

May 2013

# California Kids!

**Free!**

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

*Happy,  
Mother's Day!*



*Summer Guide inside*  
pages 13-24

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July 12 <sup>th</sup>	June 15 <sup>th</sup>
July 26 <sup>th</sup>	July 6 <sup>th</sup>
August 9 <sup>th</sup>	July 20 <sup>th</sup>
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**Saturday, May 4, 9 a.m. to 4 p.m.** Where the Wild Kids Are Explore the Sacramento Zoo during a day of kid centered cultural entertainment, art, music and dance. Local museums, historical societies, genealogy groups, plus arts and crafts for great family fun all included with regular Sacramento Zoo admission. For more information, call (916) 808-5888 or visit [saczoo.org](http://saczoo.org).



Photo courtesy Sacramento Zoo

**Mondays, May 6, 13 and 20, 9:30 a.m. to noon** Senior Tea & Tours Have a pleasant cup of tea and a guided tour of the Sacramento Zoo! Designed for seniors ages 55 and over, your group will be met by Docents and will tour part of the Zoo. During the tea break you'll be served lemonade, tea, coffee, finger sandwiches, breads and cookies. Seniors, register for this popular event early! Tours begin at 9:30 a.m. and two weeks advance reservations are required. This program is for adults 55 and over. Call (916)808-5888 for more information or register at [saczoo.org](http://saczoo.org).

**Monday, May 20, Noon** Swingin' Safari Golf Tournament Come out swinging for the Sacramento Zoo at the 12th Annual Golf Tournament at El Macero Country Club. Think you are a pretty good golfer? Get ready for a swinging-good time for golf, food, prizes and the wildest putting contest in the Sacramento area! The 12th annual golf tournament supports the Sacramento Zoological Society's educational programs. For more information, call (916) 808-5166 or register online at [saczoo.org](http://saczoo.org). Sacramento Zoo - Wildly Inspiring!

Open since 1927, the Sacramento Zoo is home to over 140 native, rare and endangered species and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9 a.m. to 4 p.m., general admission is \$11.25; children ages 2-11 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](http://saczoo.org).

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**14<sup>th</sup> Annual Department of Boating and Waterways Life Jacket Trade-in Event**

Parents make sure your children swim safely this summer. Bring your kids and their life jackets to any Sacramento area Kohl's Department Store **May 24<sup>th</sup> from 4 to 6 p.m.** for a **FREE** life jacket inspection by water safety professionals.

Life jackets that are no longer safe to use will be exchanged for a new one of the appropriate size. **Limit one per family while supplies last.**

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## Fairytale Town events

### Annual Puppet Festival

**Thursdays - Sundays, May 2 - June 16; weekdays at 10:30, 11:30 a.m. and 12:30 p.m.; weekends at 12:30, 1:30 and 2:30 p.m.**

Fairytale Town brings you another season of playful puppetry! Children and adults can enjoy live puppet show performances inside Fairytale Town's Children's Theater. This year's festival features six original productions based on new and traditional fairytales. Puppet show performances will be performed by Puppet Art Theater Company. The festival will end with the premiere of Fairytale Town's original puppet production of "Rumpelstiltskin" from June 6 through 16. Tickets are \$2 for nonmembers in addition to park admission, and \$1 for members. Tickets can be purchased at the Fairytale Town main gate or at the entrance to the Children's Theater 15 minutes prior to show time.

### Read-Aloud: "Harry Potter and the Sorcerer's Stone"

**Friday, May 3, Doors open at 5:30 p.m.**

Relive the epic story that enchanted millions of readers of all ages. Join Fairytale Town for a unique nonstop read-aloud of J.K. Rowling's first tale in the popular Harry Potter series. The reading will begin promptly at 6 p.m. and is expected to conclude in the early hours of the morning. Guests are welcome to dress in costume, bring a book to follow along during the reading, and are encouraged to bring sleeping bags, blankets, pillows, snacks and a picnic-style dinner. Advance tickets are \$7 for members and \$10 for nonmembers. Day-of tickets are \$9 for members and \$12 nonmembers. Ticket holders of all ages can sign up to read pre-assigned passages by contacting Fairytale Town at [programs@fairytaletown.org](mailto:programs@fairytaletown.org).

### Mad Hatter Meets Mad Men Fundraiser

**Thursday, May 16, 5:30 - 8 p.m.** Fairytale Town mixes the zaniness of the Mad Hatter with the allure of "Mad Men" in its first ever

offsite fundraising event. Held at the elegant Masonic Temple in Downtown Sacramento, the Mad Hatter Party will feature chocolate delicacies, wine and food pairings, live music, a live auction and raffle with exciting prizes. All proceeds benefit nonprofit Fairytale Town's programs and park improvements. Tickets are \$50 per person and are available for purchase at [www.fairytaletown.org](http://www.fairytaletown.org). Cocktail or business attire.

### Farms and Friends Go Green!

**Saturday, May 18, 11 a.m. - 3 p.m.**

Join Fairytale Town for a fun-filled celebration of agriculture and the environment! Arrive early to watch Fairytale Town's twin Babydoll sheep get sheared, then watch as the wool is spun into thread using an old fashioned spinning wheel. Learn about conservation and easy ways to go green, participate in agriculture-themed hands-on activities, shop the mini farmer's market, and visit with local area farms and organizations. This program is free with paid park admission. Weekend admission is \$5 for adults and children ages 2 and older and free for children ages 1 and under.

For more information and schedules for the above programs, visit [www.fairytaletown.org](http://www.fairytaletown.org) or call (916) 808-7462.

**About Fairytale Town**  
Fairytale Town is a 501 (c) (3) nonprofit children's park and educational center in Land Park whose mission is to promote the imagination, creativity and education of children. Established in 1959, Fairytale Town is home to more than 25 three-dimensional play sets based on favorite fairytales and nursery rhymes, a family of 22 rare and miniature breed animals, three interactive learning gardens and two performing arts stages. From March through October, the park is open daily from 9 a.m. to 4 p.m. From November through February, the park is open Thursday through Sunday from 10 a.m. to 4 p.m., weather permitting. For more information, visit [www.fairytaletown.org](http://www.fairytaletown.org) or call (916) 808-7462.

## Children's Museum adds Downtown Cityscape Exhibit

The actual cityscape of California's capital city is the newest and very popular exhibit at the Sacramento Children's Museum (SCM), 2701 Prospect Park Drive in Rancho Cordova.

The display includes the Capitol, the Ziggurat (the pyramid-shaped building), the Wong Tower, Tower Bridge, plus other downtown structures and a couple "futuristic" buildings. Old Town is represented with older-looking structures. The Sacramento and American Rivers are lit up with blue lights. And the surrounding thoroughfare and interior streets provide roadways for children to run cars, trucks, trains, and other vehicles.

Realistic sounds include train whistles, horses clomping, cars honking, dogs barking, and other city noises. Color appropriate wooden blocks are the "nuts and bolts" for each building and can be used to replicate actual buildings or children can use their imaginations to create their own structural designs.

"Plus, we have CityWays Junior that features large foam blocks that fit together or can be used for free-form structures," said Sharon Stone Smith, SCM's executive director. "It's designed for our younger visitors but is popular with the older kids, too."

The new CityWays adds to the other SCM attractions that include Airways, My Neighborhood, Leo's Market, Studio of Arts, and Baby Bloomers that encourage young children to create, wonder, test, and laugh.

For more information, call (916) 638-7225 or visit [sacramentochildrengmuseum.org](http://sacramentochildrengmuseum.org).

## California Kids!

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

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# Who wrote that?

The Creators of Your Child's Favorite Books

Featuring Alice McGinty

By Patricia Newman

Alice McGinty's sense of wonder is her secret to writing picture books that appeal to children. She describes it as "an amazing sense of awe at the little things in the world. The way the sun hits the snow and it sparkles. How good it feels to dance and to move."

Children's literature had a profound effect on McGinty as a child. "I remember my Dad reading *Drummer Hoff* [by Barbara Emberley] to me. We repeated the phrases together," she says. "I developed a love of language really early, and I still have that." When she read *Charlotte's Web*, she appreciated the effect of E.B. White's words. "The power of being a writer wound itself into wanting to be a writer," she says.

In spite of her interest, she did not connect writing with something she could become when she grew up. Even when she thought she wanted to be a chemist, or make potions, or become a professional swimmer, or break the Guinness world record in pogo sticking, or become a ventriloquist; despite her secret desire, she never included writer. "I never thought I could do it full time," she says. "I never met an author [as a kid]. No one came to my school." Yet, the dream of becoming an author nestled at the back of her mind.

Practicality intervened, however, and McGinty graduated from college with degrees in psychology and recreational therapy, and began a career working with disabled people in rehabilitation hospitals, psychiatric hospitals, and in recreational programs. The opportunity



to write presented itself when she and her husband moved to Sweden. "All of a sudden, I had nothing to do," she says. "I took a Swedish class, a lot of walks, and wrote a book!"

Many rejections later, McGinty finally met her first children's author, who suggested she join the Society of Children's Book Writers and Illustrators (SCBWI). McGinty had been writing fiction, but one of the industry publications suggested nonfiction. Her young son unwittingly provided her with a topic when he wanted to know why he had to eat broccoli. Less than a year later, she signed a contract with PowerKids Press, an imprint of Rosen Publishing, for a series about taking care of your body.

McGinty authored several series for PowerKids Press before striking out on her own with picture books. Her sons came to her rescue again when they refused to go to bed. The refrain, *Two little boys who won't go to sleep. What will they do all night?*, popped into her head. "I liked the rhythm of it and started asking what if?" McGinty says.



"I spied on them. I invited friends to spend the night. And I watched." A year and two major revisions later, the boy-characters became lambs and McGinty signed a contract for *Ten Little Lambs*. When McGinty visits schools, she brings her guitar and sings the book to her audience using a tune she composed.

McGinty wrote *Thank You, World* before *Ten Little Lambs*, but it was published much later. One hot summer day she and her young sons visited their public pool. As they stood in line at the snack bar, their feet burning on the pavement, a slight breeze kicked up. McGinty remembers saying, "Thank you, breeze." The phrase stuck with her and she began to list other things for which she was thankful. "This book got so many rejections," she says. "One after another. I revised it so many times I felt like I broke it." She stuffed it in a drawer. About a year later, she revised the manuscript and it sold.

The idea for *Darwin*, McGinty's biography about the life of Charles Darwin, came from her agent. "I decided to see what was out there," she says. Although other children's books had been written about Darwin, McGinty wanted to "integrate his science with his life in an accessible narrative." She also loved his writing and incorporated several

passages from his work into her book.

Similarly, McGinty's newest release, *Ghandi: A March to the Sea*, took about a year to research and chronicles his Salt March. She won an SCBWI work-in-progress grant and traveled to India to drive the roads on which Ghandi walked. "Travel informs your work in ways you can't possibly imagine," she says. McGinty based her free verse text and repeating chorus on the rhythm of Ghandi's favorite spiritual, "Raghupati Raghav."

Dr. Seuss' word play inspired McGinty at an early age. "He was an amazing man with words," she says. "He made me realize early on how

LEARN MORE ABOUT ALICE B. MCGINTY'S  
Visit: [www.AliceBMcGinty.com](http://www.AliceBMcGinty.com)

## SELECTIONS FROM ALICE B. MCGINTY'S LIBRARY

*Ghandi: A March to the Sea*, Amazon Publishing, 2013.

*Eliza's Kindergarten Pet*, Marshall Cavendish, 2010.

*Darwin*, Houghton Mifflin, 2009.

*Thank You, World*, Dial, 2007.

*Eliza's Kindergarten Surprise*, Marshall Cavendish, 2007.

