

August 2015

# California Kids!

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



## See Summer Guide

Pages 14-17



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# Table of contents

- Wordsearch:**  
**Welcome Summer fun!**.....page 7
- Make it yourself** .....page 8
- Who Wrote That? Jill Santopolo**  
 by Patricia Newman and Molly Vincent  
 .....page 9
- The Book Report: Bedtime Stories**  
 by Connie Goldsmith .....page 12
- Fun Gift Ideas!**.....page 13
- Summer Guide** .....page 14-17
- Calendar of Events** .....page 20
- Parties! Parties!**..... pages 22-23

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SOURCE: 4.2015 Child Welfare Stats.

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# California Kids!

www.valcomnews.com

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## Fairytale Town Events

• August 1 and 2, Saturday and Sunday, Cat and the Fiddle Music Festival, 11 a.m. - 2:15 p.m.

Hey diddle diddle! Celebrate music and fun in the summer sun with a two-day music festival at Fairytale Town. Families can enjoy rockin' daytime concerts on the Mother Goose Stage each day. Mister Cooper, Musical Robot, and The Raytones will perform on Saturday. Sunday's performers include Music Matt, The Poodlums, and The Hipwaders. The concerts are 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. Visit fairytaletown.org for the full festival lineup.

• August 1 and 2, Saturday and Sunday, "Cinderella" by Puppet Art Theater Co., 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. 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.

• Family Campout at Fairytale Town Friday, August 14, 5:30 p.m. through Saturday, August 15, 7 a.m.

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.



Family Campout.

Photo courtesy Karen Iddings

About Fairytale Town - Fairytale Town is a 501(c)(3) nonprofit children's park and educational center in Land Park whose mission is to promote the imagination, creativity and education of children. Established in 1959, Fairytale Town is home to more than 25 three-dimensional play sets based on favorite fairytales and nursery rhymes, a family of 22 rare and miniature breed animals, three interactive learning gardens and two performing arts stages. 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 fairytaletown.org or call (916) 808-7462.

## Young Actors Stage presents Disney's Peter Pan Jr

Fly away to Neverland with Peter and the Darling children in Disney's adaptation of their beloved animated film.

Based on the Disney film and J.M. Barrie's enchanting play, Disney's Peter Pan Jr. is a modern version of the timeless tale about a boy who wouldn't grow up! The score includes new arrangements of classic Disney songs, such as "Following the Leader," "You Can Fly," "The Second Star to the Right" and "Yo Ho, A Pirate's Life for Me."

Wendy Darling loves to tell stories to her brothers, Michael and John. But when her father announces she must move out of the nursery, Peter Pan comes to visit the children and whisks them away to Never Land. Their adventure introduces them to the Lost Boys, Mermaids, Indians and even the infamous pirate, Captain Hook! Filled with adventure, music and a beloved hero, Disney's Peter Pan Jr. is a magical story for the whole family.



### Showtimes

August 7, 7 p.m. (Lagoon Cast)  
 August 8, 1 p.m. (Cove Cast), 4 p.m. (Lagoon Cast), 7 p.m. (Cove Cast)  
 August 9, 1 p.m. (Lagoon Cast), 4 p.m. (Cove Cast)

Tickets: \$12 General / \$10 Children (12 and under)

Tickets available online at www.YoungActorsStage.com

## Sutter's Fort to Present "Hands on History"

Soon after the Fort re-opens to the public on August 13, California State Parks and Sutter's Fort State Historic Park (SHP) are proud to present an interactive and fun "Hands on History: Fun on the Frontier" event on Saturday, August 15, from 10 a.m. to 5 p.m.

While daily life of pioneer families was filled with hard work, they certainly found time to have fun and connect with each other as a community. The special "Hands on History: Fun on the Frontier" event will showcase some of the pioneer games and activities popular during the early days at the Fort including (but not limited to): the Game of Graces, bean bag toss and sack and barrel hoop races for the kids. Not to be left out, the Fort will offer "games of chance" for adults, complete with fancy card shuffling tricks and more. Also, interactive and fun hands-on craft making will be available for kids of all ages who are interested in creating special keepsakes to take home. And, of course, demonstrations of black powder weaponry in action will take place including the crowd-favorite firing of Sutter's cannon.

All "Hands on History" activities are included in the cost of admission. For a limited time during the restoration period, Sutter's Fort SHP is offering reduced admission prices which are as follows for this special day: \$5 per adult (18 and older), \$3 per youth (ages 6 to 17) and free for children 5 and under. For more information, call (916) 445-4422 or visit www.suttersfort.org

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## AUGUST IS TOY TRAIN MONTH!

**VISIT** *Small Wonders: the Magic of Toy Trains* at the California State Railroad Museum. Open daily, 10 am - 5 pm and Thursday evenings through September 3 until 8 pm.

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# 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.

• **August 1 and 2, Saturday and Sunday, Solar System Sticker Scene, 12:30 to 4 p.m.**

Explore the Space Quest! exhibit to try hands-on activities, costumes, and play spaces to gain outer space knowledge. Kids decorate their own Solar System Sticker Scene to take home as a souvenir. Your admission includes the Nature Discovery Room, and a planetarium show at 1 and 3 p.m. (ages 4 and older only).

• **August 8 and 9, Saturday and Sunday, Design a Planet, 12:30 to 4 p.m.**

Visit the Space Quest! exhibit at the Discovery Museum Science & Space Center



Balloon Rocket Racing.

to learn about our solar system. Once you have the basics down, use your knowledge to design your own planet with cardboard, paper, and pens. Does your planet have water? Can it sustain life? What color is the land? It is all up to you! Your admission includes the Nature Discovery

Room, and a planetarium show at 1 and 3 p.m. For ages 4 and older only.

• **August 15 and 16, Saturday and Sunday, Bookworm Pencils, 12:30 to 4 p.m.**

It is time to go back to school and we are celebrating with a "bookworm" pen-

cil craft. Color your worm and have it crawl up your new pencil. Your admission includes visiting the Space Quest! exhibit, Nature Discovery Room, and a planetarium show at 1 and 3 p.m. For ages 4 and older only.

• **August 22 and 23, Saturday and Sunday, Friction Fun, 12:30 to 4 p.m.**

Have fun with friction this weekend at the Discovery Museum Science & Space Center. Kids take the "race cars" for a test drive down four different ramps made with different surfaces. Time your car for each heat and discover how different surfaces cause different speeds. Remember the fun by making your own scratch art racer to take home. Your admission includes visiting our Space Quest! exhibit, Nature Discovery Room, and a planetarium show at 1 and 3 p.m. For ages 4 and older only.

• **August 29 and 30, Saturday and Sunday, Balloon Rocket Racing, 12:30 to 4 p.m.**

The exhibit, Space Quest!, has been refreshed and new additions have been made. Visit this weekend to enjoy the improved exhibit full of space, physics, and science. Children are invited to engineer a balloon rocket that can race against others. Will you be NASA's next rocket designer? Your admission includes the Nature Discov-



Solar system sticker scene.

ery Room and a planetarium show at 1 and 3 p.m. For ages 4 and older only.

*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.*

## About the Powerhouse Science Center/Discovery Museum Science & Space Center

Established in 1951, the Discovery Museum Science & Space Center is an exceptional science education and recreation resource for students, families, and all members of the greater Sacramento community. In our current location, the Discovery Museum serves more than 80,000 visitors, provides on-site programming to more than 50,000 school children, and delivers more than 300 "Science on Wheels" outreach programs each year. The Discovery Museum will soon significantly expand and transform to become the Powerhouse Science Center. This new campus will be eight times the current center's size and serve as "a dynamic regional hub that engages and inspires people of all ages to explore the wonders, possibilities, and responsibilities of science."

# Effie Yeaw Nature Center Activities

## Free Weekend Activities

**August 1, Saturday, Under the Oaks, 10:30 a.m.**

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

**August 2, Sunday, Beaks, Claws, and Jaws, 1:30 p.m.**

Who eats whom and how? Join a naturalist and find out how animals have adapted for survival.

