

July 2015

California Kids!

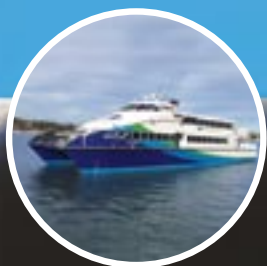
Free!

Valley Community Newspapers, Inc. • 2709 Riverside Boulevard, Sacramento, CA 95818 • www.valcomnews.com
Publishers of the Arden-Carmichael News, the East Sacramento News, The Land Park News, The Pocket News, and The Valley Shopper.



HAPPY INDEPENDENCE DAY!

It's more fun on the ferry...



Follow. Connect. Share.



Service from Vallejo

SF Ferry Building
Farmers' Market • Exploratorium

Pier 41
PIER 39 Shops & Dining • Fisherman's Wharf

AT&T Park
Giants Game Service

For Ferry Route, Schedule,
Ticket and Terminal Information
www.SanFranciscoBayFerry.com
(707) 643-3779



San Francisco Bay Ferry

Table of contents

- A Note from the Nurse**
by Connie Goldsmith RN, BSN, MPA.....page 6
- Wordsearch: Independence Day!**.....page 7
- Make it yourself**.....page 8
- Who Wrote That? Jill Esbaum**
by Patricia Newman and Molly Vincent
.....page 11
- Fun Gift Idea!**.....page 12
- The Book Report: Cats and More Cats**
by Connie Goldsmithpage 15
- Summer Guide**.....page 16-21
- Calendar of Events**.....pages 22-23
- Parties! Parties!**.....pages 26-27

www.valcomnews.com

All-you-can-eat Ice Cream SAFARI
Cones, Cups & Floats
Live Elvis Music
10+ Flavors

Saturday, August 15th! • 4 to 8 pm
Live Elvis Music, 10+ Flavors and more!

Early Bird Now – Aug. 12 \$17 Adults | \$13 Kids (ages 2-11)
General Sales Aug. 13 – 15 \$20 Adults | \$15 Kids (ages 2-11)
Zoo members receive \$2 off per ticket through Aug. 12!

BR Digital by Technology Coca-Cola SCHOLARSHARE CALIFORNIA'S 529 COLLEGE SAVINGS PLAN sacramento ZOO

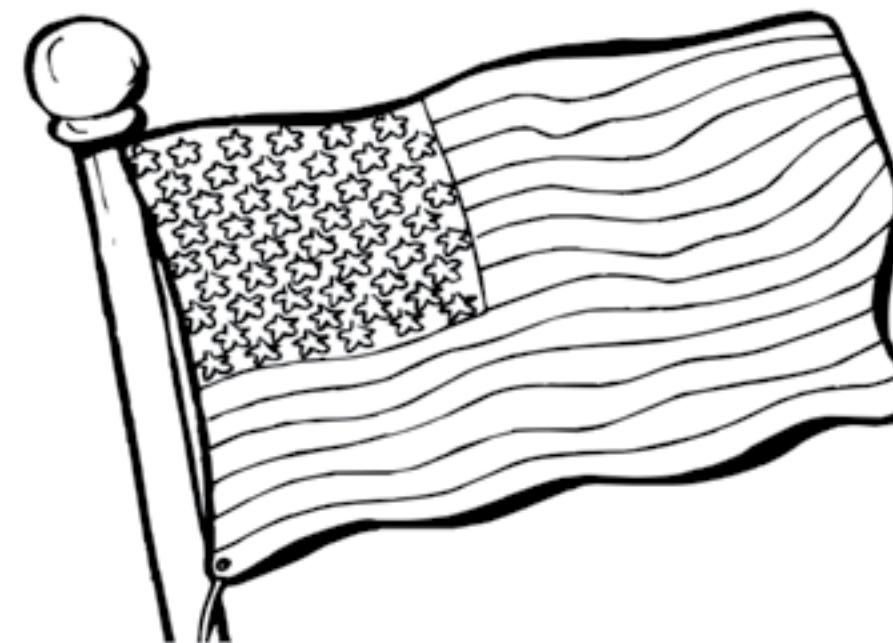
Tickets at: saczoo.org | 916.808.5888

Congratulations Connie!

“Bombs Over Bikini,” by Connie Goldsmith who writes the California Kids columns, The Book Report and Note From the Nurse, has won the Crystal Kite award for California and Hawaii, an award voted on by her peers in children’s literature. It tells the story of the U.S. nuclear testing program in the Marshall Islands after WWII and how it adversely affected the culture of several of its atolls. The history of the Pacific Islanders is all too-often overlooked in schools. Visit www.bombsoverbikini.com to see a trailer and to obtain the teachers’ guide.



Have fun coloring!



www.Activityvillage.co.uk - Keeping Kids Busy

CASH PAID FOR DIABETIC TEST STRIPS

Do you have extra diabetic test strips left over that you do not need?
Sell them to us for CASH! We will get them to someone who can use them!
One Touch Ultra Blue, Freestyle Lite, Bayer Contour, Accu Chek and most other brands bought.

WE PAY UP TO \$25 PER BOX CASH ON THE SPOT
(prices vary depending on brand, quantity and expiration date)
We offer **FAST PICKUP** at a location that is conveniently located near you.
Boxes must be unopened and unexpired

For Prompt Attention Please Call Rachel at:
(916) 505-4673

Actor's Theatre of Sacramento Presents

2 Week Acting Camp for Children (Aged: 7-12)
Monday - Friday 9am to 2pm June 29th to July 10th

2 Week Acting Camp for Teens (Aged 13-18)
Monday - Friday 9am to 2pm July 13th to July 24th

2 Week Acting Camp for Children (Aged 7-12)
Monday - Friday 9am to 2pm July 27th to August 7th

Each Camp concludes with a show on the final Friday of each.
Cost per child &/or teen \$350

For more information call 916-501-6104
Visit our website @ www.actinsac.com

California Kids!

www.valcomnews.com

Publisher: George Macko
General Manager: Kathleen Macko
Contributing Writers:
Connie Goldsmith, Carmel L. Mooney, Patricia Newman
Art Director: John Ochoa
Graphic Designer: Annin Greenhalgh
Advertising: Steve Crowley 916-429-9901

Cover photo courtesy Stephen Crowley
stephen@valcomnews.com

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

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

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

Copyright 2015 by Valley Community Newspapers Inc., 2709 Riverside Boulevard, Sacramento, CA 95818. Phone: (916) 429-9901. Fax: (916) 429-9906. E-mail: kathleen@valcomnews.com. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

FOLSOM MONTESSORI Preschool & Kindergarten Open Houses: Sundays, July 12 and Aug 16, 10am-Noon



PEEK INSIDE OUR CLASSROOMS at
www.folsommontessori.com

Folsom's first Montessori school educating children for 35 years
502 Riley St. 351-0345

CARING CONNECTION CHILDREN'S CENTER

Summer Fun!

Preschool & Day Care
Elk Grove Campus: 916-686-5029
Midtown Campus: 916-261-0796
West Sac Campus: 916-371-3301

Now Enrolling Caring Connection
caringconnectionchildrenscenter.com

Summit
CHRISTIAN SCHOOL

916-536-9307
5010 Hazel Ave.
David Couchman, MRE.
Administrator - Principal
Amy Sanctuary
Preschool Director

Learn & Live
with Christian character

Play Learn and Grow Together!



Small Class sizes in a warm, caring, Christian Community
www.SummitChristianSchool.com



Matias Bombal's Hollywood

Sacramento Tower Theatre brings back the one dollar matinee. You know, for kids.

Return with us now to those thrilling days of yesteryear... The Tower Theatre in Sacramento, open since 1938, expands its first run program to more fully serve the community. It started with the monthly Tower Classics Series in the evening, one night a month. Now, a summer movie series for kids comes to the Tower with the "Reel Kids Summer Movie Series" and all seats are just \$1.00.

One dollar? That's right, just like in the old days when the kiddie matinees were king at what was then known as "Popular Prices". You can't get more popular than one dollar, especially today! What makes this more fun is the fact that these are the highest quality masters of the original camera materials on these movies, in the joy of 2K digital DCP projection with a bright sharp and clear picture and clean digital sound. The series runs through August 13th, and the movies will be shown in the morning at 10 a.m. for 2 consecutive days each, every Wednesday and Thursday each week through August.

What's playing? A line up of modern classics for kids, perfect for the whole family. The schedule includes:

July 1 & 2 - "The Wizard of Oz" (1939), July 8 & 9 - "Despicable Me 2", July 15 & 16 - "March of the Penguins" (2005), July 22 & 23 - "The Lego Movie" (2014), July 29 & 30 - "Rio 2" (2014), August 5 & 6 - "Ice Age: Dawn of the Dinosaurs" (2009), and August 12 & 13 - "Penguins of Madagascar" (2014)

All of these films are rated PG by the Motion Picture Association of America with the exception of M-G-M's "The Wizard of Oz", which was not rated in 1939 as the MPAA did not exist. To make things easier if you are wrangling your kids, grandkids, nephews, or nieces to these matinees - the Tower Theatre allows you to get tickets online in advance at: www.ReadingCinemasUS.com This is likely a good idea, as the \$1.00 price for all seats has not been seen in the movie business since movies were actually on film. It's like 1960's box-office prices are back! Fun for the entire family, and for some adults, like myself, that enjoy simple stories full of wonder and music and absolutely no dystopia! The Tower Theatre is located at 2508 Land Park Drive where it meets the corner of 16th and Broadway. You may see me there on a Wednesday or Thursday morning at 10 a.m. this summer!

Hands-on discovery for all ages!

WORLD OF WONDERS
SCIENCE MUSEUM

Family fun, birthday parties
and field study trips



Open Wednesday through Monday 10am-5pm
(Closed Tuesday)
2 North Sacramento Street-Lodi
209.368.0969 • WowScienceMuseum.org

Come visit the unique WOW Science Store

KOHL'S BUCKLE UP TO GROW UP

Safety is Best! Wear your vest, every time you swim.

A properly fitting life jacket will help your kids float safely through the summer. For more information, call **916-734-9798**.

KOHL'S Cares **UC DAVIS**
CHILDREN'S HOSPITAL

buckleup.ucdavis.edu • www.facebook.com/buckleup2growup




Twilight Thursdays Return to the Zoo

As the heat of the day wears off and dusk begins to settle, enjoy seven extended Thursdays at the Sacramento Zoo. Through July 30, the Zoo will stay open late and feature local bands every Thursday. Live music starts at 5:30 p.m. with the last admission ticket sold at 7:30 p.m.; guests may stay on grounds until 8 p.m.

General Zoo admission gets you in for these evenings of fun. If you're a Sacramento Zoo member, free admission is one of your membership benefits!

Wind-down as the day begins to cool and create summer memories during Twilight Thursdays at the Sacramento Zoo.

July 30 - Main Stage: Mania! - Beatles tribute band Jazz with Giraffes: Equinox Jazz - Latin Jazz

The Zoo is home to three approximately 300-year-old Heritage Oak trees on the Reptile House Lawn. In order to protect the trees, they have been fenced off to reduce foot traffic and impact on the roots. The main stage will be in a new location on the Reptile House Lawn.

Sacramento Zoo - Widely 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 am to 5 pm, last admission 4 pm. General admission is \$11.75; children ages 2-11 are \$7.75 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 saczo.org.



Photo courtesy the Sacramento Zoo.

**Call Steve
for ad rates
429-9901**

ALL ABOARD!



VISIT the California State Railroad Museum in Old Sacramento, open daily 10 am-5 pm and Thursday evenings through September 3 until 8 pm.

RIDE the Sacramento Southern Railroad, weekends April - September, hourly departures 11 am-4 pm.

SHOP at our fabulous Museum Store, a Thomas & Friends™ Official Specialty Station—one of 20 exclusive Logan and Sam retailers.

RENT the Caboose for your next birthday party.

CALIFORNIA STATE RAILROAD MUSEUM
125 "I" Street, Old Sacramento (916) 323-9280 | www.csrmmf.org



Head Lice Update

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

Head lice! The very words make parents squirm. Many of us have found those tiny persistent critters in our children's hair, often more than once. Head lice are not a sign of poor hygiene. They are not a health hazard, nor do they spread disease. Yet there is often stigma associated with head lice, resulting in children being unnecessarily ostracized from their schools and friends.

What are Head Lice?

Adult head lice are sesame seed-sized insects which are tan or whitish in color. Females live for a month and lay up to ten eggs each day. They glue each egg to the base of the hairs closest to the scalp. It is not unusual for eggs to be camouflaged to match the child's hair color. Eggs hatch in about a week and young lice begin laying their own eggs in about two weeks. If this three-week cycle goes uninterrupted, infestation can become severe.

Lice inject small amounts of saliva into the scalp. The saliva has an anticoagulation effect (similar to that of mosquitoes) which allow lice to feed on tiny amounts of blood. The severe itching caused by head lice is an allergic reaction to the saliva. Head lice cannot live away from the scalp for more than one or two days, and eggs cannot hatch at temperatures much lower than human body temperature.

