

August 2013

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# Fairy Tale Town events

• **Cat & the Fiddle Music Festival**  
Friday, Saturday and Sunday, August 9, 10 and 11  
Daytime concerts start at 11 a.m. Evening concerts start at 6 p.m.

Hey diddle diddle! Celebrate music and fun in the summer sun with a three-day music festival at Fairy Tale Town. Mumbo Gumbo, the Keri Carr Band, Joy and Madness, and more will take to the Mother Goose Stage for live evening concerts. Evening concert tickets are \$15 for adults and \$10 for children. Three-night combo tickets are \$30 for adults and \$20 for children. Children's concerts featuring the Raytones, Two in Tune: Sacramento Opera and Philharmonic, and more will take place Saturday and Sunday beginning at 11 a.m. and are free with paid park ad-

mission. Visit [www.fairytaletown.org](http://www.fairytaletown.org) for the full festival lineup and ticket information. For more information, visit [www.fairytaletown.org](http://www.fairytaletown.org) or call (916) 808-7462.

• **Family Campout at Fairy Tale Town, Friday, August 16, 5:30 p.m. through Saturday, August 17, 7 a.m.**

Spend the night at Humpty Dumpty's house. This exciting overnight adventure includes a theater performance, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Wake up the next morning under Fairy Tale Town's canopy of trees to a light continental breakfast. Prices range from \$25-\$30 per person and include all activities. Member discounts are available. For more information, visit [www.fairytaletown.org](http://www.fairytaletown.org) or call (916) 808-7462.



The Raytones will be performing at the Cat & the Fiddle Music Festival.

• **Jackie Greene Live at Fairy Tale Town, Saturday, August 24, Gates open 6:30 p.m. Concert starts 8 p.m.**

Sacramento favorite Jackie Greene returns to Fairy Tale Town for a fifth annual benefit concert. Taking place on the park's Mother Goose Stage, the outdoor concert supports Fairy Tale Town's education programs and park improvements. Ticket prices are \$35. For con-

cert rules and restrictions, visit [www.fairytaletown.org](http://www.fairytaletown.org). For more information, visit [www.fairytaletown.org](http://www.fairytaletown.org) or call (916) 808-7462.

*Fairy Tale Town is open 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.*

# Zoo Ice Cream Safari

Ice Cream Safari! - August 17, 4 to 8 p.m. Join the staff at the Sacramento Zoo for the 29th annual Ice Cream Safari where you can enjoy Baskin Robbins Ice Cream in cones, sundaes and floats along with Coca-Cola beverages. Other activities include face painting, an Ice Cream Dance Party and live entertainment. Don't forget to enter the GiRaffle for the chance to win some fun prizes. Buy your tickets in advance and save. Advance tickets are \$17 for adults and \$13 for kids (age 2 to 11). Please note that tickets purchased on the day of the event are \$20 for adults and \$15 for kids, no discounts. For more information, visit [www.saczo.org](http://www.saczo.org) and visit the ice cream safari page to get your tickets now.

\*\*\*Zoo closes at 1:30 p.m. to prepare for the event.

# A Note From the Nurse Child Dental Health

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

Tooth decay affects more children in the United States than any other chronic infectious disease. Untreated tooth decay causes pain and infections that can lead to poor nutrition and early tooth loss. The good news is that these problems are largely preventable with proper dental care, including early brushing, fluoride, sealants, and regular visits to a dentist familiar with caring for children's teeth. Good dental care begins in infancy.

## Brushing Teeth

Start oral care early. Experts recommend wiping an infant's gums with a soft damp cloth after feeding to help prevent the buildup of bacteria. A cloth also may be used on the gums and teeth when the child has only one or two teeth. Switch to a baby toothbrush when the child has several teeth. Move on to larger, age-appropriate toothbrushes as your child gets older.

You can begin using a 'smear' of fluoride toothpaste on the toothbrush when the child is two years old. Increase the amount to

a pea-sized lump between ages two and five. Supervise or perform brushing. Children usually don't have the skill to brush their teeth adequately until they are around four or five years old. Until that time, parents should brush the child's teeth twice a day for two minutes.

## Visiting the Dentist

"First visit by first birthday." The American Dental Association recommends that parents take their child to a dentist no later than the first birthday. This gives the dentist a chance to look for early dental problems. You and your child's dentist should review important information about diet, bottles, tooth brushing and fluoride use. Visiting the dentist at a young age will help your child become comfortable with being examined by a dentist, and establishes the child's dental home.

Pediatric dentists are the pediatricians of dentistry. A pediatric dentist has two to three years specialty training following dental school and limits practice to treating children only. Pediatric dentists are the primary and specialty oral care providers for infants and children through adolescence, in-

cluding those with special health needs. However, many family dentists are also well equipped to see children. Early examination and preventive care will protect your child's smile now and in the future.

## Protecting Teeth

The Centers for Disease Control and Prevention calls fluoridation of community drinking water one of the ten great public health achievements of the 20th Century. Fluoride has been added to drinking water for more than sixty-five years because it helps to prevent, control and even reverse tooth decay. Studies show fluoridated water reduces tooth decay by 25% over a person's lifetime. While fluoride is safe, excess amounts at too young an age may cause white spots on permanent teeth. If your child is under eight, follow your dentist's recommendation regarding use of fluoride toothpaste or supplements.

Dental sealants are thin plastic coatings most often applied to the chewing surfaces of children's molars. The material seals the natural grooves and pits in the molars where food particles and bacteria can collect. Sealants are applied as soon as molars erupt; first molars come in at around six years old and second molars at about twelve years old. The treatments, which are painless and tasteless, help to protect the teeth from decay for five to ten years.

# Dental Injuries and Accidents

If a young child loses a baby tooth it can't be put back in, nor does it need to be. If the child's mouth is bleeding, apply pressure to the area with cold gauze. Use ice to reduce swelling and give the pain medication approved by your child's doctor (usually acetaminophen or ibuprofen).

If a permanent tooth is chipped or broken, collect the pieces and use ice to reduce pain and swelling as needed. Visit your dentist with the pieces of tooth; they can sometimes be used to repair or reconstruct the permanent tooth.

The complete loss of a permanent tooth is considered an emergency. If a permanent tooth comes out, find it, rinse it, and try to insert it back into the socket. The child should hold the tooth in place while seeking immediate care in the dentist's office or emergency room. If the tooth cannot be put into the socket, place it in a small container of milk - not water - and seek immediate dental care. It's sometimes

possible for the tooth to be re-implanted.

Be sure children wear mouth guards and protective gear for contact sports such as baseball and football. Children should wear helmets for activities such as biking and skating to help prevent or minimize dental trauma.

Sources: CDC "Children's Oral Health," at: [www.cdc.gov/oralhealth/topics/child.htm](http://www.cdc.gov/oralhealth/topics/child.htm), and National Institute of Health Medline Plus, "Child Dental Health," at: [www.nlm.nih.gov/medlineplus/childdentalhealth.html](http://www.nlm.nih.gov/medlineplus/childdentalhealth.html).

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

*Connie Goldsmith writes health and science books for young people and continuing education courses for nurses. She has also worked as a 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).*

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## Hands on History:

# Tools, Talent and Technology - Jobs at Sutter's Fort

Come to the Fort, Saturday, August 17, 10 a.m. to 5 p.m., and see demonstrations of how these many skilled craftsmen plied their trades. Fort visitors will be able to lend their own hands to many of the activities and be rewarded by keeping the fruit of their labor. Learn how much material goods cost and how they were accounted for. Visit the Clerk's Office where you may view a replica of an original ledger kept by Fort clerk John Bidwell in 1846. Straighten nails at the carpenter station, fetch water for the cooks using carry-yoke, handle furs and skulls and help the trapper's make fire with flint and steel and help pack the wagon. View black powder weapons demonstrations, have your picture taken with a musket; try your skills at a history scavenger hunt, and be rewarded with a Sutter's Fort Coloring Book.

