

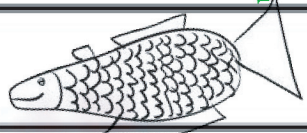
September 2015

# California Kids!

**Free!**

Valley Community Newspapers, Inc. • 2709 Riverside Boulevard, Sacramento, CA 95818 • [www.valcomnews.com](http://www.valcomnews.com)  
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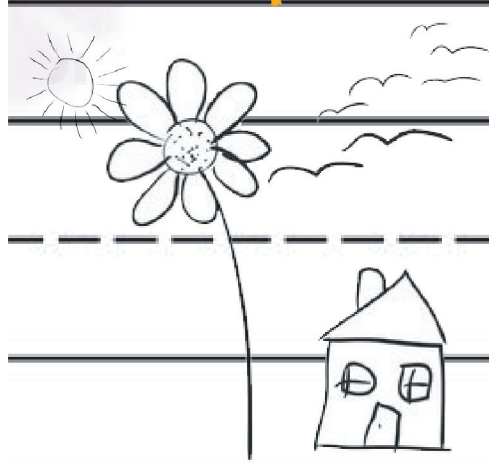
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TO



SCHOOL



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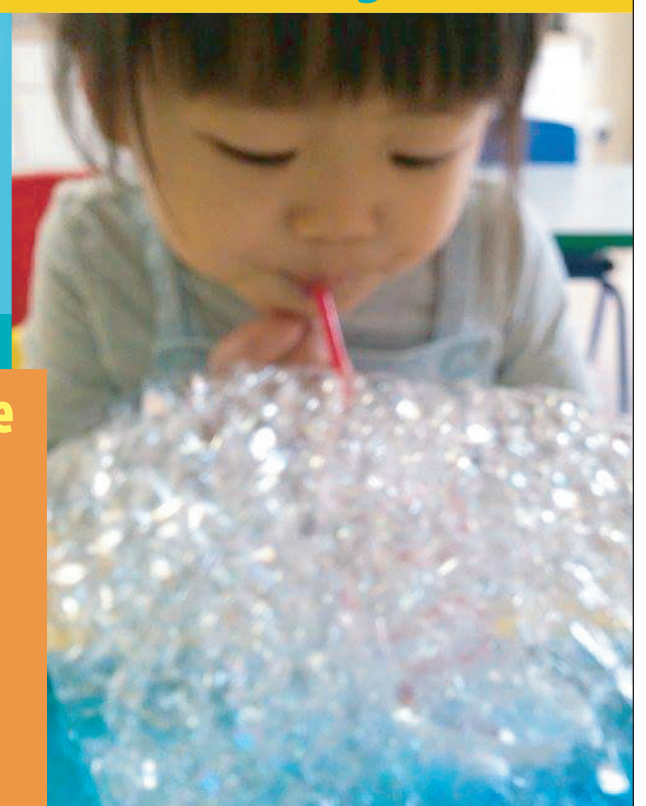
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# California Kids!

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• September 6, Saturday, Geology Rocks! at Año Nuevo State Park, 1 p.m.

The sands and cliffs of Año Nuevo State Park's Cove Beach tell a tale of an ever-changing planet. Earthquakes and erosion, landslides and littoral drift all constantly carve up the California coast, producing the dramatic vistas and iconic features we know and love – while they last. Meet at the Marine Education Center. Rain cancels.

• September 12, Saturday, A Year in the Life of the Quiroste, 1 p.m.

Please join docent Connie Gaddy for this 1 mile, 75 minute walk into centuries past, when the sea and shore provided sustenance and shelter for a thriving society. Meet in the main parking lot. Rain cancels.

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**LIVING IN THE AGE OF AIRPLANES** renews our appreciation for this amazing invention as it stunningly conveys the wonder and grandeur of flying. Not that long ago, traveling between continents was a migration. Now, on any given day, 100,000 flights transport people and products between any two points on Earth in a matter of hours. Indeed, the airplane may be the closest thing we have to a time machine.

Filmed in 18 countries across all 7 continents, the film explores the countless ways the airplane affects our lives (even when we don't fly). With a fascinating take on history, breathtaking visuals, soaring music, and a truly unique perspective, **LIVING IN THE AGE OF AIRPLANES** shows the airplane in a fresh light as it takes audiences on a wondrous trip around the globe.

**LIVING IN THE AGE OF AIRPLANES** is narrated by Harrison Ford, produced and directed by Brian J. Terwilliger (*One Six Right*), and features an original score by Academy Award® winning composer James Horner (*Avatar*, *Titanic*).

**LIVING IN THE AGE OF AIRPLANES** opens September 11 at the Esquire IMAX Theatre.

*The Esquire IMAX Theatre is located at 1211 K Street in downtown Sacramento. For information on tickets and showtimes, call 916-443-IMAX (4629) or visit the website at [www.imax.com/sacramento](http://www.imax.com/sacramento).*



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## A Note from the Nurse

# Back to School Tips

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

The American Academy of Pediatrics wants to help you make going back to school easier and safer for your children. You can begin by telling your child that many kids worry about the first day of school no matter how old they are. Point out the positive aspects of starting school, especially seeing old friends and making new ones. Find other children in the neighborhood so your child can walk with them to school or ride with them on the bus. If this is a new school for your child, take advantage of the orientation tour which many schools offer to new students.

## Backpack Safety

Be sure to choose a backpack with wide, padded shoulder straps and a padded back. And show your child how to use both straps, because slinging a backpack over one shoulder can strain children's back and shoulder muscles. Pack as light as possible. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10% to 20% of the child's weight. Weigh it to be sure. For example if your first grader weighs fifty pounds,

his backpack should weigh between five and ten pounds. If your school allows, and your child needs to carry a lot of books, consider a rolling backpack. They still must be carried upstairs however, and may not fit into some lockers.

## Walking, Biking, and Busing to School

If your children are old enough and mature enough to walk or bike to school, take plenty of time to review the rules of the road. No doubt your child already wears a bicycle helmet every time she's on a bike since the law in California states every person under eighteen years of age must do so. Remind your young bicyclist to ride on the right side, in the same direction as the cars are going. He should use necessary hand signals, and respect traffic lights and stop signs. Bright-colored clothing increases visibility. Light clothing and reflective gear is vital after dark.

If your child will walk to school, be sure the route is safe and that adult crossing guards are at major intersections. Consider organizing a "walking school bus," in which adult volunteers take turns accompanying a group of children to and from school, a "walking pool" instead of a



"car pool." Consider walking with your children for a week or so until they know the exact route and can do it safely. As with bicyclists, wearing bright clothing makes children more visible to drivers.

While school bus drivers will review some of the rules of riding on the bus, parents can do their part by reminding their children to wait for the bus to come to a complete stop before stepping away from the curb. If your child must cross the street to reach the bus, make sure he knows to look both ways to see that no cars are coming. By law, drivers must stop for school buses, but all too often that does not happen. Remind your child that she should remain seated while the bus is in motion. While school buses in some regions are moving toward providing seat belts for young passengers, many buses do not yet provide these important safety measures. Work with other parents to lobby the school system to buy or lease buses with lap/shoulder belts.