Head Lice Update

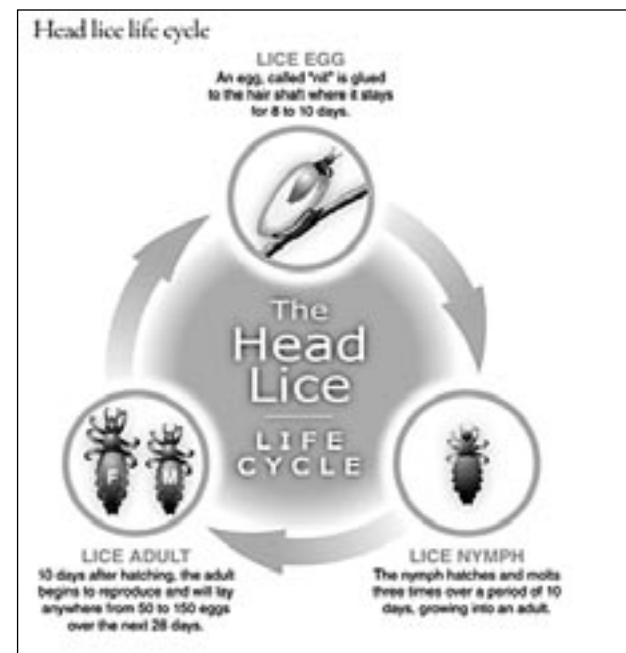
The American Academy of Pediatrics (AAP) issued an update on head lice in the journal *Pediatrics* in May. Head lice are often discovered at school. Teachers and nurses may perform periodic inspections of students' heads looking for lice, even though head-screening programs are not cost-effective and do little to prevent head lice, according to the AAP. If lice are found, the child is generally sent home.

Not necessary, says AAP. The child should remain in school, but must avoid direct head contact with other students. In fact, the AAP says no child should miss school because of head lice or nits. Schools should consider seeking the advice of pediatricians when setting policies that may be ineffective and possibly violate a child's civil rights. And schools must protect the child's dignity and maintain confidentiality.

Prevention and Treatment

The AAP says it's unlikely that we can prevent all cases of head lice. Children often have head-to-head contact, a common way to spread lice. Parents should also urge children not to share personal items such as combs, brushes, and hats. And parents, rather than teachers, should be the first line of defense against head lice by frequently examining their children's heads. Parents may see lice, nits, or itchy red lumps from scratching.

Once parents discover lice, they may wonder what to do next. They can consult their pharmacist to see what over-the-counter preparations are available. In some regions, head lice have developed resistance to common medications, and parents may need to call their pediatricians for a recommendation or prescription. While medications used against head lice are approved by the Federal Food and Drug Administration (FDA),



parents must carefully read the instructions to ensure proper application of the product.

People may wish to use alternative or natural products instead. These products are not approved by the FDA. While some plant-based products may be effective, others may cause allergic reactions in children. Agents such as mayonnaise and oils are sometimes applied to 'suffocate' the lice, but have not been studied for effectiveness. Gasoline or kerosene must never be used on a child's head. Manual removal with nit combs may be effective, although time-consuming.

What next? If one family member has head lice, all family members must be checked. Bedding and hair care items should be cleaned. Furniture and rugs may be vacuumed. As head lice cannot live more than 48 hours without feeding, repetitive, exhaustive household cleaning is seldom needed, according to the AAP. Items that cannot be washed can be sealed in plastic for two weeks – long enough for any eggs to hatch and die.

Common myths about head lice include: Pets can spread head lice. According to the CDC, head lice do not live on pets and have no role in their spread.

Lice can jump from person to person. Not true. Head lice do not jump nor fly.

The best way to get rid of head lice is to shave the child's head. Not true. Medications are the best way to get rid of them.

Head lice have been around for a thousand years, but these lowly insects may not deserve their bad reputation!

Resources: American Academy of Pediatrics: *Pediatrics*, 135(5), 2015 (<http://pediatrics.aappublications.org/content/135/5/e1355.full?sid=c548aa76-2654-4803-adec-9e7fa634c315>); Centers for Disease Control and Prevention at http://www.cdc.gov/parasites/lice/head/gen_info/faqs_treat.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 worked as a pediatric triage nurse on a 24/7 nurse advice line for several years. Her newest book, "Dietary Supplements: Harmless, Helpful, or Hurtful?" will be published in August. Her books are available at online booksellers. She maintains a health blog at www.conniegoldsmith.com.

Effie Yeaw Nature Center Activities

Free Weekend Activities

July 4, Saturday, American River the Beautiful, 10:30 a.m.

Come celebrate the beauty of the American River this 4th of July weekend. Join a naturalist for a walk and learn about this historic and beautiful waterway. (Parking fee is \$8/car on holiday weekend.)

July 5, Sunday, Whoooo's There? OWLS!, 1:30 p.m.

Meet an owl and take an eye-opening look at these amazing hunters. (Parking fee is \$8/car on holiday weekend.)

July 11, Saturday, Maidu Summer Village Tour, 10:30 a.m.

The Maidu people have lived in this area since long before Europeans came to California. Join a naturalist to view cultural artifacts and craftwork, and then take a tour of the Nature Center's replica Maidu village.

July 12, Sunday, Scale Tales, 1:30 p.m.

Can a turtle climb out of its shell? Do snakes blink? Can you really tell the age of a rattlesnake by the number of buttons on its rattle? Discover all this and more in this program for all ages.

July 18, Saturday, Beat the Heat!, 10:30 a.m.

Take time to appreciate trees for all the shade they provide by enjoying a morning hike on the Preserve trails. Join a naturalist as you watch for deer, hawks, woodpeckers and much more before the afternoon heats up.

July 19, Sunday, Leapin' Lizard- Skinks, blue bellies, and alligator lizards, oh my!, 1:30 p.m.

Come meet some resident lizards and find out what makes these cold-blooded critters so amazing.

July 25, Saturday, Bark Rubbing, 10:30 a.m.

Come explore the varieties of trees found in the Nature Center's village and create your own colorful bark rubbing art. Learning how each tree's bark pattern is the key to identifying the many types found in this area. All ages welcome.

July 26, Sunday, Meet the Menagerie, 1:30 p.m.

Visit the critters that live in the Nature Center and learn why these animals couldn't survive in the wild.

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

Send us your Photos!

California Kids! is looking for themed photos to use for our monthly publication.

This is your BIG chance to land a cover shot!

For more info please contact kathleen@valcomnews.com

celebrate Independence Day!

Hey kids! Get out your red, white, and blue, streamers, balloons and outfits! It's time to celebrate the Fourth of July! Parades, picnics and a lot of outdoor fun during the day and fireworks at night! Can you find the words relating to the Fourth of July? Those on the list below can be spelled forward, backward, vertically, horizontally and even diagonally.

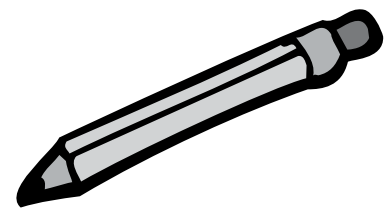
D E R C R D A F I R E W O R K S E B
 A P Y N O I T T V R E M O T E X G Y
 S T R I P E S B M O D E E R F Y Z A
 Y F E U C Y T R E B I L Y R L A W D
 V V O U F H B C O N C E R T S A D I
 O M P R E L E T O B R P N S W T H L
 S B A A R R A R P L Y O A R E U W O
 R X T H H Y L G E S L A F E R O N H
 E S R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

- | | | |
|-----------|-----------|------------|
| America | Fun | Red |
| Blue | Holiday | Sparklers |
| concerts | Liberty | Stars |
| cookout | Parades | Stripes |
| fireworks | Patriotic | Summer |
| flags | Picnics | Watermelon |
| Freedom | | White |

HAVE FUN COLORING!



MAKE IT YOURSELF!



Window Stars

These window stars will brighten up your view for your Fourth of July party. And don't just hang them on windows - tie them up in doorways, on balconies, porches, and the garden.

You will need:

Blue, red and white paper or card, blue, red and white ribbon, sticky tape

You will need to:

Cut stars from the paper. Cut lengths of ribbon. You can cut them all the same length or vary them. Try cutting the ribbons so they form an arch. Tape each length of ribbon to a star and the other end of the ribbon to your window frame.



Sparkly Pen Topper

This sparkly pencil topper is a quick and easy craft for kids, and a perfect craft for the Fourth of July.

You will need:

A pencil, sparkly pipe cleaners (chenille stems), PVA / white glue, star sequins or a star punch and sparkly paper

You will need to:

Dip the end of the pencil in the glue. Lay two pipe cleaners side by side. Put the end of the pencil onto the center of the pipe cleaners and then twist the pipe cleaners around the pencil. Leave to dry. Bend the pipe cleaners so they stick out from the end of the pencil. Punch out lots of paper stars (or use sequins) and, putting a dab of glue on the back of each, glue them along the pipe cleaners.



Statue of Liberty Torch

Make a Statue of Liberty torch with your kids and dress up for Fourth of July this year. All you need is some kitchen foil and a cardboard tube, and some imagination.

You will need:

Kitchen foil, cardboard tube (foil inner), sticky tape, silver card

You will need to:

Wrap the tube in foil and set aside. Take a piece of foil about 10 inches long and 3 inches wide and roll it tight, twisting to secure any loose edges. Coil into a spiral and glue to the top edge of the silver card, as shown in the photo. Repeat.

Tape the silver card into a band. Place the cardboard tube through the middle. Fold the thin rectangles in and tape them in a circle around the tube. Crumple a piece of foil into a rough circle and tape to the top of the torch to be the flame.



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

Statue of Liberty crown

The Statue of Liberty Crown is perfect for your Fourth of July picnic or parade. Team it with the torch craft and your kids will have a perfect dressing up outfit for Independence Day!

You will need:

Kitchen foil, black pen, sticky tape

You will need to:

Unwrap a piece of kitchen foil from the roll (whatever size you have to hand) until you have a width of foil long enough to go around your head, with a little spare for an overlap. Lay the foil in front of you. Fold down the top to make a band about three inches wide (this will become your points). Fold up the bottom to make a band about 1.5 inches wide (this will be your head band). Continue folding up from the bottom until you reach the fold that you made at the top (you may have to be a little creative with your folds to make them meet perfect).

From the top fold cut out 6 triangles and trim any excess. You should be left with a band about 1.5 inches wide with 6 triangles pointing at the top. On the band use the black pen to draw on the arches of the crown. Wrap the crown around your head and tape to secure and fold down the points.



Special Programs at Fairytale Town

• July 5, Sunday, International Celebration, 11 a.m. to 3 p.m.

Fairytale Town presents a day of international dance on the outdoor Mother Goose Stage. Enjoy nonstop performances of dances from around the world, including Chinese lion dancing and drumming, Scottish highland dancing, ballet folklorico and more. This program is free with paid park admission. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free.



International Celebration

• July 11, Saturday, Arts for All Day, 11 a.m. to 3 p.m.

Visual art shows and art "funshops" will be featured at this annual event presented by I Can Do That! Arts for All Day brings together children of all abilities to interact through, create and enjoy the arts. Stop by the art "funshops" to make flying saucers, rhumba shakers, pipe cleaner jewelry, spiral mobiles and more. This program is free with paid park admission. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free.



Arts for All Day

• July 18, 19 25 and 26, Saturdays and Sundays, The Fairytale Town Troupers present: "Disney's The Jungle Book", 12 and 1:30 p.m.

The Fairytale Town Troupers bring you the "Bear Necessities" live on stage! "Disney's The Jungle Book" is a toe-tapping, sing-along, good time for all ages featuring an array of colorful and beloved characters, including Mowgli, Baloo, Bagheera, Colonel Hathi, King Louie, Shere Khan and more. Performances will be held in the Children's Theater. Tickets are \$2 for nonmembers in addition to paid park admission and \$1 for members. For more information, visit fairytaletown.org or call (916) 808-7462. Presented through special arrangement with Music Theatre International (MTI). Sponsored by ScholarShare College Savings Plan.



Photos courtesy Fairytale Town

• July 11 and 12, Saturday and Sunday, Puppet Show: "The Bloom Tree", 12:30, 1:30 and 2:30 p.m.

Sean's Shadows presents "The Bloom Tree," a tale from China about listening to the little things in life featuring an unlikely group of characters working together for the common good. The show begins with a special musical presentation. Tickets are \$2 for nonmembers in addition to paid park admission, and \$1 for members. For more information, visit fairytaletown.org or call (916) 808-7462. Sponsored by ScholarShare College Savings Plan.

• July 25, Saturday, 5:30 p.m. through Sunday, July 26, 7 a.m., Family Campout at Fairytale Town

Family Campout

Spend the night in Fairytale Town's storybook park. 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

Fairytale 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 fairytaletown.org or call (916) 808-7462.

Attention Realtors!

Advertise Your Property Listings in California Kids!

California Kids is an events and activities guide for active families and is published once a month by Valley Community Newspapers, publishers of the Arden Carmichael News, East Sacramento News, Land Park News and the Pocket News. View at: www.valcomnews.com

California Kids targets active families who get out and enjoy all the community has to offer. It also serves as a guide to families that are thinking of relocating to a new area. A perfect publication for real estate listings.

Some of the drops include: schools, restaurants, doctors and dentists, libraries, museums, grocery stores, attorney offices, visitor centers, chamber of commerces, real estate offices, parks and recreation offices, coffee shops, book stores, churches, child care centers, pizza parlors, gymnastic centers, reaching those parents most likely to purchase products, use services, and search real estate listings.



It is distributed to:

Broderick • Cameron Park • Carmichael • Citrus Heights • Davis • Diamond Springs • Dixon • El Dorado Hills • Elk Grove • Fair Oaks • Folsom • Granite Bay • North Highlands • Orangevale • Rio Linda • Rocklin • Roseville • Sacramento • West Sacramento

For more information, call Linda Pohl at (916) 429-9901

Annual Theater Series at Fairytale Town

Fairytale Town will showcase a diverse selection of theater performances for children and families.