Sutter's Fort State Historic Park is open everyday from 10 a.m. to 5 p.m. Located in midtown Sacramento on L Street between 26th and 28th Streets, the Fort offers monthly "Hands on History" activities and special events throughout the year. For more information, call (916) 445-4422 or visit [www.suttersfort.org](http://www.suttersfort.org).

# California Kids!

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

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**General Manager:** Kathleen Egan

**Contributing Writers:**

Connie Goldsmith, Carmel L. Mooney, Patricia Newman

**Art Director:** John Ochoa • **Graphic Artist:** Serene Lusano

**Sales Manager:** Patty Colmer

**Advertising:** Jen Henry • 916-429-9901

**Distribution/Subscriptions:** George Macko

**Cover Photo by:** Tommy Wong

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# Babies at the Sacramento Zoo!

Along with the popular Sumatran Tiger cub, the Sacramento Zoo is excited to announce the births of 37 animals over the past few months. Births during this past spring include a Wolf's Guenon, Sumatran Tiger, Mongoose Lemur, four Black and White Ruffed Lemurs, two Red River Hogs, ducks, frogs, a Red Panda and seven Burrowing Owl chicks.

Many of the animals at the Sacramento Zoo are part of Species Survival Plans® (SSP), coordinated by the Association of Zoos and Aquariums. SSPs are cooperative breeding and conservation programs designed to maintain genetically viable populations of animals in captivity, and to organize zoo and aquarium-based efforts to preserve the species in nature.

**Zuri, the Wolf's Guenon** - Early morning on January 26, the Sacramento Zoo's female Wolf's Guenon gave birth to her first infant, a female named Zuri. Currently there are fewer than 35 of these vulnerable African monkeys housed at 11 zoos in the United States that are accredited by the Association of Zoos and Aquariums.



Wolf's Guenons are native to central Africa where they inhabit forests and forage for fruits, seeds, and an occasional insect. Forming loose family groups in the wild, these monkeys are even known to spend time with other primate species including Bonobos, Colobus Monkeys and other guenons. A larger mixed-species group may mean that there are more eyes on the lookout for predators, and many guenons have learned to recognize other monkeys' alarm calls so that they know how to respond correctly if a neighbor spots a leopard or eagle.

**CJ, the Sumatran Tiger** - CJ, the male Sumatran Tiger cub, was born March 3. At three months old, he made his public debut and began exploring his exhibit under mom's guidance. The new sights and smells have entertained this energetic young male between lengthy catnaps. Tigers are solitary creatures and the father does not assist in the raising of cubs. For this reason, CJ and mom will explore the outdoor habitat during the day while the male lounges outside in the evening and overnight.

Sumatran Tigers are critically endangered and found only on the Indonesian island of Sumatra off the

Malaysian Peninsula. Fewer than 500 Sumatran Tigers are believed to exist in the wild and approximately 200 live in zoos around the world.

**Black and White Ruffed Lemur Babies** - Four critically endangered Black and White Ruffed lemurs were born on May 17 and have been growing fast in an off-exhibit area with mom. Ruffed lemurs are the only primate that keeps their young in nests instead of carrying them around. In the wild they would use tree cavities and crooks to nest in, but at the Zoo keepers provide other nesting options like tubs and crates.

At a few weeks of age the infants start practicing their climbing skills. They are currently in an off-exhibit area, but you may see them through a mesh door between the lemurs' building and the exhibit. This door allows the father and older brother to get to know the youngsters through the mesh and will help with the introduction process when they are reintroduced to their extended family.

**Burrowing Owl Chicks Hatch** - Seven vulnerable Burrowing Owl chicks hatched over Mother's Day

weekend at the Sacramento Zoo. Four are inside the exhibit burrow and will start making appearances outside the nest over the next couple of months. The other three chicks are being hand-raised to become outreach animals, acting as ambassadors for their wild counterparts.

Burrowing Owls were the stars of the book *Hoot* by Carl Hiaasen that was later made into a movie. They are native to North and South America and can be seen in grassy fields right here in the Sacramento Valley. Burrowing Owls are a very important grassland predator, keeping rodent populations in check.

**Baby Mongoose Lemur** - The Zoo's pair of endangered Mongoose Lemurs (found across from the Tall Wonders giraffe deck) had their second baby on May 11. Their first youngster is also in the enclosure, learning important parenting skills from her mother.

The mom carries her infant like a fanny pack so you may see the baby around her waist. The sex of the baby will be known in a few months; its throat will stay white if it's a female but change to rust-brown if male. This species of lemur is monogamous and the typical group includes an adult pair and their offspring, usually one per year. Adults weigh just over 3 pounds.

Like other lemur species they are found on the island of Madagascar. Approximately 200 years ago, they were also introduced to the Comoro Islands by man. Mongoose Lemurs are endangered due to hunting and forest fragmentation.

**Red River Hogs** - Early June 23, the Sacramento Zoo's adult pair of Red River Hogs welcomed two female hoglets weighing in at 2.73 and 2.51 pounds. The Red River Hog family will be off-exhibit for a couple weeks, after which the youngsters will be ready to navigate their exhibit and meet their Bongo roommates.

When full grown, the hogs will weigh between 120 and

264 pounds and reach three to five feet in length. Until about three months of age, piglets are brown with yellowish stripes. This coloring serves as effective camouflage in the wild. Red River Hogs are best known for their long curly ears and reddish-brown fur. Native to the dense tropical jungles of Central to West Africa, Red River Hog populations are in serious decline due to hunting for food and sport.

**Red Panda Cub** - June 9, a pair of endangered Red Pandas welcomed a male cub, their first offspring. After 2.5 weeks, discussions between veterinary and animal care staff and the Red Panda SSP Coordinator led to a decision to hand rear the cub due to a lack of weight gain and inconsistencies in care from the cub's mother. Since beginning to hand rear the cub, he has shown signs of improvement and has steadily gained weight.

Red Panda cubs have a high mortality rate of 50% within the first 30 days of life. While the first-time mother was attentive, she may not have been producing enough milk to feed her cub. Animal Care staff are hopeful that the cub will thrive with additional attention from keepers and veterinary staff.

*Sacramento Zoo - Wildly Inspiring!*

Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9:00 am to 4:00 pm, 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 [sac zoo.org](http://sac zoo.org).



## Let's play ball!

Hey kids! Grab your hat, mitt and bat and head for the ballpark! Or why not enjoy a fun night at a River Cats game! If you can't do that, grab a pencil and find your way around this diamond! Baseball terms are hidden forwards, backwards, horizontally, vertically and diagonally. See how many you can find from the list below. Batter up!

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

Bases	Home Plate	Players
Bat	Hot dogs	Pop up
Batboy	Innings	River cats
Bunt	Left Field	Shortstop
Catcher	Peanuts	Slide
Cracker Jacks	Pitcher	Steal
Fly Ball		Umps

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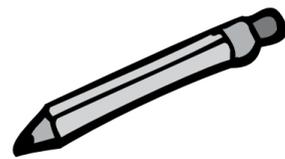
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# MAKE IT YOURSELF!



## Butterfly Wings

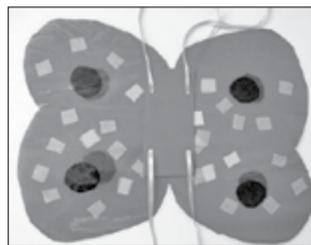
These butterfly wings are an easy kids craft for the summer or anytime you are studying butterflies - and they are fun to wear, too!

