**September 10 and 17, Tea and Tours, 9:30 a.m. to Noon, Land Park Drive and Sutterville Road, Sacramento.** Seniors, ages 55 and over, register early for this popular event at the Sacramento Zoo. Enjoy a special tour of the zoo followed by snacks and tea. A two-week advance registration is required. Cost is \$15 per person. Call (916) 808-5888 or register at [saczoo.org](http://saczoo.org).

**September 14, 15 and 16, American River Music Festival.** Enjoy this "Celebration of Music and Moving Water" with over 35 American Roots Music performances in 10 riverfront locations throughout the beautiful river community. Enjoy Amazing Riverfront Camping, Float the famous "gorge" on the South Fork, and experience the wonderful River Walk. At the main stage enjoy kid's activities, freshly prepared food and local beverages, original artisan vending, live art painting, then head out in the evening for music in Coloma's Hot Spots. Information and tickets at <http://www.americanrivermusic.org>.

**September 15, Composting Workshop, 10 am. to Noon, 4900 Stockton Boulevard, Sacramento.** The Sacramento County UC Cooperative Extension Master Gardeners will host a free workshop, "Composting Tips and Tricks Workshop." The workshop covers basics of composting, trouble shooting compost pile problems, and additional information for those who have composting experience. This will be held at Colonial Heights Library. For more information, call (916) 875-6913.

**September 15, Deaf Awareness Day, 10 a.m. to 4 p.m., Land Park Drive and Sutterville Road, Sacramento.** Join the staff at the Sacramento Zoo for this very special day for deaf and hard of hearing. Sponsored by NorCal Services for Deaf and Hard of Hearing. The zoo will have ASL interpreters on site for the day. For more information, call (916) 808-5888 or visit [saczoo.org](http://saczoo.org).

**September 19, Food Preservation Demonstration, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento.** The Sacramento County UC Cooperative Extension Master Food Preservers will hold a demonstration called, "Gifting Your Goods--Presenting Preserved Presents." There is a \$3 material fee, payable at the door. No advanced registration required. For more information, call (916) 875-6913.

**September 22, Master Gardener Workshop, 8:30 to 11:30 a.m., 11549 Fair Oaks Boulevard, Fair Oaks.** A free workshop to learn herb pruning techniques and all about composting with worms. Also, tour the water efficient gardens, view plant groupings featuring both seasonal and year round beauty and see example efficient irrigation. For more information, call (916) 875-6913.

**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.

# 27th Annual Ohlone Day

Ohlone People share traditional basketry, songs and musical instruments, stories, dances, tools, language, and history at Henry Cowell Redwoods State Park on Saturday, September 8, from 10 a.m. to 4 p.m. During this family-friendly event, visitors can throw an atlatl, play Ohlone games and find out how rocks cook meals and bay trees cure headaches.

One of the highlights this year is a celebration of the ancient art and material culture of Ohlone basketry. Accomplished Indian basket weavers will share the important role Ohlone baskets played in everyday life, the materials used in their construction, and how the native plants, feathers, and dyes are gathered and prepared for weaving. For thousands of years, the native tribes we now collectively call the Ohlone, thrived in this abundant region with plentiful sources of food and a life rich in culture. Descendants of the Ohlone People present this event each year so that visitors make connections to Ohlone culture in a meaningful way.

*The event takes place in the group picnic area, one of the largest riparian forests in along the San Lorenzo River. The park is also known for its old-growth redwood forest along a .8 mile trail. All activities are free; day-use parking fee is \$10. The main entrance to Henry Cowell Redwoods State Park is located off of Highway 9 in Felton at 101 Big Trees Park Road. More information can be found at [www.mountainparks.org](http://www.mountainparks.org) or by calling (831) 335-7077 or (831) 335-3174.*

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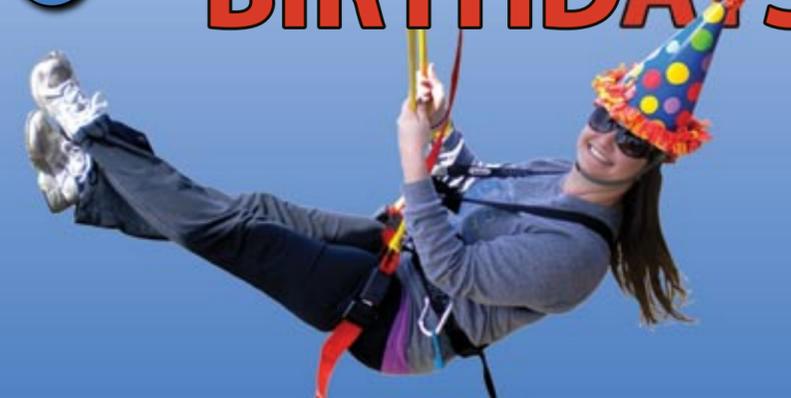
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# Tea Party birthday ideas

## Decoration Ideas for a Tea Party

Pink balloons, streamers hung over the party table, white Christmas lights and a pretty tablecloth will help make an elegant Tea Party. Gather the tablecloth at the corners and hold in place using rubber bands, then slip pretty fake flowers into the band. Bring out your best china, or use solid color silver or pink paper plates and all

the fancy dishes you can find. Fill the tea pot with pink lemonade and leave out the sugar, let the girls sweeten their drink with sugar cubes from the sugar bowl. In the creamer pitcher put ginger ale for a sparkly drink.