**August 8, Saturday, Deer Toes and Coyote Paws, 10:30 a.m.**

Learn to read the tracks of rabbit, deer, coyote, turkey and the clues that animals leave behind.

**August 9, Sunday, Nature Story Time, 1:30 p.m.**

Come relax and enjoy some nature tales. This program is recommended for children and those young at heart.

**August 15, Saturday, Let the River Run Clean, 10:30 a.m.**

Take a hike to the river and learn some ways we can help take care of it and the salmon, egrets, beavers and other wildlife that depend on its clean water. As we learn, we'll put on some gloves and help clean the river by collecting trash along the banks.

**August 16, Sunday, Critter Corner, 1:30 p.m.**

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

**August 22, Saturday, Skye's the Limit, 10:30 a.m.**

Come to the Nature Center to meet our resident red-shouldered hawk, Skye. Take a peek into the amazing world of birds of prey that live in and around the Nature Center.

**August 23, Sunday, Nature's Gifts, 1:30 p.m.**

Spend a morning in the Maidu village crafting an abalone necklace inspired by nature's beauty and Valley Nisenan Maidu traditions.

**August 29, Saturday, Those Wacky Woodpeckers, 10:30 a.m.**

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

**August 30, Sunday, Wet and Wild Pond Animals, 1:30 p.m.**

Splashing, skimming, swishing, swimming, what are all those critters in the water? Meet and learn about aquatic critters found near ponds and rivers.

*The Effie Yeaw Nature Center is located 2850 San Lorenzo Way, at California Avenue and Tarsbes 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.*

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## Welcome Summer Fun!

Hey kids! It's summer and that means more outdoor fun! Time to travel to the beach, have a picnic, enjoy sports, go on vacation and so much more! And don't forget the ice cream! YUM! Can you find the words related to summer? Look carefully, words can appear vertically, horizontally, diagonally, backward and upside-down.

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

- |              |             |                |
|--------------|-------------|----------------|
| Barbecues    | Lemonade    | Splash         |
| Bathing suit | Picnics     | Sprinkler      |
| Beach ball   | Popsicle    | Sunglasses     |
| Camping      | Sand castle | Sunshine       |
| Fun          | Sandels     | Sunscreen      |
| Hot          | Snowcones   | Swimming pools |
| Ice cream    |             | Vacation       |

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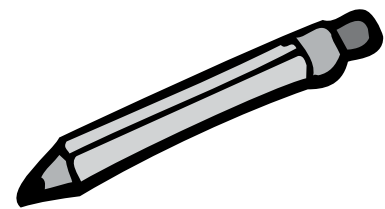
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# MAKE IT YOURSELF!

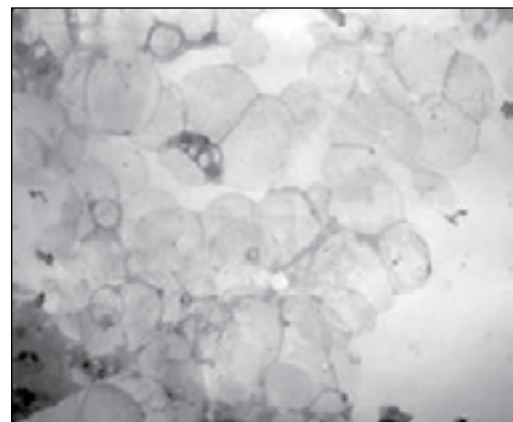


## Bubble Painting

Bubble painting is a fascinating crafty activity for kids, which produces different results every time. It makes a great outdoor summer activity.

### You will need:

A tray or bowl big enough to fit your paper in, paint, washing up liquid, drinking straw, paper



### You will need to:

Mix together the paint and some washing up liquid in the tray. Add some water until it is runny enough to blow bubbles. Use the drinking straw to blow into the paint to make bubbles. Gently place the paper on top of the bubbles. When the bubbles pop remove the paper and leave to dry.

## Make A can cooler

What a useful gift! Kids can have great fun decorating and personalizing a can cooler for everyone in the family, a favorite teacher, or friends.

### You will need:

Craft foam, Glitter glue, PVA glue, Embellishments; sequins and gems or whatever is in your craft cupboard. Self adhesive hook and eye fasteners (3 dots)



### You will need to:

Cut a rectangle of craft foam, about 1/2 inch shorter than a standard soft drink can and long enough to fit around the can with 1/2 inch overlap. Decorate however you like but remember it needs to fit comfortably in the hand. Wrap around a can and ask a friend to secure in place with the hook and eye fasteners.

## Sun Suncatcher

Brighten up a room with this quick and easy recycled craft idea which uses an old foil pie plate and sweet wrappers. Care should be taken with very young children as the points of the "sun" can be sharp.



### You will need:

Foil pie plate, sweet "candy" wrappers, glue, needle and thread

### You will need to:

Cut triangles around the sides of the pie plate making a set of points. Fold out the points to make your sun shape. Glue sweet wrappers to each point of the sun. Don't worry about cutting them to shape; just trim when they have dried. Decorate the center of the sun by gluing on some crumpled up sweet wrappers. Punch a small hole and thread a loop of thread through the top of the sun to hang.

## Sun Handprint craft

Bring a little sunshine into your home with this super easy sun handprint craft for summer. And as it involves some painting, some tracing, some cutting and some sticking, it proves a particularly popular craft for kids.



### You will need:

Paper plate, yellow paint, black marker, yellow, orange and gold, construction paper, scissors, glue

### You will need to:

Start by painting the paper plate and leave to dry. In the meantime, trace around your child's hand onto the three colors of construction paper. You will need about 12 handprints. A mixture of colors looks great but you could just use yellow if you prefer. Cut out the handprints. Use the black marker to draw a cheerful face on your sun. If you are using a permanent marker, you should supervise this bit carefully. Now turn the sun over and stick the handprints around the edge to form the rays.

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

## Who wrote that?

The Creators of Your Child's Favorite Books

With author Jill Santopolo

By Patricia Newman and Molly Vincent

First grade was a defining period in Jill Santopolo's career as a writer. "Elizabeth Levy...came to my elementary school," she says, "and I thought this was the coolest thing that had ever happened in my life. So I decided I had to do something very special to mark [the occasion]."

Before Levy's visit, Santopolo wrote a fan-fiction book called "Something Queer in the Auditorium" based on Levy's characters and Levy's world, but set in Santopolo's elementary school. Levy responded with a lovely letter thanking Santopolo, complimenting her imagination, and saying she was off to a great start. "What [Levy] said to me at age seven, I really took that to heart," Santopolo says.

In a serendipitous twist of fate, Santopolo's first book, *An Alec Flint Mystery: The Niña, the Pinta and the Vanishing Treasure*, was published by the same house that published many of Levy's titles. "One of the people in the marketing department thought it would be really cool for Elizabeth and I to do a school visit together,"



Jill Santopolo

Santopolo says. Even today, the awe in Santopolo's voice is akin to a musician who had the opportunity to jam with her favorite rock star. Now when Santopolo visits schools to talk about her own books, she brings Levy's letter as an inspiration to her young audiences.

Throughout elementary, middle, and high school, Santopolo wrote short stories with young protagonists. In the summer after her junior year of high school, she attended a writing program at Columbia University. "We got to work with...poets, novelists, short story writers, and that was the first time I

thought this is a job I could do one day," she says. One of her teachers advised her to study English Literature in college to understand where her writing would fit within the context of the larger literary world. After four years as an undergraduate at Columbia and an internship at Philomel (an imprint of Penguin Books), Santopolo took her English degree to HarperCollins Publishers where she landed a job as an editorial assistant. "I really loved the world of children's literature," she says.

Santopolo thought she'd found the perfect job to nourish a writing life. Yet after the release of *The Niña, the Pinta and the Vanishing Treasure*, she set out to write book two in the Alec Flint Mystery series and became mired in indecision and self-doubt. In spite of the fact that she loved mysteries as a kid, the ideas wouldn't come. A colleague at HarperCollins suggested the Master of Fine Arts program in writing for children at Vermont College. She wrote *The Ransom Note Blues* as her thesis, a book she describes as "one I would have loved to read as a kid."