*Ten Little Lambs*, Dial, 2002.

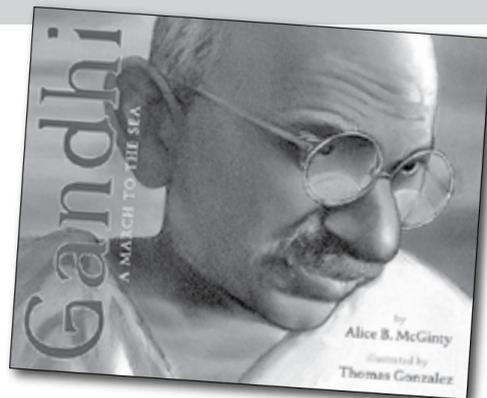
Series: *The Library of Author Biographies*, PowerKids Press, 2004-2005.

Series: *About the Author*, PowerKids Press, 2002.

Series: *The Library of Food Chains and Webs*, PowerKids Press, 2002.

## UPCOMING

*Rabbi Benjamin's Buttons*, Charlesbridge, 2014.



much fun you can have with words." As a published author, she strives to inspire the same feeling in her readers.

**Next month:** Leslie Helakoski

Patricia Newman is the author of *Jingle the Brass* (Farrar, Straus & Giroux), recommended by the Smithsonian National American History Museum and *Nugget on the Flight Deck* (Walker), recipient of the California Reading Association's *Eureka! Silver Honor Award for excellence in children's nonfiction*. Her newest books *Energy Lab: Biofuels and Energy Lab: Water Power* are now available. Visit her website at [www.patriciannewman.com](http://www.patriciannewman.com) for more information.

# Effie Yeaw Nature Center events

Free weekend activities. Donations gratefully accepted. There is a \$5 per car county entrance fee into Ancil Hoffman Park (Free to members)

## May 4, Saturday, Tracks and Scat, 10:30 a.m.

There are many animal-made signs in the woods that reveal who has used the trail before you. Become a nature detective and search for some animal tracks, scat and signs in the Nature Preserve.

## May 5, Sunday, Hand Print Flowers, 1:30 p.m.

April showers bring May flowers. Come to the Effie Yeaw Nature Center and get hands-on with this craft by making your own personalized flower art. Materials provided.

## May 11, Saturday, Raptors!, 10:30 a.m.

Come in out of the heat for this program and learn about the exciting lives of raptors. View some raptor "biofacts" and get a chance to meet one of the Nature Center's resident raptors up close.

## May 12, Sunday, Mother Nature Day Walk, 1:30 p.m.

If you are looking for something to do with Mom or just a Mother Nature lover then join a naturalist for a hike. See some wild mothers in action and spend some time with Mother Nature this Mother's Day.

## May 18, Saturday, Abalone Necklace Making, 10:30 a.m.

Join a naturalist in the replica Nisenan Maidu Village to polish an abalone shell piece for your own unique necklace. All ages welcome. Children will need assistance from an adult.

## May 19, Sunday, Living in Water, 1:30 p.m.

Join guest naturalist Bonnie Green Ross as you discover the hidden world of aquatic insects and polliwogs. Using catch and release activities get a close-up look at amazing little animals that live in the pond.

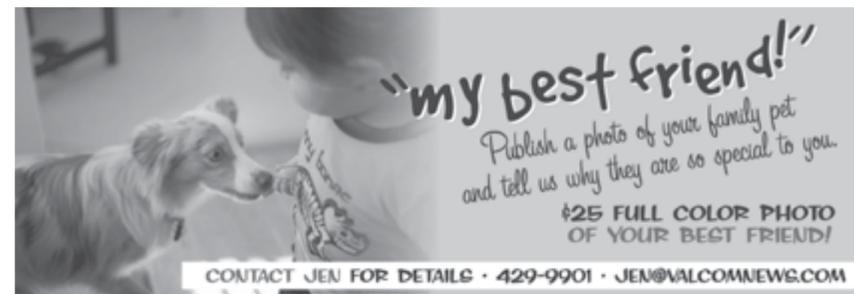
## May 25, Saturday, Critter Corner, 10:30 a.m.

Where do our animals come from? Why are they here? Meet a couple of small animal residents at the Nature Center up close. Learn about each of their unique journeys and how they became an educational ambassador for the Nature Center. All ages welcome.

## May 26, Sunday, Solar Cooking with Denis Zanchi, 1:30 p.m.

With summer around the corner, it's time to explore solar cooking. It's easy, enjoyable and considerate to the planet. Discover how easy it is to cook a variety of foods using the sun. Tasty food is even better when it's cooked by Mother Nature. Space is limited so come early. Recommended ages 5 and up.

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



# Happy Mother's Day!

You've lost your homework. You really want your favorite mac n' cheese. Yum! Those chocolate chip cookies smell good! Who ya gonna call? MOM. And she's always there when you need some tender loving care. See if you can find some of the things in this puzzle that make you think of your mother. The words can be horizontal, vertical, diagonal, or backwards. Don't forget to give her a big hug and kiss on Mother's Day!

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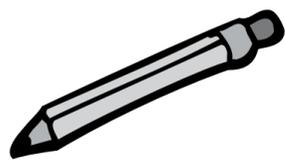
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# MAKE IT YOURSELF!



## Fabric Yoyo Brooch

This pretty brooch is fun for kids to sew and - if you can bear to part with it - it makes a lovely gift for mothers, grannies or friends! And of course you can make all sorts of variations depending on what fabrics you have available... why not make one to match every outfit!

### You will need:

Three pieces of different patterned fabric, thread and needle, button, safety pin/brooch back



### You will need to:

Cut 3 paper circles about 4, 5 and 6 inches diameter. Pin each to one of the pieces of fabric and cut out. Alternatively draw around cups and saucers onto the fabric. Cut a piece of thread long enough to go all of the way around the edge of your biggest circle with some spare. Knot one end and thread the other. Sew a loose running stitch around the outside of the largest circle, finishing with the thread to the right side of the fabric. Pull the thread so the fabric gathers. Secure the gap with a few stitches. Knot the fabric and tie off. Repeat with the smaller two circles. When you have your three yo-yos, layer them up with a button over the top hole. Stitch the button in place going through all three yo-yos. Finish off by stitching a safety pin or brooch pin to the back.

## Make a Glasses Case

Here is a simple craft idea that kids can make for Mother's Day - perfect for a pair of bedside reading spectacles!

### You will need:

Craft foam, yarn (wool), foam stickers, fabric paint, other embellishments, darning needle or single hole punch

### You will need to:

Cut out a rectangle of craft foam about 6 inches by 8 inches. Fold the rectangle in half so you have a rectangle about 6 inches by 4 inches. Sew up the long side and one of the short sides either directly, with a darning needle, or first punching holes for younger children so they can lace the sides up. Secure with a knot at either end. Decorate however you like.



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

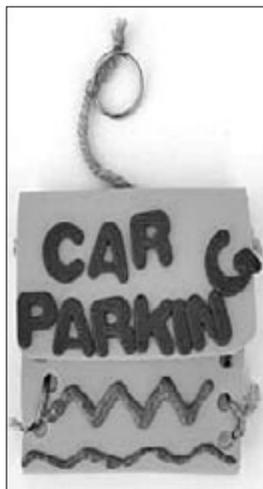
## Make a key ring purse

### You will need:

Rectangle of craft foam 3 inches by 6 inches, yarn (wool), self adhesive hook and eye fasteners, foam stickers, fabric paint, other embellishments, darning needle or single hole punch, key ring fitting (from craft shops)

### You will need to:

Lay the foam rectangle in front of you with the long sides running up. Fold up the bottom edge until it is about 1 1/2 inches down from the top, and then fold the top edge down over it. This is your purse shape. Sew up the sides, either directly with a darning needle, or first punching holes for younger children so they can lace the sides up. Secure with a knot at either end. Fasten the top flap with a hook and eye fastener. Make two small holes in the top of the purse and thread a piece of yarn through. Knot and twist the ends together and tie to the key ring fitting. Decorate your purse.



## Photo Tulip Craft

Here's a fun way to give a gift with a hidden surprise! Make them with your little ones, they are a super classroom take-home activity for Mother's Day in particular, too.

### You will need:

Card or construction paper in green and another color, photo (passport size), paper fastener

### You will need to:

Cut the petals stem and leaves from the card or construction paper. Glue the leaves to the base of the stem and then glue your photo to the largest petal. Layer your petals to form your flower and punch a hole at the bottom. Punch a hole at the top of your stem. Use a paper fastener to attach your flower to the stem.



# Local library programs for families and kids

## School age (6-12) programs

**May 2, Thursday, Comic Creations**, 3:30 p.m., North Natomas Library, 4660 Via Ingoglia, Sacramento

Create your own comic book hero. Try drawing your favorite hero. Start your own comic strip or comic book. Best for kids aged 9 to 12 years. Registered participants will receive a free comic book. For details, call (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

**May 2, Thursday, Catapults**, 4 p.m., Valley Hi-North Laguna Library, 7400 Imagination Parkway, Sacramento

Make tiny catapults with popsicle sticks. Then test them with tiny marshmallows!

**May 4, Saturday, Fancy Nancy Tea Party**, 2 p.m., Franklin Library, 10055 Franklin High Rd, Elk Grove

Enjoy a tea party celebrating the series of "Fancy Nancy" books by Jane O'Connor. Dress in your fanciest outfit (tiaras, sparkles and jewelry are highly encouraged!) and you and the staff will read a Fancy Nancy story, make fancy crafts, play games and enjoy fancy refreshments.

**May 11, Saturday, Build it! Cardboard Box and Duct Tape Construction**, 2 p.m., Franklin Library, 10055 Franklin High Rd, Elk Grove

Is it a plane? A car? A train? A castle or a fort? The library will supply cardboard boxes of all shapes and sizes along with duct tape, markers and glue. You bring your imagination and a willingness to work as a team to create whatever you'd like. Finished forts, trains, castles and whatever else you build will remain here in the library to play with all summer long.

**May 16, Children's Book Week Bingo**, 4 p.m., Arcade Library, 2443 Marconi Avenue, Sacramento

Have you ever played bingo with characters from your favorite children's books? Here is your chance to celebrate Children's Book Week with Dora the Explorer, Curious George, Harry Potter and

others. Line up five in a row and win a book.

**May 24, Kokeshi Dolls Craft**, 4 p.m., Southgate Library, 6132 66th Avenue, Sacramento

Celebrate Asian Pacific American Heritage Month and learn to paint wooden dolls in the style of traditional Japanese crafts or make your own - zombie, Star Wars, ninja, you-name-it!

## Family/all ages programs

**May 3, Friday, Breakdancing**, 4 p.m., Franklin Library, 10055 Franklin High Road, Elk Grove

Don't stop moving this summer! Keep fit and have fun with a few simple dance moves and routines you can use all summer long. Mr. Horiuchi, a trained, professional break dancer, will demonstrate and teach you how to do some of his routines. This program is for all ages and it's free!

**May 4, Saturday, Fairy Hunt!**, 1 p.m., McKinley Library, 601 Alhambra Boulevard, Sacramento

Springtime is the season for FAIRIES! Join the fairy hunt throughout the midtown area, beginning with "Building Fairy Houses" at the McKinley Library and ending with a fairy craft and magical surprise at McClatchy Library. This fairy hunt has clues set along the path to

help you on your way and special treats at each stop. Children must be accompanied by an adult and a physical activity waiver is required to participate.

**May 10, Friday, Mother's Day Craft**, 4 p.m., Southgate Library, 6132 66th Avenue, Sacramento

Learn the art of quilling - curling strips of paper - to make a beautiful and unique gift for your mother, grandmothers, and other important women in your life. All materials provided.