## Develop Good Homework and Study Habits

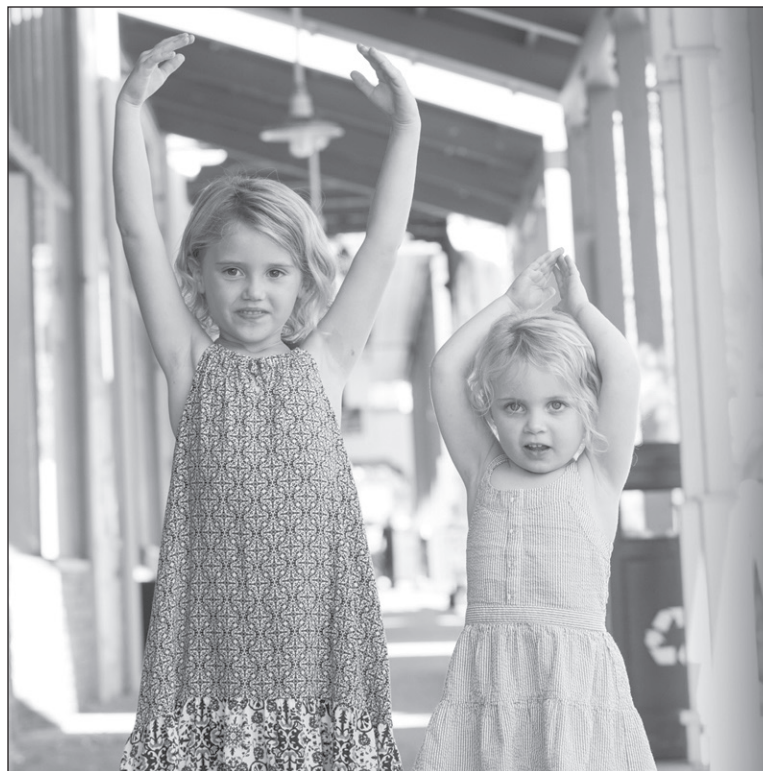
Create an environment that is conducive to doing homework. Children need a consistent work space in their bedroom or another part of the house that is quiet, without distractions, and promotes study. Be sure to schedule ample time for homework. Maintain a close watch on television and electronic devices during homework time unless they are needed to complete homework. When possible, be there to answer questions and offer help, but never do child's homework for him. Watch the ergonomics. Close the books periodically for a stretching break to relieve eye and neck fatigue. If your child is struggling with a subject, and you can't help her, talk to the teacher about whether extra work or even a hiring a tutor might help. If your child is having difficulty focusing on homework, discuss this with his teacher, school counselor, or health care provider. Parents,

along with teachers, can work to ensure school is a positive experience for children so that every child can learn and grow in a safe, healthy environment.

Source: American Academy of Pediatrics at: [www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Back-to-School-Tips.aspx](http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Back-to-School-Tips.aspx)

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](http://www.conniegoldsmith.com).*



# RESERVE YOUR SPACE IN THE UPCOMING

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# Effie Yeaw Nature Center

## Free Weekend Activities

**September 5, Saturday, Walk in the Wild, 10:30 a.m.**

Learn some tips for spotting wildlife on this guided walk in the Nature Area.

**September 6, Sunday, Critter Close-up, 1:30 p.m.**

Get eye to eye with one of the Effie Yeaw Nature Center's furry or feathered residents.

**September 12, Saturday, Compass Walk, 10:30 a.m.**

Join docent Jennifer Kerr for a guided map and compass walk. Learn how to use a compass with a map, take bearings and find our way around the trails. Space is limited to 20 participants.

**September 13, Sunday, Toad, Frog, Polliwog! 1:30 p.m.**

Get a close look at these secretive creatures as you learn all about incredible double lives.

**September 19, Saturday, Birding for Families, 10:30 a.m.**

Bring the family out for a birding and nature walk led by a Naturalist and our special guest guides from the Sacramento Audubon Society. Birdwatchers of all levels welcomed. Make sure to bring your binoculars or borrow a pair from us.

**September 20, Sunday, Eureka!, 1:30 p.m.**

Get your hands on a pan and catch gold fever. Learn about some of the local Gold Rush history as you pan for gold like the pioneers.

**September 26, Saturday, Plants with Purpose, 10:30 a.m.**

Come walk with a Naturalist through nature's garden. Learn plant identification and adaptations.

**September 27, Sunday, Wasps with Gall!, 1:30 p.m.**

Explore the mysteries of galls and take a walk in the Nature Area.

**Save the Date! Nature Fest 2015** is coming, Sunday, October 4, 10 a.m. – 3 p.m. Free parking, \$5/person, age 12 and under free. Animal shows, activities, exhibits and demos, birds of prey, guided nature hikes and more. Family-friendly food available or bring a picnic.

*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](http://www.sacnaturecenter.net).*



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## Back to School!

Hey kids! Where did the summer go? Be sure to get to bed early and eat a hearty breakfast because it's time to go back to school. It will be fun making new friends and meeting new teachers. Can you find the words related to back to school? Look carefully, words can appear vertically, horizontally, diagonally, backward and upside-down.

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

- |           |             |           |
|-----------|-------------|-----------|
| Art       | Erasers     | Notebook  |
| Backpack  | Field Trips | Pencils   |
| Bus       | Friendship  | Principal |
| cafeteria | Grades      | Reading   |
| chalk     | Gym         | Spelling  |
| classroom | Learn       | Students  |
| crayons   |             | Teacher   |
| Desk      |             | Writing   |

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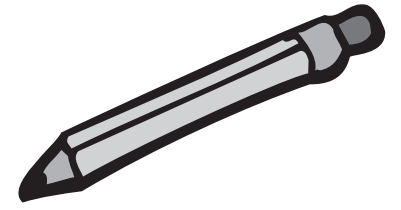
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**(916) 505-4673**







# MAKE IT YOURSELF!



## Boof Tidy

Here is an original way to keep your pens and pencils organized - and it makes a great keepsake gift too!

### You will need:

An old (clean!) pair of welly boots, Alphabet buttons or beads, or other decorations as appropriate, white (PVA) glue

Make sure your boots are sparkling clean and then set about decorating them! The example shown has a heavy patterned already so only used alphabet beads to spell out "pencils" down one side, but if you start with plain boots you can really go to town, using glitter, sequins, or acrylic paint!



## Personalized Notebook

Raid your craft box to decorate a plain notebook and turn it into a lovely and useful gift.

Use some letter stickers and fabric flowers or you can use anything that you find: for example ribbons, stickers, lace, beads.



## Schoolhouse Photo Frame

We've used a traditional old-fashioned schoolhouse shape to make this fun schoolhouse photo frame. You could display it on your fridge or hang it up proudly to get the kids ready for "back to school" time, show off a special photo of a school event, or even present it to your child's teacher as a gift. Or what about capturing an image of your child's first day at school?

### You will need:

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



### You will need to:

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

Lay two pairs (or single craft sticks) parallel to one another, and then lay another pair on top to form three sides of a square. When you are happy everything is lined up correctly, glue in place.

Sit the other two pairs at an angle to form the roof. When you are happy glue the sticks in place (tip use a spare stick to prop up the apex of the roof while it dries so everything sits flat).

When the glue is dry, paint the sticks red and black, using this photo as a guide.

Cut your photo to size and use double sided tape to attach it down the sides of the frame.

To decorate, glue or tape on a black foam "v" shape for the tower roof and a yellow foam bell. You can add any other embellishments you like. You might like to include a date or message such as "first day at school."

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



## Name Magnets

Kids love to see their own name, and with this craft they can make some really effective magnets to display their own artwork on the fridge - or to give as a gift to siblings or for Grandparent's Day.

### You will need:

Modelling clay in assorted colors, craft magnets, strong glue.

Roll some clay to a thick sausage in your hands and shape in to the letters of your chosen name - your child's, or the name of the recipient of the gift.

Decorate the letters by mixing two different colored clays together to create a marbled effect, or using scraps of another color to make dots or strips to press on to a letter.

Bake the clay following the manufacturer's instructions. When hard and cool use strong glue to attach a magnet to the back.

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





Photo courtesy

## Wildly Fun & Free Heritage Celebration

It's time to turn back the clock to the 1850s when Gold Rush Days returns to Old Sacramento over the extended Labor Day Weekend, Friday, September 4 through Monday, September 7. The free heritage celebration offers a variety of family-friendly special activities that take place throughout the historic district to help visitors experience what life was like in the 1850s.

An impressive and varied line-up of free, live entertainment will be available on various stages throughout Old Sacramento. Guests to Old Sacramento will also be entertained with staged and impromptu street activities which include (but are not limited to): Elaborate daily parades, dancing and lively street events, three engaging melodramas -- one focused on the Fire of '52 and featuring the Gold Rush Fire Brigade, another about Gun Stories and a heated Squatters Riot plus an interactive Living History melodrama playing in the Eagle Theatre, a country western dance on Saturday night on 2nd Street, a fun outdoor musical western movie showing of *Paint Your Wagon* on Saturday and Sunday evenings, mining camp theatrics, medicine shows, an international award-winning juggler, horse-drawn carriages and wagon rides, gold panning, storytelling and hands-on children's arts and crafts activities, crowd-favorite watermelon and pie-eating contests, a period-appropriate peddlers auction, the ever-popular Tent City depicting daily life during the Gold Rush, Artisan Alley, and on Monday, the annual painting of the white picket fence at the Old Sacramento Schoolhouse Museum on Tom Sawyer Day.

While admission to the event is free, tasty treats and beverages are available for purchase in the dozens of local eateries and bars in Old Sacramento along with barbecued favorites in the Save Mart BBQ Patio area, homemade sarsaparilla, draft ale, local wines, and more available throughout the event.