Before Santopolo begins each novel, she creates a detailed chapter-by-chapter outline with specific plot points and character revelations. Sometimes the book unfolds according to plan, but other times she scraps her meticulous blueprint. At that point, she revises the pages she's already written to, as she says, "set the groundwork before I continue. But I don't back-revise the outline. I forward-revise it."

The idea for the *Sparkle Spa* series came from her editor, but it appealed to Santopolo, too. "I think a lot of kids want to do things that feel grown up," she says. "When I was a kid, I was writing stories and wanting to babysit and make money and be responsible...I think *Sparkle Spa* is an homage to *The Babysitter's Club* in that it's a group of girls who are entrepreneurial and are coming together and making a business."

The series centers around two sisters whose mother owns a spa. The girls step in to paint kids' nails to relieve their overworked mother, and their budding business turns into a fundraising mechanism for community charities.

"The most fun thing about writing these books is getting to paint my nails ridiculous

colors," Santopolo says. To celebrate the release of *A Picture Perfect Mess*, she painted her nails Pretty Edgy, which translates to a darkish green to match her book cover. Occasionally, she turns to Google to answer quirky questions, such as whether sparkles are edible or what pet polish looks like.

Santopolo is the current executive editor at Philomel where she works four days a week.

Fridays are devoted to writing, and her schedule is packed because a new *Sparkle Spa* book debuts every four months. To keep up with the frantic pace, she carefully schedules her time. "I'm a planner," she says. "When I'm super under deadline I...try to write every day." With eight to ten chapters per book and approximately eight pages per chapter, that usually means roughly two pages per day. Dividing the project into digestible pieces makes the work load more manageable.

"I have a blast writing these books," she says. "I hope kids have as much fun reading them as I have writing them."



Next Month: Betsy Rosenthal

Patricia Newman visits schools! Her newest book *Plastic, Ahoy!* Investigating the Great Pacific Garbage Patch won the Green Earth Book Award and is now available. Ebola: Fears and Facts will be available October 1. Visit her at [www.patriciannewman.com](http://www.patriciannewman.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 SANTOPOLO

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

### JILL SANTOPOLO'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.

# Maidu Museum and Historic Site Events

**Volunteer Guide Training:** To August 13. Tuesdays and Thursdays from 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. Af-

ter training, volunteer docents lead tours of the museum and historic site to help teach children about native culture and the environment.

**New Exhibit: "She Sang Me a Good Luck Song"**

**Exhibit Show Dates: To September 12**

A retrospective exhibit of Dugan Aguilar's photography, curated by Theresa Harlan. Dugan Aguilar has been photographing Native California life for 30 years. Ranging from

portraits of military veterans, basket makers, and dancers to meditative landscapes, his work documents—and contributes to—the perseverance and renewal of Native California's living, vibrant cultures. Aguilar has exhibited his photographs at the National Museum of the American Indian, Institute for Indian Arts, the California State Indian Museum, and the C.N. Gorman Museum, among many others.

## August Events

• August 21, Friday, Campfire, 7 to 8:30 p.m.

Sit under the stars at the outdoor amphitheater to enjoy native stories around the campfire. Roasting sticks and marshmallows for a sweet program's end will be provided. Museum doors open at 7 p.m. Program starts at 7:30 p.m. \$5 per person, \$16 family of four, under 2 are FREE.

• August 3 and 17, Monday, Maidu Museum Storytime and Craft, 9:30 a.m. to 10:30 a.m. Bring your child to the museum for native storytelling and a craft, part of the Roseville Public Library Summer Reading Program. For ages 3 and up. FREE event.

• August 15 and 16, 8th Annual Heritage Trail Museums Tour, 10 a.m. to 4 p.m. The Maidu Museum and Historic Site will be open extended hours and will offer free

admission, free guided tours and free children's activities. On Saturday, August 15, there will be free shuttle service between the 7 participating valley museums from 10:30 a.m.–5 p.m. Join the museums tour and get a better understanding of Placer County's rich and colorful history. For more information on all 20 of the participating museums from Roseville to Tahoe, visit [www.theheritagetrail.blogspot.com](http://www.theheritagetrail.blogspot.com).

• August 15, Saturday, A Night Out at the Museum, 6:30 to 8:30 p.m.

Enjoy a film showing of "Rush for Gold: The Untold Stories of the Gold Rush." Shelly Covert, Secretary of the Nevada City Rancheria Tribal Council and Executive Director of the California Heritage: Indigenous Research Project (CHIRP) will answer questions following the film. 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 2p.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](http://www.roseville.ca.us/indianmuseum).*

# Family-Friendly Festival

Sacramento's 6th Annual Banana Festival will be held Saturday, August 9, and Sunday, August 10, at William Land Park, 3800 W. Land Park Drive. The festival will incorporate the glitz and glamour of Las Vegas, complete with renowned Elvis tribute artist Rob Ely performing Sunday, August 9, at 1 p.m.

The multicultural festival, celebrating the cultures of Asia, Africa and the Americas that use the banana as a source of food, art and culture, will run from 10 a.m. to 7 p.m. on Saturday, 10 a.m. to 5 p.m. on Sunday. General admission tickets are \$5 online at <http://www.sacbananafestival.com/> or \$6 at the gate.

The 2015 Banana Festival will offer programs, events and live entertainment for the entire family. Featured attractions will include the annual SMASHED! Chef Challenge, a \$3 banana pancake breakfast provided by the Laguna Creek Lions Club, fashion show, youth chess tournament, teen talent competition, community line-dancing, Banana Salsa Dance Competition, kiddie carnival rides, and lots of banana cuisine, from banana pudding to banana salsa to banana bread.

The Power Soul Stroll for Health, a fun walk-run produced by the County of Sacramento Infant Health Program, will begin at 9 a.m. on Saturday, August 8, with 1-, 2- and 3-mile routes and a half-mile kids' route.

For more information about the Banana Festival, visit <http://www.sacbananafestival.com/>.

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August 19 Wednesday <b>Apple Z</b> Dance Rock, Classic Rock to Modern	September 12 Saturday <b>Spazmatics - Finale</b> "Nerds that Rock" / 80s Dance

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# Bedtime stories

By **Connie Goldsmith**

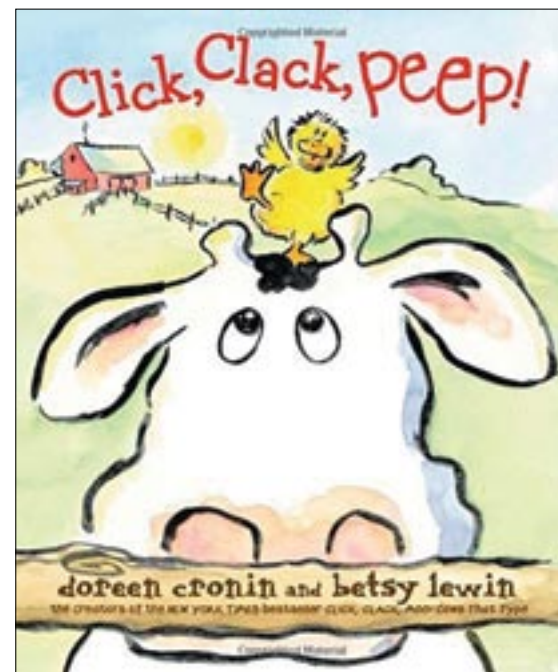
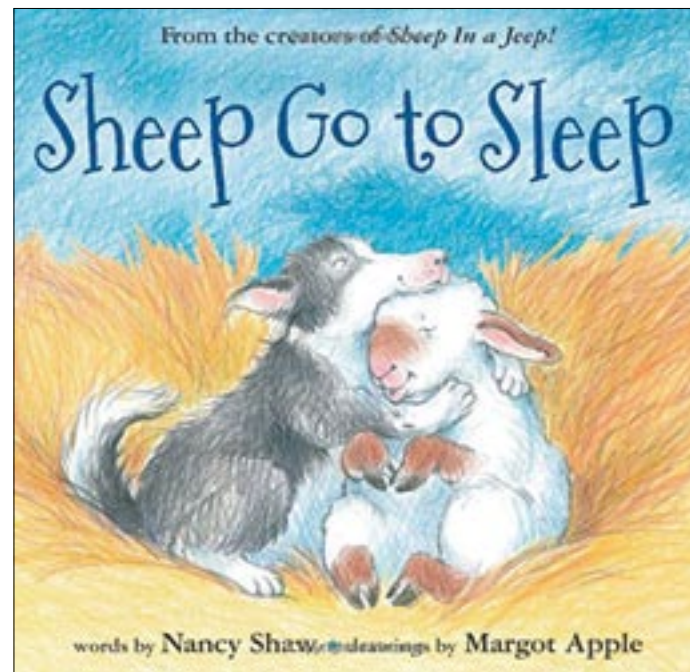
Who hasn't struggled to put a cranky toddler down at bedtime – it's practically a rite of passage! Reading a bedtime story can smooth the way to sleep and sweet dreams. Story time is a standard ritual for many families. If you're not reading to your child, give it a try – it just might work. It can also instill a life-long love of reading. Take a look at one of these bedtime story books to send your little one off to sleep.