**May 10, Friday, Family Craft: Make a Spiral Notebook**, 4 p.m., Fair Oaks Library, 11601 Fair Oaks Boulevard, Fair Oaks

Create your own notebook! Select the size, paper, color, and design and use for all your life's noteworthy moments.

**May 11, Saturday, Free Comic Book Day Bookmark Contest**, 2 p.m., Southgate Library, 6132 66th Avenue, Sacramento

Young artists are invited to draw at the library and submit their artwork for a chance to win prizes. The selected winner's drawing will be featured on a library bookmark. The contest is open to children ages 6-12 and teens ages 13-18. Contestants will draw for 60 minutes and submit their original, best artwork. Only

one entry per person will be accepted. Prizes are provided by the Friends of the Southgate Library.

**May 11, Saturday, Dances of the Hawaiian Islands with the Ohana Dance Group**, 2 p.m., Arcade Library, 2443 Marconi Avenue, Sacramento

Celebrate Asian Pacific American Heritage Month by enjoying the music and dance of Hawaii. Each song is explained to give its historical and cultural significance. The audience will gain an understanding of the Hawaiian culture and its richness.

**May 11, Saturday, 2 p.m., South Natomas Kids' Space Grand Reopening**, South Natomas Library, 2901 Truxel Rd, Sacramento

Join the staff for the grand reopening of the newly remodeled Kids' Space! Enjoy refreshments, crafts, and face-painting fairies while viewing the fresh and innovative children's area.

**May 17, Friday, Asian Pacific American Heritage Month**, 4 p.m., North Sacramento - Hagginswood Library, 2109 Del Paso Boulevard, Sacramento

Celebrate Asian Pacific American Heritage Month by learning about the Japanese tradition of Gyoatoku Fish Printing and creating your own.

**May 19, Sunday, Family Sundays at Central-Music Matt**, 2 p.m., Central Library, 828 I Street, Sacramento

Families are invited to monthly entertainment programs in the Library Galleria. The May program features a family concert with Music Matt. Matt's performance is full of dancing, singing and instruments. It's a lively, fun musical journey perfect for the whole family.

**May 21, Tuesday, Big Fun With Puppet Art Theater**, 4 p.m., Arden-Dimick Library, 891 Watt Avenue, Sacramento. Join the staff for an exciting puppet show by the fantastic players of the Puppet Art Theater.

**May 31, Friday, 15th Annual Barbara Jeanne Hansen Ice Cream Social**, 6 p.m., Belle Cooledge Library, 5600 South Land Park Drive, Sacramento

Come enjoy ice cream, entertainment, music and fun with the whole family. Shop for great book buys at the book sale, have your face painted and sign up for Summer Reading. Ice cream provided by Vic's Ice Cream.

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

Summer is in the air  
and Summer Camp is here



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## Register for Summer Camp!

Program starts Summer Camp starts June 17th for 7 weeks at 7:30am and ends at 5:30pm.

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

Special guest instructors including martial arts, dance, hip hop & theatre arts. Reservations required.

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



# Have fun coloring!



www.ActivityVillage.co.uk - Keeping Kids Busy

## REAL TRAINS. TOY TRAINS. ALL ABOARD!

Weekend Train Rides Are a Great Way to See Your River AND Have Some Fun

**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!



CALIFORNIA STATE RAILROAD MUSEUM  
Corner of 2nd and "I" Streets, Old Sacramento  
(916) 445-6645 www.californiastaterailroadmuseum.org



## THE BOOK REPORT

### Middle Grade Novels

By Connie Goldsmith

**M**iddle grade novels are aimed at the voracious readers aged eight to twelve. Many of these children are very good readers. Middle grade novels are the meat and potatoes of the publishing business, and some of today's best writing is found in these books. If your young reader isn't quite up to the task, the stories are ideal for family read-aloud time. Many adults will enjoy these stories as much as their children.

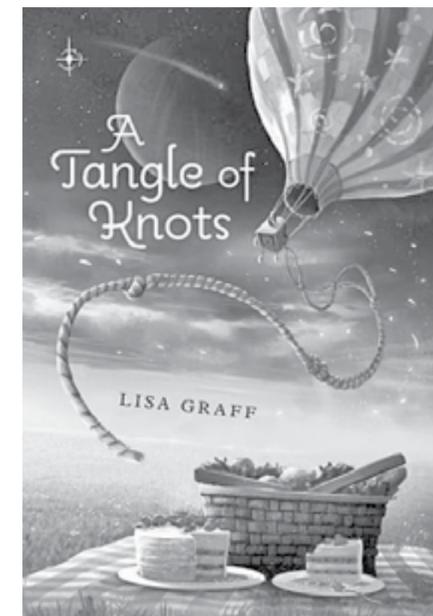
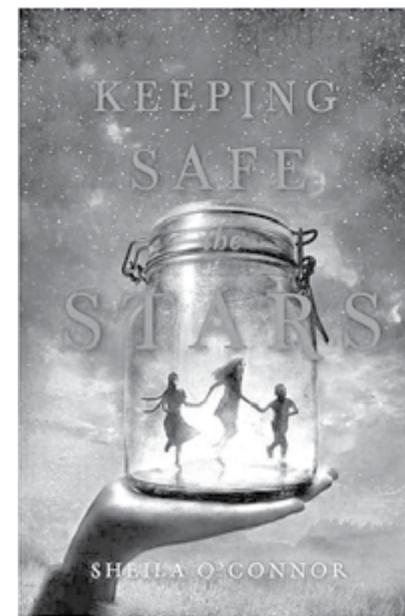
*Wonder*, by R. J. Palacio. (Knopf). Garnering a bevy of top reviews, *Wonder* tells the touching and unforgettable story of ten-year August, a boy normal in all respects – except he was born with severe facial deformities. Homeschooled all his life, Auggie's parents decide he's ready for fifth grade in public school. We experience Auggie's story through his own voice and that of his sister and several other students. Readers will cheer as Auggie maneuvers the difficult path through middle school while dealing with his unique challenges. Auggie's courage, kindness and sweetness ultimately bring out the best in others as they learn that friendship wears many faces, but shares one heart.

*A Tangle of Knots*, by Lisa Graff. (Philomel). This quirky novel takes place in a slightly magical world where nearly everyone has a Talent. Some Talents are relatively minor, such as on-target spitting and lively whistling. Others are profoundly important, such as the ability to match orphans with perfect parents. That's Miss Mallory's Talent, but Cady is the one orphan she hasn't yet placed. Cady's own Talent is the ability to discern everyone's favorite cakes and bake them to delicious perfection. Told in multiple viewpoints, we meet a collection of people who seeking something missing from their lives. The heart of the

story is the meeting and melding of each person's destiny at the Lost Luggage Emporium, where fates are indeed, a tangle of knots. (Plus the book features a dozen yummy and unusual cake recipes.)

*Capture the Flag*, by Kate Messner. (Scholastic). Mix three curious kids, a stolen treasure, and a snowed-in airport and you've got all the ingredients for a satisfying mystery that's just right for middle grade readers. Anna, José and Henry meet at the museum at a party to celebrate the restoration of the American flag that inspired the "Star Spangled Banner." Next morning at the airport, the children see the news: the historic flag is missing! Anna is sure it must be in the airport along with the thousands of stranded passengers and their luggage. Children of the mysterious Silver Jaguar Society, they are destined to recover the flag. They match wits with the thieves, who have little chance of fooling the trio for long.

*The Cats of Tanglewood Forest*, by Charles de Lint, illustrated by Charles Vess. (Little, Brown). Magic has consequences, warns Mother Possum, but Lillian doesn't understand what that means. All she knows is that she wants to be a girl again. Turned into a kitten by a circle of magical cats after a deadly snake-bite, Lillian finds her way to Mother Possum who changes her back into a girl. But magic has a price. Lillian finds the snake instead has bitten her beloved aunt. Lillian travels through wild lands, meeting the Bear People, the Father of All Cats and the Apple Tree Man. Part folktale, part fable, the lyrical language is a perfect match for the story's magic. The full-color illustrations are spectacular, adding another dimension to the mysterious atmosphere of Tanglewood Forest. This beautiful book is a good family read-aloud and offers that opportunity for meaningful discussion. \*\*Reviewer's pick of the month\*\*



*Keeping Safe the Stars*, by Sheila O'Connor. (Putnam). Pride and her younger sibs haven't had it easy. Their dad is long gone, and when their mom dies in an accident, welfare workers send the children to a group home. Grandpa – Old Finn – arrives and whisks them off to his rural home in Minnesota. He never expected to raise young children, but it doesn't take long for close family bonds to form. When Old Finn is admitted to the hospital, Pride must take care of her sister and brother. They have no money or responsible adult to help. Fearing social workers will separate them, Pride manages to keep their situation a secret from others. Family loyalty and love are dominant themes in this enjoyable story of three smart children trying their best to fend for themselves. But in the end, they realize that sometimes the best thing to do is to accept the help of caring people.

Connie Goldsmith [www.conniegoldsmith.com](http://www.conniegoldsmith.com) lives in Carmichael where she writes for adults and children. See her newest 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.

## california kids! Family Fun Guide

Schools and Parks, do you have after-school programs? Advertise in California Kids! Parents are looking for activities!

Call Jen for the best spaces and rates

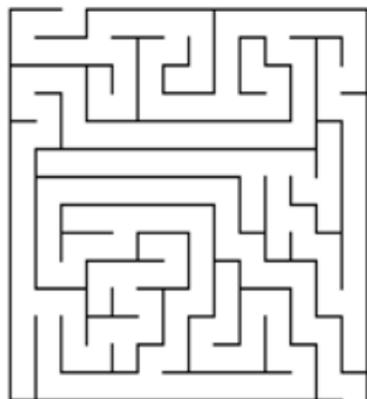
(916) 429-9901

[jen@valconews.com](mailto:jen@valconews.com)



### Mother's Day Maze

Can you help the little girl take the present to her mother?



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# Discovery Museum Science & Space Center activities

**Space Days!, Saturday and Sunday, May 4 and 5**

Let's celebrate the universe! Meet an Aerojet representative and learn more about local contributions to the past, present and future of space exploration. See a full-size replica of the Opportunity Mars Rover. Peer through one of the Sacramento Valley Astronomical Society's Solar Telescopes and see what's happening on the sun. Space Days! activities are free with paid admission. Ages 4 and older see a special planetarium show about the Opportunity mission- showing for this weekend only!

**Mother's Day Celebration, Saturday and Sunday, May 11 and 12**

It's a special day for Moms at the Discovery Museum : let's make some beautiful memories. Why not treat Mom to a picnic on the grounds? Take some fun family photos in the Space Quest! exhibit. Children 12 and under can color sweet pictures of animal mothers and babies to give Mom as a souvenir. Remember, your admission also includes a planetarium show at 1 or 3 p.m. (ages 4 and older) and an animal presentation at noon or 2 p.m.

**It's Butterfly Time!, Saturday and Sunday, May 18 and 19**

Flutter-by the Discovery Museum this weekend and enjoy a bounty of butterfly activities. Using stereoscopes, you can view the fascinating structure of butterfly wings – then create a butterfly life cycle using pasta. Remember to leave time for enjoying the grounds– bring a picnic and explore the garden showing plants that attract butterflies. Planetarium shows are at 1 or 3 p.m. for ages 4 and older; live animal presentations at noon or 2 p.m. for all ages.



**Sensational Space Stamping, Saturday, Sunday and Monday, May 25 - 27**

Having a stay-cation over the holiday weekend? There is a lot happening this weekend to entertain the entire family. Visit the Space Quest! exhibit, make a space banner with ink stamps (ages 12 and under) and learn about a live animal at noon or 2 p.m. (all ages). This is the last weekend for the special planetarium show, *Dance of the Planets*, at 1 or 3 p.m. (ages 4 and above only). Guests are welcome to enjoy their picnic lunches on the grounds.