### You will need:

Tissue paper in various different colors, 2 laminating sheets and laminator, craft foam, glue, ribbon, hole punch

### You will need to:

Cut out two butterfly wings from tissue paper. Open up the laminating sheets and lay your wings inside. Cut shapes from the tissue paper and use to decorate the wings. Close the top layer of the laminating sheets. Very carefully turn the wings over, trying not to disturb the pattern you have made. Open the laminating sheets the other way up and decorate the other sides of your wings. Close the laminating sheets and carefully feed your sheets through the laminator. Please note that laminators can get very hot so young children will need an adult to do this bit. Trim around the edge of your wings. Make sure that you do not cut right to the edge of the tissue paper. Arrange your wings in a butterfly shape. Cut a large rectangle of craft foam. Punch out two holes near the top and two at the bottom. Thread through two lengths of ribbon. Tie the ribbon around the shoulders to wear.



## Sandcastle collage

Next time you visit the beach, bring home the supplies to make this sandcastle collage with your kids. Collect a little sand in a resealable bag or a small plastic food container or tub, and find some small, flat shells, too.

### You will need:

Construction paper in blue, scrap of paper for your flag, lollipop stick or craft stick (popsicle stick), sand, shells, glue

### You will need to:

Paint the surface of your sandcastle on the construction paper with a thick layer of glue. Sprinkle the sand evenly over, and leave to dry. Decide where you want to put your shells, then stick to the picture with a big dab of glue for each shell. Cut out a small rectangle of brightly colored paper for our flag and write on your name. Glue a stick to the top of the sandcastle, and stick the flag in place.



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

## Fabric Flower craft

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

### You will need:

Fabric in 2 coordinating designs, buttons, needle and thread, and garden wire

### You will need to:

Cut 2 paper circles about 4 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 circle.

When you have your two yo-yos, layer them up with a button over the top hole. Stitch the button in place going through both yo-yos. Finish off by stitching a length of garden wire to the back, bending the ends into a loop so that they aren't sharp and dangerous. You can now twist your flower onto a branch or pop it in a vase.



## Window Pictures

These colorful Window Pictures will brighten up any view, and bring some of the sunshine in this summer! A super summer craft for kids.

### You will need:

Tissue paper, Laminating sheet, and laminator

### You will need to:

Cut out different colors and shapes from the tissue paper to make a picture. Open the laminating sheet and arrange your picture inside. Close the top layer and carefully feed your picture through the laminator. Please note that laminators can get very hot so young children will need an adult to do this bit. Stick your picture to a window so the sun can stream through it and make the picture glow.



## Discovery Museum Science & Space Center Activities

### Ramblin' Mars Rovers, August 3 and 4

View the life-size Opportunity model in our Space Quest! exhibit. A new planetarium show debuts with a focus on the Curiosity rover (1 and 3 p.m., ages 4 and older). Learn more about space rovers at noon and 2 p.m. with special guest, Steven Ainsworth, an official NASA ambassador.

### National Smile Week Celebration, Saturday and Sunday, August 10 and 11

Flash your smile this weekend and celebrate National Smile Week. Make A Smile Dentistry is here to hand out goodies. These dental pros are leading a Tooth Fairy program about dental health at noon and 2 p.m. (for all ages). Once the kids learn about healthy teeth they craft a fun take home project to remember the day. Your admission includes these activities, the Space Quest! exhibit and a planetarium show (1 and 3 p.m., ages 4 and older).

### Space-tacular Spuds, Saturday and Sunday, August 17 and 18

August 19 is National Potato Day, so plan on spud

inspired fun this weekend. After visiting the Space Quest! exhibit to learn more about how astronauts work and live, children design "Spudbob", a potato astronaut. Combine your space knowledge with a potato and you get a great take home souvenir. Your admission includes these activities, a planetarium show (1 and 3 p.m., ages 4 and older) and an animal presentation (noon and 2 p.m., all ages).

### Aviation Antics, Saturday and Sunday, August 24 and 25

Join our celebration for National Aviation Day and learn about flight. A History of Flight activity is available for children to learn about different modes of flight through the years. In our Space Quest! exhibit, little ones pretend to fly in our rocket ship play station while wearing astronaut costumes. Test your aeronautical engineering skills by building a paper airplane and aiming it through a hanging hoop. Are you going to earn your wings? Your admission includes these activities, a planetarium show (1 and 3 p.m., ages 4 and older) and

an animal presentation (noon and 2 p.m., all ages).

### Labor Day Campout, Saturday, Sunday and Monday, August 31 to September 2

Don't want to deal with the crowds going out of town this weekend? Bring your family to the Discovery Museum for some Labor Day camping fun. The museum has a "campground" set up for kids to play in with tents, sleeping bags and even a pretend fireplace. Admission includes these activities, the Space Quest! exhibit, animal presentations at noon and 2 p.m. (all ages) and planetarium shows at 1 and 3 p.m. (for ages 4 and older).

Museum Hours are 10 a.m. to 4:30 p.m. Science Discovery activities are from 12:30 and 4 p.m. The Discovery Museum Science & 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: 4-12 years old. For more information, call (916) 808-3942 or visit [www.thediscovery.org](http://www.thediscovery.org).

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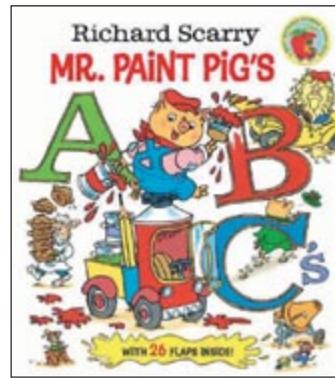
**THE BOOK REPORT**

# Learning the ABC's

By **Connie Goldsmith**

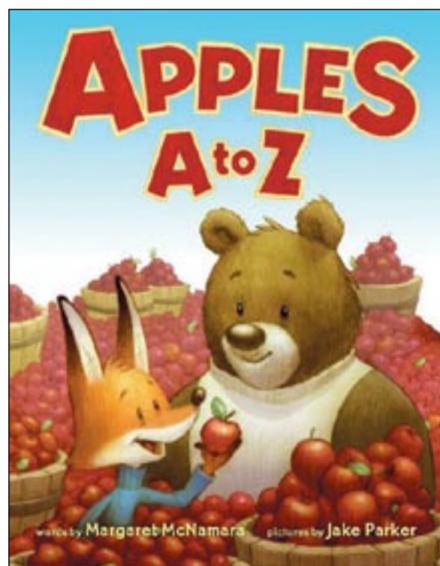
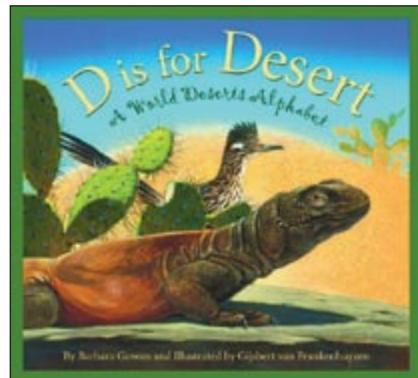
Every child learns the alphabet, and most learn long before first grade. Alphabet books can turn that simple task into a joyous good time when parent and child read together. Play alphabet games during tedious car rides. Call out a letter, such as B, and see how fast your child can spot a bike, a ball, or a blue balloon. Slightly older children might enjoy finding and calling out passing objects in alphabetical order. Letters form the foundation for all learning; making it fun for children now may ensure that it remains fun in the future.