"*Sheep Go to Sleep*," by Nancy Shaw, illustrated by Margot Apple. (Houghton Mifflin Harcourt). "Winking fireflies light the way, as sheep stroll home to hit the hay." It's sheep bedtime, but scary nighttime sounds keep them awake. Crickets. Hoots. Rustling bushes. "Really, who could go to sleep?" The trusty sheepdog helps out by hugging one sheep, getting another a drink, singing a lullaby, and sharing a teddy bear. Finally all five sheep are sleeping. The simple text rhymes perfectly and the sweet words match the gentle colored-pencil drawings. Whether it's naptime or bedtime, children will love these lovable sheep and their cute expressions.

"*Mother Goose's Pajama Party*," by Danna Smith, illustrated by Virginia Allyn. (Doubleday Books). Mother Goose is having a pajama party at her place. She writes in the sky, "Star light, star bright, come to story time tonight." Everyone's favorite characters are invited: Little Bo-Peep, Georgie Porgie, Miss Muffet, and more. Nimble Jack leads the way to Mother Goose's magical house with his candlestick along a crooked mile. Mother reads stories from her favorite book and feeds everyone treats until they tumble into bed and fall asleep. The exceptionally appealing rhyme and digital art drawn on a tablet and colored in Photoshop combine to make this a must-have bedtime book. Don't miss the final pages where the book's characters appear in well-known and lesser-known nursery rhymes. Be sure to reserve a copy of this absolutely spectacular book to be released in October for the little characters in your life (and to keep until time for Christmas gifts). \*\* **Reviewer's pick of the month**\*\*

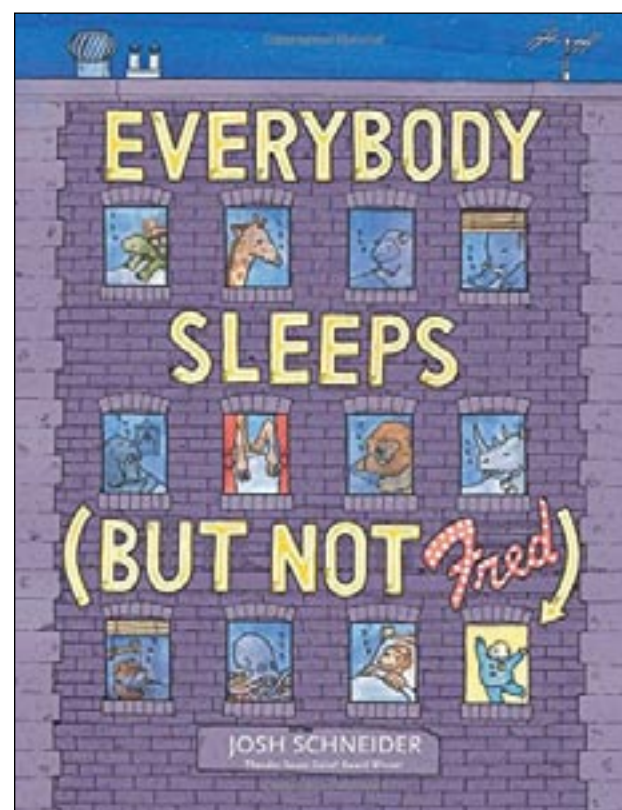
"Click, Clack, Peep!" by Doreen Cronin and Betsy Lewin. (Atheneum Books). From the talented team that gave us "*Click, Clack, Moo: Cows That Type*," comes a new story about Duck, who orders one perfect duck egg. The animals gather in the barn to wait for the hatching. Out pops Baby Duck. He plays. He waddles. Most of all, he peeps and peeps and peeps. The tired animals try to calm him down. The chickens sing a lullaby. The sheep knit a blanket. Peep. Peep. Peep. Nothing works. Farmer Brown goes outside to sleep. All the animals follow. See how Duck finally gets Baby Duck to sleep in a surprise ending that will get the giggles going. The bold watercolor art flawlessly captures the frustration of the sleepy animals.

"*Little Sleepyhead*," by Elizabeth McPike, illustrated by Patrice Barton. (G. P. Putnam's). For the very youngest, this simply written and beautifully illustrated story shows us tired babies in different families getting ready for bed. Parents, siblings,



grandparents, and even a dog interact with the babies in a sweet and loving way. "Tired little eyes, ready now for bed. Tired little everything, precious sleepyhead." Older babies and toddlers can act out the depicted motions, such as high-stepping little feet, stretching little arms, waving little hands, and wiggling little toes. All that wiggling and yawning is sure to send little ones drifting off to sleep.

"*Everybody Sleeps (But Not Fred)*," by Josh Schneider. (Clarion). It's clear from the very first page that this is not your typical bedtime book. "Every kind of bird and beast, in the West and in the East, way up high and way down deep, everybody has to sleep. But not Fred. Fred has a to-do list you wouldn't believe." Toucans snooze. Hyenas snore. Chickens doze. Pigs nod off. Sleep count themselves and then fall asleep. BUT NOT FRED! He's shouting, jumping, and testing out his horn collection. But wait. Is it possible that Fred is finally going to sleep? Be sure to watch the toucan across the pages as it nests with the chickens and hangs with the bats. Other visual jokes abound as well, so look carefully at the details in each brightly-colored illustration. This is one hilarious and zany book, worthy of its starred reviews.



Connie Goldsmith ([www.conniegoldsmith.com](http://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.

# Fun Gift Ideas!

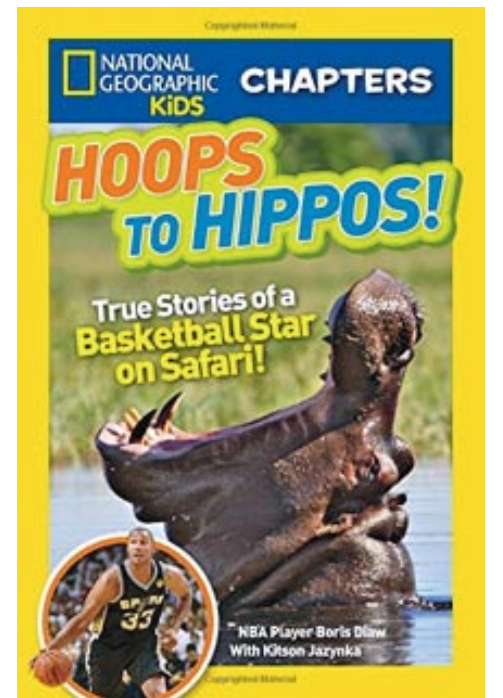
## National Geographic Slam Dunks on Two New Books!