### Fun Ideas

Make the party into a Teddy Bear Tea Party or ask the girls to bring along their favorite doll. Set a place for the Teddy's or Dolls at the table, too. Make tiara's or have a fun party favor like sunglasses or hats for the Teddy's and Dolls.

### Activities

Decorate a cup and saucer - Food- cut sandwiches into small shapes with cookie cutters; hearts, stars or triangles. Set out platters of chocolates, petite fours, and fruit. Veggie trays with celery and cream cheese or carrots and Ranch dressing. Let the girls create (away from the party table) their own cupcakes and then serve them at the party table with their "tea". Set out cupcakes, sprinkles, candies and writing gel. Let them decorate 2 or 3 and take home the ones they don't eat at the party.

# Cupcake party ideas

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

Great party ideas sprinkled with fun party games, activities, goodie and party favor ideas. Mix them all together for a great Cupcake birthday party!



### Invitations for a Cupcake Party

- Buy or make cute cupcake shaped invitations. Fill out the invitation and then include some confetti in the envelope.
- Print out party information on white paper so that you can cut them out into 1 1/2 x 3" inch strips. Wrap the end of the paper around a toothpick and then glue to secure. Stick the toothpick with the party information into mini cupcakes.

### Decorations for a Cupcake Party

- For the cake table buy a brown tablecloth or buy brown fabric and lay across the table (cupcake). On top of that lay a smaller pink tablecloth (frosting) and then sprinkle confetti or sequins on top for the sprinkles. Cover with a clear plastic tablecloth.
- Hang white Christmas lights around the room - place brown bow in between the lights. Tie different colored balloons at each chair to look like sprinkles.

### Games for a Cupcake Party

**Cupcake Piñata** - Piñata's are always fun and especially when they are cupcake shaped!

**Pin the Candle on the Cupcake** - Played like "Pin the Tail on the Donkey". Make a large cupcake from poster board or a poster of a cupcake and hang on the wall. Cut out candles and put double stick tape on the back of each one. Make sure they are different colors or they have numbers on them so you can tell them apart. Blindfold the guests one at a time and have them try and place their candle on top of the cupcake. Closest to the center wins!

**Cupcake Sprinkle Toss** - Buy or make small colorful beanbags (stuff with rice or pinto beans) about 3"x3". Set a clean cupcake/muffin baking pan on the floor and place numbers in each cup—the first row would be 1, second row 2, third row 3 and so on. Place a piece of tape on the floor about 4 feet from the cupcake pan and have guests line up behind it. The object is to throw the beanbags (give the first person in line 3 beanbags) into the cupcake pan and try to get the highest score. Total the numbers that the bean bags land

See more Cupcake Party Ideas, page 27

# Cupcake party ideas

Continued from page 26

in. The beanbags could make a colorful party favor.

**Sprinkle Relay Race** - Buy very large jelly beans. Place a container filled with an equal amount of candies. Divide the guests into two teams and have them line up behind a start mark. Place another container far away

from the start mark. Give the first player on each team a wooden spoon and have them balance as many "candies" as they can on the spoon while running to the opposite container. If they drop any they have to bring them all back to the start and place them in the start container. Then the next person in line starts the race. Then first team with all

of their "sprinkles" in the opposite container wins. Count the sprinkles to be sure none were dropped during the game.

### Activities

Decorate photo frames with glitter and sequins to look like sprinkles on the top of a cupcake.

### Food Ideas for a Cupcake Party

- Make a huge cake that looks like a cupcake. Make three 9" layers of cake. Carve the third cake layer into a dome shape, then place on top of the others. Frost on the

top with lots of frosting, then place accordion shaped construction paper around the sides (for the cupcake liner). Decorate with large round candies for sprinkles.

- Set up a cupcake decorating station and let the children decorate several cupcakes each (let them take the extra's home).
- Set up bowls full of sprinkles, candies and writing gel. Give each child two or three cupcakes on a paper plate. Place several plastic spoons in each bowl for them to use to spoon out the decorations onto their plate. Have fun seeing all the crazy combinations.

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