• **On July 11**, Thirty aspiring young performers from I Can Do That/Arts for All will showcase a unique production at Fairytale Town as part of the Arts for All Day celebration held the same day. I Can Do That's mission is to encourage arts appreciation, increase academic and life skills, and cultivate awareness and acceptance of children and youth with disabilities in schools and the community.

• **On July 12**, Sean's Shadows will present "The Bloom Tree," a tale from China about listening to the little things in life. Sean's Shadows, based in Humboldt County, takes their shadow plays based on stories from around the world to schools, libraries and theatres throughout Northern California.

Puppet Art Theater Company returns to wrap up the theater series with performances of "Cinderella" on August 1 and 2.

All performances take place in Fairytale Town's indoor Children's Theater. 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. Admission to the July 11 performances are free with paid park admission.

About the Shows

"Arts for All Presents," Saturday, July 11, show times at 11:15 a.m. and 12:30 p.m.

Thirty aspiring young performers with and without disabilities will showcase a unique production at Fairytale Town as part of Arts for All Day, presented by I Can Do That/Arts for All.

"The Bloom Tree," Sunday, July 12, Show times at 12:30, 1:30 and 2:30 p.m.

Sean's Shadows presents "The Bloom Tree," a tale from China about listening to the little things in life featuring an unlikely group of characters working together for the common good. The show begins with a special musical presentation.

"Cinderella," Saturday and Sunday, August 1 and 2, show times at 12:30, 1:30 and 2:30 p.m.

Puppet Art Theater Company will perform the classic tale of "Cinderella." Cinderella wants to attend the ball and dance the night away. Unfortunately her stepmother and awful stepsisters conspire against Cinderella, and it is up to her Fairy Godmother to get her to the ball.

Fairytale Town is open daily from 9 a.m. to 4 p.m. from March through October and Thursday through Sunday from 10 a.m. to 4 p.m. from November through February, weather permitting and unless otherwise noted. For more information, visit fairytaleatown.org or call (916) 808-7462.



Bear Skulls / "Bear Corner"

Photos courtesy Discovery Museum.

Discovery Museum Science & Space Center Events

Each weekend the Discovery Museum Science & Space Center explores a new science topic through special displays, visiting exhibits, and guest presentations. These activities include craft activities for kids four to twelve years old and planetarium shows for ages four and older.

• **July 3, Friday, Challenger Learning Center Community Mission: Return to the Moon, 5:30 to 8:30 p.m.**

Cost: \$18 per person for members, \$20 per person for nonmembers

Ages appropriate for: 9 to 109 years old
Experience the wonder of space exploration! The Challenger Learning Center Simulated Space Mission launches you on an exciting voyage of discovery. See what it is like to work for NASA while you perform hands-on science experiments, operate robotic arms, build a probe and support the astronauts from Mission Control. Live the adventure! A fun educational experience for families, friends, co-workers, club members and scouts.

• **July 5, Sunday, Bear Bonanza, 12:30 to 4 p.m.**

The Museum is highlighting bears this weekend. View the "Bear Corner" to see preserved skins of a black bear, grizzly bear and polar bear. Their skulls, claws, and teeth are on display. Get physical by playing the "Swim for Your Life" game and pretend to be a salmon dodging a bear predator. Make a bear mask to take home and have a growling good time! Your admission includes visiting our Space Quest! exhibit and a planetarium show at 1 and 3 p.m. Age-appropriate for 4-12 years old.

• **July 11 and 12, Saturday and Sunday, Tree-rific Fun! 12:30 to 4 p.m.**

Learn about the trees on the Museum grounds by enjoying a Nature Trail walk. Discover the age of trees by count-

ing their rings. View large specimens outside and smaller ones to view in the classroom. Kids make their own tree cookie necklace to take home as a souvenir. Your admission includes visiting our Space Quest! exhibit, Nature Discovery Room, and a planetarium show at 1 and 3 p.m. (ages 4 and older only).

• **July 18 and 19, Saturday and Sunday, Ocean Exploration, 12:30 to 4 p.m.**

Make a splash at the Ocean Exploration weekend. The classroom is filled with ocean specimens for your family to explore and study. Kids enjoy the coloring station where they can add color to a beach scene. Each family gets an orca poster to take home as a souvenir! Bring a camera to get pictures of your family trying on our orca costume. You don't have to leave town this weekend to enjoy a trip to the beach. Your admission includes visiting our Space Quest! exhibit, Nature Discovery Room and a planetarium show at 1 and 3 p.m. (ages 4 and older only).

• **July 25 and 26, Saturday and Sunday, Shooting Stars, 12:30 to 4 p.m.**

Our weekend is filled with stars—both near and far. Learn about the sun, the closest star to Earth, in our Space Quest! exhibit. View the galaxy and visible constellations during the 1 and 3 p.m. planetarium shows (ages 4 and older). Children craft a shooting star on a stick that can be taken home as a souvenir. It is a fun weekend for everyone and a great way to beat the heat.

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 younger). The exhibits are age appropriate for 4 to 12 years old. For more information, call (916) 808-3942 or visit www.thediscovery.org.

Who wrote that?

The Creators of Your Child's Favorite Books

With author Jill Esbaum

By Patricia Newman and Molly Vincent

"I've never been a person who saw something and said, 'Oh, I could never do that,'" says Jill Esbaum. An author of picture book fiction and nonfiction, she prefers to learn how to acquire a new skill rather than shy away from it. And as a child, she approached writing that way, too.

Esbaum recalls a loving childhood in small-town Iowa—a best friend who lived next door, four other pals within two blocks, and family camping vacations on a favorite lake. She began writing with two girlfriends from her third or fourth grade class, and the fun they shared reinforced her desire. "[We] loved to write and illustrate stories, and we made up comics," says Esbaum.

But one day, "some boy" told Esbaum that writing was "weird," and as a result, she buried her passion, which didn't resurface for thirty years.

In college, Esbaum struggled to find her life's goal, and eventually dropped out. She worked as an administrative assistant and as a teacher's aide where she learned that she enjoyed working with children. But Esbaum continued to search.



Jill Esbaum

"I wanted to do something with my natural talents [and] I wanted to leave something behind for my kids," she says.

Finally, in her late thirties, a combination of events—a poem she wrote for her father, major surgery, and reading to her three children—led Esbaum to unearth her love of writing. She gave herself the gift of a writing class and promised to give the experiment four years. "I told myself it would be like designing my own college education on how to write books for kids."

In her book, *Stanza*, Esbaum reprises the events from fifth grade that led her to stop writing. "*Stanza* is me in elementary school," she says. He



writes poetry in secret because he's afraid that his tough-as-nails brothers (as opposed to his classmates) will find out and make fun of him.

When Esbaum began writing she thought she didn't mine her childhood experiences that much. "But when I really take my books apart, I think I'm in every book," she says.

Two of her newest titles are no exception. *Teeny Tiny Toady* takes her back to the lake where her family camped in the summer. As a kid, she collected frogs and toads in a bucket, but as an adult wondered how they might have made their escape.

Elwood Bigfoot draws on Esbaum's love of nature. "[The story] is me imagining what it would be like to be out in the woods alone," she says. "Love being out in the woods."

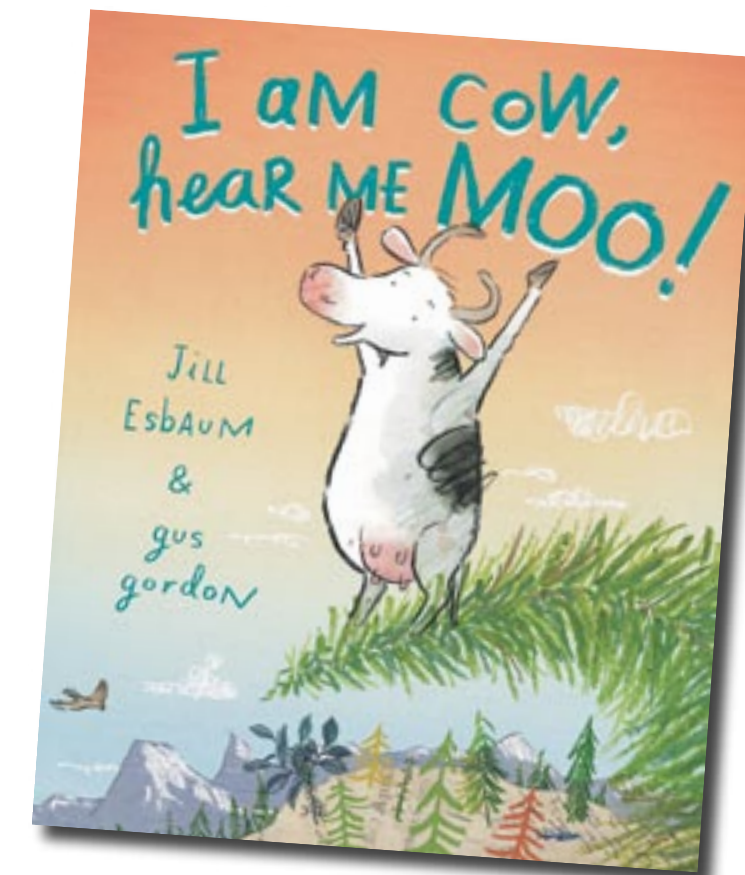
"I think my favorite [book] is always the next one because you haven't yet heard what any reviewers think of it," she says. "It's exciting to have a new one ready to enter the world."

Esbaum says one of the big misconceptions about writing for children "is that it's easy because it's not as important" as writing for adults. However, she believes writing for children is more important. "The books that affected me the most deeply were the books that I read as a kid, not the books I read as an adult."

Inspiration can come from anywhere and strike at any moment, according to Esbaum. Yet, her writing process differs for fiction and nonfiction. Characters and plot ideas for fictional stories come while driving or folding laundry, but nonfiction requires more time at her desk researching her topic. "[And] I have to keep track of [my sources] because my editors at National Geographic require that I turn [them] in," she says.

As a picture book author, Esbaum has to be sure her words suggest possible images for an illustrator. During the revision process, she sometimes has to clarify her vision of the story. "It's a matter of where [editors] aren't seeing the same mental picture I am," she says.

Esbaum strives to entertain both children and their parents with her books. When she was a child, she used books as an escape from the real world and hopes that her books can do the same for her young readers.



"One thing I like to tell kids now is not to hide your light," Esbaum says. "If you've got something you love to do, do it. If you think you're good at it, don't let anyone talk you out of it."

Next Month: Jill Santopolo

Patricia Newman visits schools! Her newest book *Plastic, Aboy!* Investigating the Great Pacific

Garbage Patch won the Green Earth Book Award and is now available. Visit her website at www.patriciamnewman.com for more information.

Molly Vincent is a rising college junior at the University of Portland who writes for her school newspaper, *The Beacon*. She is working towards a major in English and a minor in Communication Studies.

LEARN MORE ABOUT JILL ESBAUM

Visit: <http://jillesbaum.com/>

JILL ESBAUM'S LIBRARY

Picture Books

I Am Cow, Hear Me Moo!, Dial Books for Young Readers, 2014.
I Hatched!, Dial BFYR, 2014.
Tom's Tweet, Knopf BFYR, 2011.
Stanza, Harcourt, 2009.

Nonfiction

Explore My World: Nighttime, National Geographic Kids, 2015.
Angry Birds Playground: Questions & Answers, National Geographic Kids 2015.
Little Kids First Big Book Of Who, National Geographic Kids, 2015.
Angry Birds Playground: Rain Forest, National Geographic Kids, 2014. *Angry Birds Playground: Dinosaurs*, National Geographic Kids, 2013.

Upcoming

Elwood Bigfoot—Wanted: Birdie Friends, Sterling, September 2015.
Teeny Tiny Toady, Sterling, Spring 2016.
If A T. Rex Crashes Your Birthday Party, Sterling, TBA.
Little Kids First Big Book Of How, National Geographic for Kids, 2016.
Explore My World: Tigers, National Geographic Kids, 2016.

Fun Gift Idea!

In Stores Everywhere, August 18, from Shout! Factory

On August 18, 2015, Shout! Factory is proud to present **THE SEVENTH DWARF** on DVD and on two-disc BLU-RAY™ 3D Combo Pack. This summer, venture into the wondrous world of Fantabularasa Castle and spell-bound by the exciting adventure of **THE SEVENTH DWARF**. With an exceptional voice cast of Peyton List (Disney Channel series *Jessie* and *Diary of a Wimpy Kid*), Norm MacDonald (*The Middle*, *Saturday Night Live*), international music artist Nina Hagen and newcomer Joshua Graham, this new CG-animated motion picture is a hilarious mash-up of the best classic fairytales, packed with favorite storybook characters, a winged dragon, non-stop laughs and toe-tapping songs! **THE SEVENTH DWARF** is a wonderfully magical movie adventure for the whole family.

Join all seven dwarfs for an adventure as big as they are small! It's the eve of Princess Rose's 18th birthday. Everyone in the kingdom



has come to Fantabularasa Castle to celebrate including Snow White, the Seven Dwarfs, Cinderella and Red Riding Hood. But just before the stroke of midnight Bobo, the youngest dwarf, accidentally pricks the finger of Princess Rose (a.k.a. Sleeping Beauty) with a cursed needle and sends the kingdom into a century-long slumber! To find

Rose's true love Jack to save her with a kiss, Bobo and the other six dwarfs must go on a treacherous journey, face a fiery dragon and outwit the jealous, scheming and evil witch, Dellamorta!