Gold Rush Days 2015 is proudly produced by the Sacramento Convention and Visitors Bureau with support from California State Parks, California State Railroad Museum Foundation, the City of Sacramento, Historic Old Sacramento Foundation, Old Sacramento Business Association and Save Mart Supermarkets. Admission to Gold Rush Days 2015 is free and event hours are as follows: Friday, 9 a.m. to 4 p.m.; Saturday and Sunday, 11 a.m. to 7 p.m. and Monday, 11 a.m. to 5 p.m. For a complete listing of activities or more information about Gold Rush Days, visit [www.sacramentogoldrushdays.com](http://www.sacramentogoldrushdays.com) or call 916-808-7777.



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## Fairytale Town Events

- **September 12, Saturday, Sacramento Play Summit, 9 a.m. to 4 p.m.**  
Tsakopoulos Library Galleria, 828 I Street, Sacramento

Play is the most important work of childhood. The third annual Sacramento Play Summit, aims to highlight the importance of play, the many types of play, ways to incorporate play into daily and school life, and more. Keynote speakers include author and psychology professor Dr. Peter Gray, musician Tom Chapin, and pediatrician Louise Glaser, MD. Tickets are \$40-50 per person. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

- **September 12, Saturday, An Evening with Dr. Peter Gray, 6:30 to 8 p.m.**

Research in the United States has revealed a dramatic decline in children's free play, especially their free outdoor play, over the past several decades. In this talk, play expert and author Dr. Peter Gray will explain how play is essential to children's healthy emotional and social development and suggest possible ways by which families, neighborhoods and communities can restore children's opportunities for outdoor play. Tickets are \$5.50-\$20 per person. Fairytale Town members are free. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

- **September 13, Sunday, Grandparents Day, 9 a.m. to 4 p.m.**

Celebrate National Grandparents Day at Fairytale Town. Bring grandma and grandpa for an enjoyable day of play in the park. Grandparents receive free admission when accompanied with a child ages 0-12. Weekend admission is

\$5.50 per person. Children ages 1 and under are free. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

- **September 26 and 27, Saturday and Sunday, ScholarShare Children's Book Festival, 10 a.m. to 4 p.m.**

Enjoy readings and presentations by children's book authors and illustrators, storytelling performances, hands-on literacy activities and family play time at the largest early childhood literacy festival in the region! Laura Numeroff, bestselling author of "If You Give a Mouse a Cookie," will headline the two-day Festival. Admission to the Festival and Fairytale Town is free thanks to the event's sponsor, ScholarShare College Savings Plan. Additional sponsors include Wells Fargo, Golden I Credit Union, and Kids Care Dental. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call (916) 808-7462.

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



# Kayla's Holiday Surprise

By Artie Knapp

After the final bell rang the students were reminded that there was no school on Monday.

"Enjoy your extra day off," said the teacher to her class.

As the students reached for their backpacks, a young girl asked her friend,

"What is Labor Day again?"

"I'm not sure," said the young boy. "I just know we get an extra day off from school."

An extra day of fun suited Kayla just fine. She loved breaks. In fact, recess was Kayla's favorite part of the school day. After the school bus dropped Kayla off, she ran into the arms of her mom.

"How was school, Kayla?" asked her mom.

"It was great, Mom. I am excited about no school on Monday."

"You just started back to school two weeks ago. Already in need of a break, huh?" asked Kayla's mom with a laugh.

Kayla smiled at her mom. She picked up a basketball that lay on the edge of the driveway. She dribbled it a couple of times and then swish! A perfect shot!

"Great shot, Kayla!" said her dad.

"Thanks, Dad" said Kayla. "Hopefully my friends can come over and play basketball this weekend!"

"I'll call their parents and see, Kayla" said her mom. "Your homework needs to come first, though."

Kayla said that she wasn't assigned any homework for the holiday weekend. So, she was going to have as much fun as possible.

Kayla slept in the next morning. Saturday was her favorite day of the week. It rained most of the day, so Kayla enjoyed playing video games inside. On Sunday, her friends came over and played basketball for several hours.

Then it was Labor Day, you know, that extra day off that Kayla was so looking forward to. But Kayla was awakened early that day by her dad. He told Kayla that in honor of Labor Day, the family would be cleaning both inside and outside the house. Kayla couldn't believe it. This was a holiday. A day where she was supposed to be enjoying freshly squeezed lemonade while playing in her tree-house.

As Kayla wiped her eyes, she began to wonder if this was just a bad dream.

"Kayla, your breakfast is ready. We have a lot of work to do today. Let's get a move on," said Kayla's mom.

Okay, it was not a bad dream after all. For Kayla, it was a nightmare.

Kayla stumbled into the kitchen, still sleepy from being waken up so early. As she sat down at the kitchen table, Kayla calmly asked her parents: "Are you serious about working today? Isn't Labor Day a holiday?"

"Yes, Kayla. It is," replied her dad. "But your mom and I thought working hard today would make you appreciate why Labor Day is observed in the first place."

Kayla's mom went on to explain that Labor Day is a holiday to honor the hard work that people do throughout the year.

At first, Kayla felt disappointed about having several chores to do. First up, was helping to dry and put away the breakfast dishes. After that, Kayla helped give her puppy a bath. She scrubbed and scrubbed. It was hard work. But it was also a lot of fun. Kayla was covered in just as many soap suds as her puppy. Then it was on to do yard work where she helped to pick up sticks. She pretended that the smallest sticks were basketballs, as she shot them into a large trash-can.

Kayla felt proud at how much better the yard looked. Her puppy enjoyed it too, as he ran around chasing a stick she threw him. When she was done with her chores, Kayla enjoyed relaxing in her tree-house. The lemonade tasted wonderful after a hard day of work.

The next day Kayla's teacher asked the students what they did on their extra day off. Twin brothers Matt and Mark shared that they went boating with their family. A young girl, Cassie, said that her family had a picnic at the lake. When Kayla talked excitedly about her day, her classmates were surprised. Not because of all the work she had to do, but because of how much fun she had doing it.

In 2006, Artie Knapp wrote a children's story titled *The Wasp and the Canary*.

## Kayla's Holiday Surprise



by Artie Knapp

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).

## HAVE FUN COLORING!



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# It's Back to School Time!

By Connie Goldsmith

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

"*Lizzie and the Last Day of School*," by Trinka Hakes Noble, Illustrated by Kris Aro McLeod. (Sleeping Bear Press). Lizzie loves school, and when she's not in school, she's playing school with her baby sister. Then comes first grade, also Miss Giggliano's first year of teaching. Lizzie's class wins reading and nature study awards. It's a great year for both of them, but it's over too soon. Miss G is selected to teach summer school for the parks department. Now Lizzie and Miss G have all summer together. Stories. Kites. Swimming. Frogs. A trip to a farm. What an amazing summer! The gentle, pastel watercolor art is a perfect match for the lively text. The scene of teachers partying in the teachers' lounge is priceless!