*Museum hours are 10 a.m. to 4:30 p.m. Science Discovery activities are noon to 4 p.m. The Discovery Museum Science and Space Center is located at 3615 Auburn Boulevard, Sacramento. Admission is: \$8 adults (18+), \$7 seniors (60+), \$7 teens (13-17), \$6 children (4-12), \$0 children (3 and under). Ages appropriate for 4 to 12 years old. For more information, call (916) 808-3942 or visit [www.thediscovery.org](http://www.thediscovery.org).*

## Fun cookie of the month to try!

**PP&J Sandwich cookies**  
[www.bettycrocker.com](http://www.bettycrocker.com)

- 1 pouch (1 lb 1.5 oz) Betty Crocker® peanut butter cookie mix
- Vegetable oil and egg called for on cookie mix pouch
- 1/3 cup Betty Crocker® Rich & Creamy vanilla frosting (from 1-lb container)
- 2 tablespoons peanut butter
- 1/3 cup favorite jelly, jam or preserves (can use sugar free jelly)

Heat oven to 375°F. Make cookies as directed on pouch, using oil and egg. Cool completely, about 30 minutes.

In small bowl, stir frosting and peanut butter until smooth.

For each sandwich cookie, spread generous teaspoon frosting mixture on bottom of 1 cookie; spread scant teaspoon jelly over peanut butter mixture. Top with another cookie, bottom side down.




**Kids Clay Camp**  
Have fun and create with us  
Summer programs ages 7 and up  
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Week long Summer Clay Camps starting June 10th, June 17th, June 24th, July 8th, July 15th, July 22nd & July 29th.

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7425 Winding Way • Fair Oaks, CA 95628 • Call 916-966-2453



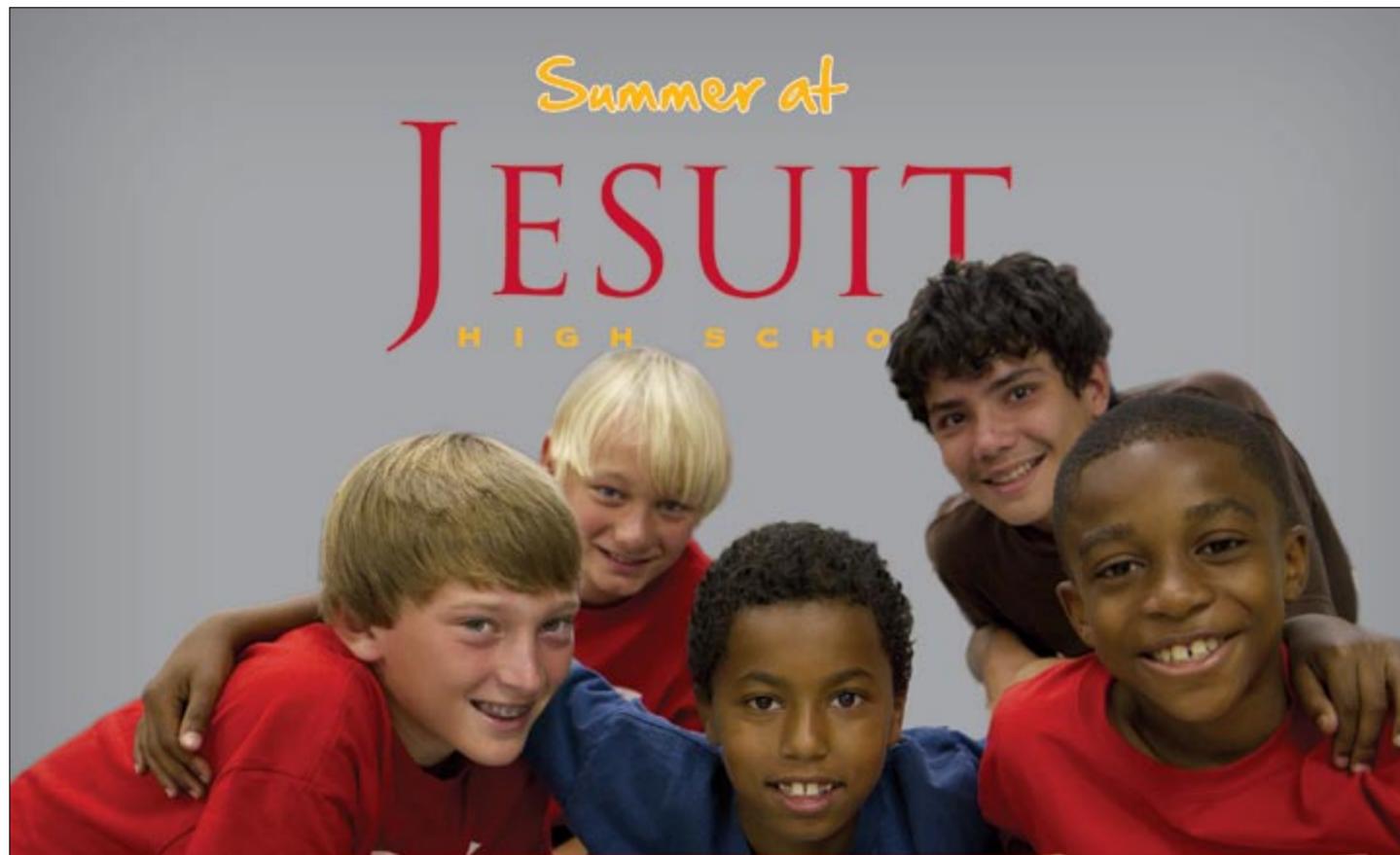
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## JESUIT EXPECTS A HISTORIC SUMMER

With new offerings in Academics Plus, Sports Camps and Summer School, we anticipate that this will be our busiest summer in history!

**REGISTER NOW AT [JESUITHIGHSCHOOL.ORG/SUMMER](http://JESUITHIGHSCHOOL.ORG/SUMMER)**

### ACADEMICS PLUS (Boys Grades 5 - 8)

For more than 20 years, Jesuit High School has offered Academics Plus for boys entering Grades 7 and 8. This year, we are proud to announce the expansion of this program to include Junior Academics Plus: The Quest of the Marauder, for boys entering Grades 5 and 6. This program is known for enhancing students' academic skills through science and technology, mathematics, reading and the arts. We promote the importance of teamwork through team sports and structured recreational games. Registration for this three-week, full-day program is on a first-come, first-served basis. Make sure to register your son soon!

### SPORTS CAMPS (Boys and Girls Grades 1 - 9)

Eighteen different sports camps will be offered this year including baseball, basketball, rugby, soccer, volleyball, wrestling and all-sport conditioning. For the first time, we now offer water polo. Many of our camps are open to both boys and girls entering Grades 1-12. Most of our camps are led by Jesuit coaches. Your son or daughter will learn from Rugby coaches who led our team to six national championships. Greg Harcos, who led the Marauders Basketball Team to a 2012 CIF-State Final Four appearance, leads our basketball camp. And Paul Rose, three-time National High School Boys Soccer Coach of the Year, leads soccer. Visit our website for a full listing of camp dates.

### SUMMER SCHOOL (Boys and Girls Grades 9 - 12)

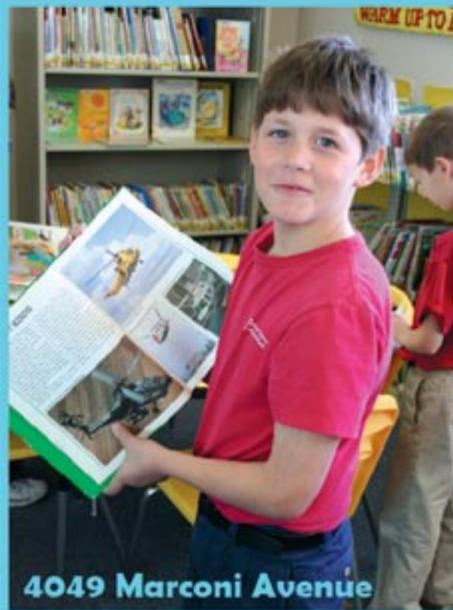
Our Academic Summer School Program is expanding options in both the arts and world language review. Twenty-two courses will be offered in math, science, band, art, history, world language review, English, driver's education and SAT preparation. Classes are filling up fast. Make sure you sign up soon for Summer School at Jesuit!





# SUMMER FUN CAMP!

@ Town & Country Lutheran School



**June 17 - August 14**  
**7:30 am - 5:30 pm**

★  
**Reading and Math Review**  
**Theme Based Activities**  
**Swimming**  
**Field Trips**  
**Cooking**

★  
**For children going into**  
**First Grade through Sixth**

★  
**Call 481-2542 ext.100**

**4049 Marconi Avenue**



**telcs@sbcglobal.net**

## SUMMER CAMP SESSIONS

SESSION 1  
 Oki Pool • June 17, 19 & 21  
 (Mon, Wed and Fri only)  
 Wisseman Drive & Cliffwood Way

SESSION 2  
 Southside Pool • June 24-27  
 6th Street and U Street

SESSION 3  
 Glen Hall Pool • July 8-11  
 5415 Sandburg Drive

SESSION 4  
 Tahoe Pool • July 15-18  
 3535 59th Street

SESSION 5  
 Glen Hall Pool • July 22-25  
 5415 Sandburg Drive

# SYNC & SWIM

with Sac Synchro

## SYNCHRONIZED SWIMMING CAMP

Come on down and try one of the Sacramento Synchronized Swim Team's summer clinics! In the course of a week your child will learn more than just basic swimming techniques.

Each day, they will:

- start with stretching
- keep afloat by eggbeater,
- learn a new skill, basic positions and patterns of synchronized swimmers that you see on the Olympics,
- put together a routine and,
- learn how to apply makeup for a swim show



- All sessions are from 9am-Noon
- Cost- \$125 per session
- Sign up for 2 or more sessions and receive \$10 off and an opportunity to swim in our summer show in August

- Swimmers ages 5 and up (must be comfortable in deep water and able to swim 25 yards)
- All you need is a swimsuit, towel, goggles, sunscreen and a smile!

*It's a perfect blend of learning and fun under the sun!*

For more information, visit us at [www.sacsynchro.com](http://www.sacsynchro.com)

To register for the summer camp sessions, email [membershipsacsynchro@gmail.com](mailto:membershipsacsynchro@gmail.com) or call 692-9366.



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# Fairy Tale Town



ANIMALS  
MUSIC  
DRAMA

# SUMMER FUN STARTS HERE

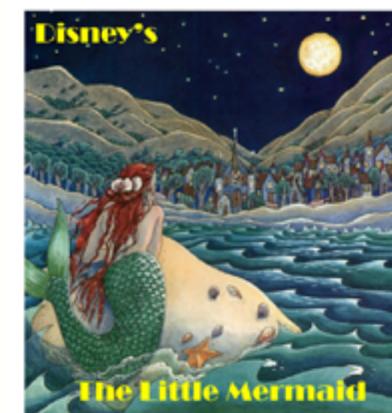
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ARTS & MORE!

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Through May 19 on  
 Saturdays & Sundays at 1:00pm

For information or tickets call  
 916-353-1001 or go to our  
 website:  
[www.SutterStreetTheatre.com](http://www.SutterStreetTheatre.com)



June 1 - July 7  
 Saturdays & Sundays at 1:00pm

**Sign Up Now for Performing and Visual Arts Summer Workshops**

**Performing & Visual Arts Workshop for ages 10-16**  
 June 10-14, Monday through Friday

**Performing & Visual Arts Workshop for ages 6-12**  
 June 17-21, Monday through Friday

**Masters Musical Theatre Camp**  
 July 1-12, Monday through Friday,  
 9:00am-2:30pm

Students will be working on a production of *School House Rock*. At the end of the Camp they will be performing for three weekends on Saturdays and Sundays at 1:00pm through July 28.