"Apples A to Z," by Margaret McNamara, illustrated by Jake Parker. (Scholastic). Who knew learning about apples could be so much fun? To start with, they come in varieties from A (aroma) to Z (zabergau). Fox, Bear, Rabbit and Pig romp through this fact-filled book to show us there's a lot to learn about apples. The whimsical art depicts happy animals eating apples, picking apples, making cider, and visiting an apple-stocked farmer's market. And if the sight of all these apples leaves your little one feeling a wee



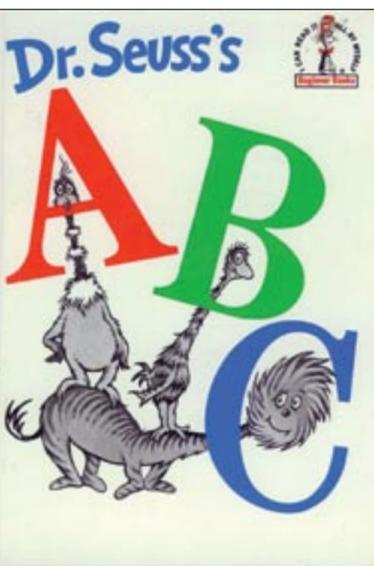
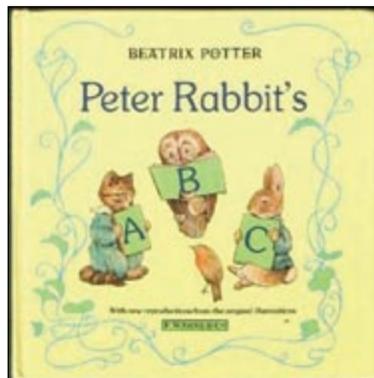
bit hungry, the end material includes a recipe for easy chunky applesauce along with three pages of apple activities and jokes. "What lives in an apple and loves to read? A bookworm!"

"Mr. Paint Pig's ABC," by Richard Scarry, (Golden Books). Richard Scarry has written over one hundred books, and most are still in print. Each letter of this ABC book has its own flap and the illustrations abound with the friendly and well-known animal Scarry characters. Both lower and upper case letters are featured so children can learn to recognize both. Each flap hides a fun surprise, for example, lift the Q for quilt, only to find a bunch of napping ants yelling, "Quiet!" The depicted words are unusual, such as a zipper on a zeppelin. Pull open the flaps to find a herd of zebra riding inside. And to top it off, Mr. Paint Pig is running around painting everything in sight! Tiny fingers may need help to open the flaps the first



time, but once opened, they are sturdy enough to endure repeated handling.

"D is for Desert: a World Deserts Alphabet Book," by Barbara Gowan, illustrated by Gijbert van Frankenhuyzen. (Sleeping Bear Press). The book is presented in the publisher's signature style – a short rhyme and pictures on every page followed by smaller text with further information for the curious. Learn about the world's most famous deserts, such as the Sahara and Mojave (site of Death Valley), and some of the lesser known (the Gobi). We learn about landscapes, weather, and plants and animals – the Bactrian camel and the kangaroo rat, the birds and lizards and bugs. The end material defines a desert, and we learn some deserts are cold (the polar desert of Antarctica). For U we have the Uluru, a sacred place to Australia's Aboriginal people. It could take hours to completely read this entire book, and readers of all ages are sure to be fascinated by



the richness of the world's deserts. **\*\* Reviewer's pick of the month\*\***

"Peter Rabbit ABC." (Frederick Warne). Beatrix Potter's original "The Tale of Peter Rabbit" has been widely franchised since it was first published in 1902. This soft-covered board book is perfect for the tiniest hands to hold or to snuggle up with. Potter's trademark bunnies, ducklings, kittens and squirrels are readily recognizable. Each spread features a large pull-up page with letters depicted in upper and lower case, and the named animal is both pictured and written, i.e. the B shows both the word bee and pictures of bees. This helps a very young child learn through hearing and seeing. Front and end pages show the entire alphabet at once, offering yet another method for children to learn their ABCs.

"Dr. Seuss's ABC," by Theodore Geisel. (Random House). First published in

1963, this ABC book has never been out of print, and was recently re-released as a 50<sup>th</sup> anniversary edition. In typical Dr. Seuss style, zany words and preposterous illustrations abound. Each letter is shown in capital and lower case, followed by a giggly-silly verse, as for D: "David Donald Doo dreamed a dozen doughnuts and a duck-dog, too." And for M: "Many mumbling mice are making midnight music in the moonlight . . . mighty nice." And brightly-colored "refresher" pages show us where we are in the alphabet so we won't get lost amongst all those twenty-six letters!

Connie Goldsmith ([www.conniegoldsmith.com](http://www.conniegoldsmith.com)) lives in Carmichael where she writes for adults and children. 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, recently came out. Her books can be found in school and public libraries, and at online booksellers.

# "Gold Rush Days" Returns to Old Sacramento Labor Day Weekend!

Get ready to turn back time to the 1850s! Come one, come all to the wildly fun, entertaining and free Gold Rush Days in Old Sacramento over Labor Day Weekend, Friday, August 30, through Monday, September 2, 9 a.m. to 4 p.m., Saturday and Sunday from 11 a.m. to 7 p.m., and Monday from 11 a.m. to 5 p.m.

From musicians to melodramas, soldiers to saloons, you'll experience it all at Gold Rush Days 2013. The popular event features talented musicians performing live on several stages, Old West theatrics, history re-enactments such as Squatter's Riots and Pony Express Relays, horse-drawn carriages, cowboys on horseback, ladies riding sidesaddle, wagon rides, gold panning, Artisan Alley, hands-on children's arts and crafts activities, watermelon eating contests in the Save Mart BBQ area, the popular Tent City, and much more.

As a new attraction this year, lively and fun baseball skits will take place in the streets of Old Sacramento that feature spirited baseball players in period uniforms who invite crowd participation and celebrate the early days of the sport in the Capital City. For a complete entertainment listing or more information about Gold Rush Days, visit [www.sacramentogoldrushdays.com](http://www.sacramentogoldrushdays.com) or call 916-808-7777.

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# Who wrote that?

The Creators of Your Child's Favorite Books

Featuring Jo Kittinger

By Patricia Newman

In May 2013, Jo Kittinger traveled to New York City to receive a Christopher Award for *The House on Dirty Third Street*, a book that “affirms the highest values of the human spirit” in the words of the selection committee.

The seed for *The House on Dirty Third Street* was planted when Kittinger and her husband were out of town, searching for an address on Thirty-Third Street. Kittinger became tongue-tied and she said dirty-third for thirty-third. “I started wondering what Dirty-Third Street would look like,” she says. One wisp of an idea led to another and soon Kittinger incorporated her experience repairing homes with fellow church-members in impoverished neighborhoods with her family’s frequent moves during her childhood. “*The House on Dirty-Third Street* captured a lot of who I am,” she says, “those memories of moving and having to start over in a new place.”

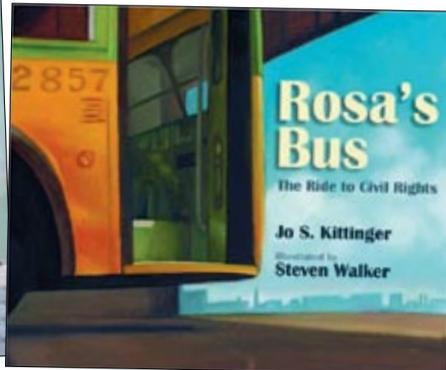
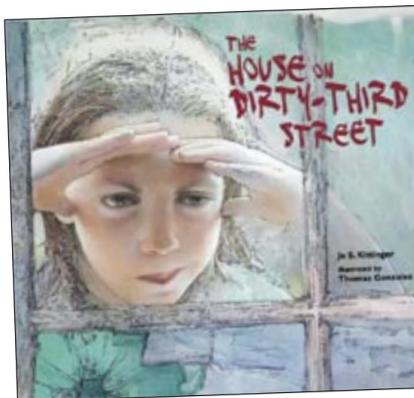
In the opening pages of the book, the main character surveys her new run-down, overgrown home with dismay. Her mother replies, “Try looking at it through eyes of faith.” Originally, Kittinger’s editor wanted to delete the line, but Kittinger held her ground because faith drives her “to help make the



world a little better” and she knew that readers of all religions (or even no religious faith) would connect with the sentiment.

Kittinger earned a Bachelor’s degree in Fine Arts with an emphasis on pottery. Before her children were born she worked in a studio and owned a gallery. “I was always creative and I always loved books, but I didn’t put them together until my kids were in school.” One of the elementary school parents offered a class on writing and Kittinger signed up.