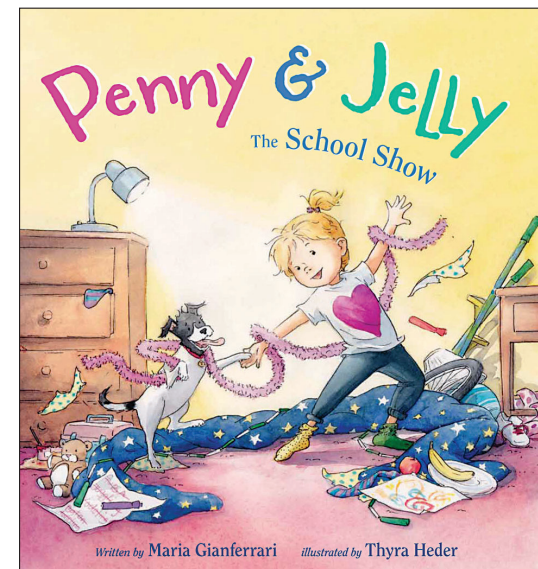
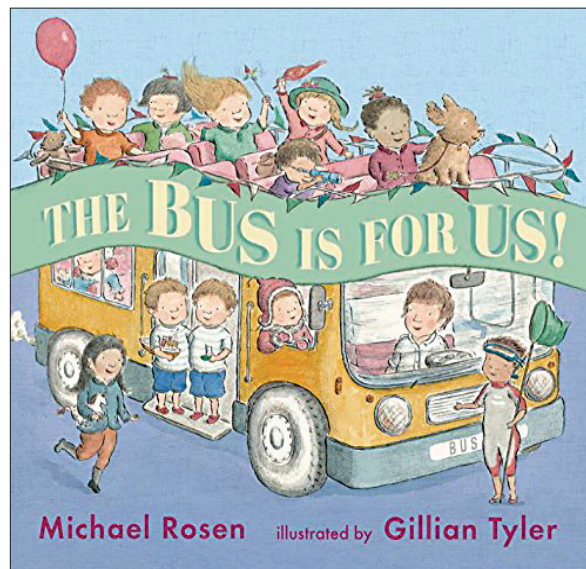
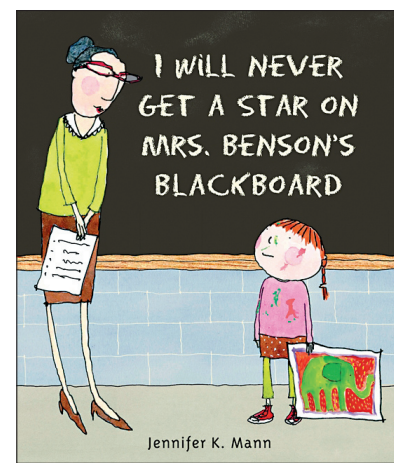
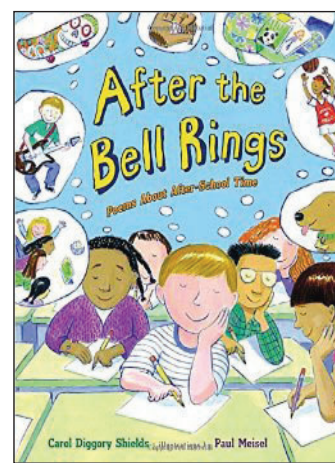
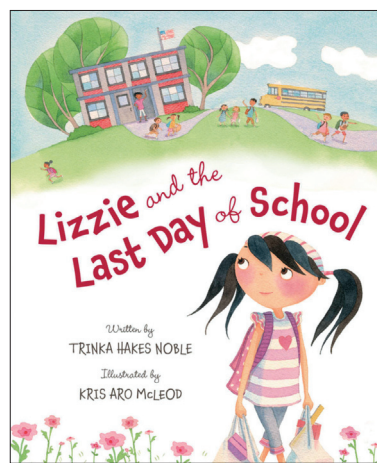
"*The School Bus is For Us!*" by Michael Rosen, illustrated by Gillian Tyler. (Scholastic). Everyone has a favorite ride – a bike, a car, a train, a boat. "But the best is the bus. The bus is for us." Ranging from practical to surreal (riding a kite, a cloud, a polar bear), the chant always brings us back to the yellow double-decker

school bus. Don't miss the amazing endpaper art. The opening shows a cheerful empty bus speeding along in the sunshine under pink clouds to pick up children. The back endpaper depicts the bus headed into a moonlit evening filled with happily tired children. The watercolor art done in swirly lines and dreamy backgrounds delights the eye (as does the image of a child riding a giant fish). This captivating book handles a common topic – the school bus – in a unique way that's sure to fire up young imaginations.

**\*\* Reviewer's pick of the month\*\***

"*Penny & Jelly: the School Show*," by Maria Gianferrari, illustrated by Thyra Heder. (Houghton Mifflin Harcourt). It's time for the school talent show and everyone has a talent but Penny. She practices her "best" talents with her dog, Jelly. Juggling, yodeling, baton twirling, magic, unicycle riding. But Penny fails at every attempt in the most hilarious way. She hides so no one will discover her "untalentedness." It turns out Penny and Jelly can sing to each other, Penny with her kazoo and Jelly with his doggy howl. Penny and Jelly don't get the award for best singer or best musician, but they get the very special award called the Best Friends Award. Penny and Jelly are truly adorable as they show us the best prize of all is friendship!

"*I Will Never Get a Star on Mrs. Benson's Blackboard*," by Jennifer K. Mann. (Candlewick). Rose knows she'll never get a star on the blackboard because Mrs. Benson gives stars for spelling, neatness, and knowing the right answer. Rose doesn't quite fit in, that is, until the



day Mr. Sullivan visits and talks about art. It turns out Rose is a great artist, and her thank-you card to Mr. Sullivan is beautiful. And when Mrs. Benson (who seems stuffy until now) puts stars on the board, she writes Rose's name and asks her to draw her own star. Rose's star is creative and imaginative, and so is the star she awards to Mrs. Benson. If your child's talents lie in unconventional areas outside the ordinary, this is the book to celebrate those searching for their strengths. The ink, gouache, and digital images show this author/illustrator herself marches to a different drummer.

"*After the Bell Rings: Poems About After-School Time*," By Carol Diggory Shields, illustrated by Paul Meisel. (Dial). The end of the school day is the best part of the day for some children, and what better way to celebrate that happy hour than by reading these 22 delightful poems. There's something for everyone here: the excitement of the closing bell; the video game vs. homework dilemma; texts between friends; the overbooked afterschool hours;

the Friday night sleepover; and the charming welcome home greetings from dog and cat buddies. One girl asks only for a quiet spot

and a book to read. The acrylic, gouache, and colored pencil art is as appealing as the humor and rhyme.

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.

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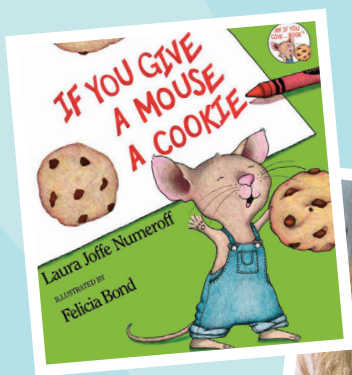
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# Who wrote that?

The Creators of Your Child's Favorite Books

With author Betsy Rosenthal

By Patricia Newman and Molly Vincent

Betsy Rosenthal has enjoyed writing ever since she was able to hold a pen. "I loved to write in diaries, you know those tiny diaries that lock, and I used to go through those like crazy," she says. "I would fill them up with my thoughts and private matters. I also wrote poetry all the time—when I was sad or if something in particular inspired me." Though Rosenthal loved to write, she felt that her happy childhood might be detrimental to a writing career. "In reading a lot of books, I realized that these writers had very traumatic childhoods," she says. "I used to think maybe I won't be a writer because I don't have any tragedies [in my life]."

In spite of her passion for writing, Rosenthal initially chose a different career path with her acceptance to UCLA law school. "My parents used to comment on how much I enjoyed a good argument," she says. Rosenthal worked for the anti-defamation league, a nonprofit civil rights organization, but the frequent travel and evening meetings did not mesh with motherhood. When her second child was born, she left law to spend time with her family.

Reading to her kids reignited Rosenthal's interest in writing. "Some [books] were wonderful and inspiring and I really enjoyed reading them," she says. Others were not, but they challenged her to see if she could write a better book. Children's book writing courses at UCLA gave her the

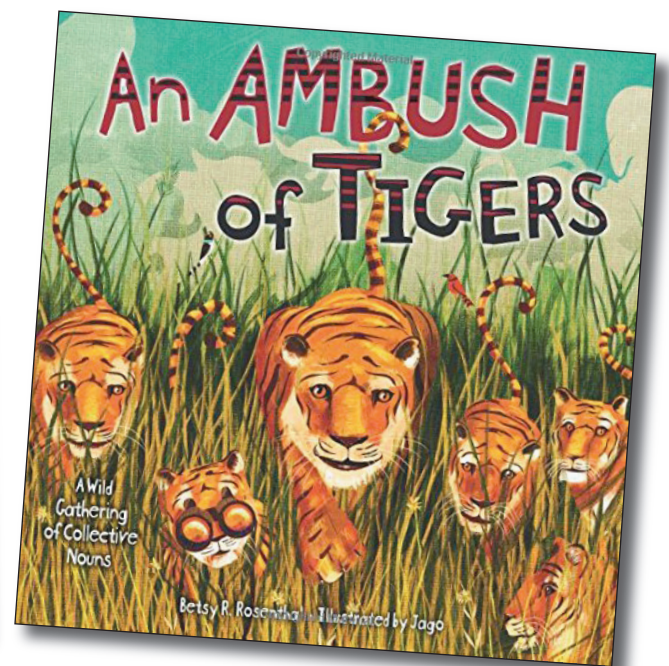
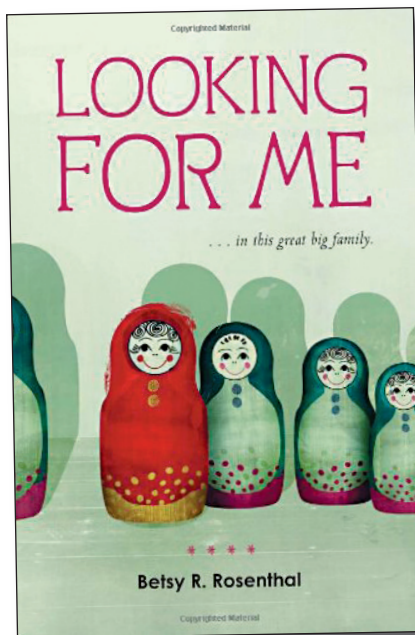


Betsy Rosenthal

confidence to try. She submitted a collection of poems about sounds, smells, and happenings in her home to a local writing contest and won. "It validated me," she says, "and started me on the path that ultimately became my first book, *My House is Singing*."