The critically acclaimed National Geographic Kids Chapters series has a new addition -- and it's perfect for sports fans and animal lovers alike. In **HOOPS TO HIPPOS: TRUE STORIES OF A BASKETBALL STAR ON SAFARI!** (ages 7-10) NBA San Antonio Spurs Boris Diaw takes young readers on safari. Diaw's page-turning first-person narrative of his adventures on safari and his amazing photos puts readers in the middle of the action as he escapes from stampeding wildebeests, comes face-to-face with lions, and discovers why you should never come between a hippo and its watery home. Through the engaging stories and photos by Diaw, readers will discover a whole new side to this NBA champ. **HOOPS TO HIPPOS** is also packed with cool facts about the animals he encountered as well as photography tips.

From the fastest diver to the slowest climber, weirdest marsupial and deadliest snake, **NG KIDS ANIMAL RECORDS** (ages 8-12) is overflowing with stats and stories from the animal kingdom. Readers can check out which critter was crowned king in each category, learn about the runners-up that barely missed the title and be completely engrossed in the details, comparisons, "species smackdowns" and games that complement the records.

Books can be purchased online at Amazon, Barnes & Noble and National Geographic and where ever books are sold.

Wondering what else is on tap for National Geographic Kids this Fall? The entire Fall 2015 catalog can be viewed here: <https://www.dropbox.com/s/9zwwkgxmy1i7umpe/Fall15KidsCat.pdf?dl=0>.



## Green Toys™ Dig & Discover Set

Explore the great outdoors with the **Green Toys™ Dig & Discover Set!** This custom set benefits NatureBridge, an organization dedicated to fostering environmental literacy through hands-on learning, and features a Green Toys bucket, shovel, and rake, along with a copy of *Dig & Discover! Outdoor Activities for Kids*. In partnership with friends at NatureBridge, this set was created as a fun and easy way to share nature with your little one. The activities in the book are just the beginning of the many ways children can explore the world around them. The more comfortable kids are in nature, the more excited they'll be to learn about and respect the environment – so dig, discover, and become part of the solution for a more sustainable future.

Learn more about NatureBridge. [www.greentoys.com](http://www.greentoys.com)

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## Rattlesnakes: Myths and Truths

Mike Cardwell, biologist and wildlife photographer, has been studying rattlesnakes for over 35 years. Join the staff at the Effie Yeaw Nature Center, for this fascinating lecture and field study where you will learn about the ecology and behavior of local rattlesnakes, myths and bite prevention/treatment. Then join Mike in the field to learn how biologists study wild rattlesnake. You'll see how tiny transmitters are implanted and how the snakes are radio-tracked, as well as other tools used to document the private lives of these fascinating and timid creatures. If weather permits, everyone will go out to locate a wild rattlesnake in the preserve.

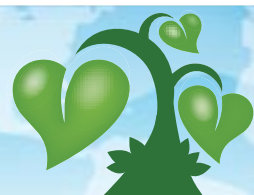


The seminar will run Thursday, August 13, 6:30 to 8 p.m., and a field study on Saturday, August 15, 10 a.m. to noon. There is a participant limit for this program so be sure to register soon.

Register at: [www.sacnaturecenter.net/ssrattlesnakes.html](http://www.sacnaturecenter.net/ssrattlesnakes.html) or 489-4918. You can learn about Mike's current rattlesnake study and keep tabs on all of the scaly friends he's been making at [www.eyncrattlesnakes.com](http://www.eyncrattlesnakes.com)

# RECYCLE

PLEASE RECYCLE THIS PAPER ♻️



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## Visit Sequoia National Park For FREE This Summer

Summer is finally here and now is the time to explore one of the most beautiful national parks in the world – for FREE! Throughout the 2015 season, ending September 27, the Sequoia Shuttle is offering free rides to Sequoia National Park through a grant called Kids to Trees. This grant, inspired by Healthy Parks, Healthy People, is available to kids under the age of 18, and will also fund up to one adult chaperone for every three children in the group. These trips can be used for church groups, Boy Scout and Girl Scout troops, summer school programs, and even families.

Qualifying groups must have a minimum of six kids and no more than 32 total people traveling. Each grant-funded trip will include free transportation to and from the park, free park entry, and free unlimited transportation inside the park, using any of the five available in-park shuttles that travel to all major attractions and trailheads. Upon arrival, each group will be greeted

by a park ranger and given a brief introduction to the park.

Since the 2015 season began in May, over 700 kids have taken trips to the Sequoia's through the Kids to Trees grant and 650 seats remain available through the end of the season.

For more information or to make a group reservation using the Kids to Trees grant, call Jessica Blanchfield at (559) 454-9400 ext. 211.

*About The Sequoia Shuttle - The 2015 Sequoia Shuttle season operates through September 27. The shuttle departs from various locations in Visalia, Exeter, and Three Rivers, multiple times a day, 7-days a week. General public tickets cost \$15 round-trip and include the park entry fee and unlimited transportation inside the park. Each shuttle is wheelchair accessible and seats up to 16-passengers. Reservations are required in advance and can be made online at [www.SequoiaShuttle.com](http://www.SequoiaShuttle.com) or by phone by calling 877-Bus-Hike (877-287-4453).*



Photo courtesy Sequoia Shuttle

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## Annual Vic's to Gunther's Ice Cream Walk

Everyone's invited to join in the Sacramento Walking Sticks annual Vic's to Gunther's Ice Cream Walk, including the family dog.

The start for the walks is Vic's Ice Cream, 3199 Riverside Boulevard, Sacramento. The walks are scheduled for Wednesday night, August 5, with registration between 6 to 7 p.m. If you can't make the night walk, then come on Thursday morning, August 6 and register between 9 and 10 a.m. The routes are exactly the same; you can choose between a 5K (3.1 miles) loop or go the distance on a 10K (6.2 miles) loop that takes in both ice cream parlors. (If you choose to do the 5K, you can drive a short distance to Gunther's, 2801 Franklin Boulevard, to complete your taste test)

The walk route between the two locally owned ice creameries in the Land Park and Curtis Park neighborhoods is rated a 1A and is suitable for strollers, wheelchairs, scooters and wagons. It's a lovely shady stroll through upscale neighborhoods with classic

20's and 30's homes. The longer route takes in a walk through Sacramento City College and Curtis Park. The cost of the walk is FREE (donations are always welcome) and \$3 if volkswalk credit is desired. The beauty of volkswalking is that people go at their own speed and the events are always non-competitive. Families are encouraged to stop along the way to enjoy the neighborhood playgrounds.

The Sacramento Walking Sticks are the largest volkssport club in the USA with over 550 members; you do not have to be a member to walk.

### Hot Walkin' Nights Summer Series

August 5/6	Ice Cream Walk from Vic's to Gunther's
August 12	Elk Grove—East Elk Grove Recreational Trails
August 19	Historic Folsom
August 26	West Sacramento—Clarksburg Branch Line Trail

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



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## Country Fest

Saturday, August 15, 11 a.m. to 8 p.m., come out for the day of music, food and fun! CP Country Fest is a free light-hearted, down-home style festival with a bit of a redneck twist. It is held at Christa McAuliffe Park, 2400 Marrychase Drive, Cameron Park. This unique family friendly event will feature live country music, a Backyard BBQ competition, hilarious twists on old-fashioned games, Kid's Zone, demonstrations, light-hearted pageants, arts & crafts, great food and drink and vendors of all sorts.

The musical lineup includes local Cameron Park talent Stephan Hogan whose original music has been featured on CMT's Redneck Island; Nashville recording artist Buck Ford, a young "pure country" singing sensation focused on staying true to the traditional country sound; and the Cripple Creek Band bringing their unique blend of country music and southern rock for a foot stomping, rockin' good time.

The Backyard BBQ competition is open to 15 teams who want to prove

that they have the best pork ribs in town. The entry fee is \$75 per team plus a refundable \$50 cleaning deposit and the ribs will be supplied. Awards will be given for best ribs as determined by the judges. Event attendees will be able to purchase tasting tickets for a sampling from each team and vote on their favorite. Additionally, entrants are being encouraged to decorate their BBQ areas with a country/redneck theme for a chance to win an additional prize. Anyone interested in competing should visit the website for complete details and entry instructions.