For more information, visit www.seventhdwarfmovie.com. The Seventh Dwarf will be available at Walmart stores.

About Shout! Factory
Shout! Factory, LLC is a diversified multi-platform media company devoted to producing, uncovering, preserving and revitalizing the very best of pop culture. Founders Richard Foos, Bob Emmer and Garson Foos have spent their entire careers sharing their music, television and film favorites with discerning consumers the world over.

HAVE FUN COLORING!



www.ActivityVillage.co.uk - Keeping Kids Busy

Piano Lessons
with Mr. Parker
Private Piano Lessons and Music Theory
LEARN TO READ MUSIC. BEGINNER AND CLASSICAL
Call for questions or appointments
Mr. Parker (916) 972-1252

faithwalkers
Journey Church Children's Ministry
Kidz Kamp 2015
FREE REGISTRATION FOR ALL 1st TIME ATTENDERS!
July 20-24: 9am-11am \$40/\$35 siblings
July 26: 10am-noon - Celebration Sunday
Lots of fun for kids ages 4-10
crafts, music, games, snacks, prayers & more
For information and registration contact: Pauline at 983-4648
pmcclean@journeychurchhome.org

Huge Community Consignment Event
Sell your outgrown children's items and earn some CASH from your CLOSETS!
Fall 2015 Aug-Oct
Elk Grove, Folsom, Roseville
Sacramento & Vacaville
shop. sell. save. smart!
jbf sale.com
FREE ADMISSION WITH THIS AD ON PUBLIC DAYS ONLY EXCLUDES PRESALE

Fairytale Town
Come Over & Play!

July 5
International Celebration • Dance & Music Performances

July 11 & 12
Theater Performance: *The Bloom Tree*

July 18, 19, 25 & 26
Fairytale Town Troupers: *Disney's The Jungle Book*

Weekdays \$4.50/Weekends & Holidays \$5.50
FREE ADMISSION for Children 1 and Under

3901 Land Park Drive, Sacramento
(916) 808-7462

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

ARE YOU EXPECTING A BABY?

Help researchers at UC Davis discover how feeding a probiotic culture to babies affects their beneficial gut bacteria.

Volunteers will receive free in-home lactation consultations and a gift card.

Women in their 3rd trimester of pregnancy or who have given birth within the past 2 days and live within 20 miles of Sacramento or Davis, CA and plan to breastfeed for at least 3 months are eligible to participate in the **IMPRINT Study**.



Visit us at:
<http://ffhi.ucdavis.edu/hs/imprint-study>

Email: mabreck@ucdavis.edu

Contact: Melissa Breck at
(888) 217-5355



Lisa's Housekeeping
Personnel Agency
WEEKLY • BI-WEEKLY • MONTHLY SERVICE
FREE HOUR of Housecleaning
with service of 4 hours receive 5th hour FREE (New Clients Only)
With coupon. Not valid with other offers. Expires 7/31/15
Serving Elk Grove, Sacramento & Roseville
(916) 452-5080 Call M-F
www.lisashousekeeping.com

**CORDOVA BAPTIST
PRESCHOOL &
KINDERGARTEN**

Open Enrollment
Full & Part-Time Available

(916) 638-5506
cbpk@att.net
cs# 340300156

**Call Steve
for ad
rates**

429-9901

Looking For Vendors, Artist and Crafters

The Cameron Park Community Foundation is hosting Country Fest, a FREE family friendly event, August 15, 11 a.m. to 8 p.m., at Christa McAuliffe Park, 2400 Marrychase Drive, Cameron Park.

And the foundation is looking for a few great vendors, artists and crafters to participate in this event. Visit the COUNTRY FEST website: www.cpcountryfest.wordpress.com for all the information, registration form, and requirements. For more information about the Cameron Park Community Foundation, visit our website: www.cameronparkcf.org

About Cameron Park Community Foundation: The Cameron Park Community Foundation's mission is to serve and support the greater community of Cameron Park through community events, public engagement, public recreational activities, park beautification and facility development project.

**Portraits by
Sonya Fe**

8x10 oils on canvas

- artistsonyafe.com
- vasquetal@aol.com

916.606.8213

California State Pageants

Preliminary Pageants:
• 8/29 - Sacramento, CA

Nationals:
• 9/17-9/20 - Sacramento, CA

(916) 524-7702
For more information, visit
californiastatepageant.webs.com

Like us on Facebook @
California State Pageants

PALLADIO
SHOP • DINE • PLAY
55+ Stores, Restaurants and Entertainment

**SUMMER
Concert Series**

**LIVE MUSIC
7pm-9pm**

<p>May 30 Saturday Super Huey - Kick Off Event Huey Lewis and the News Tribute</p> <p>June 3 Wednesday Department of Rock Dance Rock Show</p> <p>June 10 Wednesday Disco Revolution 70's Disco and R&B</p> <p>June 17 Wednesday Total Recall 90's Alternative</p> <p>June 24 Wednesday Hip Service Dance Party Extravaganza</p> <p>July 1 Wednesday Unauthorized Rolling Stones Rolling Stones Tribute</p> <p>July 8 Wednesday Superlicious 80s, 90s and Today</p>	<p>July 15 Wednesday Cover Me Badd Variety Dance</p> <p>July 22 Wednesday Swift Country Taylor Swift Tribute</p> <p>July 29 Wednesday Mania! Live Beatles Beatles Tribute</p> <p>August 5 Wednesday Forejour Journey and Foreigner Tribute</p> <p>August 12 Wednesday Nunchuck Taylor 80s through Today Dance Party</p> <p>August 19 Wednesday Apple Z Dance Rock, Classic Rock to Modern</p> <p>August 26 Wednesday Cheeseballs Variety Dance</p> <p>September 12 Saturday Spazmatics - Finale "Nerds that Rock" / 80s Dance</p>
--	---

Presented by:

Dignity Health **Dignity Health** **Mercy Medical Group**
Mercy Hospital of Folsom A Service of Dignity Health Medical Foundation

Folsom • Hwy 50 and E. Bidwell

THE BOOK REPORT

Cats and More Cats

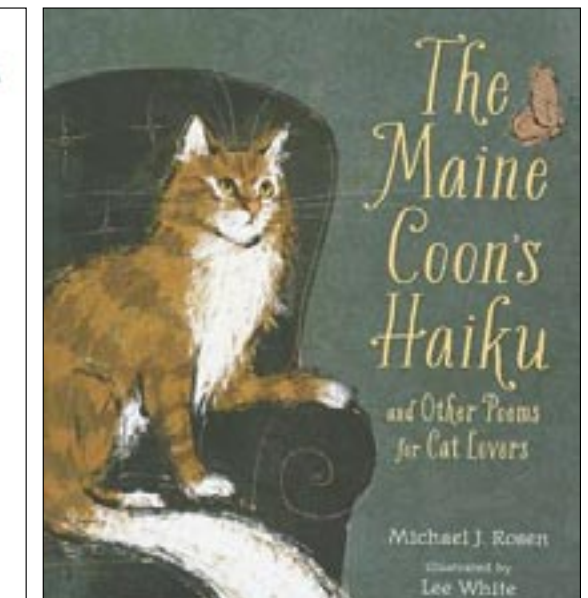
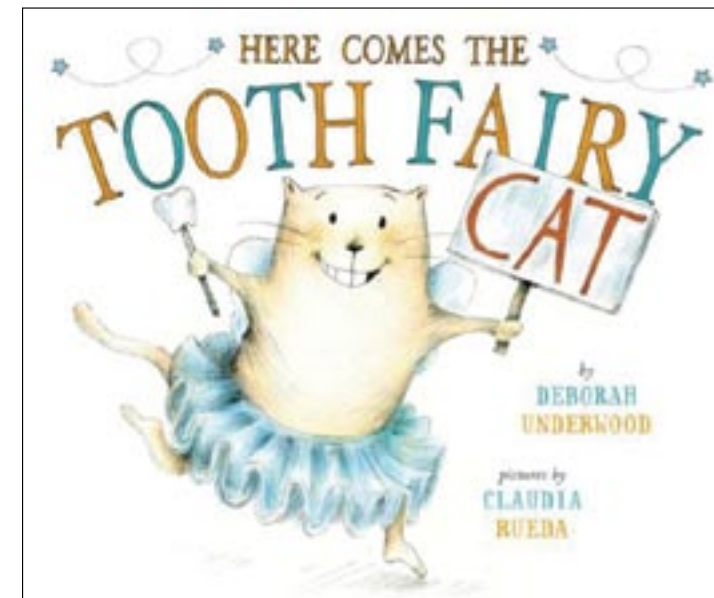
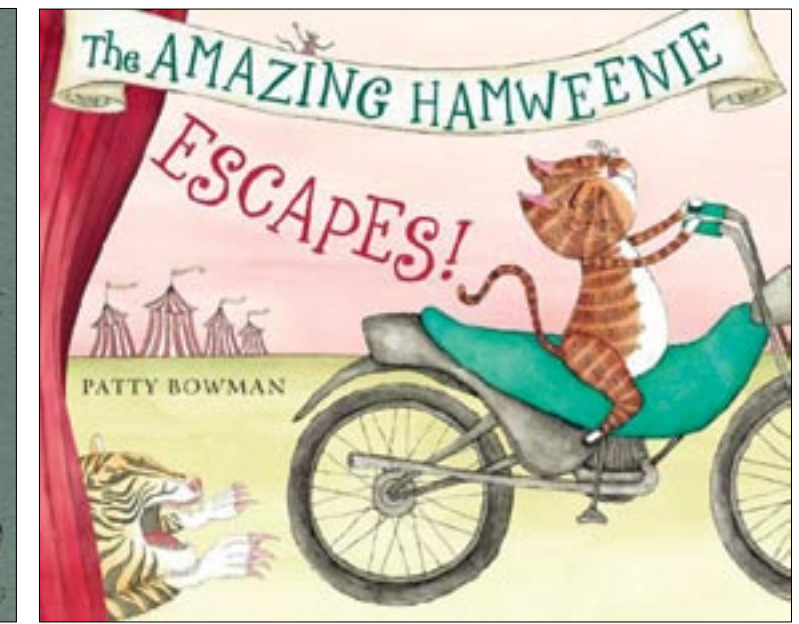
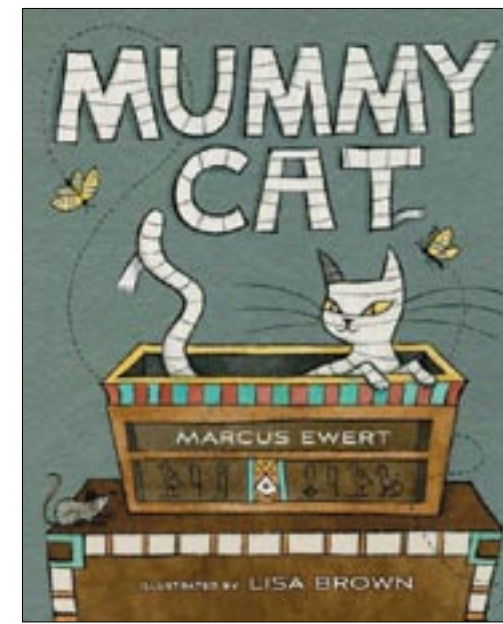
By **Connie Goldsmith**

Millions of cats live with loving American families. Cats are like potato chips: it's hard to stop at just one! The warmth of an affectionate cat is a treasure to cherish. And nothing calms jittery nerves as well as the purr of a kitty on your lap. Take a look at some new offerings: mummy cat, spotted cat; poetic cat, showoff cat. And tooth fairy cat (really)!

"Mummy Cat," by Marcus Ewert, illustrated by Lisa Brown. (Clarion Books). "Deep within this maze of stone, a creature wakes up, all alone." This outstanding book tells of a mummified cat buried long ago inside a pyramid with his beloved Queen Hat-shup-set of Egypt. Once each century Mummy Cat rises from his tomb and roams the halls in search of her. Be sure to study the magnificent Egyptian art and hieroglyphs that line the hallway walls; they show a story within a story of how Mummy Cat and his Queen came to be entombed. By turns sad, spooky, and hopeful, this multi-layered story is unique, beautifully told and illustrated. It is sure to appeal to cat-lovers and budding Egyptologists alike. Excellent end notes describe mummies, the worship of cats and queens, and hieroglyphs. **** Reviewer's pick of the month****

"The Amazing Hamweenie Escapes," by Patty Bowman. (Philomel). Like cats everywhere, Hamweenie has no shortage of attitude! After all, he is downright extraordinary. Hamweenie escapes from his cruel imprisonment (a high-story apartment building) and the even crueler warden (a little girl who loves him) because he knows that he's destined to fulfill a higher destiny. Stardom calls to him. He follows Girl and Dad to the circus where lines of adoring fans are lined up to see him. What shall he do first? Dance with the bears or elephants? Play with the tiger or monkeys? But no one recognizes his true brilliance—even after he dons a pink tutu. Girl and Dad capture Hamweenie and return him home, where he presents his delayed show to mice. The funny words and cute cartoon-like art will make kids giggle at the silliness.