Other books about her family followed. The initial seed for *Which Shoes Would You Choose* came from her son who changed out of his school sneakers into tap shoes for a play he was in, and then changed out of his tap shoes into cleats for flag football. "When I was a kid we had dressy shoes and tennis shoes," Rosenthal says, but kids today have a different pair of shoes for each activity in which they are involved.

*Looking for Me...in this great big family* is the book closest to Rosenthal's heart because it is based on family stories she heard from her mother and her aunts and uncles. The main character, Edith, is Rosenthal's mother as a young girl growing up in depression-era Baltimore. While the



middle-grade novel has some tragic moments (the economic downturn and anti-Semitism), Rosenthal also teases out the mischief and adventure inherent in a large family: jumping on the bed hard enough for it to crash through the floor, and the kids sneaking pie from their parents' diner.

The heart of the book, though, turns on Edith's self-discovery. "[My mother] didn't know what her place was in her big family," Rosenthal says. Edith, the fourth of twelve children, feels overshadowed and is forced to assume adult responsibilities when she begins working at her parents' diner at the age of ten. Like Rosenthal's mother, Edith discovers her specialness thanks to the encouragement and inspiration of a caring teacher.

For her research, Rosenthal traveled to Baltimore with an audio recorder in hand. She gathered stories from her aunts and uncles about their childhood adventures. Her mother recounted many of her favorite memories before the onset of Alzheimer's. "She was still pretty sharp when I was writing the book," Rosenthal says. "I'm really proud of this book because I got her memories down on paper when she still had them."

Rosenthal's most recent book, *An Ambush of Tigers*, was chosen as a 2015 50 Best Books for Summer by Scholastic's *Instructor* magazine. The book uses wordplay and rhyme to introduce collective animal names, e.g. a prickle of porcupines and a parcel of penguins. The inspiration for the book stemmed from a souvenir glass animal collection

from childhood. "I collected them in groups," she said. "I had a whole bunch of dogs, and a bunch of deer, and a bunch of horses. I even had a skunk family." Or perhaps she meant to say a pack of dogs, a herd of deer, a stable of horses and a surfeit of skunks?

Revision lies at the core of Rosenthal's success. "The one thing I tell students is the most important part of writing is revision," she says. "If I can impart any wisdom to them it's that they should write whatever they want to write, but it won't ultimately be their final product. The best part is the changing." Rosenthal practices what she preaches, too. She asks her peer critique group to read her work numerous times, revising in between, before she submits to an editor.

During the artistic process Rosenthal sometimes struggles with self-discipline. She starts her day with exercise in the hills of her Pacific Palisades neighborhood in Southern California, followed by breakfast, checking email and Facebook, and doing laundry. In order to ward off

temptation, she frequents a local coffee shop that does not have Internet access.

When she's not writing, Rosenthal "plays a mean game of badminton" every week on indoor courts at her local park. "It's fun! One of our players played up until she turned 90." But her heart's desire is writing. "It's the culmination of the things I most enjoyed when I was younger," she says.

**Next Month:** Priscilla Burris

*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.patriciamnewman.com](http://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.*

*Who Wrote That? is a monthly column that profiles the talented authors and illustrators who bring children's books to life.*

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### SELECTIONS FROM BETSY ROSENTHAL'S LIBRARY

*An Ambush of Tigers*, Millbrook Press, 2015.

*Looking for Me...in this great big family*, Houghton Mifflin Harcourt, 2013.

*Which Shoes Would You Choose?*, G. P. Putnam's Sons, 2010.

*It's Not Worth Making a Tzimmes Over!*, Albert Whitman, 2006.

*My House Singing*, Houghton Mifflin Harcourt, 2004.



# Fun Gift Ideas!

## Power Rangers Lightspeed Rescue: The Complete Series

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The set is also available for pre-order on Amazon at:

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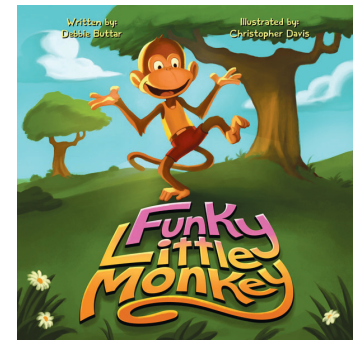
## Delightful new picture book demonstrates the importance of being true to yourself

Prolific children's book author Debbie Buttar knows that animals are the perfect medium through which to gently teach important lessons. Her newly published fourth book, “Funky Little Monkey,” is no exception.

In this inspiring tale filled with bright and colorful illustrations by Christopher Davis, a funky little monkey who loves to disco dance is laughed at because he is different from the other monkeys. The little scamp perseveres and continues to enjoy what makes him happy, in spite of some rather rude comments from his animal companions.

But the Funky Little Monkey stays true to himself. After all, when you love something, you've just got to stick with it, no matter what anyone else says. To his great joy, as often happens in life, the Funky Little Monkey soon discovers others who think his dancing is just great!

A portion of the proceeds from the sale of “Funky Little Monkey” is being donated to AMESPA Research & Treatment Foundation for the medical treatment of children suffering from cancer and autism.



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# Setting It Straight

The August Who Wrote That? profile featuring Jill Santopolo on page nine included errors in her website address and her title list. Please note the following corrections.



Jill Santopolo

## LEARN MORE ABOUT JILL SANTOPOLO

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

### JILL SANTOPOLO'S LIBRARY

*Sparkle Spa* series, Aladdin

- 1—*All That Glitters*, 2014.
- 2—*Purple Nails and Puppy Tails*, 2014.
- 3—*Makeover Magic*, 2014.
- 4—*True Colors*, 2014.
- 5—*Bad News Nails*, 2015.
- 6—*A Picture Perfect Mess*, 2015.

*Follow Your Heart* series, Puffin

- 1—*Summer Love*, 2014.
- 2—*Love on the Lifts*, 2015.

*Alec Flint Mystery* series, Scholastic

- 1—*The Niña, the Pinta and the Vanishing Treasure*, 2008.
- 2—*The Ransom Note Blues*, 2009.

### Upcoming

*Sparkle Spa: Bling it On*, Aladdin, October, 2015.