The Redneck Arena and Kid's Zone offer fun and games for the kids and those of us who are kids at heart. (Nominal fees may apply to participate in certain activities) Come dressed as your favorite country/redneck character (singer, TV/movie actor or character, reality star, or butter lovin' cook) and enter our Look Alike Pageant. Stroll and shop the arts & crafts and vendors, toss a game of Cornhole, indulge in some great food and drink and enjoy the music. Blankets and low profile chairs are welcome. Please, no coolers.

For more information, call or visit (530) 677-2231 or <http://cameronpark.org>

## Third Annual Art in August at Central Library

Enjoy Central Library's Third Annual Art in August program series, "Art in Sacramento" – a month of free events designed to bring art to the public through hands-on classes and entertaining presentations. Learn about the art that's all around you and bring out the artist within you!

### Sacramento Public Library, 828 I Street, Sacramento

#### Series of Sunday Classes:

8/2, Sunday, 3 – 4:30 p.m.	Mandalas with Joel Smith (Adults and Teens)
8/9, Sunday, 9 a.m. – 4:30 p.m.	Drawing with Patris (Adults and Teens)
8/16, Sunday, 3 – 4:30 p.m.	Soft Pastel Painting with Vicki Foote (Adults and Teens)

#### Series of Tuesday Speakers:

8/11, Tuesday, 6 – 7:30 p.m.	Provocative Public Art
8/18, Tuesday, 6 – 7:30 p.m.	Outside Covers of Inside Publications
8/25, Tuesday, 6 – 7:30 p.m.	Crawling Second Saturday

## August is Toy Train Month at the California State Railroad Museum

California State Parks and the California State Railroad Museum are proud to recognize August 2015 as Toy Train Month, an annual celebration that focuses on the crowd-favorite Thomas W. Sefton Gallery and "Small Wonders: The Magic of Toy Trains" exhibit.

An entirely new selection of Buddy "L" toys – never before displayed at the Museum -- will be introduced as part of the "Small Wonders" exhibit. The special items added to the exhibit will include a Model T dump truck, fire truck, lumber truck, cement mixer, toy boat, toy airplane complete with its hangar, and a four-motor "air cruiser." With a few exceptions, these collectibles were manufactured in the late 1920s and early 1930s which are considered the classic years of Buddy "L." Plus, one very rare item -- a late 1920s vintage Buddy "L" coach (bus) with gold gilding -- will be on special display for one month only to protect it from fading.

In addition to these Buddy "L" toys, a colorful, reproduction modern-day Lionel trolley car set will be operating on the Small Wonders toy train layout during the month of Au-

gust. Toy train manufacturer Lionel first introduced its model No. 200 "electric rapid transit" trolley car in 1906; painted in bright blue and yellow colors, this eye-catching addition features a powered ("motor") trolley car pulling an identical but unpowered trailer car. Also debuting on the layout as static additions are a Lionel model No. 100 (closed-body, circa 1915) trolley motor car and a model No. 101 (open-air, circa 1906) trolley motor car; a larger Lionel model No. 3 trolley motor car from 1908; and a highly-detailed engine house produced by German toy train manufacturer Bing in 1909.

The extensive and internationally recognized toy train collection was donated to the Museum by the Sefton family, along with funds to establish an endowment (managed by the California State Railroad Museum Foundation) to build the Thomas W. Sefton Gallery and to continue to curate and care for the Thomas W. Sefton Collection. Accumulated over four decades by the late Mr. Thomas W. Sefton, the collection includes 20th century toy trains, Buddy "L" riding toys,



Photo courtesy: California State Railroad Museum

and railroad-related artifacts, and featuring approximately 7,000 toy trains and a variety of accessories, such as locomotives and railroad cars from companies including Buddy "L," Ives, American Flyer, Marklin, Marx, and Lionel. The "Small Wonders" exhibit showcases approximately 1,000 vintage toy trains, six interactive displays,

and a magnificent operating toy train layout.

Railroad Museum is located at 125 "I" Street, Sacramento. Admission is \$10 for adults, \$5 for youths (ages 6-17), and children ages five and under are free. More information about the California State Railroad Museum is available at 916-323-9280 or [www.csrnmf.org](http://www.csrnmf.org).

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# Frani and the Little Red Fox

By Artie Knapp  
Pictures by Katherine Thomas

Three hippopotamuses were snuggled close together. And they were frightened. A lion sitting close by was, too. Everything was shaking all around them.

"Oh no, here it comes!" said one of the hippos.

An animal with very large teeth soared down from the sky! It went for the lion, but missed! This was not the first time the animal had made such a visit. In fact, it often came and went without warning.

"We have got to get out of here," said another hippo.

"Yeah, and go where?" asked the lion. "No matter where we go that thing follows us."

Then suddenly strange noises could be heard close by! They all feared the worst. But this time, it was simply much friendlier animals that were heading their way. The hippos and lion had never seen them before. The group included several giraffes and one little red fox.

Like the giraffes, the little red fox felt nervous to be so close to a lion and hippos. But he was a friendly little fox and introduced himself. He soon realized however, that his new friends were more nervous than he was. The hippos and lion were still talking about the animal with large teeth that came down from the sky. And they were surprised to hear that the giraffes and little red fox had never seen it.

"Ladies and gentlemen, not to fear," said the little red fox. "What needs to happen here is quite clear."

"And what is that?" demanded the lion. "We need to stick together," said the little red fox.

The little red fox said that by sticking together they could perhaps reason with the animal with large teeth.

"A little courage goes a long way," said the little red fox.

And then everything all around started to shake.

"Oh my, run for it!" said the little red fox.

The little red fox ran as fast as he could. He jumped on one of the giraffe's back as it stood up to run. Then he climbed up its long neck to hide. The little red fox was so scared that he forgot what the hippos had told him and the giraffes: the animal with large teeth always came down from the sky.

Meanwhile, a grandfather was standing next to his granddaughter as she dropped two coins into a machine.

"You'll do it this time, Frani," said her grandfather. "Just take your time."

Frani carefully moved the joystick straight ahead. Then she tapped it twice towards the left. Below were three hippopotamuses and one lion. And sitting right behind them were several giraffes. Those would all make fine new friends for Frani, but it was a little red fox that she longed to take home. Frani moved the claw down towards the little red fox. And then, she grabbed him!

As she took the little red fox out of the machine, Frani gave him a big hug. Frani's grandfather celebrated by taking her and the little red fox out for ice-cream.



*In 2006, Artie Knapp wrote a children's story titled The Wasp and the Canary. Artie had never intended on becoming a children's author, but after that story was published it would lead him on a journey that has become his life's calling. To date, he's had over 30 children's literature works published that includes books, videos, stories and poems. These works have been published in over 300 publications across the world. In India, publishers Orient BlackSwan and Oxford University Press have both used Artie's stories in course books across the country. Among his writing credits are the children's books, Stuttering Stan Takes a Stand, and Living Green: A Turtle's Quest for a Cleaner Planet, a shortlist finalist for the Green Earth Book Award. Artie is a member of The Society of Children's Book Writers and Illustrators, and graduated from Ohio University. He lives in Cincinnati, Ohio, with his wife and daughter. To learn more about Artie and his work, visit him online at [www.artieknapp.com](http://www.artieknapp.com).*