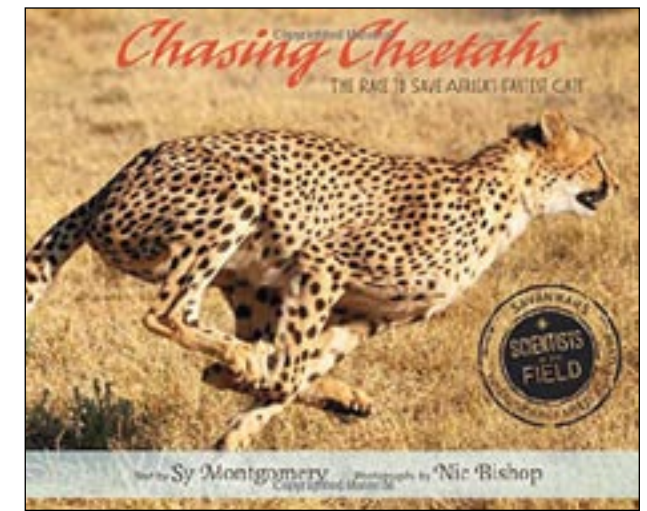
"The Maine Coon's Haiku and Other Poems for Cat Lovers," by Michael J. Rosen, illustrated by Lee White. (Candlewick). Abyssinian. "Curled up on your book . . . cat won't care what happens next . . . now's the only page." One perfect haiku after another—each about a different breed of cat—fills this lovely book. Some cats come from faraway places such as Turkey and Norway. Others are as close as California and Maine. The poems show us one moment in the life of an elusive feline: chasing a moth, sleeping, playing, and planting "mud-daisy" paw prints on a car. The scratchy, digitally-rendered art is both graceful and rich.



Back matter offers lively details on each of the breeds memorialized in the verses. This is an ideal selection for those who enjoy haiku or love cats.

"Here Comes the Tooth Fairy Cat," by Deborah Underwood, illustrated by Claudia Rueda. (Dial). Cat is never satisfied. First he wanted to be Easter Cat, then Santa Cat. Now he's lost a tooth and decides he must meet Tooth Fairy. After failing to trick her, Cat finds a note at the door, along with a Tooth Fairy costume complete with tutu and wings. A second box with Mouse in a tutu is followed by their first assignment. Pick up three teeth and leave three coins. Cat and Mouse compete against each other in a series of hilarious events that culminate in a surprise reveal. The expressions on Cat and Mouse's faces, rendered in ink and colored pencil, are priceless.

"Chasing Cheetahs: the Race to Save Africa's Fastest Cats," by Sy Montgomery, photographs by Nic Bishop. (Houghton Mifflin Harcourt). From the award-winning series, "Scientists in the Field," comes this offering about the smallest big cat, the cheetah. Cheetah numbers over the past one hundred years have plummeted from 100,000 to 10,000. Author Sy Montgomery visits experts at Namibia's Cheetah Conversation Fund to learn about efforts to save this gorgeous animal from extinction. Four cheetahs at the preserve carry the very special title of ambassador, teaching humans about the beauty and gentleness of the fastest land animal on earth. Follow the team to



learn more about the conservation efforts that involve educating farmers and ranchers how to live in harmony with these predators. The excellent full-color photos brighten an already lively text to make a stunning book!

Connie Goldsmith (www.conniegoldsmith.com) lives in Carmichael where she writes for adults and children. Her newest nonfiction juvenile books, "Bombs over Bikini," and "Traumatic Brain Injury: from concussion to coma," are now available. Other books include: "Battling Malaria: on the Front Lines Against a Global Killer," and "Influenza," one of the USA Today Health Reports series. Her books can be found in school and public libraries, and at online booksellers.



SUMMER GUIDE

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

PIRATES OF THE CARABINER
EVERY WEEK FROM
JUNE 15 - AUGUST 21
AM & PM SESSIONS
\$125/FIRST WEEK
\$100/REPEAT WEEKS
INCLUDES T-SHIRT!
530.757.2902
WWW.ROCKNASIUM.COM

SUMMER CAMP!

ROCKNASIUM
THE CLIMBING GYM

Pigeon Point Light Station State Historic Park

Located on Highway One, 20 miles south of Half Moon Bay and 30 miles north of Santa Cruz (650) 879-2120

July 11, Saturday, It's a Long Way to Pigeon Point, 8:30 p.m. and Saturday, August 8, 8:30 p.m.

Come and enjoy an evening of history and learn about the important role this lighthouse played for travelers entering California for the past 143 years. The one-hour event begins with a short slide show on the history of the peopling of California, followed by a tour of the original Fresnel lens, located in the Fog Signal Building. Meet at the Pigeon Point Hostel Dining Hall, between Seal and Whale Cottages. Bring a flashlight. Pigeon Point Light Station State Historic Park and Pigeon Point Hostel are located on Hwy 1, about 20 miles south of Half Moon Bay and 30 miles north of Santa Cruz. For more information, go to: www.norcalhostels.com/pigeon or www.parks.ca.gov/pigeonpoint or www.facebook.com/PigeonPointLightHouse or call: Pigeon Point Hostel 650-879-0633; Pigeon Point Light Station State Historic Park 650-879-2120.



Photo courtesy www.parks.ca.gov/pigeonpoint

geonPointLightHouse or call: Pigeon Point Hostel 650-879-0633; Pigeon Point Light Station State Historic Park 650-879-2120.

Learn Guitar This Summer

Lessons
Repairs
Accessories

GW
GUITAR WORKSHOP
3248 J St. 441-8555
GuitarWorkshopOnline.com

SUMMER GUIDE

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

FAIR OAKS THEATRE FESTIVAL PRESENTS

12 Dancing Princesses

all seats **\$5.00**

A one hour children's show full of adventure, mystery and fun!
Sundays, 10am and 12 noon, July 11, 18, 25 & August 1

Fair Oaks Community Clubhouse
7997 California Avenue, Fair Oaks Village
www.FairOaksTheatreFestival.com
For more information call (916) 966-3683

\$1 OFF
with this ad!

Pear Fair

CELEBRATING THE SACRAMENTO RIVER DELTA'S FAMOUS
BARTLETT PEAR HARVEST
IN THE TOWN OF COURTLAND

Sunday, July 26, 2015
from 9:00 am-6:00 pm

Free Admission!
Parking \$10

Please join us for a 'pear'fect day!
Pear strudel, pies, freezes, smoothies, cider, bread!
PEARS! PEARS! PEARS!
Fun Run Times: 7:30-10 miles; 8:00-5 miles; 8:15- kids run
Parade • Arts & Crafts • Local Art
Quilt show featuring local quilters • Stage Shows
Children's Area: Rock Wall, Mechanical Bull, Water Slide, Bounce House & More!
LIVE MUSIC BY:
Jay Rolerz • Hip Service
Mariachi Los Gallos • Kenny Frye Band

Visit us at
www.pearfair.com



Photo courtesy of Patty Colmer

We want YOU to have a FANTASTIC birthday this year! That's why we're offering FREE birthday activities at each of our locations including zipping on our 1500 foot zip lines, rappelling 165 feet down Moaning Cavern's main chamber, climbing tower climbs and guided cave tours. Get more information from our website or call toll free 866.762.2837. Offer only good on your actual birthday with proof of your birth date.

CAVE & MINE ADVENTURES

FREE BIRTHDAYS



CaveAndMineAdventures.com

866.762.2837

We never know how many times we can fall in love!
Become a foster parent today!

Come join our family & find out how to become a foster or adoptive parent today!

Help change a Life

Open your heart and home to a youth in need

For more info call **877-488-5437**
or visit www.emqff.org

EMQ FamiliesFirst

FOSTER CARE AND ADOPTION SERVICES

St. Mark's Preschool
A parent participation preschool located near Watt and El Camino. Call to schedule a visit!

Educating the whole child, including socialization, potty training, kindergarten prep, and learning through exploration and experience.

Be a part of your child's education!
Nursery co-op available for siblings.

NOW ENROLLING!
Call (916) 485-6509
saintmarkspreschool.com

Facility #340300649

SCHOLARSHARE
CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

FAMILY PACK

STARTING AT **\$84**

SATURDAY NIGHT RIVER CATS TICKETS
SACRAMENTO ZOO TICKETS

4

HOT DOG, SODA, & CHIPS VOUCHERS
FAIRYTALE TOWN TICKETS

TICKETS AT RIVERCATS.COM

Slot car rentals **FAST TRACK HOBBIES** **Birthday parties**

OPEN 7 DAYS A WEEK

Fun for the whole family!

• Slot Car Raceway • R/C Cars • Trucks • Planes
• Boats • Hells • Quads • Toys & More

916.784.1722 • 6831 Lone Tree Blvd // E102 // Rocklin • www.FTHobbies.com

YOUR NEIGHBORHOOD HOBBY SHOP, WHERE YOU ARE IN CONTROL!

Safety Begins at Home

For your **FREE** Child Safety Kit

Contact James Jensen
(916) 870-3309
jjensen@adt.com

From infant to age 14

ADT
ADT Always There®

LIC# 108321

slip & slide
at **WATER OASIS**

Super WHY! LIVE **June 13 - August 16**
at Lakeside Amphitheater

Pay Less! Play More!

Gilroy Gardens
FAMILY THEME PARK

MONDAY-FRIDAY
\$20 OFF
GENERAL ADMISSION

Must present printed, physical coupon at any open ticket window at Gilroy Gardens Family Theme Park to receive \$20.00 OFF each adult single-day general admission (ages 3 & up), up to six (6) people. Valid for single day general admission only, which includes use of all rides, shows and attractions in operation on day of use except pay events/concerts and pay-per-play attractions. Coupon is valid 7/1/15 - 8/14/15 during WEEKDAY 2015 public operating days only. Parking not included. Not valid with any Membership promotion. Not valid with any other offer, discount, coupon or promotion. Not valid on park company rentals or special events, including but not limited to Holiday Lights. Call (408) 840-7100 or visit www.gilroygardens.org to confirm public operating dates and hours as they are subject to change. PLU 75150679

SATURDAY-SUNDAY
\$15 OFF
GENERAL ADMISSION

Must present printed, physical coupon at any open ticket window at Gilroy Gardens Family Theme Park to receive \$15.00 OFF each adult single-day general admission (ages 3 & up), up to six (6) people. Valid for single day general admission only, which includes use of all rides, shows and attractions in operation on day of use except pay events/concerts and pay-per-play attractions. Coupon is valid 7/4/15 - 8/16/15 during WEEKEND 2015 public operating days only. Parking not included. Not valid with any Membership promotion. Not valid with any other offer, discount, coupon or promotion. Not valid on park company rentals or special events, including but not limited to Holiday Lights. Call (408) 840-7100 or visit www.gilroygardens.org to confirm public operating dates and hours as they are subject to change. PLU 75150680

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

Santa Cruz Mission State Historic Park

Located on School St. off of Mission and Emmet Street in Santa Cruz (831) 425-5849

• **July 4 and 25, Saturday, Guided Adobe Tour, 1 p.m.**

Join the staff at the Santa Cruz Mission State Historic Park for a guided tour of the oldest building in Santa Cruz. Come learn about the many families who have called this 180-year-old mission adobe their home. This event is FREE. Tours are conducted rain or shine. The Santa Cruz Mission State Historic Park is located on School Street off of Mission and Emmet Street in Santa Cruz.

• **July 11, Saturday, Archaeology Demonstration, 1 p.m.**

How do artifacts give us clues to the past? Follow the archeological process from the dig to the display, and participate in hands on activities to discover the stories told by the artifacts. Presented in collaboration with the Santa Cruz Archeological Society. 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.

• **Junior Rangers: Thursday, July 2, 9, 16, 23, 30, 11 a.m. to 12:15 p.m.**

Join us for activities, games, stories, and more. Junior Rangers is a statewide program for kids ages 7 to 12. Sorry parents, this is for kids only! Meet at the Visitors Center. Space is limited. Register by calling (831) 425-5849. The Santa Cruz Mission State Historic Park is located on School Street off of Mission and Emmet Street in Santa Cruz

• **July 17, Friday, Gardens of Time, 1 to 2 p.m.**

Stroll through history as you visit the various gardens within the courtyard and patio. Learn about people who lived here in the past by exploring the plants they used and cultivated. Tour the native plant gardens, demonstration vegetable beds and Victorian "Nearyland". Take home history in a seed. The event is free. Rain Cancels.

• **July 18, Saturday, Drop in Family Crafts, 1 to 3:30 p.m.**

Enjoy an informal afternoon at this hidden jewel near downtown Santa Cruz. Create a bouquet of poppies to celebrate spring in California. This event is free. Rain or Shine.

39 Trillion Gallons of Adventure in Family-Friendly Lake Tahoe

by Carmel L. Mooney

Northern California vacationing families have some wonderful choices for world class destinations, all within a day's drive and South Lake Tahoe, California is one of the best.

When temperatures soar in the Sacramento Valley, families can escape the heat and enjoy North America's largest Alpine Lake, just a couple of scenic hours from the Sacramento Metro area.

We've enjoyed Lake Tahoe as a family for over twenty years, and it was my favorite family vacation spot even when I grew up several hours away in Carmel, decades ago.

Fortunately for families in 2015, Lake Tahoe not only offers the same beauty and activities it has offered for nearly a century, but there are even more choices now. With a little planning, a family can experience this destination that draws visitors from every corner of the globe, and at a reasonable price.

The best South Lake Tahoe hub to enjoy all the fun and excitement is Lake Tahoe Resort Hotel at Heavenly. Literally a few feet from the California/Nevada State Line, this gorgeous, well-appointed, and completely family-friendly property leaves nothing out of the equation.