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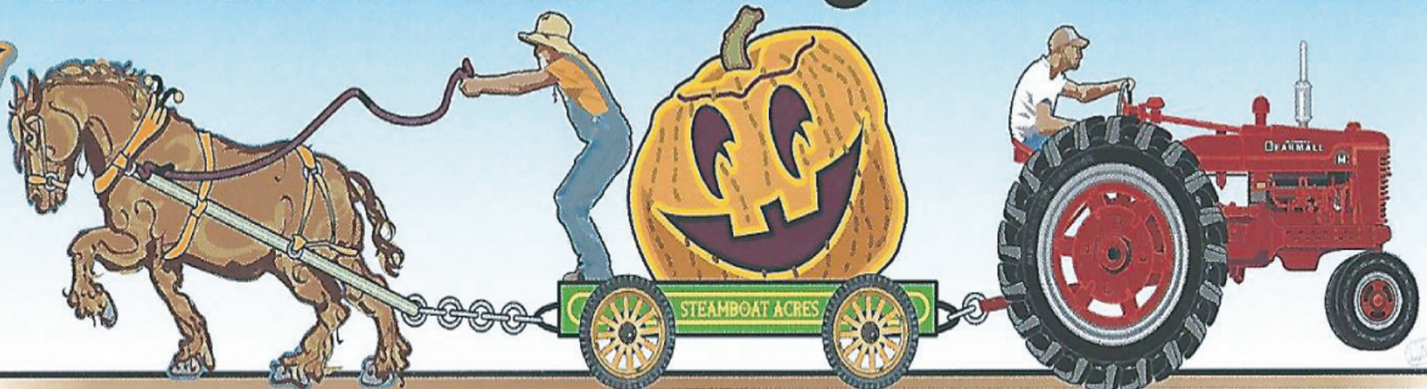
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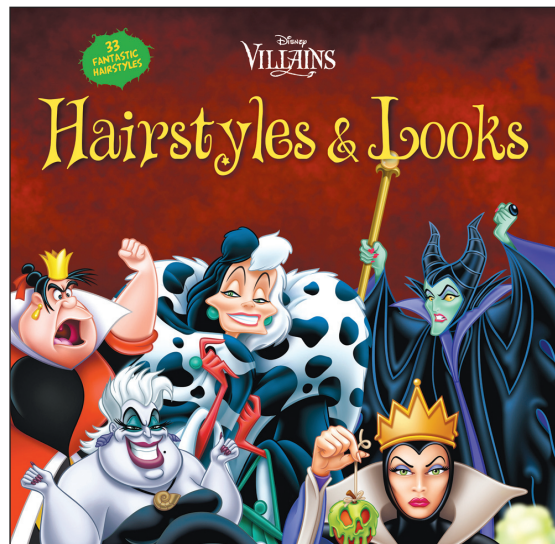
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Not only are Disney Villains deliciously evil, but they have deliciously fabulous hair. Thanks to the step-by-step instructions in the new book, **DISNEY VILLAINS HAIRSTYLES & LOOKS**, anyone can create fun, crazy, and exciting hairstyles inspired by such favorite evildoers as Maleficent, Cruella de Vil, Queen Grimhild, Ursula, Lady Tremaine, Madame Mim, and Captain Hook.

Meticulously photographed, **DISNEY VILLAINS HAIRSTYLES & LOOKS** includes thirty-three looks inspired by nine of the most iconic villains of all time. The book also provides backstories for each of the celebrated scoundrels with suggestions for costumes and makeup to complete the look.

Among the hairstyles are:

- Malificent's Braided Horns – A fabulous concoction of twisted and intertwined braids
- The Evil Queen's Magic Mirror Side Braid – An elegant look for any occasion
- Ursula's Streaming Curls – A cascade of curls created with a curling iron
- Captain Hook's Pirate Parrot – A topknot of curly locks
- Cruella de Vil's Glamorous Buns – Two quirky, asymmetrical buns
- Mother Gothel's Tower of Hair – Hair styled for maximum height
- Madame Mim's Batty Bangs – An updo accented by wild purple bangs



- Lady Tremaine's Posh Spiral – A regal style accomplished with backcombing
  - Queen of Hearts' Off With Their Heads! – A braid that winds around the head
- With tips and tricks that will let you invent your own villainous style, **DISNEY VILLAINS HAIRSTYLES & LOOKS**, by Edda USA Editorial Team, is the perfect guidebook for birthdays, costume parties, Halloween -- or just when you want to spice up your everyday look. The book is available on Amazon and through all booksellers.

*About Edda USA - Edda USA publishes high-quality, beautifully illustrated books for children that are informative and fun and enhance our lives. For more information, visit [www.eddausa.com](http://www.eddausa.com).*

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**Thursday and Friday, Sept 17 and 18 at 7 p.m.**  
**Saturday, Sept 19 at 11 a.m., 3 and 7 p.m.**  
**Sunday, Sept 20 at 1 and 5 p.m.**

Guided by Ringmaster David Shipman, Circus XTREME pushes the limits of excitement to features artists who redefine the word extreme in everything they do. Featuring an international assembly of over 100 performers spanning 13 countries around the world

### Several unique acts including:

- Xtreme Sports display featuring BMX freestyle riders
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- Bungee Skydivers aerial acro-ballet
- World's youngest human cannonball, Gemma "The Jet" Kirby has been shot from the cannon over 500 times



- Mongolian Marvels strongmen create a human pyramid with a combined weight of over 880 pounds

Also, Bengal tiger presenter Taba; daredevil whirling Pendulum of Steel performance; edge-of-your-seat high wire stunts, hilarious poodle tricks; and the Ringling Bros. Clown Alley and treasured performing pachyderms.

Arrive early to experience fun interactive elements before the show starts included with the ticket price. Visit the Animal Open House to get up-close with amazing animal stars and the All Access Pre-Show where families can step onto the arena floor to meet performers, learn circus skills, try on costumes and more.

New this year, ticketholders can purchase an upgrade experience for their show and go backstage with a VIP Behind The Scenes Tour of Ringling Bros. and Barnum & Bailey. To take advantage of this incredible interactive experience, log on to [www.ringlingbros.expapp.com](http://www.ringlingbros.expapp.com) from your iPhone or Android smartphone, and provide your name, email and phone number to become a VIP Circus Insider.

*The Sleep Train Arena is located at 1 Sports Parkway, Sacramento. All seats are reserved; tickets available thru Ticketmaster.com, charge by phone at 800-745-3000 or visit the Sleep Train Arena Box Office.*

## Maidu Museum and Historic Site Events

### Continuing Exhibit: "She Sang Me a Good Luck Song." 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. Books and prints are available for sale in the gift shop.

### Museum Events

- **September 8 to October 15, Tuesdays and Thursdays, Volunteer Guide Training, 9:30 a.m. – 12:30 p.m.** If you like working with kids and learning about local native history and cultural heritage, join the 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.

- **September 18, Friday, Campfire, 7 to 8:30 p.m.** Sit under the stars at the outdoor amphitheater and enjoy native stories around the campfire. The museum will provide roasting sticks and marshmallows for a sweet program's end. 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.

- **September 19, Saturday, Night Out at the Museum, 6:30 to 8:30 p.m.** Opening reception for "Coyote III," the 3rd annual coyote themed art exhibit, in partnership with the Ridley Gallery at Sierra College. Participating local Native American artists will be present to celebrate the evening. Museum doors open at 6:30 p.m. Light refreshments will be available. This is a free event.

- **September 19, Saturday, Rock Art Mysteries, 8 to 9 p.m.** Take a walk through the historic site to observe petroglyphs by lantern light. Journey back in time and explore ideas about the purpose of these mysterious symbols carved in stone thousands of years ago. Museum doors open at 6:30 p.m. Lantern tour starts at 8 p.m., following the FREE "Night Out at the Museum" event. Fees: \$6 per person.

- **September 26, Saturday, 10th Annual Smithsonian Museum Day Live, 9 a.m. to 4 p.m.** The Maidu Museum & Historic Site is offering free admission, free guided tours at 10 a.m. and 1 p.m., and free children's activities all day. The museum is one of 47 participating California museums in the Smithsonian Museum Day Live event. Download your free ticket at the Smithsonian Museum Day Live website.



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# Talk Like a Pirate Day

The Sacramento Walking Sticks Club will be hosting an "International Talk Like A Pirate" volkswalk, Saturday, September 19. Everyone is invited to join in the fun, including the family dog. You can come dressed in pirate garb or have fun watching the people who do. The walks are non-competitive and self-paced which means stopping often along the way to sightsee or eat lunch is OK. Families are encouraged to come and experience the fun.

The Sticks will be partnering up with the California Automobile Museum located at 2200 Front Street, Sacramento. Registration from 9 a.m. to noon. There will be a 5K (3.1 miles) and a 10K (6.2 miles) route to choose from. Everyone must be finished by 3 p.m. Enjoy the historic streets and views of Old Sacramento as we go by the Schoolhouse Museum, the Delta King, the Nisei War Memorial, the location of the old Sacramento Union Newspaper, the Sacramento History Museum and the Old Eagle Theater. The 10K route will also go into the back of Miller Park, through Southside Park with its stellar playground and amphitheater and the National Shrine of Our Lady of Guadalupe. The routes will be chalked and everyone will have written directions with maps to guide them along their route.