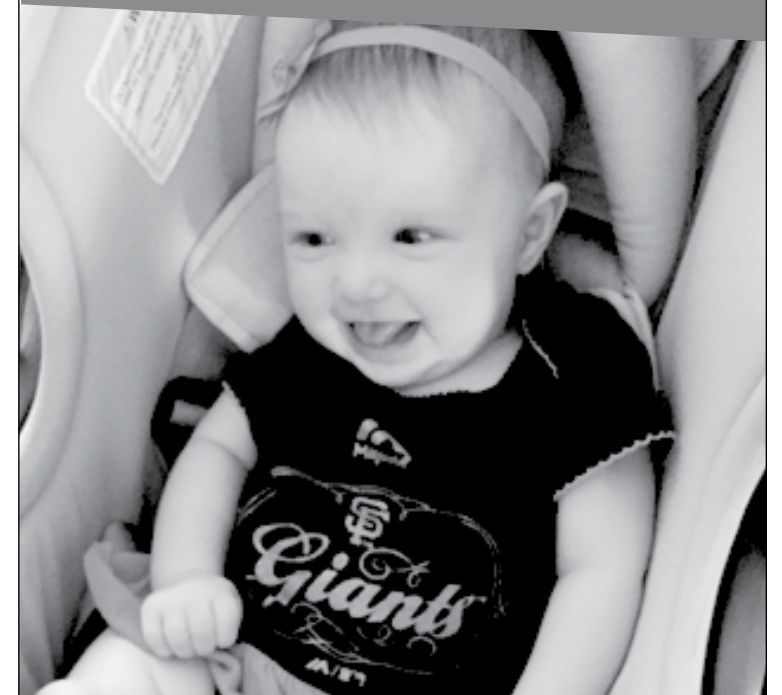


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# Calendar of Events

## Arts & Crafts

**August 23, Abalone Necklace, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Bring the family to the Effie Yeaw Nature Center and spend time in the Maidu village crafting an abalone necklace inspired by nature's beauty and Valley Nisenan Maidu traditions. For more information, call (916) 489-4918.

**August 22, Skye's the Limit, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center to meet the resident red-shouldered hawk, Skye. Take a peek into the amazing world of birds of prey that live in and around the Nature Center. For more information, call (916) 489-4918.

**August 15, Nature River Hike, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Take a hike to the river and learn some ways you can help take care of it and the salmon, egrates, beavers and other wildlife that depend on its clean water. While there, put on some gloves and help clean the river by collecting trash along the banks. For more information, call (916) 489-4918.

**August 29, Woodpeckers, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Woodpeckers are instantly recognizable by their unique behavior of pecking vertically on trees and poles, but how much do you really know about these outstanding birds? Come to the Effie Yeaw Nature Center and find out. For more information, call (916) 489-4918.

**August 30, Pond Animals, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Splashing, skimming, swishing, swimming, what are all those critters in the water? Meet and learn about aquatic critters found near ponds and rivers. This program will be held at the Effie Yeaw Nature Center. For more information, call (916) 489-4918.

**August 2, Beaks, Claws, and Jaws, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Who eats whom and how? Join a naturalist at the Effie Yeaw Nature Center and find out how animals have adapted for survival. For more information, call (916) 489-4918.

**August 8, Deer Toes and Coyote Paws, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Bring the family to the Effie Yeaw Nature Center and learn to read the tracks of rabbit, deer, coyote, turkey and the clues that animals leave behind. For more information, call (916) 489-4918.

**August 16, Critter Corner, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Where do our animals come from? Why are they here? Meet a couple of small animal residents at the Nature Center up close. Learn about each of their unique

## Nature Events

**August 1, Under the Oaks, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center and

learn how to identify different varieties of oak trees in the Nature Preserve and who might be living in them. For more information, call (916) 489-4918.

**August 4, Tuesday, Read to a Dog, 3:30 p.m., 601 Alhambra Boulevard, Sacramento** Read to a Dog is a fun and proven method for boosting a child's reading skills by reading to a trained therapy dog and adult volunteer at McKinley Library. Children may bring their own books to read to a furry friend or they may borrow a book from the library's collection.

**August 4, 11, 18, 25, 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.

**August 4, Tuesday, Read to a Dog, 6:30 p.m., 9845 Folsom Boulevard, Sacramento** Bring your own book or read one of from the Rancho Cordova Library to a furry pal from the Lend-a-Heart Association. A fun way to practice your reading. When the library is a Voting Polling place every June and November the program will be held inside the library instead. Part of the Summer Reading Program - Read to the Rhythm. Sign up today.

**August 5, Wednesday, Minecraft, 5 p.m., 9845 Folsom Boulevard, Sacramento** Come play Minecraft at the Rancho Cordova Library. Minecraft is an open world building/adventure game. Bring your own account and equipment or play with the one at the library. Ages 6-19 welcome, any and all experience levels. REGISTRATION AT THE INFORMATION DESK. Part of the Summer Reading Challenge - READ TO THE RHYTHM. Sign up today. Registration is Required

**August 8 and 9, Cultural and Food Festival, 11 a.m. to 8 p.m., 2401 Riverside Boulevard, Sacramento.** The Sacramento Buddhist Church's Japanese Culture and Food Festival has something for all ages.

Enjoy delicious Japanese dishes, prepared right before your eyes. Performances by Japanese folk dancers, and singers, drummers of a taiko group, and exhibits and demonstrations will highlight the festival. This is a major fundraiser for the Sacramento Buddhist Church.

**August 15, Saturday, Brick-tastic Lego Party, 1 p.m., 5600 South Land Park Drive, Sacramento** Join the monthly block party at Belle Cooledge Library and make a mess creatively with an amazing selection of Legos, Duplos, and Megablocks. Engineer something new or build something classic. This month think about and build things that move- with a set of hot wheel tracks to create with. For builders of all ages.

**August 19, Wednesday, Kids' Chess Club, 4 p.m., 9845 Folsom Boulevard, Sacramento** Here's a chance for school-age chess players of all skill levels to play against each other free. Beginning chess lessons provided. Challengers and visitors are welcome to gather around watch and learn from games in progress. Come any time between 4 and 6 p.m., sign in and find out how much fun chess can be. Part of the Summer Reading Program - Read to the Rhythm. Sign up today.

**August 21, Friday, Lego Mania, 2 p.m., 601 Alhambra Boulevard, Sacramento** Like building with Legos? Join the staff at McKinley Library for their monthly Lego free play afternoon. Legos and Lego building books will be provided.

**August 25, Tuesday, Read-To-A-Dog, 4 p.m., 5600 South Land Park Drive, Sacramento** Read to a Dog is a fun and proven method for boosting a child's reading skills by reading to a trained therapy dog and adult volunteer. Children may bring their own books to read to these furry friends or they may borrow a book from the Belle Cooledge Library's collection. Held in the community room.

## Castro Adobe State Historic Park

184 Old Adobe Road off of Larkin Valley Road in Watsonville (831) 515-2802

**Open House for the Castro Adobe State Historic Park**  
Friday, August 14 and Saturday, August 15, from 11 a.m. to 3 p.m.

You are invited to a "sneak peak" into the new state historic park. Open house visitors will be able to tour the property including the recently restored cocina (kitchen) and the Potter-Church Garden. State Park Interpretive Rangers and Friends of Santa Cruz State Parks volunteers will be on hand to offer information into the restoration process. Handmade tortillas cooked on the recently reconstructed bra-sero (stove) will be provided. Admission is free, donations gratefully accepted. Park-

ing is extremely limited, so carpooling is encouraged. The two-story Castro Adobe in Watsonville is currently undergoing a multi-year restoration process lead by Friends of Santa Cruz State Parks, a local non-profit, and partnering with California State Parks. Built from 1848 to 1849, this is one of the finest examples of a rancho hacienda in the Monterey Bay area. The Castro Adobe State Historic Park is located at 184 Old Adobe Road, off of Larkin Valley Road, in northern Watsonville. The Castro Adobe is an active construction site and is accessible currently by appointment only except during the Open House Days. To follow progress on the restoration effort, visit [www.ThatsMyPark.org/projects/castro-adobe](http://www.ThatsMyPark.org/projects/castro-adobe). For more information contact Jennifer Squires (831) 515-2802.

## 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

**It's a Long Way to Pigeon Point**  
Saturday, August 8 at 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. Please 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](http://www.norcalhostels.com/pigeon) or [www.parks.ca.gov/pigeonpoint](http://www.parks.ca.gov/pigeonpoint) or [www.facebook.com/PigeonPointLightHouse](http://www.facebook.com/PigeonPointLightHouse) or call: Pigeon Point Hostel 650-879-0633; Pigeon Point Light Station State Historic Park 650-879-2120.