**REGISTER BY MAY 30 AND SAVE \$25**

To register or for more information call 916-353-1001 or go to our website at [www.SutterStreetTheatre.com](http://www.SutterStreetTheatre.com)

Sutter Street Theatre, 717 Sutter Street, Folsom 95630



# SUMMER GUIDE

Education, Camps, Sports, Getaways, Entertainment, Amusement Parks and More!  
For ad rates, call (916) 429-9901

**JOIN A BAND THIS SUMMER • INTRODUCTORY MEETINGS JUNE 1st • SKIP'S MUSIC**  
For more info visit [skipsmusic.com](http://skipsmusic.com) or call (916) 484-7575

**Stairway to Stardom**  
Where it all begins

Stairway to Stardom is an eight-week Summer music program for young, non-professional musicians. Each participating student is placed in a band of fellow student musicians with a professional music coach and given the opportunity to create, develop, and perform original music on a professional level. This year, it is anticipated that over 20 bands will be on the bill for the final concert at the Crest Theatre. The program is educational, inspirational, and fun!

## Fishing Derby

A fishing derby will take place Saturday, June 15, at the pond in William Land Park, located at Land Park Drive and 15th Avenue, Sacramento, from noon to 6 p.m. The Juneteenth Festival has partnered with the Department of Fish and Game's "Fishing in the City" program to host this year's derby. The City of Sacramento Parks and Recreation Department will stock the pond at William Land Park with catfish and teach youth how to fish. Poles and the bait will be provided.



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Performing arts classes for children and adults - singing, rhythm, storytelling, movement, bellydancing - for rejuvenation, skill enhancement, and of course, summer fun!

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**family fun**

Lara Downes Family Concert  
**Gertrude McFuzz, Carnival of the Animals and more!** MAY 19 ▶

From the classic story created by the inimitable Dr. Seuss comes the whimsical Gertrude McFuzz and her one-feathered tail. Following a sold-out run of the gleefully charming Green Eggs and Ham, Lara Downes will be joined in Jackson Hall by the entire Davis High School Orchestra, and Mondavi Center Young Artists winner soprano Anush Avelisyan and girl soprano Lily Linaweaver, to tell the story of the girl-bird who learns to like herself just as she is, presented in a delightfully lively musical style combining jazz, pop and classical influences. With music by Rob Kapilow and direction by Mindy Cooper, this will be a grand afternoon of entertainment for young and old alike.

Children Always SAVE 50%

10th Anniversary Season Sponsors:  
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### St. Philomene offers:

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- 2nd Session: July 8 - July 19
- 3rd Session: July 22 - August 2

Childcare available from: 7am-6pm  
Register today! Please call or go online.

Visit our website to learn more!

Now Enrolling for Fall 2013!

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**San Francisco Bay Ferry**

Looking for a unique way to express your feelings to a loved-one or the whole family on Valentine's Day?

Experience a day of adventure by zipping down a 1500 ft zip line or rappelling 165 ft into a cave at Moaning Cavern Adventure Park. Black Chasm Cavern and California Cavern offer guided cave tours featuring a wide variety of formations including stalactites, stalagmites, and flowstones. Get more information from our web site, or call toll free 866-762.2837 to plan a Valentine's Day to remember!

**CAVE & MINE ADVENTURES**

**39** Awesome Days of...  
**CAMP LAKESIDE**  
 Monday-Friday 7:30-5:30 pm  
 Bridgeway Lakes Boathouse,  
 3650 Southport Pkwy.  
 \$95/week  
 Kinder-5th grade

**1** amazing & fun  
**Kids Night Out!**  
 Dinner, crafts, splash park time, & a movie  
 Friday, May 4 6:30 - 9:30pm  
 Bridgeway Lakes Boathouse  
 3650 Southport Pkwy.  
 \$12 1st child, \$9 each additional  
 Ages: Kinder - 5th

Registration for West Sacramento Summer Youth programs is OPEN! Register online at [westsacfun.org](http://westsacfun.org) or in person at the Community Center 1075 West Capitol Ave. or the Recreation Center at 2801 Jefferson Blvd.

**866.762.2837**

[CaveAndMineAdventures.com](http://CaveAndMineAdventures.com)

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**May 18-19**

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[WWW.GALTCHAMBER.ORG/STRAWBERRYFESTIVAL.HTML](http://WWW.GALTCHAMBER.ORG/STRAWBERRYFESTIVAL.HTML)

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*The best-loved family vacation in the land.*

Treat your family to an authentic farm stay at Chaffin Family Orchards, near Oroville. Kids learn where food comes from. They delight in doing farm chores, like: collecting eggs, feeding farm animals and picking organic vegetables. Farmers explain everything. Parents say it is the most relaxing vacation they've ever taken. The easy pace and simple pleasures of farm life do that.

Everyone gets to kick back. Ride the farm's bus to nearby Table Mountain's lush meadows, wildflowers and scenic views. Explore creeks or go on a scavenger hunt through the orchards. Shop for farm-fresh food in the Honesty Shop. Then, prepare dinner in a wood-fired pizza oven and relax on the porch of your luxury tent cabin. Life doesn't get much better.

**OPENS APRIL 8th**

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How fun can your child's summer be?  
**LET US COUNT THE WAYS...**

**45** Lifelong Friendships at  
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 \$35/week  
 Scholarships available  
 \*Free lunch provided  
 Incoming 6-incoming 9th grade

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 Monday - Friday 10 am - 2pm  
 Elkhorn & Westfield Elementary (Free)  
 Southport & Bridgeway Elementary \$15 per week  
 FREE LUNCH PROVIDED AT QUALIFYING SITES  
 Scholarships available  
 Ages: Kinder - 5th grade

**39** Awesome Days of...  
**CAMP LAKESIDE**  
 Monday-Friday 7:30-5:30 pm  
 Bridgeway Lakes Boathouse,  
 3650 Southport Pkwy.  
 \$95/week  
 Kinder-5th grade

**1** amazing & fun  
**Kids Night Out!**  
 Dinner, crafts, splash park time, & a movie  
 Friday, May 4 6:30 - 9:30pm  
 Bridgeway Lakes Boathouse  
 3650 Southport Pkwy.  
 \$12 1st child, \$9 each additional  
 Ages: Kinder - 5th

Registration for West Sacramento Summer Youth programs is OPEN! Register online at [westsacfun.org](http://westsacfun.org) or in person at the Community Center 1075 West Capitol Ave. or the Recreation Center at 2801 Jefferson Blvd.

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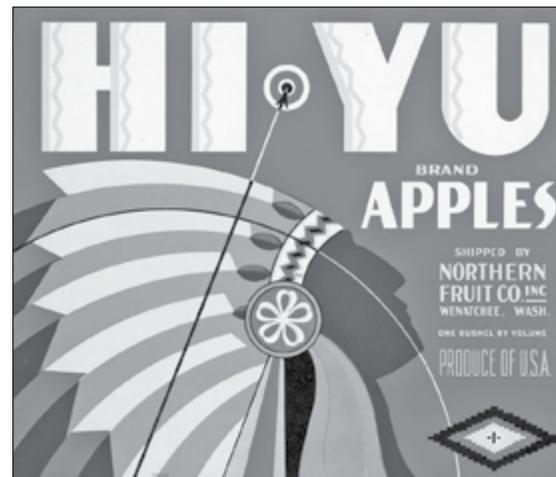
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## Popular Fruit crate Art Exhibit

The California State Railroad Museum debuts a visually-powerful exhibit titled "Pick Me! A Bumper Crop from the Pacific Coast". For example, colorful labels showcasing Washington cherries and Oregon apples join the ranks of California oranges and asparagus that serve to entertain and amaze visitors.



Chosen from the Museum's collection and on loan from private lenders, the evocative art portrays vibrant hues and whimsical motifs that romanticized life in the West. Beginning in the 1840s, early railroads experimented with shipments of perishables cooled by ice. In the decades after 1869, when the Transcontinental Railroad connected the country, techniques for cooling insulated wooden railroad cars--using ice--were perfected. Suddenly a vast new market opened up for Pacific Coast farmers.

Filled with fresh western-grown produce, wooden shipping crates were identified on their exteriors by artistically and fantastically designed labels. Dripping with color, these labels communicated the powerful allure of the West. Many labels depicted verdant fields and idyllic pastoral scenes, subtly suggesting that the West was a magical place - a place where it was always sunny and the grass was somehow greener. Visitors will enjoy seeing new selections of historic labels and exploring how fruit crate art developed over time as a graphic art form, a printing technique and a means of marketing.

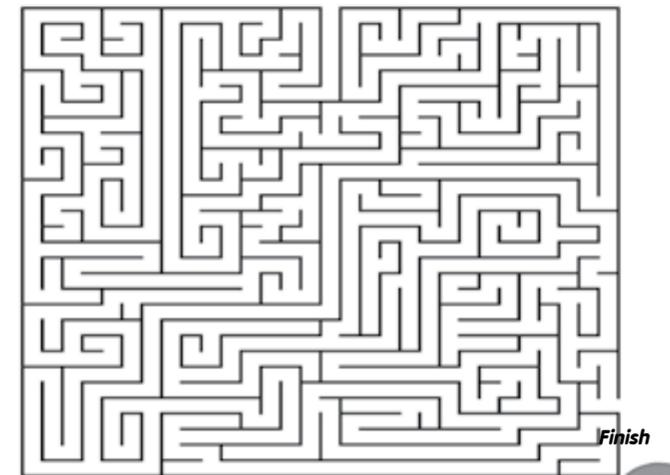
In addition to the fruit focus, children especially enjoy searching the labels to find imagery of animals such as dogs, pigs, kittens and birds. Museum visitors will also have the hands-on opportunity to create their own labels using magnetic cut-outs of typical design elements. Admission is \$10 adults; \$5 youths ages 6-17; free for children ages 5 and under. For more information, please call (916) 445-6645 or visit [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org).



## Mother's Day Maze

Can you help the little girl take the present to her mother?

Start



Finish



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FOLSOM, CA 95630

# "Once Upon A Time"

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**SUMMER 2013**

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OUR PRESCHOOL FRIENDS WILL BE CAPTURED BY WEEKLY ONSITE ENTERTAINMENT. SCHOOL AGE CHILDREN WILL BE SPELLBOUND INTO ADVENTURES TO FAR AWAY LANDS TO BE CAPTIVATED BY EACH WEEKLY THEME.

### SNEAK PEEK OF PRESCHOOL:

THEME WEEK:	MAIN EVENT:
BIPPITY BIPPITY BOO	MAGIC SHOW
ENCHANTED FOREST	PETTING ZOO
COLORS OF THE WIND	CULTURAL DANCE
SECOND STAR TO THE RIGHT & STRAIGHT ON 'TIL MORNING	BLINDING GENIUS

### SNEAK PEEK OF SCHOOL AGE CAMP:

THEME WEEK:	MAIN FIELD TRIP:
BEAR NECESSITIES	SLY FAIRY
TREASURE PLANET	CHART SPACE & SCIENCE CENTER
FUN ARE FRIENDS NOT FOOD	PIR 39 & FERRY RIDE
HOUSE OF HOGWARTS	VEIKINGHOLM CASTLE
FRAGMENTED FAIRY TALES	BLACK CHAM CHAYERS



[littlefolksuniversity@comcast.net](mailto:littlefolksuniversity@comcast.net)

CALL FOR MORE INFORMATION: 916-985-7055

## Walk on the Wild Side

Saturday May 18th, 2013

10:00am - 4:00pm

Beach Lake Park, Freeport, California

(916) 875-WILD

Wetland Tours

Live Music

Live Animal Presentations

Conversation Exhibitors

Children's Hands-on Activities



### Directions

Exit 2-5 at Pocket Road and head east. At Freeport Blvd, turn south. Continue two miles through the town of Freeport and past the golf course. Turn left at the signs (just opposite of Cliffs Marina) and continue until you reach the Beach Lake event area.