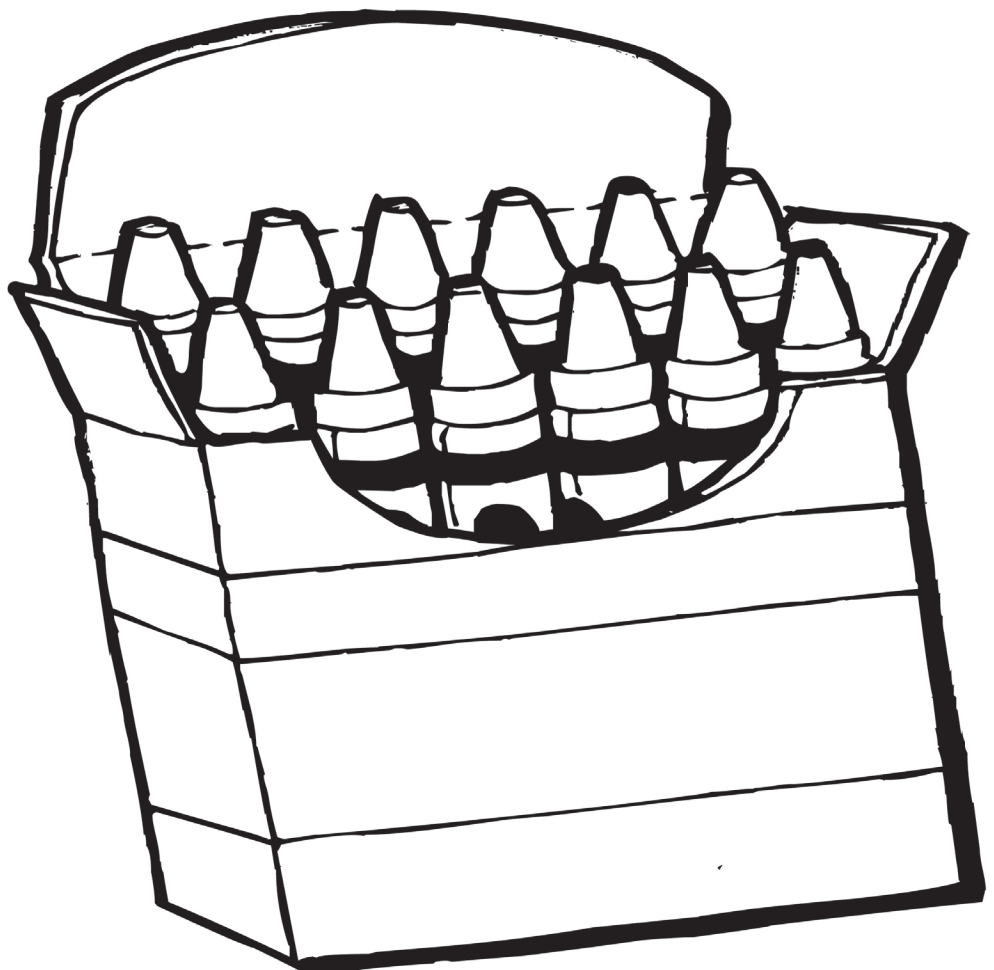


Photo courtesy Walking Sticks Club

Everyone who walks will receive a ticket that when combined with \$5 will give them entrance into the California Automobile Museum. They can join in a docent led tour or go on their own guided tour.

For more information about the Pirate Walk, contact Captain Scurvy Dog Steve Hughart, current treasurer of the Sacramento Walking Sticks, at H(916) 364.5063 C(916) 616.7150, [hugharts@sbcglobal.net](mailto:hugharts@sbcglobal.net).

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# Family friendly oktoberfest at Big Bear Lake is the Perfect Fall Getaway

by Carmel L. Mooney

Big Bear Lake is an Alpine, family travel oasis tucked high in the San Bernadino Mountains approximately two hours away from Los Angeles, Orange County and San Diego. Known and loved for its friendly people, countless outdoor activities, and relaxed pace, Big Bear Lake is a gem of a destination for Californians from one end of the Golden State to the other.

Big Bear Lake's Oktoberfest is celebrating its forty-fifth year of friends, family, and good times in German family-style.

Still Southern California's #1 Oktoberfest, this year's festival runs two months of consecutive weekends and includes a new beer garden for mom and dad.

Located in Big Bear Lake, this festivity is based on the lore of the world's original Oktoberfest and has gained a reputation for its own traditions and old-world ambiance, where vacationing families love to enjoy authentic German entertainment; feast on Brats and Knockwursts direct from the German butcher and even the identical variety of beer poured at Munich's Oktoberfest for more than a century and a half.

Big Bear Lake Oktoberfest has morphed with the changing times, each year adding new attractions and entertainment, but families can be sure that the fun and safe atmosphere remains the same. Mountain air and "Big Bear Time" stir up a recipe for fun--- "Getmütlichkeit" and camaraderie that continue to make unforgettable memories for nearly half a decade.

This year's entertainment line-up features the Franken Power Express band from Hammelburg, Germany, performing Sept. 19 & 20; Sept. 26 & 27; and Oct. 2, 3, & 4. Southern California's premiere German band, The Express will perform opening weekend, Sept. 12 & 13 and the remaining weekends through Oct. 31. Other Oktoberfest festivities include dance groups every weekend, carnival games, bounce houses, Samson - the mechanical bull, and the Buden Strasse (Ave. of the Booths) which provides a variety of arts, crafts and collectible vendors.



Celebrating this year's 45th anniversary, Big Bear is pulling out all the stops for family fun.

New this year, is the addition of another Bier Garden - the Buden Strasse Bier Garten - providing additional beer service and outdoor seating. The line up for special dates and events include:

## 15th Annual American Heroes Weekend - September 12 & 13

Celebrate all those American Heroes who put their lives on the line to help keep our Freedoms! Admission is FREE for all Past & Present Military, Law Enforcement and Fire Fighters and their immediate families.

## Official 45th Anniversary Celebration - September 19

Oktoberfest Queen Reunion, Free Commemorative Give-a-way, Happy Hour Beer Specials and Much More

## Oktoberfest "Unplugged" - Friday, October 16

Fans will be treated to an intimate inside look into the history and early beginnings of Oktoberfest while enjoying a night of fine Ger-



Photos courtesy Big Bear Lake Visitors Bureau

man food and beer. The five-course German dinner will be paired with a variety of German beers and spirits. Entertainment includes story telling by the Uber-Burgermeister and founder of Big Bear's Oktoberfest, Hans Bandows, as well as several of the event's original and present day personalities.

For detailed information and to pre-purchase tickets, log on to [www.bigbearevents.com](http://www.bigbearevents.com).

*Carmel L. Mooney is a family travel columnist and radio talk show host who splits her time between Northern California and her farm in Texas.*



# 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.

• **September 5 to 7, Saturday, Sunday and Monday, Space Elevator Spectacular, 12:30 to 4 p.m.**

With advancements in nano technology, the idea

of a space elevator is becoming more realistic than ever before. Learn about nanotubes and how they play a part in this futuristic feat. Kids design a concept drawing of what their space elevator would look like. Families complete the weekend challenge of building a “space elevator” out of spaghetti and tape, supporting a marshmallow station at the top. Admission includes visiting Space Quest! exhibit, Nature Discovery Room, and a planetarium show at 1 and 3 p.m. For ages 4 and older only.

• **September 11, Friday, Challenger Learning Center Community Mission: Rendezvous with a Comet, 5:30 to 8:30 p.m.**

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 performing hands-on science experiments, operate robotic arms, build a probe and support the astronauts from Mission Control. Cost is \$18 per person for members, \$20 per person for nonmembers.

For ages 9 and older.

• **September 12 and 13, Saturday and Sunday, Rocks Rock! 12:30 to 4 p.m.**

September 16 is National “Collect Rocks Day.” With guidance from volunteers, your junior rock collector builds a starter rock collection and labels each sample. View more rock specimens on display this weekend only. The Space Quest! exhibit has a collection of rocks similar to those found on the Moon and Mars for you to explore. Admission includes visiting the Nature Discovery Room and a planetarium show at 1 and 3 p.m. For ages 4 and older only.



• **September 19 and 20, Saturday and Sunday, Fall Foliage Fun, 12:30 to 4 p.m.**  
Welcome fall by trekking around the grounds exploring a variety of trees. Remember the trees you saw by making leaf rubbings in the classroom. Families with children 12 and younger make a leaf headband to celebrate the season of autumn (beginning September 23). 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.

*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.”