Early in her professional career, Kittinger and members of her critique group helped found the local chapter of the Society of Children’s Book Writers and Illustrators (www.scbwi.org). The professional exchange of ideas, dedication to craft, and guest speakers made Kittinger a better writer. “I would have quit long before I got published if not for SCBWI,” she says.



Nature inspires much of Kittinger’s nonfiction work. “I was ten years old when I fell in love with being outside,” she says. Her books about birds and plants speak to her fascination with the natural world, but she has been known to piggy-back off her rockhound husband’s obsession with geology. One time Kittinger called a potential editor to find out the status of her book proposal about hot air ballooning. Instead of the editor, she says, “the top dog publisher answered.” He said that he had already signed up another book on hot air ballooning, but asked for other ideas. On the spot and fumbling for inspiration, Kittinger looked around her home and noticed rocks on every surface. *A Look at Rocks: From Coal to Kimberlite* was born and was voted a Best Science Book for Children.

Kittinger confesses that while she has an interest in rocks, it does not compare to her husband’s passion. That said, she wrote *Stories in Stone*, in part, because of the many cool fossils they have uncovered on trips together. A sharktooth. Whale vertebrae. Mosasaur poop—a marine reptile from the late Cretaceous period.

A friend introduced Kittinger to an attorney conducting a research project on legal literacy for children. Always open to “opportunities outside the box,” Kittinger says they discussed a story in which an asthmatic child’s condition is exacerbated by the mold in her apartment. The immigrant family avoids discussing the problem with the landlord for fear they will be evicted, but finds assistance from a Medical Legal Partner at the hospital who helps negotiate the needed repairs.

Published by the American Bar Association, *A Breath of Hope* and the newly released *Helping a Hero* are the first two titles in this new series for children.

The soft-spoken Kittinger writes from her home in Birmingham, Alabama. “I wish I had a daily writing schedule,” she says. “I don’t have set hours, although I’m always thinking about my writing whether or not I’m sitting at my desk.” In addition to picture books, Kittinger is hard at work on an as-yet unfinished young adult novel. “The emotions in the novel scare me,” she says. The book dredges up feelings and memories from her severely handicapped son’s death in 2000. “He taught us the meaning of unconditional love,” she says. “I am afraid of the emotions I’m going to experience in writing it and I’m afraid that I can’t do it well enough. Maybe I haven’t finished [the manuscript] because I’m afraid.”

According to Kittinger, her former critique partner and National Book Award winner Han Nolan, “once told me

that ‘writing should make us afraid—to go as deep as we go, being vulnerable, and getting to the depth of emotion.’ That was encouragement for me. I tend to be guarded.”

A self-described extrovert-introvert, Kittinger enjoys meeting new people and hearing their stories, yet craves solitude to recharge. “I’m energized by time alone,” she says. Creating new pottery is one of the many ways she refuels herself. “About once a year, I’ll get muddy,” she says.

Next month: Jeff Mack

Patricia Newman’s newest books *Navy SEALs: Elite Operations* and *Army Special Forces: Elite Operations* go on sale this fall. Other titles include: *Jingle the Brass*, recommended by the Smithsonian National American History Museum; *Nugget on the Flight Deck*, recipient of the California Reading Association’s *Eureka!* Silver Honor Award for excellence in children’s nonfiction; *Energy Lab: Biofuels and Energy Lab: Water Power*. Visit her website at [www.patriciannewman.com](http://www.patriciannewman.com) for more information.

## LEARN MORE ABOUT JO S. KITTINGER

Visit: [www.jokittinger.com](http://www.jokittinger.com)

### SELECTIONS FROM JO KITTINGER’S LIBRARY

- Helping A Hero*, American Bar Association Publishers, 2013.
- A Breath of Hope*, American Bar Association Publishers, 2012.
- The House on Dirty-Third Street*, Peachtree Publishers, 2012.
- Rosa’s Bus: The Ride to Civil Rights*, Calkins Creek Books, 2010.
- Jane Goodall*, Children’s Press, 2005.
- George Washington Carver*, Children’s Press, 2005.
- Moving Day*, Children’s Press, 2003.
- Going to the Beach*, Children’s Press, 2002.
- Birds of North America (East)*, DK Inc./Smithsonian, 2001
- A Look at Rocks: From Coal to Kimberlite*, Franklin Watts Publishing, 1997.



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## "Diesel Days!"

On August 17 and 18 and September 21 and 22, California State Parks and the California State Railroad Museum, will offer special train rides on the Sacramento Southern Railroad featuring two visually-exciting and gracefully-styled diesel locomotives. Old Sacramento State Historic Park Excursion trains depart from the Central Pacific Railroad Freight Depot (On Front Street between J and K Streets).

When these eye-catching diesels are in operation, guests of all ages will enjoy taking a memorable and relaxing weekend excursion train ride that is reminiscent of train travel from an earlier era. Those aboard are treated to a six-mile, 45-minute roundtrip excursion along the levees of the Sacramento River. The train features a combination of vintage closed coaches with comfortable seats and open-air "gondolas" with bench style seating. Same-day general admission weekend excursion train ride tickets are available in person on a first-come, first serve basis starting at 10:30 a.m. the day of the train ride at the Sacramento Southern Railroad ticket office. Weekend excursion train rides depart hourly from 11 a.m. to 5 p.m.

Excursion train rides cost: \$10 adults; \$5 youths ages 6-17; free for children ages 5 and under (\$15 for first class tickets aboard the El Dorado). Museum admission: is \$10 adults; \$5 youths ages 6-17; free for children ages 5 and under.

The Museum is open 10 a.m. to 5 p.m. First-class El Dorado tickets are available to reserve in advance at [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org) and groups interested in reserving the El Dorado for a regularly scheduled ride should call (916) 445-2560.

## New Exhibit at the California State Railroad Museum

California State Parks and the California State Railroad Museum have a new exhibit titled "Double Exposure: Photography and the Transcontinental Railroad."

The new exhibit will showcase a timeline of the development of photography from 1839 through today, along with a wide range of photography elements. Museum visitors will also have the opportunity to explore additional content and take pictures in a special photo booth set-up as part of the exhibit. As another interactive component, a detective card game will help families explore the exhibit together, allowing children to lead the way to discover more about the materials, people, technology and history behind photography's role in documenting this great feat. Plan a visit to the Railroad Museum soon to view the "Double Exposure" exhibit – it's sure to capture the interest of visitors of all ages!

Admission is: \$10 adults, \$5 youths ages 6-17, free for children ages 5 and under.

For more information, call (916) 445-6645 or visit [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org).

About the California State Railroad Museum  
 Operated by California State Parks with financial assistance from the non-profit California State Railroad Museum Foundation, the California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year's Day. Widely regarded as North America's finest and most popular railroad museum, the complex of facilities includes the 100,000-square foot Railroad History Museum plus the reconstructed Central Pacific Railroad Passenger Station and Freight Depot, 1849 Eagle Theatre, and Big Four and Dingley Spice Mill commercial buildings in Old Sacramento. For 24-hour information, visit [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org) or call (916) 445-6645.

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# Summer at the Drive-In

By Artie Knapp

Remember the summer I turned fourteen like it was yesterday. I had reached that magical age, which meant I could get a license to drive a moped. But my parents would have none of that. They were too dangerous, I was told.

In late July, I went to summer camp for a week. It was a fun time. A friend of mine and I went undefeated in three-on-three match-ups in basketball. I don't have a trophy to show for it, but I was proud of that. We won over ten games.

I also remember an Indian chief coming to my hometown to perform a rain dance that summer. It was so dry that most of the crops were ruined by late August. I would like to tell you that the dance led to some much needed rain, but I honestly don't remember if it did.