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



Free Event and Parking  
No Pets or Alcohol

S R C S D



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## Congratulations!

In the 9th Annual Comcast Fifth Grade Reading Challenge, Comcast challenged fifth grade classes throughout the Sacramento Valley area to improve their literacy levels by reading the most minutes from February 1 through February 28. Students kept track of the amount of time they spent reading alone or being read to by an adult or older sibling.

Mrs. Liss' class of 30 fifth-graders at Woodlake Elementary School, located at 700 Southgate Road, beat out 27 other 5th grade classes in the Sacramento area by reading a total of 188,307 minutes, for an average of 6,277 per student. This is Mrs. Liss' fourth time winning, the first being in 2010. The contest was open to all public, private and charter schools throughout the Sacramento area.

Woodlake Elementary School will receive a \$1,000 check, Mrs. Liss, the winning fifth grade teacher will receive \$500 in school supplies, and her students will each receive a \$20 gift certificate to Barnes & Noble for winning the challenge.

## Trunk Show

Save the date for a trunk show of the most wonderful Guatemalan jewelry, purses, vests and T-shirts at reasonable prices. All funds go to support the Redwood Forest Friends Scholarship Program which currently supports 106 rural, indigenous, poor Guatemalans pursuing university and technical school educations in Guatemala. Almost half of the students are women. Come and enjoy snacks while you shop! Save the date, Saturday morning, May 25, 10:30 a.m. to 1:30 p.m., 22 Marlton Court, Sacramento.

**\*\* Directions to Marlton Court: Take 5 South to 43rd; exit 43rd and take a right; continue on 43rd as it becomes Riverside and then it becomes Pocket Road (stay on Pocket Road as it veers to the left); watch for Marina Park Way on the right; make a right on Marina Park Way; make an immediate left on Marlton Court; look for the beige house near the levee. Call (916) 427-7539 if you get lost.**



## Free Tree Tours

Celebrate spring and explore the City of Trees on a guided tree tour with the Sacramento Tree Foundation. Tree Tours begin promptly and happen rain or shine. All tours are free, but to ensure that you're included, RSVP to [www.sactree.com/events](http://www.sactree.com/events) to register.

- **Sunday, May 5, 11 a.m. to 12:30 p.m.**  
CSUS Arboretum, 6000 J Street, meet at the Arboretum, State University Drive across from parking lot #1
- **Saturday, May 11, 11 a.m. to 12:30 p.m.**  
River Park Community, Carlson Drive, meet at the Shopping Center on Carlson near Lovella.

Advertise in

**California Kids!**

Call for more information!

**916.429.9901**

# SUMMER GUIDE

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## Santa Cruz Mission State Historic Park

**Building Methods at the Mission, Saturday, May 4, 1 to 2 p.m.**

Come and see how the oldest building in town was made. Work 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 abode brick. The event is free. Rain Cancels.

**Hides and Tallow, Saturday, May 11, 1 to 2 p.m.**

Come and see how Mission Santa Cruz participated in a world economy back in the early 1800's. 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.

**Wool, Spinning, and Weaving, Saturday, May 18, 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. Rain or Shine.

**Mission Cooking Demonstration, Saturday May 25, 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 and make your own tortilla. The event is free. Rain cancels.

*The Santa Cruz Mission State Historic Park is located on School Street off of Mission and Emmet Street in Santa Cruz. Please call (831) 425-5849 for more information.*

## Seacliff State Beach

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

**Saturday, May 18, Family Beach Discovery Walk, 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, 1 and a half hour walk. Bring beach friendly shoes, water, sunscreen, a snack and an inquisitive spirit. Meet at the Seacliff Visitor Center at 1p.m.

## Rancho del Oso Nature and History Center

**Wildflower Hike, Sunday, May 12, 10 a.m.**

Want to explore the variety of wildflowers in Rancho del Oso? Within Rancho del Oso's seven different habitats, there are easily over 50 species of flowers you can view in a day. This hike is great for photographers who want to go slowly and take photos. Wear sturdy shoes, bring a lunch and drinking water. Docent Scott Peden will lead this 4.5 mile hike that begins at the Nature and History Center.

**Fireside Stories, Sunday, May 12, 2 p.m.**

Pretend, play, sing and explore! Bring the family and gather round the fireplace together at the Nature and History Center for a story followed by activities focused on the theme of the story. This 30-minute program will introduce youngsters (recommend children be at least 3) to the wonders of nature.

**Berry Creek Falls Hike, Sunday, May 26, 10 a.m.**

Join in the fun for an all-day hike to Berry Creek Falls. Hiking from the Ranger Station to the three gorgeous waterfalls is an all-day affair so bring lunch, water and energy. The hike is 7 miles each way over moderately easy trail except for the uphill around the 3 sets of gorgeous waterfalls. Wear good hiking shoes for the 14-mile trek. Arrive early at the Hwy 1 gate across from Waddell Beach, and then walk in approximately 1 mile to the ranger station to meet your guide at 10 a.m. at the Ranger Station. Call to RSVP - (831) 427-2288 or (831)425-1218, or just show up.

*Located 17 miles north of Santa Cruz off highway 1 (831) 427-2288. From Santa Cruz, turn right just before the Waddell Creek Bridge at the sign for Rancho Del Oso Nature and History Center. From Half Moon Bay take Highway One south 30 miles and turn left after the Waddell Creek Bridge (2.6 miles south of Año Nuevo State Reserve).*

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## 2013 Children's Summer Art Classes

**FOR ALL LOCAL YOUNG ARTISTS!**  
JUNE 17<sup>TH</sup> THROUGH AUGUST 2<sup>ND</sup>, 2013

**Learn basic techniques in Fine Arts & Sculpting:**  
Drawing, painting, collage, pastels, printmaking and sculpting

**Group "A"**  
Grades 1 - 3

- Week 1 June 17 - 21
- Week 2 June 24 - 28
- CLOSED WEEK OF JULY 4TH**
- Week 3 July 8 - 12
- Week 4 July 15 - 19
- Week 5 July 22 - 26
- Week 6 July 29 - Aug 2

**Group "B"**  
Grades 4 - 6

- Week 1 June 17 - 21
- Week 2 June 24 - 28
- CLOSED WEEK OF JULY 4TH**
- Week 3 July 8 - 12
- Week 4 July 15 - 19
- Week 5 July 22 - 26
- Week 6 July 29 - Aug 2

### Grades 1-6

Fine Arts Classes: Weekdays 9:30 - 11:30am

Two groups: Grades 1-3 & 4-6

Tuition: \$65.00 per week

*A different class each week - no repeats!*

**Limited space - Register early!** By mail or at the Sacramento Fine Arts Center. Registration includes all art supplies and snacks.

**Come Visit our Center:** We have ongoing gallery exhibits free to the public; art classes, workshops, art clubs to join that offer free day and evening demonstrations. We have many brochures and information you can pick up at the center!

**If interested:**

Call the SACRAMENTO FINE ARTS CENTER 916-971-3713

5330B Gibbons Drive,  
Carmichael, CA  
95608  
[www.sacfinearts.org](http://www.sacfinearts.org)





Photo courtesy American Camp Association

## How to Decide if Your Child is Ready for Camp

### American Camp Association

Children are ready for new experiences at different stages. Parents know their children best and these questions can help gauge whether this is the summer your child will start camp. Here are some factors to consider:

- What is your child's age? Children under age seven may not adjust easily to being away from home. Consider the day camp experience to prepare them for future overnight camp.
- How did your child become interested in camp? Does your child talk about camp on a sustained basis? How much persuasion is necessary from you?

- Has your child had positive overnight experiences away from home? Visiting relatives or friends? Were these separations easy or difficult?
- What does your child expect to do at camp? Learning about the camp experience ahead of time allows you to create positive expectations.
- Are you able to share consistent and positive messages about camp? Your confidence in a positive experience will be contagious.

To help you get make that experience possible and to find an ACA-Accredited® camp and to access other resources including a list of local camp fairs, visit [www.CampParents.org](http://www.CampParents.org) and [www.ACAcamps.org](http://www.ACAcamps.org).



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Fun, Family Friendly Event—Cooking Demos, Planting tips, and much more!

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Tuesday 3-7 Swanston Park

Saturday 8-1 Midtown Market

Wednesday 3-8 Fair Oaks Plaza Park

Saturday 8-1 Historic Folsom Plaza

Wednesdays 9-1 VA Hospital at Mather

Sunday 9-2 Carmichael Park

Thursday 8-1 Franchise Tax Board

## Open Rain or Shine!

## Maidu Museum and Historic Site events

Friday, May 18, Campfire, 7:30 to 8:30 p.m.

Sit under the stars at the outdoor amphitheater to enjoy native stories around the campfire. Roasting sticks and marshmallows will be provided for a sweet program's end. Museum doors open at 7 p.m. Admission is \$5 per person, \$16 family of four, under 2 are FREE.

Saturday, May 18, Night Out at the Museum, 6:30 to 8:30 p.m.

For a FREE "Night Out at the Museum," part of the 3rd Saturday Art Walk. April Moore will speak about her relationship within the Native Community. Artists Billy Hawk Enos and Winema Marie Suhead will also speak about their new exhibits. Museum doors open at 6:30 p.m. Program starts at 7. Light refreshments will be available.

Saturday, May 18, Rock Art Mysteries, 8 to 9 p.m.

Take a walk through the historic site to observe petroglyphs by lantern light—the best way to see them. Journey back in time and explore ideas about the purpose of these mysterious symbols carved in stone thousands of years ago. Museum doors open at 6:30 p.m. Lantern tour starts at 8 p.m., following the FREE "Night Out at the Museum" event. Admission, \$6 per person.

Museum hours are Monday through Friday, 9 a.m. to 4 p.m.; Saturday, 10 a.m. to 1 p.m.; 3rd Saturdays, 6:30 to 8:30 p.m. Guided tours are Saturdays at 10 a.m. Self-guided tours on weekdays. Admission is: \$4.50 adults, \$4 senior/child, and \$2 after 2 p.m.

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

## Henry Cowell Redwoods State Park

Located Off Hwy 9 in Felton

Saturday, May 25, Bird Walk at Henry Cowell Redwoods State Park,

From 8 to 10 a.m., Sunday, May 26, 8 to 10 a.m.

Approximately 1 mile/2 hours/no elevation gain. Explore Henry Cowell Redwoods river and meadow ecosystems with park naturalists. Binoculars and bird guides are available to borrow for the walk. Dress in layers, bring water and snack. An optional information session will meet after the walk to cover binocular selection, birding books and apps, birding hot spots, etc. Meet at 8 a.m. in front of Nature Store at Henry Cowell Redwoods State Park. Heavy rain cancels. For more information call (831) 335-7077.

### A Note From the Nurse

# Reliable Internet Health Information

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

Many parents routinely surf the web for information about their children's health, researching such topics as teething, toilet training and toddler tantrums. A trial Google search on teething brings up more than ten million entries, ranging from physician-sponsored websites to Wikipedia, parenting blogs and sites selling teething-related products. How can busy parents distinguish trustworthy sites from those that are questionable or downright unscrupulous?