For families looking for value, Lake Tahoe Resort Hotel offers fabulous Family Break Packages. A few highlights of this great deal include a game board at check-in, a pizza dinner, informational Tahoe DVD, and a fantastic dessert masterpiece made by Chef Salvador Cortez Delgado, called the Mt. Tallac. This is an unforgettable monstrous banana split extraordinaire, consisting of two bananas, nine scoops of ice cream and all the trimmings.

Don't worry about burning off all that sugar and calories because there is enough to do, just within walking distance of the property, to keep you busy and energized for days. Every day after a hearty, hot, and freshly cooked breakfast included with the stay, your clan can venture out to Van Sickle Bi-State Park to hike miles of gorgeous alpine trails. Or you can walk along the street just yards from the hotel and enjoy wonderful boutiques, gift stores, souvenir shops, theater, and eateries.

Every guest of Lake Tahoe Resort Hotel gets a pass for the duration of their stay, to a wonderful private beach just minutes away, with grill, swimming beach, dock, and miles of trails.

Another fantastic option for adventure minded kids is Heavenly's new Summer Day Camp Program. Just a minute or two from the edge of the hotel property awaits a real adventure where kids start their day with a scenic 2.4 mile gondola ride up to the top of Heavenly Mountain Resort, including a stop at the observation deck with panoramic views of Lake Tahoe. At the pinnacle, their day is filled with activities ranging from high ropes challenge courses, team building, hiking, relay games, scavenger hunts, conservation education, rock climbing, and nature crafts.

After an invigorating day on the mountain, back at the newly renovated hotel property you will have access to a lovely pool, spa, fitness center, and Echo Restaurant, where Chef Sal creates delectable offerings on his Adventure Menu, utilizing only the freshest locally sourced ingredients and his wonderful cultural nuances and memories of his childhood to create cuisine that is not only spectacular and delicious but a special memory with meaning. He even offers numerous specialty cocktails for the grown-ups and equally refreshing and delicious non-alcoholic versions for the kids, infused with delicious and local fresh fruits and herbs.

Chef Sal has a special gift in the ability to serve families with passion and joy and the flavors of everything he creates reflect this. However, other team members throughout the property also love to share their passions and hobbies with the guests by suggesting spots, tips, and stories about their favorite Tahoe-area outdoor past times whether it be fly-fishing, mountain biking, water skiing, golf, stand up paddle boarding or rock climbing. Each team member has his or her favorite activity on their name badge which creates a great way to build conversations, break barriers, and foster friendships.

For many years we have become acquainted with the bar tender Anne, who serves up cocktails for the parents and non-alcoholic specialties for the kids in the late afternoon during the nightly cocktail reception hour where complimentary snacks and \$2 beverages are offered. It's hard not to make friends with the staff, many of whom have been there two decades or more. Even the same bellman has assisted us for years. You will certainly make friends and feel as though you are at your home away from home.

Part of the exciting renovation of this beautiful atrium-style property, are new state of the art, specially engi-



(above) Step back into time riding on the Virginia Truckee Railroad.

(left) Chef Salvador Cortez Delgado's dessert masterpiece!

neered sofa sleepers. These are new in the suites, and provide a comfortable slumber without the old styled "bar in the back" that so many travelers have learned to endure on hide-a-beds.

Guests can't help but appreciate the many Eco-friendly advances that the property has made over recent years, garnering respect and prestige throughout the area.

Overall there is no better place from which to savor the many facets of Lake Tahoe than from Lake Tahoe Resort Hotel.

Many wonderful activities are within walking distance and just less than a half hour away is the Virginia Truckee Railroad which runs from nearby Carson City to Virginia City, for a step back into the wild west days, and into an adventure that the whole family can take pleasure in. After boarding the train in Carson City, passengers relax and are slowly immersed into the Gold Rush and Silver Mining days when Virginia City was experiencing its own Mother Lode. The guided, narrated train tour is fascinating as well as educational which means little ones can learn without even realizing it. Wild horses, tailings

from mines of yesteryear, and scenic vistas, make this a captivating hour and a half voyage.

When you arrive in Virginia City, relaxed and refreshed, the family can meander old-fashioned wooden side walk streets where mock gun fights, saloons, museums, historical shows, and old-time fun, history, dining, and shopping are easy to find from corner to corner of every western block. The helpful and friendly visitor center is an excellent starting point to plan your visit and hear about the offerings from knowledgeable folks who are passionate to share the gem they enjoy and cherish.

After a full day of memory-making you can board the return train back to Carson City and finally meander back to South Lake Tahoe where comfort, elegance, relaxation and family-friendly hospitality wait to welcome your tribe back at Lake Tahoe Resort Hotel.

Carmel L. Mooney is a fourth generation Californian, travel columnist, and author who splits her time between California and Texas when she and her clan are not out on another travel adventure.

ADVERTISE!

CALL (916) 429-9901

ASAP to reserve your space in

California Kids!

- Published for 20+ years
- FREE ad design
- We work in your budget
- Well read
- Large distribution!

It is distributed to:

Broderick • Cameron Park
Carmichael • Citrus Heights • Davis
Diamond Springs • Dixon
El Dorado Hills • Elk Grove
Fair Oaks • Folsom • Granite Bay
North Highlands • Orangevale
Rio Linda • Rocklin • Roseville
Sacramento • West Sacramento



SUMMER GUIDE

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

Maidu Museum and Historic Site Events

Continuing Exhibits:

• **“Decolonizing Feminine Finery: Taking Back Cultural Art, Regalia and NDN Female Power”** - Through July 11.

Contemporary jewelry, sculptures, paintings, and photographs by local Native American artist Tiffany Adams. Tiffany Adams is a Chemehuevi tribal member from Lake Havasu and is also Konkow and Nisenan Maidu from the Sierra foothills in Northern California. She is a contributing editor of News From Native California and the President of the Native American Club of Sierra College.

• **The Great Basin Native Artists Group Show** - Through August 10

Art exhibit by the new art collective, Great Basin Native Artists. Participating artists: Ben Aleck, Joe Allen, William Astor, George Blake, Melvin Brown, Phil Buckheart, Loretta Burden, David Dalasohya, Rebecca Eagle, Louinda Garity, Clinton Greene, Robert Hicks Jr., Mack Nez Johnson, Linda Eben-Jones, Topaz Jones, Burch Kochamp, Debra Krol, Jean LaMarr, The Lovett Family, Jack Malotte, Melissa Melero, Clay Sampson, Janice Stump, and Mike Williams.

July 2015 Events

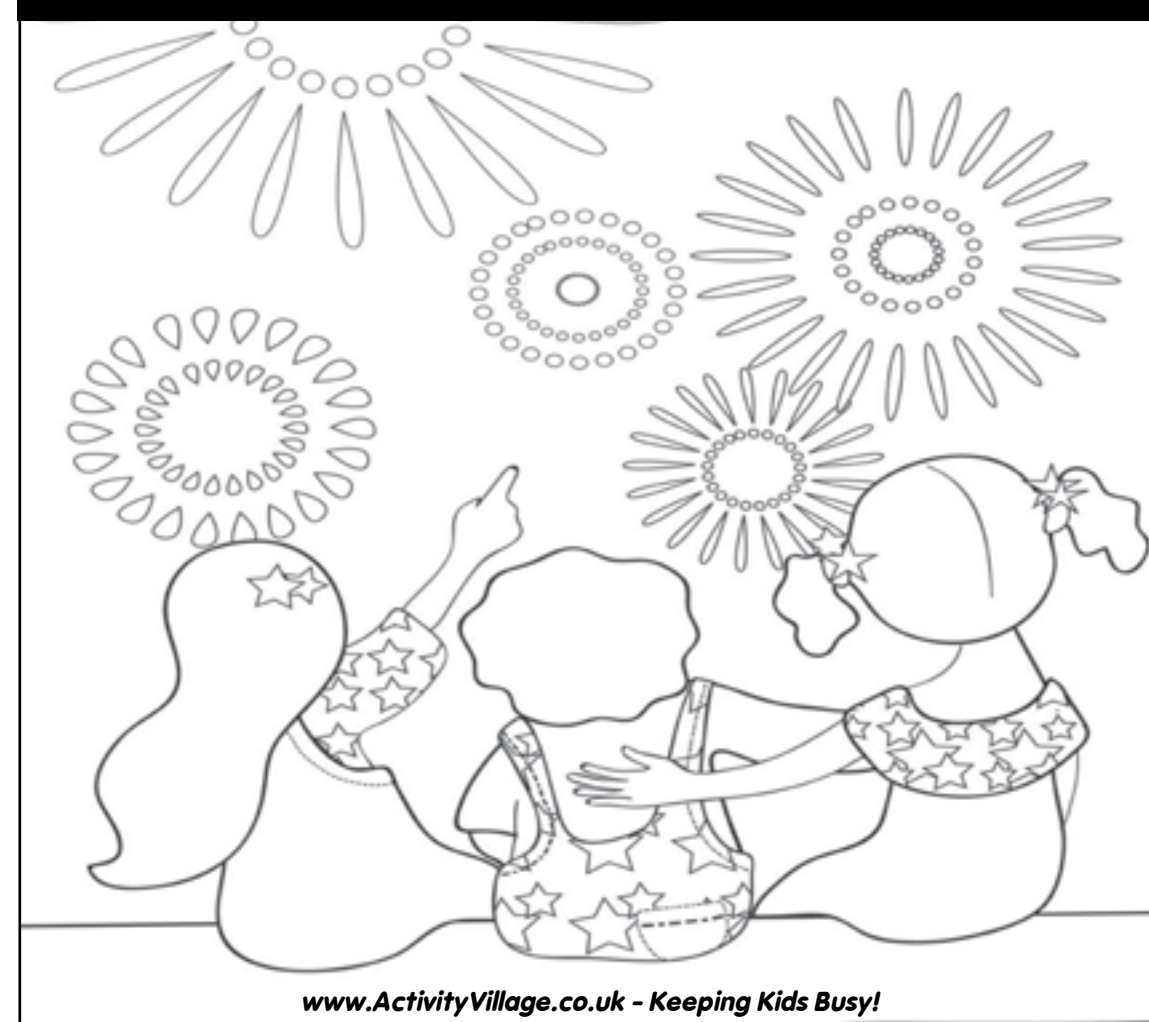
• **Volunteer Guide Training, July 7 – August 13, Tuesdays and Thursdays, 9:30 a.m. – 12:30 p.m.** If you like working with

kids and learning about local native history and cultural heritage, join our team of volunteer guides. After training, volunteer docents lead tours of the museum and historic site to help teach children about native culture and the environment.

• **Night Out at the Museum, Saturday, July 18, 6:30 to 8:30 p.m.** Please the staff for a very special Night Out at the Museum. Heyday, in partnership with the Friends of the Roseville Public Library and the Maidu Museum & Historic Site, is proud to present a book launch and signing for Dugan Aguilar’s newest book, “She Sang Me a Good Luck Song.” The retrospective exhibit, curated by Theresa Harlan, will highlight original photographs from Dugan’s book. On display July 18, through September 12. Museum doors open at 6:30 p.m. Program starts at 7 p.m. Light refreshments will be available. FREE event.

The Maidu Museum is open: Monday – Friday, 9 a.m. to 4 p.m., Saturday, 9 a.m. to 1 p.m., 3rd Saturdays 6:30 to 8:30 p.m. Guided Tours Saturdays at 10a.m. Self-guided tours on weekdays. Admission Fees: \$4.50 Adults, \$4 Senior/Child, \$16/Family of Four, \$2 after 2 p.m. The Museum is located at 1970 Johnson Ranch Drive, Roseville. For more information, call (916) 774-5934 or visit www.roseville.ca.us/indianmuseum.

HAVE FUN COLORING!



www.ActivityVillage.co.uk - Keeping Kids Busy!



SUMMER GUIDE

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

Big Basin Redwoods State Park

Located 9 miles outside of Boulder Creek on Hwy 236 at 21600 Big Basin Way.
(831) 338-8883

• **July 4, Saturday, Fourth of July Parade, 10 a.m.**

Join the Big Basin 4th of July Parade, led by Uncle Sam, through the Redwoods to the Campfire Center. Sing songs from the All American Song Book then end with a salute to the flag and our national anthem. Campers and visitors are invited to the staff for this less than one-hour salute to our nation’s birthday. Meet at the Campfire Center.

• **July 4, Saturday, Special Campfire Event, Big Basin’s Fourth of July Weekend Celebration and Talent Show, 7 p.m.**

Come and celebrate Independence Day with a campfire, sing-a-long and talent show. If you have a skit, poem, song or a talent you’d like to share, sign up at headquarters in advance. All presentations should be appropriate for all ages. Acts should be only 3 to 5 minutes in length. Participants need to arrive promptly at 7 p.m. Fire lighting and marshmallows (sticks and marshmallows provided) at 7 p.m.; program begins at 7:30 p.m. Meet at historic Campfire Center.

• **Every Saturday and Sunday, Redwood Loop Walk, 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 0.5 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.

• **Mondays, Fridays, Saturdays and Sundays in July, Evening Campfire Program, 7 p.m.**

Join in at the historic campfire center for an evening of song and story. Serenade the glittering stars and learn about redwood ecology, creatures of the forest or stories of the park while relaxing in the shadows of the towering trees. Fire lighting and marshmallows (sticks and marshmallows provided) program begins at 7:30 pm. Wheelchair, stroller accessible. Good dogs welcome.