My fondest memory from that summer, though, was the triple-feature-movie I saw at my town's Drive-in theatre. There I was in the backseat with my younger brother, eating hotdogs and enjoying popcorn. My sister and her boyfriend were in the front seat. It's funny, the little things you remember sometimes. But the sky was completely covered in stars that night. I don't remember much about my sister's boyfriend, but his name was Steve. And he was allergic to bees. On a ride over to our house one summer night, Steve got stung while riding his motorcycle. The bump on his forehead stuck out so far, I almost didn't recognize him. It was scary. But he went and got a shot at the hospital and the bump went down, eventually. Anyway, back to the drive-in.

As the second movie was about to begin, I needed to stretch out. There wasn't a lot of space in the backseat. So I put my legs up against the car seat in front of me. My right foot was now next to my sister's headrest. And then it happened. Steve reached over to put his arm around my sister, and while doing so, grabbed my right foot. I was so surprised, that I didn't say anything. After a couple of minutes had passed, my brother and I could no longer keep our laughter inside. So I asked Steve why he was massaging my foot. You see, he thought he was holding my sister's hand the whole time. Steve looked over and yelled out in the same way I imagine he did when that bee stung him.

After that night at the drive-in, I don't ever remember seeing Steve again. Maybe my foot had something to do with that. I'm not really sure. But I do know that was a great summer.

*Artie Knapp is the author of many published works for young readers. A frequent contributor to the Detroit Free Press' Yak's Corner, his children's literature has been featured in over two hundred publications across the world. Among Artie's writing credits are the children's book, Stuttering Stan Takes a Stand, and Living Green: A Turtle's Quest for a Cleaner Planet, a shortlist finalist for the 2012 Green Earth Book Award. He is a member of The Society of Children's Book Writers and Illustrators, and graduated from Ohio University. Artie lives in Cincinnati, Ohio, with his wife and daughter. To learn more about Artie and his work, please visit him online at [www.artieknapp.com](http://www.artieknapp.com)*

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## XP Family Support Art Show

Please join in the fight for a cure of Xeroderma Pigmentosum (XP). XP Family Support Group Second Annual Art Show, a fundraising event, will be held Friday, August 23, 6 p.m., at 36 Handles in El Dorado Hills. Tickets are only \$5.

This event is dedicated to raising funds to create awareness, further research, and to support families with children afflicted with XP. Enjoy the Silent Art Auction, art by XP, raffle prizes, kids activities, free appetizers, and more.

One hundred percent of the Art Show proceeds will benefit the XP Family Support Group, a 501(c)(3) non-profit charity. All donations are tax deductible. (Tax ID # 59-3824809)

XP is progressive. The XP Family Support Group exists to improve the quality of life for those persons with Xeroderma Pigmentosum, a rare disease that affects mostly children. Children with XP can not be exposed to any sunlight or other ultraviolet sources. A single moment in the sun can cause horrific burns and can lead to skin cancer. Even the shade offers no protection for these individuals because



the invisible UV rays generated by the sun refract from the surface and scatter. Special accommodations such as clothing, window coverings, and special lighting, are a costly, but necessary fact of life. XP Family Support group assists families with the UV protection that they need to protect them.

For more information, call Michele Milota at (916) 379-0741 or email [contact@xpfamilysupport.org](mailto:contact@xpfamilysupport.org).

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# Effie Yeaw Nature Center Activities

## Free Weekend Activities

### • August 3, Saturday, 10:30 a.m., Under the Oaks

Our mighty oak trees provide food and shelter for many animals and insects. Learn the how to identify different varieties of oak trees in the Nature Preserve and who might be living in them.

### • August 4, Sunday, 1:30 p.m., Those Wacky Woodpeckers

Woodpeckers are instantly recognizable by their unique behavior of pecking vertically on trees and poles, but how much do you really know about these outstanding birds? We will clue you in.

### • August 10, Saturday, 10:30 a.m., Sacramento Valley Otter Project

Learn about these playful carnivores and how to recognize their scat and tracks. Put these new skills to work by learning how you can help the research process that will further the understanding of our local river otters.

### • August 11, Sunday, 1:30 p.m., Kestrel Connection

Meet Rocky, the Nature Center's resident Kestrel, hear his story and what makes him North America's smallest falcon. After a good look at this handsome bird, make a Kestrel bracelet to remember your new friend! All ages welcome.

### • August 17, Saturday, 10:30 a.m., Nature Story Time

Come relax with us and enjoy some nature tales. Recommended for children and those young at heart.

### • August 18, Sunday, 1:30 p.m., Sssss-nakes

Where do these scaly creatures go when the sun doesn't shine? Learn about the life of a snake and get a chance to meet one of these cold-blooded critters up close.

### • August 24, Saturday, 10:30 a.m., Exploring the Maidu Village

Nisenan Maidu people have lived in this area for thousands of years. Come learn about their special relationship to the land—which they still celebrate today—through stories and a hike through the Village.

### • August 25, Sunday, 1:30 p.m., Critter Corner

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.

### • August 31, Saturday, 10:30 a.m., Living in Water

Discover the hidden world of water insects and polliwogs. Using catch and release activities get a close-up look at amazing little animals that live in our pond.

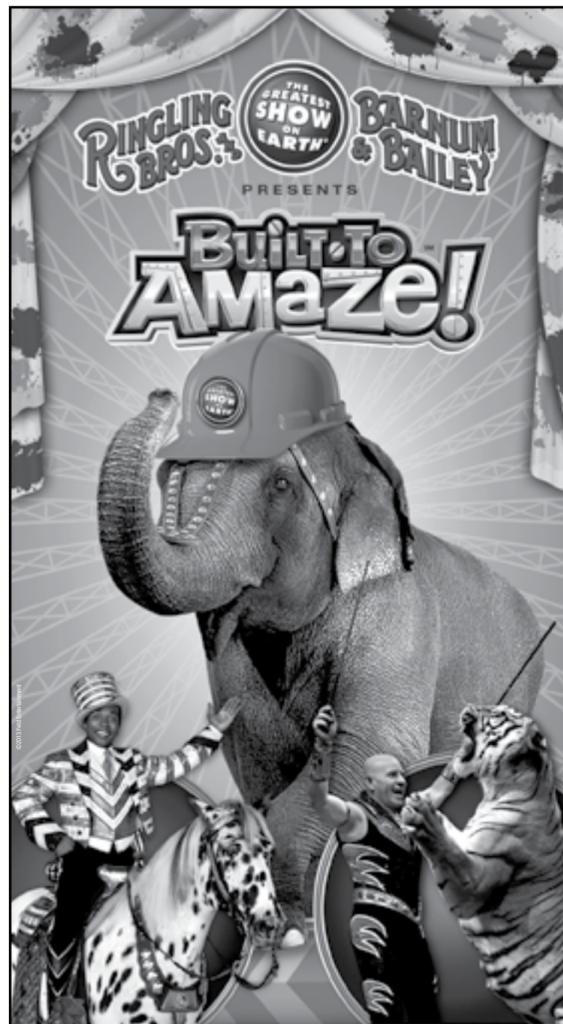
*Donations gratefully accepted. There is a \$5 per car county entrance fee into Ancil Hoffman Park (Free to members) at California Avenue and Tarshes Drive. Effie Yeaw Nature Center is located at 2850 San Lorenzo Way, Carmichael. For more information, call (916) 489-4918 or visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net).*

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# Calendar of Events

## Critter Events

**August 4, Those Wacky Woodpeckers, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Woodpeckers are instantly recognizable by their unique behavior of pecking vertically on trees and poles, but how much do you really know about these outstanding birds? Join the staff at the Effie Yeaw Nature Center and meet a couple of small animal residents up close. Learn about their unique journeys and how they became an educational ambassador for the Nature Center. All ages are welcome. For more information, call (916) 489-4918.

**August 10, Animal Program, 2 p.m., 5605 Marconi Avenue, Carmichael.** Bring the family to the Carmichael Library for "Animals of the World," with Wild Things. Meet animal ambassadors from five continents and hear their personal stories. Enjoy learning about them and others that inhabit our world. For more information, call (916) 264-2920.