The National Library of Medicine offers a short tutorial titled, "Evaluating Internet Health Information," at: [www.nlm.nih.gov/medlineplus/webeval/webeval.html](http://www.nlm.nih.gov/medlineplus/webeval/webeval.html). The first recommendation is to find the site sponsor. Is it a government agency, medical school, health-related organization or business? Consider quality. Does the site have an editorial board that reviews the information before posting it? A site's "About Us" or "Mission" tab answers many of those questions. Also, contact information should be readily apparent.

Each section should display a review date at the end. If a site doesn't routinely review and update its pages, you can't be sure you're getting the newest and best medical information available. Does the site sell health-related products such as vitamins or medical equipment? If so, that could make the information offered less than impartial. Be skeptical. Things that sound too good to be true usually are. You want current, unbiased information based on research, not emotion or opinion. Here are five sites consistently providing high-quality health information that is both reliable and objective.

### American Academy of Pediatrics

The American Academy of Pediatrics (AAP) maintains an excellent website for par-

ents at [www.healthychildren.org](http://www.healthychildren.org). It offers extensive information on childhood development at the 'ages and stages,' tab, as well as condition-specific information at the 'health issues' tab. Parents can register to receive periodic information and to create their own Family Health Center page. Always click on a website's privacy policy to see how any information you provide may be used. The AAP website states collected information will be used only for the purpose stated at the time of collection.

### Centers for Disease Control and Prevention

The CDC's "Children" page at: [www.cdc.gov/lifestages/children.html](http://www.cdc.gov/lifestages/children.html) provides over two dozen distinct resources ranging from ADHD to autism, child development to childhood obesity, and immunizations and safety. The site offer many interactive features, including newsletters and videos. Pages show the most recent updates and list references for medical facts as applicable. The CDC is the governmental organization charged with protecting the nation's health. The CDC's home page explains privacy policies and mission in great detail. The site averages 41 million page views monthly.

### Mayo Clinic

Maintained by the prestigious Mayo Clinic, this site lists its physician medical

reviewers and provides a mission statement saying, "Our mission is to empower people to manage their health. We accomplish this by providing useful and up-to-date information and tools that reflect the expertise and standard of excellence of Mayo Clinic." While the site does sell products and elicits referrals to its facilities, it also provides a wealth of information about disease-specific topics as well as social and behavioral topics such as step families, sibling rivalry, children and divorce, and single parenting. It also offers sections specific to preschoolers and school-age children at: <http://www.mayoclinic.com/health/childrens-health/MY00383>.

### Medline Plus

Medline Plus is run by the National Institutes of Health's Library of Medicine. The site offers health information about diseases, conditions, and wellness issues in easily-understood language at: <http://www.nlm.nih.gov/medlineplus/childrenshealth.html>. It lists the editorial board, mission and quality guidelines. Consumers and parents can be sure they are getting highly-reliable and up-to-date information at this site. The children's health page features dozens of convenient links to a variety of topics, such as sleep problems, alternative therapies, healthy eating habits and preparing children for doctors' visits.

The powerful search tool leads to videos, interactive tutorials and detailed information about the requested topic.

### Nemours

Nemours is a pediatric health care system and one of the largest nonprofit organizations devoted to children's health. It claims its site is the most-visited and trusted website for children's health with 750,000 weekly visits. Nemours runs children's hospitals and clinics in several states. While one purpose of the site may be to encourage use of its facilities, Nemours is considered a high quality site with excellent information. It's actually four sites, with pages for parents, kids, teens and educators. The parents' site is <http://kidshealth.org/parent/>, the children's site is <http://kidshealth.org/>, and the teen site is <http://kidshealth.org/teen/>. The sections are highly interactive

and include games, videos, quizzes, and experiments. The information is age-appropriate and the sites are safe for children and teens to independently navigate, although parents may wish to review the material first.

### Coming in July: Child Dental Care

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 does a lot of Internet research because she writes health and science books for young people and continuing education courses for nurses. 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).

Fremont Presbyterian Church presents:

**SUMMER MUSIC CAMP**  
JUNE 17-21, 2013

M-Th, 8:30 AM - 12:15 PM  
Friday, 8:30 AM - 2:30 PM

For students entering grades 2 - 6.

\$90 for the first child  
\$80 for each additional child

Online registration at [www.fremontpres.org](http://www.fremontpres.org)  
Or email: [cheryl@fremontpres.org](mailto:cheryl@fremontpres.org)  
with any questions.

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STORY  
of  
QUEEN  
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# Big Basin Redwoods State Park

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

• **Redwood Loop Walk, Every Saturday and Sunday, 11 a.m. and 2 p.m.** except for Mother's Day, Sunday, May 12 at 11 only

AND Memorial Day, Monday, May 27 at 11 a.m. and 2 p.m.

How do these grand redwoods grow to be so old? So tall? How are they important to humans? Enjoy this fun and informative guided half-mile stroll through a magnificent old-growth redwood forest. Meet the famous Mother Tree, the Father of the Forest and the incredible Chimney Tree on this 90-minute walk. Stroller and wheelchair accessible. Meet at Park Headquarters.

• **Campfire Programs; Saturday, May 18, 25, and Sunday, 26, 7 p.m.**

Enjoy the historic campfire center for an evening of song and story. Serenade

the glittering stars and learn about redwood ecology, creatures of the forest or stories of the park while relaxing in the shadows of the towering trees. Fire lighting and marshmallow roasting (marshmallows and sticks provided) starts at 7 p.m. and the program begins at 7:30 pm. Wheelchair and stroller accessible. Good dogs welcome. Meet at the Campfire Center.

• **Junior Rangers; Saturday, May 18, 25, Sunday, 26, 3 p.m. and Monday 27, 11 a.m.**

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

• **Big Basin Nature Club; Saturday, May 18, 25, Sunday, 26, 4:30 p.m. and Monday, May 27, 10 a.m.**

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

• **What's that Bird?, Saturday, May 4, 10 a.m.**

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

• **Horse Tails, Sunday, May 5, 11:30 a.m.**

Come meet Bellarose the horse and learn about the important role horses played in early Big Basin history. Join docents Peggy O'Shea and Maura McNamara as they share stories of how horses were used by the Spanish ex-

plorers, early settlers and the lumber and tanning industries. Meet at Park Headquarters.

• **Explore Big Basin! Sunday, May 5, noon**

On this 4-hour, 4-mile leisurely hike with docent Barry Grimm traverse old-growth redwood and Douglas-fir forest in some of the park's most scenic backcountry. Look at the forest in new ways and share our findings. Compact digital cameras are encouraged to help us share what we see. This hike is suitable for adults and young adults who are diligent hikers. Dress in layers for changeable weather and temperatures. Bring sturdy walking shoes, water and trail snacks. Meet at Park Headquarters.

• **Crafts in the Outdoors: Beginning Leatherwork in Big Basin, Saturday, May 11, 9 a.m. to noon**

Doing crafts in the outdoors can be a wonderful experience. Make and decorate (tool) a small name tag for your backpack or luggage made from vegetable tanned leather. Learn to identify the tanoak tree and learn some of its properties. Hear about the history of tanoak logging and tanning in the Big Basin area. This will be a short (1/4 mile) stroll followed by the opportunity to craft your own leather item. Bring water, snacks, and appropriate clothing. Rain cancels. Meet at Park Headquarters.

• **Volunteer with the Trail Crew, Saturday, May 11, 9 a.m. (must be 18 years of age or older)**

Since 1969 the Big Basin Volunteer Trail Crew has helped make it possible for others to safely enjoy the park's beauty. The Trail Crew meets the second Saturday of each month, rain or shine. A typical workday lasts until mid-afternoon. Bring your own work gloves, lunch and water. Join us for a unique perspective of Big Basin, a lively and productive experience with others who share a love of these redwood forests, and the satisfaction of participating in a vital part of the park's ability to educate and inspire the public. Meet at Park Headquarters. Check [www.bigbasintrailcrew.org](http://www.bigbasintrailcrew.org) to confirm dates and time.

• **The Road Less Traveled—A Dog-Friendly Walk, Saturday, May 18, 1:30 p.m.**

On this dog-friendly walk, travel on North Escape Road, a paved road closed to traffic. Your stunning old-growth redwood groves along beautiful Opal Creek. Discuss redwood ecology and park history while exploring the deep shade of the redwood forest. This is a fun, easy, three-mile, two-hour roundtrip walk with docent Elise Scripps and her dog Brie. Dogs not required, but welcome. Bring water and meet at Park Headquarters.

• **Berry Creek Falls Hike, Sunday, May 12, 9:30 a.m.**

Travel deep into the heart of Big Basin as you experience a

wide range of habitats on this moderate to strenuous 11-mile-loop hike. Wind through shady redwood canyons and climb dry ridges as you hike to the jewel of Big Basin—65-foot Berry Creek Falls. Bring lots of water, lunch and wear layers. Docent Bill Rhoades guides you on this seven-hour hike. Meet at Park Headquarters.

• **Horse Tails, Sunday, May 12, 11:30 a.m.**

Come meet Bellarose the horse and learn about the important role horses played in early Big Basin history. Join docents Peggy O'Shea and Maura McNamara as they share stories of how horses were used by the Spanish explorers, early settlers and the lumber and tanning industries. Meet at Park Headquarters.

• **A Special Mother's Day Event! Mother's Day Walk: Women of Big Basin Sunday, May 12, 1 p.m.**

Celebrate Mother's Day in the park by honoring the spirited women who have lived in, worked in and fought for Big Basin throughout its history. Living history reenactments bring you back in time where you will meet pioneer homemaker Alice Maddock, Josephine McCrackin, the "Savior of the Redwoods" and Harriet "Petey" Weaver, the first female Ranger. Stroll through the redwoods with Docent Doreen Devorah, a state park docent, actor, writer and producer, as she portrays these inspiring women on this half-mile, 2-hour guided walk. Meet at Park Headquarters. This walk is wheelchair and stroller accessible. The park is located 9 miles outside of Boulder Creek on Hwy 236 at 21600 Big Basin Way. Day-use parking fee is \$10. More information is available at (831) 338-8883.

• **The Road Less Traveled—A Dog-Friendly Walk, Saturday, May 18, 1:30 p.m.**

On this dog-friendly walk, travel on North Escape Road, a paved road closed to traffic. Your stunning old-growth redwood groves along beautiful Opal Creek. Discuss redwood ecology and park history while exploring the deep shade of the redwood forest. This is a fun, easy, three-mile, two-hour roundtrip walk with docent Elise Scripps and her dog Brie. Dogs not required, but welcome. Bring water and meet at Park Headquarters.

# Calendar of Events

## Arts & Crafts

**May 2, Comic Creations, 3:30 p.m., 4660 Via Ingoglia, Sacramento.** Create your own comic book at the North Natomas Library. Best for kids aged 9 to 12. Registered participants will receive a free comic book. For more information, call (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

**May 2, Catapults, 4 p.m., 7400 Imagination Parkway, Sacramento.** Children aged 6 to 12 are invited to come to the Valley-Hi-North Laguna Library to make tiny catapults with popsicle sticks. Then test them with tiny marshmallows. For more information, call (916) 264-2920.

**May 5, Hand Print Flowers, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** April showers bring May flowers. Come to the Effie Yeaw Nature Center and get hands-on with this craft by making your own personalized flower art. Materials will be provided at the Effie Yeaw Nature Center. For more information, call (916) 489-4918.

**May 10, Mother's Day Craft, 4 p.m., 6132 66th Avenue, Sacramento.** Come to the Southgate Library and learn the art of quilling—curling strips of paper to make a beautiful and unique gift for your mother, grandmothers, and other important women in your life. All materials provided. For more information, call (916) 264-2920.