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# Project Runway Party Ideas

www.birthdaypartyideas4kids.com

## Project Runway Invitation Ideas

Make your own Project Runway invitations by gluing on scraps of fabric onto the front side of plain note cards. Or cut one piece of fabric the size of the front of the note card and glue on the front at the top only. Write party information on the front of the card underneath the piece of fabric. Glue pieces of pretty measuring tapes to the front of note cards. If you will be having a fashion challenge include a small piece of the fabrics or items they will be using so they can start

thinking of a design before the party.

## Project Runway Decorations

- Decorate the party with mannequins and/or dress forms. Place feather boas, pearls, and other accessories on the mannequins and dress forms. (You can make your own with large pieces of cardboard, just make a human body shape cutout to decorate)
- Make the party table look like a runway by placing a white or black table on the table and then placing a row of books down the

center of the table - cover the books with the opposite color tablecloth that you used on the bottom of the table to give the runway depth.

- Helium balloons in white and blue make a party instantly fabulous or use Chinese lanterns.
- Set up several work stations for the guests to work on their projects. You can have them spread out over the room or in the center so the guests face towards each other and can socialize as they work on their projects. Set up a "Mood" store that will hold the items that the designers can choose from for their projects.
- Drape yards of tulle around the party area in bright colors or blue and white for a elegant feel.

## Project Runway Party Games

- Fashion Rounds** - Have several fashion rounds where the guests have the opportunity to make

fashion creations. Divide into teams, or if you have enough dress forms let each guest have their own. Or you can divide into teams of 2 and the team mates can alternate being designer and model for each round. Assign each guest to a sewing station and provide each station with scissors, masking tape, needles and thread and measuring tape.

**Round 1 - Paper Bags** In the "Mood Store" set out all sizes and colors of paper bags for the guests to use to make a paper dress. You can also set out different colors of ribbon, buttons and accessories for them to use to embellish their creation. Give the guests 15 minutes or so to finish this round.

**Round 2 - Foiled Again** For this round designers get 1 or 2 rolls of aluminum foil and they must create a complete ensemble including shoes, dress, hat, jewelry, etc. Foil can be used to make any style of garment ... give them help by suggesting high heel shoes, purses, bathing suits, pants, skirts, hair bows, etc. Give them about 15 - 20 minutes for this round.

**Round 3 - Birthday Madness** One of my favorite episodes of Project Runway was when the contestants had 15 minutes to shop in a party store and they could only use items from the store. In the "Mood Store" set out lots of different party items - table cloths, hula skirts, napkins, cups, etc. - that the guests can use to create a fashion item. Ask family and friends for old party items they won't use anymore or look at garage sales for some great (and strange!) items. Give guests 5 minutes to pick out their items and about 20 minutes to create their design.

**Round 4 - Fashion** Now that the designers have had some practice give them choices of fabric to choose from to make their creations. You may want to already have these cut into yard lengths before the party. Give them lots of fun embellishments to use such as fringe, feathers, trims and buttons.

Take pictures of all the designs and give them to guests as a party favor in a pretty frame.

## Project Runway Party Food

Set out a buffet of finger style foods for the kids to munch on as they are working or when they are finished with their projects. Some good food choices are pretzel sticks, cheese, finger sandwiches, cookies and crackers. Let them sip on sparkling cider from champagne glasses. Have messy foods like chocolate, frostings and pizza after the sewing competitions.

## Party Favors

Small metal dress form, dress form that holds jewelry, sewing kit, easy pattern with material for them to make at home, book of paper dolls

## Project Runway Goody Bag Ideas

Blue paper bags with the Project Runway logo on the front, wrap party favors in pretty squares of fabric and tie with a pretty ribbon

# Spy Birthday Party Theme

www.birthdaypartyideas4kids.com

## Spy Invitation Ideas

- There are many fun ways to send out Spy invitations. The simplest is to buy or make invitations which are black and have TOP SECRET written in red across them.
- You could also add some fingerprints (using your fingers, thumbs and some washable paint - use a paint brush and cover the tips of the fingers you are using. Press onto paper or cards and let dry.) You can use different colors of paint or simple black paint on white cards or white paint on black cards.
- Invisible Ink** - write a message to your fellow Spies in invisible ink. On a separate piece of paper that will be included in the invitation write out a secret message using a small paint brush and lemon juice. Instruct the guests that to see the hidden message they need to hold the paper up to a light bulb.

are unable to rendezvous or are on another assignment call the above number and tell them "No can do".

- If you want you can even change your answering machine message to being "HQ". Another fun way to create a Spy invitation is to code the party information in a cipher. You can make an easy cipher by changing the letters of the alphabet into symbols or visit to learn How to Make a Cipher Wheel on Ehow.
- Or code the party information by printing it backwards then having guests look at it in a mirror to read it. An easy way to do this is to print the message on white paper then paste it onto the invitation with the printed side down. Make sure the paper is thin enough and you've used a large bold font and the letters will show through the back of the paper.

## Spy Party Decorations

- Decorate the Spy party in the colors of black, white and grey with some touches of red.
- Make a fun fingerprint tablecloth by putting fingerprints (dip fingertips in non-toxic paint) all over a

disposable paper tablecloth or a cheap cloth tablecloth. Use white paint for black tablecloths and black paint for white tablecloths. Tie red balloons to binoculars or any spy equipment for centerpieces.

## Spy Party Activities

- Mission Possible** - Send the spy recruits on a secret mission. Set up clues that lead to one another around the house, yard or even neighborhood. Make the clues in cipher form so that the guests have to figure out where to go next. Set up some spying opportunities that make the recruits have to take photos of certain people - without being seen - before they can move on to the next clue. Set up the mission so that they will end up finding the birthday cake, piñata or their goody bags. **Tip:** Make the mission look realistic by placing clues in brown envelopes or manila folders with TOP SECRET written across them.
- Make a cipher wheel- Let all the guests make their own Cipher Wheel that they so they can send secret messages back and forth to each other. See directions here.

- Fingerprints** - Let each guest make a set of their own fingerprints (with paint or an ink pad) on white paper. Then mix up the fingerprints and see if the guests can determine who's fingerprints match who's fingers.
- Disguise Buffet** Gather or buy different disguises like hats, wigs, glasses, mustaches, beards, coats, etc. and let the guests disguise themselves. You can also take pictures of them in their new disguises, have them make up fake names for themselves and then make them a passport to take home and remember the party.

stake course throughout your backyard using things like slides, elevated boards, trampoline, big boxes to crawl through and hula hoops to make the course. Compete against teams in this game or against the stopwatch. Add in some target practice with empty 2 liter bottles and high powered water guns. When they get good at the course make them do it again - walking or running backwards!

## Goody or Loot Bags

Plain paper bags with handles that are stamped with TOP SECRET across the sides. White or black bags with painted fingerprints. (You can also do this as a craft during the party)

## Spy Party Games

- Spy Training Obstacle Course** Make a Spy ob-

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## Fun invisible ink recipes for making invisible in at home

**Lemon Juice** - Place lemon juice in a small bowl and write a message on a piece of paper using a small paintbrush. To read the message hold the paper 6" from a light bulb or iron. The heat will make the writing appear.

**Vinegar or Baking Soda** (1 to 1 ratio) - Use a small paint brush to write a note on paper. Let dry. To reveal the writing - boil 1/2 a head of red cabbage in 4 cups of water. Strain the liquid. Paint or sponge the liquid over the writing to reveal the message. You can also use grape juice to reveal the message. In your invitations use Spy language such as: *Assignment:* Spy Training Camp *Codeword:* Birthday Report to Headquarters: insert address *At:* insert time of party *On:* insert date of party If you choose to accept this mission then phone (insert your phone number) and give your name and the codeword: BIRTHDAY: to the person who answers the phone. If you

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THIS OFFER IS EXCLUSIVELY AVAILABLE AT [WWW.CAPITOLCORRIDOR.ORG](http://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.