• **July, Tuesdays, Nature’s Supermarket Campfire, 7 p.m.**

How would you make dinner if you lived in Big Basin 500 years ago? No supermarkets, no stoves, not even pots and pans. Join Ranger Alex Takone to find out how, take a look at Nature’s Supermarket and make dinner the way it was done by the native Ohlone people 500 years ago. You even get to taste your creation. Meet at historic Campfire Center. Fire lighting and marshmallows (sticks and marshmallows provided) at 7 p.m.; program begins at 7:30 pm. Wheelchair, stroller accessible. Good dogs welcome.

• **July, Wednesdays, Twilight Adventure, 7:30 p.m.**

Twilight is a special time that marks the end of day and the beginning of night. Join the staff for an easy, level walk for the whole family and experience the forest at dusk. This is a 1.5 hour, 0.5 mile walk. Wheelchair/stroller accessible. Sorry, no dogs on the trail. Meet at Park Headquarters.

“my best friend!”
Publish a photo of your family pet and tell us why they are so special to you.
\$45 FULL COLOR PHOTO OF YOUR BEST FRIEND!
CONTACT STEVE FOR DETAILS • 429-9901 • STEVE@VALCOMNEWS.COM



Picnic Word Search

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

- | | | | |
|---------|---------|------------|----------|
| basket | blanket | cake | cheese |
| cookies | drinks | eggs | grapes |
| juice | napkins | sandwiches | sausages |

Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy

Calendar of Events

Arts & Crafts

July 8, Wednesday, CD Art, 2 p.m., 5605 Marconi Avenue, Carmichael Would you like the opportunity to create some unique art? Come to this program at the Carmichael Library and see what you can design using old CDs, some paint, and your own imagination. For more information, call (916) 264-2920.

July 18, Saturday, Bottle Cap Magnets, 2 p.m., 2443 Marconi Avenue, Sacramento Use bottle caps and cardboard at the Arcade Library to make your own finger clackers in this Summer Reading program. Or unleash your artistic ability to make your own magnets.

Critter Events

July 5, Owl Program, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Meet an owl at the Effie Yeaw Nature Center and take an eye-opening look at these amazing hunters. (Parking fee is \$8/car on holiday weekend.)

July 12, Scale Tales, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Can a turtle climb out of its shell? Do snakes blink? Can you really tell the age of a rattlesnake by the number of buttons on its rattle? Discover all this and more in this program for kids at the Effie Yeaw Nature Center. For more information, call (916) 489-4918.

July 19, Lizard Program, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center to meet some resident lizards and find out what makes these cold-blooded critters so amazing. For more information call (916) 489-4918.

July 25, Saturday, Nature's Critters, 10 a.m., 11601 Fair Oaks Boulevard, Fair Oaks Join the fun at the Fair Oaks Library. Lisa Seto with Nature's Critters helps kids of all ages better understand and appreciate the world around them. Children delight in meeting and touching live animals and seeing them through Lisa's eyes as wonderful members of our living family.

July 26, Meet the Menagerie, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Visit the critters that live in the Effie Yeaw Nature Center and learn why these animals couldn't survive in wild. For more information, call (916) 489-4918.

Magic Events

July 2, Thursday, A Wild Man a Magic Drum (Juggling!), 4 p.m., 891 Watt Avenue, Sacramento During the day, Izzi Tooinsky, the Wildman, lives in a magic drum. When night falls he sails around the globe searching for the wonders of the world. Join Izzi at the Arden-Dimick Library, as he juggles his way into your imagination with tales that amaze, astonish and bedazzle people of all ages. This is a "Read to the Rhythm" Summer Reading program. For more information, call (916) 264-2920.

July 23, Thursday, Magic with a Rhythmic Beat, 4 p.m., 891 Watt Avenue, Sacramento Dale Lorzo's magic show is filled with the fun and wonders of reading at the Arden-Dimick Library. By getting into the rhythm of reading, the imagination expands. Marvelous magic wonders come to life in the show that includes a sprinkle of science, puppetry, and humor.

July 29, Wednesday, Magic Program, 2 p.m., 5605 Marconi Ave., Carmichael Mike Della Penna's weaves themes of reading, kindness, and life-long

learning into his magic show at the Carmichael Library. Come for a fun magic show full of fun and audience participation.

Nature Events

July 4, American River the Beautiful, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Come celebrate the beauty of the American River this 4th of July weekend. Join a naturalist at the Effie Yeaw Nature Center for a walk and learn about this historic and beautiful waterway. (Parking fee is \$8/car on holiday weekend.)

July 18, Nature Hike, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Take time to appreciate trees for all the shade they provide by enjoying a morning hike at the Effie Yeaw Nature Center on the Preserve trails. Join a naturalist as you watch for deer, hawks, woodpeckers, and much more before the afternoon heats up. For more information, call (916) 489-4918.

July 25, Bark Rubbing, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center and explore the varieties of trees found in the Nature Center's village and create your own colorful bark rubbing art. Learning how each tree's bark pattern is the key to identifying the many types found in this area. All ages welcome. For more information, call (916) 489-4918.

Special Events

Mondays, Free Dessert, 2760 Sutterville Road, Sacramento A new offering at the Casa Garden Restaurant. Starting every Monday until Thanksgiving, patrons will receive a free dessert with the purchase of an entree and beverage, all for \$12.50.

The Casa Garden is known for its homemade desserts, so now is the time to take advantage of this special offer. Get a few friends together and make your reservation at (916) 452-2809. Casa Garden operates solely to benefit the Sacramento Children's Home.

July 2, Thursday, Nature Yoga and Movement, 3 p.m., 2443 Marconi Avenue, Sacramento In this fun and engaging yoga program from ArtBeast, children learn a range of traditional and inventive yoga poses inspired by animals as they move their bodies to gentle music. As children move like the birds and critters who share this world with us children gain focus flexibility, and a deeper connection to nature and their own bodies. This program is held at the Arcade Library.

July 7, Tuesday, LEGO Block Party, 6 p.m., 828 I Street, Sacramento First Tuesday of every month it's a Lego Block Party. Central Library will supply loads of Lego and Duplo blocks - you supply your imagination. Come build with us in Kids Place at Central Library. Street parking will be free after 6 p.m.

July 7, 14, Tuesday, Read to a Dog, 3:30 p.m., 5605 Marconi Ave., 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.

July 7, 14, Tuesday, Read to a Dog, 3:30 p.m., 5605 Marconi Ave., 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.

July 8, 15, 22, 29, Wednesday, Sing Along with Mister Cooper, 4 p.m., 5600 South Land Park Drive, Sacramento Join neighborhood favorite Mr. Cooper at the Belle Cooledge Library for 30 minutes of music time and freeze dancing for ages 3 to 7 years.

July 9, Thursday, Instruments around the World, 4 p.m., 891 Watt Avenue, Sacramento Musician Catherine Mandella will present instruments from

around the world at the Arden-Dimick Library and show us how they work. Come participate in this multicultural "Read to the Rhythm" Summer Reading program.

July 11, Maidu Village Tour, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. The Maidu people have lived in this area since long before Europeans came to California. Join a naturalist at the Effie Yeaw Nature Center to view cultural artifacts and craftwork, and then take a tour of the Nature Center's replica Maidu Village. For more information call (916) 489-4918.

July 15, Wednesday, Dance Program, 2 p.m., 5605 Marconi Avenue, Carmichael Nicola Clay of "Dance around the World" will be inviting families to sing, clap, and dance to rhythms near and far at the Carmichael Library. This fun interactive program will get you moving and dancing.

July 16, Thursday, Dances of the Hawaiian Islands, 4 p.m., 891 Watt Avenue, Sacramento The Ohana Dance Group presents Hawaiian music and dance at the Arden-Dimick Library. This is an interactive program where YOU get to use Hawaiian tools (sea shells, coconut halves, sticks) to help keep the rhythm. Ohana dancers will demonstrate a few dances and kids are invited to join in the dancing. Don't forget to sign up for Summer Reading.

July 16, Thursday, Musical Kitchen with Food Literacy Center, 3 p.m., 2443 Marconi Avenue, Sacramento Have you ever listened to the sounds in your kitchen? What do we eat that makes a sound? In this Summer Reading program at the Arcade Library, you will watch a musical clip of cool kitchen sounds and make our own kitchen noisemakers. There will be a snack with lots of crunch. And the staff will read *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault.

July 19, Sunday, Rhythm with Instruments of the World, 1 p.m., 828 I Street, Sacramento Celebrate Summer Reading with a variety of instruments. Musician Catherine Mandella will present instruments from around the world and will focus on rhythms and culturally corresponding instruments for audience participation. Street parking is free on Sundays

July 20-24, Kidz Kamp 2015, 9 a.m. to 11 a.m., and A Sunday Celebration, July 26, 10 a.m. to noon, 450 Blue Ravine, Folsom A lot of fun for kids ages 4 to 10 at Journey Church Children's Ministry. Crafts, music, games, snacks, prayers and more. Free registration for all 1st time attenders. For information and registration contact: Pauline at 983-4648 or visit pmclean@journeychurchhome.org

July 21, 28, Tuesday, 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.

July 23, Thursday, Juggling Program, 3 p.m., 2443 Marconi Avenue, Sacramento Daniel DaVinci the "Juggling Genius" presents a family friendly Summer Reading show full of original juggling stunts partnered with music and physical humor at the Arcade Library.

July 23, Thursday, Tween Book Club, 4 p.m., 5600 South Land Park Drive, Sacramento If you enjoy reading, eating, doing activities, and discussing books with other readers and you are around 9 - 12 years old, the Tween Book Club at Belle Cooledge Library is just right for you. At the July meeting the staff will be discussing *The Fourteenth Goldfish* by Jennifer Holm. Stop by the branch today and pick up a copy to read. Snacks will be provided.

Calendar of Events

Library Friends to Hold Bag Sale

For \$6, get all the "gently used" books, videos, records, books-on-cassettes and sheet music you can stuff in a grocery bag at the Saturday, July 11, warehouse clearance sale of the Friends of the Sacramento Public Library. Sale hours will be from 9 a.m. to 4 p.m. There will be a preview for Friends members only, Friday, July 10, 5 to 8 p.m. (You can join at the door for \$15).

No children's picture books will be included in the bag sale. Some bags will be available at the warehouse, but shoppers are encouraged to bring their own paper-handled bags.

The warehouse is located at Suite E, 8250 Belvedere Avenue, just south of 14th Avenue, between Power Inn Road

and Florin-Perkins Road. Plenty of parking is available, but be careful not to park between the "No Parking" signs on the south side of Belvedere.

Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford.

The book store will be open during the warehouse sale as well as weekly on Thursdays, 9 a.m. to 2 p.m. and Fridays and Saturdays, 10 a.m. to 5 p.m. Most items there are priced from \$2 up, but there is also a large dollar-a-book section of fiction.

For more information, call (916) 731-8493 or email bookden@sacplibrary.org.

and have fun at the Preschool storytime program at Arden-Dimick Library. Each week features either a craft activity or "stay and play" time featuring developmentally appropriate toys and sensory materials.

July 2, 9, 16, 23, 30, Thursday, Pre-school Storytime, 10 a.m., 2443 Marconi Avenue, Sacramento Children ages 3-5 along with their favorite adults will enjoy stories fingerplays songs and crafts in these free programs at the Arcade Library.

July 7, 14, 21, 28, Tuesday, Baby Lapsit Storytime, 9:30 a.m., 11601 Fair Oaks Boulevard, Fair Oaks Join the staff at the Fair Oaks Library for a special storytime for babies 0-18 months and their caregivers. Stick around for baby stay and play at the end of storytime.

July 7, 14, 21, 28, Tuesday, Toddler Storytime, 10:30 a.m., 11601 Fair Oaks Boulevard, Fair Oaks Come join the staff at the Fair Oaks Library for books, singing and stories every Tuesday morning at 10:30. This program is appropriate for

children who are 18 months to 3 years old.

July 7, 14, 21, 28, Tuesday, Preschool Storytime, 11:30 a.m., 11601 Fair Oaks Boulevard, Fair Oaks Enjoy weekly storytime fun at the Fair Oaks Library. Join the staff for stories and songs.

July 7, 14, 21, 28, Tuesday, 12:30 p.m. Baby Storytime, 5600 South Land Park Drive, Sacramento Join the staff at the Belle Cooledge Library for nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. This program is for children up to about 18 months old or until they are ready for toddler storytime. Each child must be accompanied by a participating adult. Following the program babies and their caregivers are invited to stay and play with activity learning toys.

FOR THE FINEST IN MODEL TRAINS AT DISCOUNT PRICES

RAILROAD HOBBIES

- LGB
- LIONEL
- ATLAS
- MICRO-TRAINS

OPEN 7 DAYS!



- MARKLIN
- KATO
- ATHEARN
- WALTHERS

119 VERNON ST., ROSEVILLE • 782-6067

Newborn Baby Lemurs

Courtesy of the Sacramento Zoo

The Sacramento Zoo is excited to announce that two female Black and White Ruffed Lemurs were born on May 27 and a Mongoose Lemur was born on June 9 at the Sacramento Zoo. Both are critically endangered species of lemur native to Madagascar.

The Black and White Ruffed Lemur family can be found in the exhibit area across from Conservation Carousel but mom and the two infants are currently off-exhibit. The Mongoose Lemur family can be found in their exhibit next to the White-handed Gibbons.

“Due to the intricate records and observation notes by Keeper staff and our Veterinary team, we were extra vigilant as the expected birth dates approached,” said Matt McKim, Sacramento Zoo’s Animal Collection Director. “We are proud of our continued commitment to these highly endangered Lemur species. The critically endangered Black and White Ruffed Lemur females that weighed 129 grams and 138 grams at two days old, have been growing fast in an off-exhibit area with mom. This is the fifth litter

of infants for the pair of Black and White Ruffed Lemurs. 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 such as tubs and crates. 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 siblings to get to know the youngsters through the mesh and will help with the introduction process.