**May 10, Make a Spiral Notebook, 4 p.m. 11601 Fair Oaks Boulevard, Fair Oaks.** Families are invited to the Fair Oaks Library to create their own notebook. Select the size, paper, color and design and use for all your life's noteworthy moments. For more information, call (916) 264-2920.

**May 11, Cardboard Box and Duct Tape Craft, 2 p.m., 10055 Franklin High Road,**

**Elk Grove.** Children, ages 6 to 12 are invited to bring their imagination to the Franklin Library. The library will supply cardboard boxes of all shapes and sizes along with duct tape, markers and glue. Finished forts, trains, castles and whatever else you build will remain in the library to play with all summer long. For more information, call (916) 264-2920.

**May 11, Free Comic Book Day Bookmark Contest, 2 p.m., 6132 66th Avenue, Sacramento.** Young artists are invited to draw at the Southgate Library and submit their artwork for a chance to win prizes. The selected winner's drawing will be featured on a library bookmark. The contest is open to children ages 6 to 12 and teens ages 13 to 18. Contestants will draw for 60 minutes and submit their original, best artwork. Only one entry per person will be accepted. For more information, call (916) 264-2920.

**May 18, Abalone Necklace Making, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Join a naturalist at the Effie Yeaw Nature Center in the replica Nisenan Maidu Village to polish an abalone shell piece for your own unique necklace. All ages welcome. Children will need assistance from an adult. For more information, call (916) 489-4918.

**May 24, Kokeshi Dolls Craft, 4 p.m., 6132 66th Avenue, Sacramento.** Come to the Southgate Library and celebrate Asian Pacific American Heritage Month and learn to paint wooden dolls in the style of traditional Japanese crafts or make your own; zombie, Star Wars, ninja, you-name-it! For more information, call (916) 264-2920.

**May 31, Ice Cream Social, 6 p.m., 5600 South Land Park Drive, Sacramento.** Come and enjoy ice cream, entertainment, music and fun with the whole family at the Belle Cooledge Library. Shop for great book buys at the book sale, have your face

painted and sign up for Summer Reading. For more information, call (916) 264-2920.

## Critter Events

**May 4, Tracks and Scat, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** There are many animal-made signs in the woods that reveal who has used the trail before you. Become a nature detective and search for some animal tracks, scat and signs in the Effie Yeaw Nature Preserve. For more information, call (916) 489-4918.

**May 11, Raptors, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Come in out of the heat for this program and learn about the exciting lives of raptors. View some raptor "biofacts" and get a chance to meet one of the Effie Nature Center's resident raptors up close. For more information, call (916) 489-4918.

**May 25, Critter Corner, 10:30 a.m. 2850 San Lorenzo Way, Carmichael.** Where do our animals come from? Why are they here? Meet a couple of small animal residents at the Nature Center up close. Learn about each of their unique journeys and how they became an educational ambassador for the Effie Yeaw Nature Center. All ages welcome. For more information, call (916) 489-4918.

## Nature Events

**May 5, Spring Tree Tour, 11 a.m. to 12:30 p.m., 6000 J Street, Sacramento.** Celebrate spring and explore the City of Trees on a guided tour in the CSUS Arboretum with the Sacramento Tree Foundation. Tours begin promptly rain or shine. Meet at Arboretum, State University Drive across from parking lot #1. All tours are

free, but to ensure that you're included, RSVP to [www.sactree.com/events](http://www.sactree.com/events) to register.

**May 11, Spring Tree Tour, 11 a.m. to 12:30 p.m., River Park Community, Sacramento.** Celebrate spring and explore the City of Trees on a guided tour in the River Park Community with the Sacramento Tree Foundation. Tours begin promptly rain or shine. Meet at the shopping center on Carlson near Lovella. All tours are free, but to ensure that you're included, RSVP to [www.sactree.com/events](http://www.sactree.com/events) to register.

**May 12, Mother Nature Day Walk, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** If you are looking for something to do with Mom or just a Mother Nature lover then join a naturalist for a hike. See some wild mothers in action and spend some time with Mother Nature this Mother's Day. Call the Effie Yeaw Nature Center for more information.

## Special Events

**May 3, Breakdancing for the Entire Family, 4 p.m., 10055 Franklin High Road, Elk Grove.** Don't stop moving this summer! Keep fit and have fun with a few simple dance moves and routines you can use all summer long. Mr. Horiuchi, a trained, professional break dancer, will demonstrate and teach you how to do some of his routines. This program is for all ages and it's free! For more information, call (916) 264-2920.

**May 4, Fairy Hunt, 1 p.m., 601 Alhambra Boulevard, Sacramento.** Join the staff at the McKinley Library for their fairy hunt throughout the midtown area. Beginning with "Building Fairy Houses" at the McKinley Library and ending with a fairy craft and magical surprise at McClatchy Library. This fairy hunt has clues set along the path to help you on your way and special treats at each stop.

Children must be accompanied by an adult and a physical activity waiver is required to participate. For more information, call (916) 264-2920.

**May 4, Fancy Nancy Tea Party, 2 p.m., 10055 Franklin High Road, Elk Grove.** Join the staff at the Franklin Library for a tea party celebrating the series of "Fancy Nancy" books by Jane O'Connor. Dress in your fanciest outfit (tiaras, sparkles and jewelry are highly encouraged) and the staff will ready a Fancy Nancy story, make fancy crafts, play games and enjoy fancy refreshments. For more information, call (916) 264-2920.

**May 11, Sleeping Beauty Performance, 2 p.m. and 7 p.m., 2300 Sierra Boulevard, Sacramento.** The Crockett-Deane Ballet Company and Deane Dance Center present "Sleeping Beauty." The performance will also be held May 12, at 2 p.m. Tickets on sale at the door. Admission is \$15 general; \$12 students/seniors; \$10 for children. For more information, call (916) 453-0226.

**May 11, Food Preservation Demonstration, 10 a.m. to noon, 4145 Branch Center Road, Sacramento.** The public is invited to a food preservation public demonstration: All Dried Up! basic introduction to safe dehydration techniques at the Sacramento Cooperative Extension Office. This is a free event and no advanced registration is required. For more information, call (916) 875-6913.

**May 11, Dance Group Program, 2 p.m., 2443 Marconi Avenue, Sacramento.** Bring the family to the Arcade Library and celebrate Asian Pacific American Heritage Month by enjoying the music and dance of Hawaii with the Ohana Dance Group. Each song is explained to give its historical and cultural significance. The audience will gain an understanding of the Hawaiian culture and its richness. For more information, call (916) 264-2920.

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# Developmental Milestones: What to Look for and When?



## A Message from First 5 Sacramento

Ask any parent, nothing compares to the joy of watching your baby or toddler experience and react to the world around them. From giggling when you play a game of peek-a-boo to dancing when you sing a song, these responses are the most cherished moments of parenthood. Most importantly, they can serve as developmental milestones, or markers used to measure your child's physical, social-emotional, cognitive, and creative growth.

Studies show 90% of a child's brain develops during the first five years of life. With knowledge and understanding of these milestones during these early years, parents can have a meaningful impact on their child's development so they grow up healthy and able to succeed.

First 5 Sacramento provides some key developmental milestones to look out for and simple ways you can encourage your child's development at each stage:

**Birth-1 year** Your baby is learning their place in this world and developing his or her sense of security. Loving and nurturing your child during this period is the most important thing to focus on. In addition, your baby is developing critical communication skills. Take this time to talk to your child and sing to them. We encourage

parents to read aloud to their child every day for 20 minutes starting at birth. Reading aloud helps your baby develop crucial language and critical thinking skills.

**1-3 years** During this stage, your child is growing into his or her independence. Give your child the freedom to explore. Practice skills with them like brushing teeth, stacking blocks, and catching and throwing the ball. Also, children at this stage may begin to test their boundaries. Parents are encouraged to set limits on their child's behavior and be realistic with their expectations. Use gentle discipline with your child to help them learn self-control.

**3-5 years** By now, your child has developed or is developing social skills. Give your child the chance to meet and play with other children. Take your child to the park or invite a friend over. Children learn from each other through play.

Remember, all children grow and develop at different rates. However, by paying attention to your child's developmental milestones, parents are able to easily identify any delays so they can get treatment as soon as possible. If you are concerned about your child's development, contact WarmLine at 916-922-9276 on online at [www.warmlinefr.org](http://www.warmlinefr.org).



### 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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## Beauty Party Ideas

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

### Beauty Party Invitation Ideas

- Print party invitation information on a label and stick it to bottles of lotion, perfume or nail polish and then hand out to party guests.
- Download a lipstick font and use it when you print the party details, or on the front of plain note cards.
- Write party information onto sleep masks and send to guests.
- Ask guests to bring robes and slippers ... or arrive in their pajamas to the Beauty Party.

### Decorations for a Beauty Party

Decorate the Beauty party in pinks, reds and touches of purple or blue. Red or pink table cloths with glitter or confetti spread on the table. (Cover with a clear plastic table cloth). Pink and red streamers and helium balloons

### Activities

- Hair Styles - Have a parent style the girls hair using curling irons, hot irons or curlers. For more fun

check to see if a local beauty parlor will send a hairdresser to the party to give the girls up do's for a set price.

- Paint Nails and Toenails

### Beauty Party Games

**• Nail Polish Beauty Birthday Spin Game**  
Have the girls sit together on the floor and inside the circle set out several different colors of nail polish. Birthday girl goes first by setting a bottle of nail polish sideways on the ground and spin it. If the girls are sitting on carpet you can place the bottle of nail polish on a magazine or other hard surface so it will spin. When the nail polish bottle stops spinning the girl that the cap is pointing to must paint one of her fingernails that color. After she paints her fingernail she then chooses a color of nail polish and spins it. Keep going until everyone in the circle has all of their fingernails painted. They can also continue the game and paint their toes. This is best played with crazy colors of nail polish ... lime green, turquoise, bright blue, etc.

**• Blind Beauty Make Over** Set out several items of makeup and a blindfold. The girls will draw numbers to see which order they will play the game in. To begin the girl who picked #1

puts on the blindfold and while blindfolded applies makeup to the girl who got the #2. When they are done #2 puts on the blindfold and does the makeup of #3 ... keep going until all the girls have had their makeup done. Really funny for everyone and all the girls love it. Take pictures afterward of everyone in their blind beauty makeup.

**• Beauty Guess and Win Game** Fill a see through jar with lots of small candies, nail polish, eye shadows, q-tips, hair ribbons, pony tail holders, jellybeans, skittles, marbles or rings. Count the items before you put them into the jar. As the girls arrive for the birthday party have them guess how many toys, makeup items or candies they think are in the jar. Write down each birthday party guest's guess. At the birthday party's end reveal who guessed closest to the right number. The winner takes home a small prize, or the whole jar with its contents!

**• Don't say it!** Give out bead necklaces (like Mardi Gras beads) to each person as they arrive. Tell the girls that they are not allowed to say the words "birthday", the birthday girls name and any other word that the girls use a lot such as "like", etc. If a girl is caught saying one of the off limit words then they must give their necklace to the person who caught them saying it. Play this game throughout the whole party and at the end of the party the girl with the most bead necklaces wins a prize.

### Beauty Party Food Ideas

Chocolate covered strawberries, sparkling grape juice in champagne flutes, tea cakes, lemon squares, trays of chocolates, fruit platter

### Beauty Party Favor Ideas

Nail polish, sleep masks, foot scrub, eye shadow, body glitter, makeup, pony tail holders, hair ribbons, small mirrors

### Goody/Loot Bag Ideas

Makeup bag, small basket, plastic makeup organizer

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