**August 10, Otter Project, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Learn about these playful carnivores and how to recognize their scat and tracks. Put these new skills to work by learning how you can help the research process that will further the understanding of our local river otters. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

**August 11, Falcon Program, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center located in Ancil Hoffman Park and meet Rocky, the Nature Center's resident Kestrel. Hear his story and what makes him North America's smallest falcon. All ages are welcome. For more information, call (916) 489-4918.

**August 18, Snake Program, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Where do these scaly creatures go when the sun doesn't shine? Come to the Effie Yeaw Nature Center and learn about the life of a snake and get a chance to meet one of these cold-blooded critters up

close. For more information, call (916) 489-4918.

**August 25, Critter Corner, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Where do our animals come from? Why are they here? Come to the Effie Yeaw Nature Center and meet a couple of small animal residents up close. Learn about their unique journeys and how they became an educational ambassador for the Nature Center. All ages are welcome. For more information, call (916) 489-4918.

**August 31, Living in Water, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Discover the hidden world of water insects and polliwogs. Using catch and release activities get a close-up look at amazing little animals that live in the pond at the Effie Yeaw Nature Center. For more information, call (916) 489-4918 or visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net).

## Nature Events

**August 3, Oak Trees, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Our mighty oak trees provide food and shelter for many animals and insects. Learn how to identify different varieties of oak trees in the Effie Yeaw Nature Preserve and who might be living in them. For more information, call (916) 489-4918.

## Special Events

**August 7, Book Swap, 2 p.m., 5605 Marconi Avenue, Carmichael.** Got a gently used book that you've already read? Bring it in to the Carmichael Library and swap it for a new one. Grab your family and your friends—all ages and reading levels are welcome. Book drop-offs 2 to 2:15, refreshments 2:15 to 2:30, choose a book. For more information, call (916) 264-2920.

**August 9 and 10, Book Sale, 891 Watt Avenue, Sacramento.** Arden-dimick Library will hold a 2-day book sale. All books are reasonably priced starting at 25 cents. Friday at 1 p.m. and Saturday at 10 a.m.. Enjoy children's books, mysteries, thrillers, adventure, romance, and more. For more information, call (916) 264-2920.

**August 23, XP Annual Art Show Fundraiser, 6 p.m., 36 Handles, El Dorado Hills.** XP (Xeroderma Pigmentosum) invites the public to their annual art show fundraiser. Tickets are only \$5. The event is dedicated to raising funds to create awareness, further research, and to support families with children afflicted with XP. XP is a rare disease that affects mostly children. Children with XP cannot be exposed to any sunlight or other ultraviolet sources. There will be a silent auction, art by XP, raffle prizes, kids activities, free appetizers and more.

One hundred percent of the proceeds will benefit the XP Family Support Group. All donations are tax deductible. (Tax ID# 59-3824809. For more information, call (916) 379-0741 or email to [contact@xpfamilysupport.org](mailto:contact@xpfamilysupport.org).

**August 24, Exploring the Maidu Village, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Nisenan Maidu people have lived in this area for thousands of years. Come to the Effie Yeaw Nature Center to learn about their special relationship to the land, which they still celebrate today, through stories and a hike through the Village. For more information, call (916) 489-4918.

**August 25, Family Game Day, 2 p.m., 5605 Marconi Avenue, Carmichael.** Drop in at the Carmichael Library and play some board games on the

fourth Sunday of the month. All sorts of games for all ages. The staff will supply the games, you supply the fun. You're welcome to bring a snack along. For more information, call (916) 264-2920.

## Storytime & Puppet Show Events

**August 6, 13, 20, 27, Read to a Dog, 3:30 p.m., 5605 Marconi Avenue, Carmichael.** Specially-trained therapy dogs are waiting for children to come read to them at the Carmichael Library. For kids ages 5 to 10 years old that are reading. Earn credit for the time spent reading and earn a book, too. For more information, call (916) 264-2920.

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# Casa Munras Hotel & Spa, A Family-Friendly Historical Boutique Hotel on the Monterey Bay

By Carmel L. Mooney



My daughter and I enjoyed a wonderful Mother-Daughter getaway recently at the beautiful Casa Munras Hotel & Spa. It was a memorable and meaningful getaway because my mom and I had enjoyed many leisurely luncheons together there in the 60's and 70's, so it was like revisiting my childhood but a generation later. The renovations are astounding.

Truly catering to family vacations, this hacienda style hotel with spacious and luxurious accommodations is perfectly situated within minutes of the Monterey Peninsula's most famous highlights and treasures.

Plush and lavish feather bedding ensured a thoroughly peaceful slumber for us both and provided the rest we needed for all our planned activities during our stay. Our blissful slumber was undoubtedly enhanced by our impeccable spa experience at the Casa Munras' Sano Spa.

This gorgeous and utterly tranquil spa provided us with outstanding massages by well-trained and competent therapists. Their Signature Aromatherapy Massage was heavenly. Afterward

we luxuriated in our own private outdoor spa with a soothing waterfall as the coastal breezes kissed our pampered and rejuvenated skin and muscles. I was a massage therapist for 11 years in college so if anyone scrutinizes massages, it's me. These were truly flawless. We loved our dinner at Esteban Restaurant where we dined on a lovely outdoor heated patio and courtyard

setting. Local and seasonal ingredients are prepared in an exhibition style kitchen. House made cheese served with pickled onion and water-cress was fabulous. We both loved the Spanish meatballs in red pepper sauce. My daughter loved the Pulpit Confit, a small dish of octopus served with cherry tomatoes, garlic and potatoes. We both relished the Pulled Pork Empanadas. We should have ordered two to enjoy the flaky

crust and delightful flavors even more.

Adding to the wonderful amenities we enjoyed were the outdoor heated swimming pool, fitness room, and of course for my teen, the complimentary wireless Internet.

The complimentary fresh baked cookies, daily newspapers, DVD library, and refreshing aqua fresca only added to the inclusive luxuries and hospitality.

## New Family Fun Activities in Monterey

Cannery Row now offers not only the Mirror Maze where families can immerse themselves in a 1933 Cannery Row bank heist as they solve the mysteries of this still unsolved crime amidst a labyrinth of glass and lights while wearing kaleidoscope glasses. A lazer maze is also available. Adding to the fun, and brand-spanking-new next door, is Highway 1 Golf, Games & Grub where fun-seeking families can play 3D Black Light Mini Golf with moving obstacles on a course depicting California's most scenic byway.

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

The Casa Munras even has a family movie night on Saturdays, complete with popcorn and blankets. Bike rentals are also available for a nominal fee.

Everything a vacationing family needs for comfort and convenience and even pampering is offered and well done at the beautiful Casa Munras.

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

## Starting school: Tips for a smooth transition



A Message from First 5 Sacramento

**T**he beginning of a new school year can be an exciting yet stressful time for both parents and children, with new teachers and classmates, new routines and schoolwork. This time can be overwhelming for young children, but there are important steps parents can take to support their child's success in school.

**Health & Well-Being:** Visit the dentist and your pediatrician to be sure your child is in good general health and has all required vaccinations.

**Social-Emotional Growth:** Understand that your child's emotional health is as important as their general health. Be proactive about learning how your child is developing socially and emotionally. If you are aware of typical behavior and thoughts for your child's age/stage of life, you'll quickly know when things 'aren't right' and better able to provide help and support.

**Routines & Habits:** Routines and schedules provide structure, minimize stress and help children with transition. Plan regular meal and bath times. Involve your child in picking out clothes to wear and lay them out the night before. Have children go to bed and wake up earlier. Be sure your child brushes his/her teeth regularly.

**Nutrition:** Healthy food and beverages and good quality sleep are necessary for school success. Breakfast is the most important meal of the day. Parents who are not able to provide healthy meals should contact their child's school to learn about free/reduced cost meal programs that are available for children.