This is the third offspring for the Mongoose Lemur pair. All Mongoose Lemur infants are born with female coloration. Males change coloration within six to eight months. The infant is carried around the mother’s waist and is weaned between five and seven months. Mongoose Lemurs tend to live in small groups of three to four consisting of a mature pair and their immature offspring. The Ankarafantsika Reserve is the only protected area in Madagascar for the Mongoose Lemur. It is under heavy pressure due to forest clear-



ance for pasture, charcoal production and croplands.

Both Black and White Ruffed Lemurs and Mongoose Lemurs are native only to the island of Madagascar off the southeastern coast of Africa, although the Mongoose Lemur was introduced to the Comoro Islands of Moheli and Anjouan roughly 200

years ago. To help preserve these vanishing species, the Sacramento Zoo takes part in Species Survival Plans® (SSP) initiated by the Association of Zoos and Aquariums (AZA), to cooperatively manage specific, and typically threatened or endangered species, populations in accredited institutions.

HAVE FUN COLORING!



www.ActivityVillage.co.uk - Keeping Kids Busy

BEST 17 DAYS OF SUMMER

— JULY 10-26, 2015 —

Enjoy more than 70 thrilling rides, live horse racing, free educational and interactive exhibits, free nightly concerts, delicious food and so much more!

Buy tickets now at CAStateFair.org

California STATE FAIR

Peas in a Pod Birthday Party Theme

www.birthdaypartyideas4kids.com

Fun ideas for a Two Peas in a Pod birthday theme. Great birthday theme idea for twins, triplets or siblings.

Invitation Ideas

- Garden motif blank note cards/ Green and white polka dotted cards Decorate note cards with scrapbook paper or material. Attach raffia at the top (glue or punch 2 holes at the top and thread the raffia through - then tie a bow) and glue two round green buttons on the front.

Decorafion Ideas

- Decorate with two different shades of green - light

and dark. Throw in splashes of white and pink (pea flowers).

- Decorate the table with a white table cloth and use green flatware and plates or a green table cloth with white and pink cups, plates, napkins and flatware.
- Or use a polka dotted white / light green / dark green table cloth.
- A white tablecloth with green circle confetti spread on the table. Use a clear plastic table cloth laid over the table to cover up the confetti for younger children.
- Helium or regular balloons in 2 shades of green - make bunches of 2 light green balloons (the peas) surrounded by darker green balloons.

Two Peas in a Pod Activities

- Paint and decorate wooden picture frames. Let children paint their picture frame green and then glue on buttons for peas. You can also teach them how to paint curly vines for decoration.
- Plant Pea Plants - Give each party guest a small terra cotta pot and let them fill with potting soil. Then let them plant three or four pea seeds in the pot. Tie with a green bow. This is a fun activity that doubles as a party favor they can take home.

Peas in a Pod Party Games

- Pea Transfer Game -This is for older children or adults at the party. Set out two plates in front of the players. On one

plate set out 20- 30 peas. Give players a set of chopsticks and tell them to transfer the peas from one plate to the other as fast as they can. Set a time limit - 1 or 2 minutes and see which player can transfer the most peas.

- Peas in a Pod Toss - Make or buy large 4" green beanbags (or you can use green Nerf balls). Set up several baskets that the players will have to throw their "peas" into. You can also use buckets and set them one behind the other - players have to put their "pea" in the first bucket, then the second, etc. Anyone to hit all three buckets wins a prize.

- Hidden Peas - Use green plastic Easter eggs, balls or make your own cut outs of peas and hide them around the party area, yard or park where you are having the party. On some of the items you hide write a number. Send guests

on a treasure hunt to find the "peas" and when they find one with a number on it they will receive a prize that corresponds to that number. Buy small green prizes before the game and assign them a number.

- Pea Shell Game - You will need three plastic cups and a ping pong ball. The object of the game is for the player to guess which cup the ping pong ball is hidden under after you mix up the cups. Show the player which cup the ball is in then place the cup upside down over the ball. Take the three cups (that are all now upside down) and shuffle them around for a little while - 5 - 10 seconds. Without lifting the cups ask the guest which cup they think the ball is under. Using a ping pong ball is the only way to do this where the kids won't hear the ball hitting the side of the cups when it is shuffled around. Winners receive a small prize.

Peas in a Pod Food

This is a cute "pea pod" cupcakes idea found at <http://www.womansday.com/Recipes/Garden-Party-Cupcakes> The pea pods are made from rolling out green fruit chews and putting green M&Ms inside for peas. Vines are made with green airheads that are cut into thin strips

Party Favors

The pea plants and pots made in the activity above or terra cotta pots, small ziploc bag of dirt and a package of pea seeds. Make a cute miniature garden sign that says "Peas" that they can put in their pot when they plant it at home.

Goody / Loof Bag ideas

- Green plain bags tied with curling ribbon. Place items in the bag, then fold down the top about 1". Use a hole punch to punch two holes through the fold on the bag about 3" apart. Thread curling ribbon or raffia through the holes and tie a bow.

Garden Party Ideas

www.birthdaypartyideas4kids.com

Fun ideas that will bring the garden to life for your party guests. Garden themed games and activities along with decorations, favors, invitations and more.

Invitation Ideas

- Attach a small card or postcard with the birthday information on it to an artificial flower with a pretty ribbon.
- Print party information on large labels and stick onto the back of seed packets. Ask guests to bring the seeds with them and set up a seed planting station with small terra cotta pots and soil where they can plant their seeds and take them home as a favor.

Decorafions

- Decorate the party table in bright colors such as yellow, pink, orange, blue and green.
- Buy large yellow plates and set them out on the party table at everyone's place.
- Underneath the plate place a colorful doily that is larger than the plate to look like petals of a flower.
- Line the walkway with lots of flowers and greenery. Or make a balloon garden by twisting colorful balloons into flowers and using a green balloon to twist into the stem and leaves. Tie them to stakes and place them along the path to the party.
- Decorate the party table with flowers in different colorful pots. Utensils and snack foods can be set out in new terra cotta pots with a bright ribbon tied around them. Small wheelbarrows and buckets can be used also.

Activity Ideas

- Garden Scavenger Hunt - A Garden Scavenger Hunt is fun for all ages! Give the party guests a list of items to find, a plastic baggie and a spoon and send them off to explore the garden.
- Make it a Tea Party -Set out a lovely Tea Party in the midst of your Garden party.

so everyone gets to hide the items and find them again.

Party Food

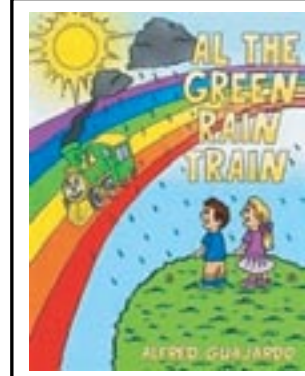
- Tear Drop Cookie Cutters can be used to cut out a variety of food and when the tear drops are placed in a circle they look like flower petals. Cut out a variety of foods and arrange plates to look like a food flower garden. These foods all work great and will give the party a splash of color - slices of oranges, apples (toss with a little pineapple juice first to prevent them from turning brown), kiwi (makes great leaves), sugar cookies, brownies, etc.
- Garden cupcakes - These are fun for kids to eat. Make them ahead or have the ingredients set out and let the party guests make their own. Fill a cupcake liner with chocolate pudding (the dirt) about half way. Crumble Oreo cookies and put them on top of the "dirt". Stick gummy worms half in and half out of the pudding and top with flower sprinkles.

Party Favors

Bug nets, magnifying glasses, flower pot, package of garden or flower seeds, small toy rake or hoe

Goody / Loof Bags

Bucket, flower pot, small plastic wheelbarrow, cute watering can, bug or flower themed cup



Parents and grandparents, introduce your child or grandchildren to an environmental learning experience to be remembered and appreciated... "Al the Green Rain Train" a children's picture book.



Purchase a copy from www.amazon.com
www.althegreenraintrain.com

Nature's Critters (916) 77-FROGS
www.naturescritters.com

Let the animals touch you!

Live Animal Education Programs
Ideal For:
Schools, Special Events, Parties, Scouting Events and more!
See our website for more information

Reptiles • Amphibians • Birds • Mammals • Invertebrates

Sacramento Balloon Co.
916-331-0131
www.sacramentoballoonco.com
Come visit our showroom @
5165 Auburn Blvd.
Sacramento, CA 95841

Have Fun in the Mud

Kids Ceramic Classes • Birthday Parties
• Summer Clay Camps

Ages 5-99

Register Online at:
www.ACAIstudios.com
or call 916-966-2453

Once upon a child

We buy and sell gently used Kid's stuff.

Sell. Buy. Repeat.

We pay cash on the spot for all items selected

1741 Howe Ave.
(916) 488-8861

Spend \$25 & get \$5 OFF your purchase

Present this coupon for discount
Cannot be used with any other discount
expires 7/31/2015

Rainbow Daycare (916)448-5231
rainbowdaycareinc.com

• Low Teacher - Student Ratio
• Parent Co-Op
• 6 weeks to 5 years old

901 P. STREET # 155 B, SACRAMENTO CA

Contact Caren
Caren@rainbowdaycareinc.com

Sacramento's Super Party Center!

The BOUNCE Spot

COME JOIN OUR CAMPS!
All ages and themes

Art Camp, British Soccer,
Mad Science, & Fun Fitness Bounce Camp

OPEN PLAY:
Tues. and Fri. Nights 6-9pm, Sun. 11am-3pm
Starting June 7th until August 30th

Visit www.TheBounceSpot.com
FOR SUMMER CAMP DETAILS!

WOW!

916-371-2386
2939 Promenade St.,
West Sacramento

\$50 OFF
PLAYTASTIC TODDLER PARTY
OR INTERACTIVE BOUNCE PARTY
Can Only be used before booking party.
Good for parties June-August.



Photos by CROWLEY

Capturing Memories for a Lifetime

Steve Crowley
916-730-6184
photosbycrowley@yahoo.com
www.photosbycrowley.com



GROUPS
TAKE
5
ON WEEKENDS



NEXT STOP: FAMILY SAVINGS

\$5 COMPANION FARES!

Take advantage of savings when you travel with
UP TO FIVE additional passengers on weekends!

First person pays full adult fare, each
additional person pays only **\$5 EACH WAY.**

GET ON BOARD! FOR TICKETS GO TO: CapitolCorridor.org/Take5

THIS OFFER IS EXCLUSIVELY AVAILABLE AT WWW.CAPITOLCORRIDOR.ORG. THIS OFFER IS VALID FOR SALE BETWEEN 07FEB15- 06SEP15 AND VALID FOR TRAVEL 08FEB15- 07SEP15. THIS OFFER IS VALID FOR TRAVEL ON SATURDAYS, SUNDAYS, AND HOLIDAY MONDAYS ONLY. BLACKOUTS APPLY ON ALL OTHER DAYS. ADVANCE RESERVATIONS ARE REQUIRED A MINIMUM OF ONE (1) DAY PRIOR TO TRAVEL. THIS OFFER INCLUDES A \$5.00 RAIL FARE FOR UP TO (5) FIVE COMPANIONS TRAVELING WITH A PAID REGULAR (FULL) FARE ADULT. THIS OFFER IS VALID FOR TRAVEL ON THE CAPITOL CORRIDOR; EXCEPT **NOT VALID ON TRAIN #542 AND ASSOCIATED THRUWAYS FOR TRAIN #542**. THIS OFFER IS VALID ON THRUWAYS THAT SERVE THE FOLLOWING CITIES ONLY: SAN FRANCISCO, AUBURN, ROCKLIN, ROSEVILLE, AND COLFAX, CALIFORNIA. TRAVEL IS PROHIBITED ON ALL ADDITIONAL THRUWAYS THAT SERVE THE CAPITOL CORRIDOR ROUTE. THIS OFFER IS VALID FOR COACH SEATS. SEATING IS LIMITED; SEATS MAY NOT BE AVAILABLE ON ALL TRAINS AT ALL TIMES. FARES ARE SUBJECT TO AVAILABILITY. THE COMPANIONS AND REGULAR FULL FARE PASSENGER MUST TRAVEL TOGETHER ON THE SAME ITINERARY AND HAVE TICKETS ISSUED TOGETHER. THE COMPANIONS ARE SUBJECT TO THE SAME RESTRICTIONS AND CONDITIONS AS THE REGULAR FULL FARE PASSENGER. IN ADDITION TO THE DISCOUNT RESTRICTIONS; THIS OFFER IS ALSO SUBJECT TO ANY RESTRICTIONS, BLACKOUTS, AND REFUND RULES THAT APPLY TO THE TYPE OF FARE PURCHASED. FARES, ROUTES AND SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE. ONCE TRAVEL HAS BEGUN; NO CHANGES TO THE ITINERARY ARE PERMITTED. THIS OFFER IS NOT COMBINABLE WITH ANY OTHER DISCOUNT OFFER. OTHER RESTRICTIONS MAY APPLY. AMTRAK IS A REGISTERED SERVICE MARK OF THE NATIONAL RAILROAD PASSENGER CORPORATION. CAPITOL CORRIDOR IS A REGISTERED SERVICE MARK OF THE CAPITOL CORRIDOR JOINT POWERS AUTHORITY.