**School Visits:** If you have visited your child's school already, you are one step ahead of the game. If not, take a walk around the school with your child, and let him/her show you his/her classroom, lunchroom, office, playground and restrooms.

**Conversation & Communication:** Talk with your child about your

expectations as well as his/hers. Let your child know it's normal to feel nervous. Talk with the school/teacher about allowing a young child to take a family photo or special object to school that might make him/her more comfortable.

Talk with your child everyday about what happened in school. Be open to hearing the good and the not so good. Take time to discuss aspects that s/he is worried about. Praise and encourage your child to become involved with school activities and to try new things.

Encourage your child to make friends and to be a friend. School is a "social hub" that can be very lonely without a friend or two.

Express interest and enthusiasm. If you are confident and excited, your child will be, too.

**Parents as Teachers-** Read with your child every day. Even a few minutes each day builds a foundation for learning and promotes school success.

Attend school functions and stay involved in your child's education and engaged with school staff/teachers.

Children whose parents are involved in their education are well adjusted and have high levels of achievement.

For additional information contact your local school and ask to speak with the Early Care Educator.

*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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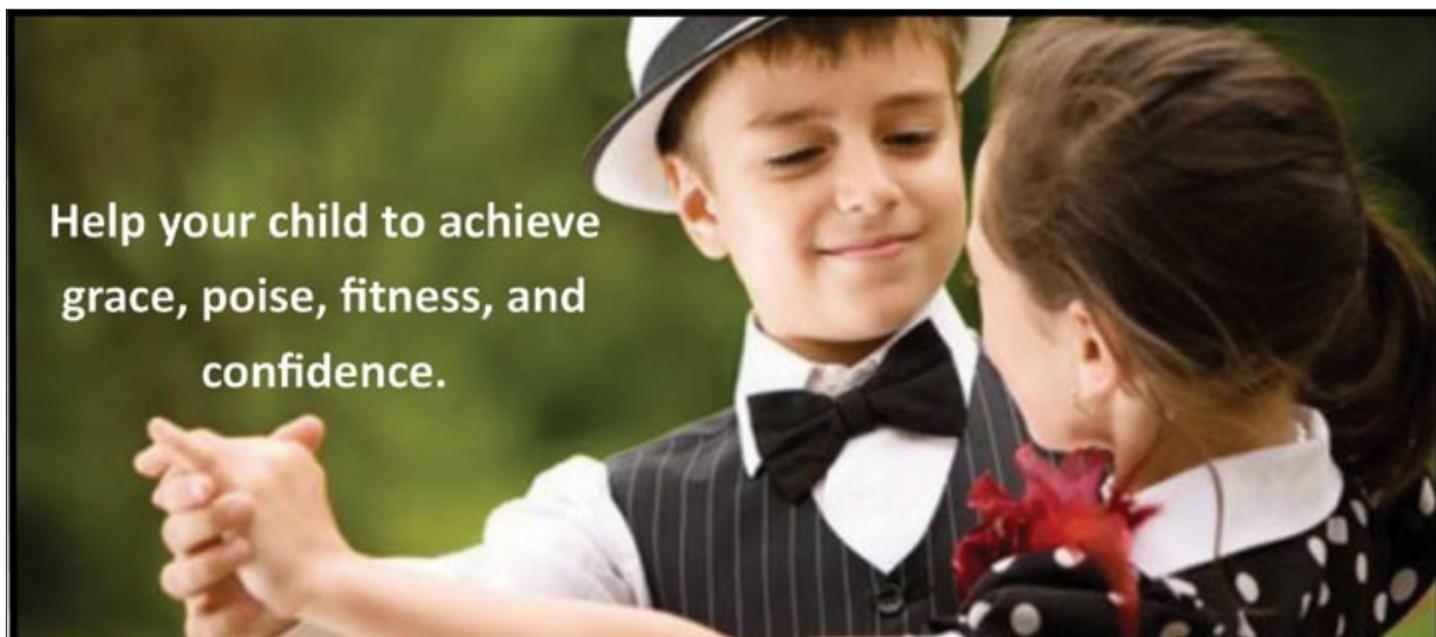
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Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties!

## Camping Party

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

A camping birthday party theme is a great birthday party idea for a child who likes the outdoors. This theme and the games and activities can be used while camping in the forest, backyard or even inside.

### Invitations

- Print out party information on large labels and stick to one side of big chocolate bars. On the other side print out a label that says "\_\_\_\_\_s (child's name) camping party will be Smore fun with you there!"
- Print invitations on small cards and attach to plastic binoculars, tin cups, canteens or compasses.

### Camping Party Decoration Ideas

- Decorate the party in greens and browns. Print out several types of animal tracks from the computer and then cut them out and tape them to the driveway or walkway to the party.
- Draw your own camping symbol signs (examples shown) and place them along the path to the entrance of the party and to designate areas of the camping party. If the party will be inside or under a covered area hang strings of lights around the ceiling to look like stars.
- Tree balloons can be made by taping brown tissue paper in the shape of tree trunks on the walls and then attaching 3 colors of green balloons above it for leaves. Hang glow in the dark stars from the ceiling.
- Set out tin cups with each camper's name written in permanent marker at each place setting along with compasses, flashlights and/or binoculars.
- For a fake campfire pile logs on top of a battery powered lantern or paint the underside of pieces of wood orange and then stack on top of red and orange strings of small Christmas lights. Set up tents outside (or inside) for the kids to sleep and play around. If you

don't have tents you can make your own by stringing rope between two trees or posts and hanging a waterproof tarp over the rope. Spread out the sides of the tarp and secure to the ground.

- Campfire - Before the party have an adult create a campfire maybe using your BBQ. Bring out chairs or large logs for seating and place them at a safe distance around the fire and roast marshmallows and hot dogs.
- Decorate t-shirts - Decorate camouflage or plain t-shirts. Let the kids decorate with fabric paint and fabric paint pens. Or have shirts already printed with their names and they can embellish with rhinestones or paint pens.

### Camping Party Games

- Flashlight Hide and Seek - This game is best when played at night. The person who is "it" will need a flashlight. The person with the flashlight counts to 100 while the rest of the players hide outside. The player with the flashlight searches for the hidden players and when one is found they shine the flashlight on them and call out the player's name. After this place in the game there are several variations:

1. "It" gives the flashlight to the person that was found and they are the new "it".

2. When found the players stay in a designated area (like a jail) until the round is over or they can be let out of the area if they are tagged by another player without getting caught.
3. "It" gives out flashlights to the ones found and they help find the others that are hiding.

The first person found is "it" during the next round.

- Nature Scavenger Hunt - While it is still light outside send the party guests on a Nature Scavenger Hunt. Make a list of items having to do with camping for each participant.
- Candy Treasure Hunt - Before the party hide lots of wrapped candies all over the backyard or area where the party is being held. When it gets dark give each child a flashlight and tell them to search for the hidden candy. Provide sacks or bags for the kids to hold their treasure.

- Fishing Game - Fun for an inside Camping party. Campers will fish for candy and toys from a pond that you make from a large box (you can also use a cardboard table with a sheet over it ... anything as long as the fishermen can't see what is in the water. Buy lots of wrapped candy and small Camping themed toys for the fish to give out. The fishermen put their fishing line (tie a string to one end of a bamboo pole or stick and a clothespin to the other end

of the string) over into the water. The "fish" then place a prize on the clothespin and tug the line. The fishermen pull up the line with the toy or candy attached.

the players that during the game they can not let go of the hands they are holding. The rattlesnake's head mission is to tag the rattle ... sounds easy, but with all the players in the way (the rattlesnakes body) it gets crazy! Once the rattle has been tagged the rattlesnakes head becomes the tail. The next guest steps up and becomes the head. Play until each guest can be both the head and the rattle.

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