• **September 26 and 27, Saturday and Sunday, International Space Station Fun, 12:30 to 4 p.m.**

Are you ready to experience some of the toys and treats of the International Space Station? Play some of the games astronauts play in space. Children craft a toy, just like one experimented with on the ISS. Taste a treat that astronauts enjoy. Your admission includes visiting the Space Quest! exhibit, Nature Discovery Room, and a planetarium show at 1 and 3 p.m. For ages 4 to 12.

## School Alphabet Challenge

Can you come up with a school themed word for each letter of the alphabet?



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

Activity  
village



# Calendar of Events

## Arts & Crafts

**September 4, Friday, 3:30 p.m. Art For All, 5600 South Land Park Drive, Sacramento** Join ArtBeast for the monthly Art For All program at Belle Cooledge Library. Explore various media each month. The staff will provide three different and engaging projects aimed at artists from ages 0+.

## Critter Events

**September 6, Critter Close-up, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Get eye to eye with one of the Effie Yeaw Nature Center's furry or feathered residents. For more information, call (916) 489-4918.

**September 13, Toad, Frog, Polliwog, 1:30 p.m., 2850 San Lorenzo Way, Carmichael.** Get a close look at these secretive creatures as you learn all about incredible double lives. For more information, call (916) 489-4918.

**September 19, Birding for Families, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Bring the family to the Effie Yeaw Nature Center for a birding and nature walk. Bring binoculars or borrow a pair. For more information, call (916) 489-4918.

## Nature Events

**September 5, Saturday, Walk in the Wild, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Come to the Effie Yeaw Nature Center some tips for spotting wildlife on this guided walk in the Nature Area. For more information, call (916) 489-4918.

**September 12, Compass Walk, 10:30 a.m., 2850 San Lorenzo Way, Carmichael.** Join docent Jennifer Kerr for a guided map and compass walk. Learn how to use a compass with a map, take bearings and find out way around the trails. Space is limited to 20 participants. 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.

**September 2, 9, 16, 23, 30, Wednesday, Sing Along with Mister Cooper, 4 p.m., 5600 South Land Park Drive, Sacramento** Join neighborhood favorite Mr. Cooper for 30 minutes of music time and freeze dancing for ages 3 to 7 years at the Belle Cooledge Library.

**September 3, 10, 17, 24, Thursday, Stay and Play, 11:45 a.m., 5605 Marconi Avenue, Carmichael** Parents and caregivers are invited to bring in their babies, toddlers and other children to "stay and play" at the Carmichael Library. The staff will put out toys for the children to play with while their parents socialize.

**September 3, 10, 17, 24, Thursday, Movie Matinee, 3 p.m., 5605 Marconi Avenue, Carmichael** Bring your friends and enjoy a movie - Free! Visit Carmichael Library for a list of up-coming movie titles.

**September 4, Friday, Read to a Dog, 2 p.m., 8900 Elk Grove Boulevard, Elk Grove** Then join the staff at the Elk Grove Library for Read to a Dog program. Kids are invited to bring their own books or borrow one from the library then read aloud to a furry friend. Sign up inside the library for 10-15 minute sessions. Additional parking is available south of the library at Journey Church located at 9645 Elk Grove Florin Road.

**September 5, Book Sale, 9 a.m. to 4 p.m., 8250 Belvedere Avenue, Sacramento.** The Friends of the Sacramento Public Library will hold a huge warehouse sale of "gently used" books, videos, and audio books. The warehouse is at the rear of the Friends "Book Den" store at Suite E, just south of 14th Avenue between Power Inn Road and Florin-Perkins Road. Plenty of free parking.

**September 8, 15, 22, 29, Tuesday, 3:30 p.m. Read to a Dog, 5605 Marconi Ave., Carmichael** Specially trained therapy dogs are waiting for children to come read to them at the Carmichael Library

**September 10, Thursday, Musical Performance, 3:30 p.m., 5600 South Land Park Drive, Sacramento** A blend of musicality, mime and emotion the stories of Kirk Waller will entertain and engage crowds of all ages at the Belle Cooledge Library. This event is designed for families of all ages.

**September 22, 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 library's collection. Join the staff of the Belle Cooledge Library, in the community room.

**September 26, Saturday, Celebrate Batman Day, 1 p.m., 5605 Marconi Avenue, Carmi-**

**chael** Calling all Batman fans to the Carmichael Library. The staff will celebrate Batman Day with a movie and more. This program is for teens.

## Storytime & Puppet Events

**September 1, 8, 15, 22, 29, Tuesday, Baby Lapsit, 10:30 a.m., 2443 Marconi Avenue, Sacramento** Come to this program designed for you and your baby (0-18 months). The Arcade Library encourages early literacy development and parent/child interaction through stories, songs, rhymes, finger plays and more. Stay afterwards (until 11:20 a.m.) for play time with age-appropriate toys and a chance for caregivers to socialize.

**September 1, 8, 15, 22, 29, Tuesday, Toddler Storytime, 11:20 a.m., 2443 Marconi Avenue, Sacramento** Enjoy stories, songs, rhymes and fingerplays designed for children ages 18 months to 3 years at the Arcade Library. Join play time before the program (at 10:50 am) which gives toddlers a chance to play with age-appropriate toys and caregivers a chance to socialize.

**September 1, 8, 15, 22, 29, Tuesday, Baby Storytime, 12:30 p.m., 5600 South Land Park Drive, Sacramento** Enjoy nursery rhymes, fingerplays, simple stories and songs designed to encourage a range of early literacy skills at the Belle Cooledge Library. This program is for chil-

dren 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.

**September 2, 9, 16, 30, Wednesday, 11:15 a.m. Toddler Storytime, 891 Watt Avenue, Sacramento** Listen, sing, play, create and have FUN at our Toddler Storytime program at the Arden-Dimick Library. Each week features either a craft activity or "stay and play" time featuring developmentally appropriate toys and sensory materials.

**September 2, 9, 16, 23, 30, Wednesday, Preschool Storytime, 10:30 a.m., 828 I Street, Sacramento** Join the youth services librarian at Central Library for a rockin' Storytime full of songs, fingerplays and books galore. Designed for children ages 3-5.

**September 2, 9, 16, 23, 30, Wednesday, Toddler Storytime, 10 a.m., 8900 Elk Grove Boulevard, Elk Grove** Toddlers are invited to the Elk Grove Library to enjoy stories, music and more! Additional parking is available south of the library at Journey Church located at 9645 Elk Grove Florin Rd.

**September 3, 10, 17, 24, Thursday, Preschool Storytime, 11 a.m., 8900 Elk Grove Boulevard, Elk Grove** Children are invited to enjoy stories, music and more at the Elk Grove Library. Additional parking is available south of the library at Journey Church located at 9645 Elk Grove Florin Rd.

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# FIRST 5 SACRAMENTO

## Starting School: Tips for a Smooth Transition

### A Message from First 5 Sacramento

The beginning of a new school year can be an exciting yet stressful time for both parents and children, with new teachers and classmates, new routines and schoolwork. This time can be overwhelming for young children, but there are important steps parents can take to support their child's success in school.

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

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

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

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

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

### Conversation & Communication

Talk with your child about your expectations as well as his/hers. Let your child know it's normal to feel nervous. Talk with the school/teacher about allowing a young child to take a family photo or special object to school that might make him/her more comfortable. Talk with your child everyday about what happened in school. Be open to hearing the good and the not so good. Take time to discuss aspects that s/he is worried about. Praise and encourage your child to become involved with school activities and to try new things. Encourage your child to make friends and to be a friend. School is a "social hub" that can be very lonely without a friend or two. Express interest and enthusiasm. If you are confident and excited, your child will be too.

### Parents as Teachers

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

Attend school functions and stay involved in your child's education and engaged with school staff/teachers. Children whose parents are involved in their education are well adjusted and have high levels of achievement.

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

*About First 5 Sacramento - Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$12 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: 530-669-2475; First 5 Placer: 530-745-1304; and First 5 El Dorado: 530-672-8298. More information at [www.first5sacramento.net](http://www.first5sacramento.net) and Facebook, Twitter, Pinterest and Instagram.*

## Henry Cowell Redwoods State Park

Day Use Area located off Hwy 9 in Felton (831) 335-7077

Fall Creek Unit located at 1400 Felton Empire Rd.

Campground entrance located at 2591 Graham Hill Rd.

• September 12, Saturday, An Annual Special Event! Ohlone Day, 10 a.m. to 4 p.m.

Celebrate the Ohlone People of the past with those of the present at Ohlone Day. You will see traditional dancers and Ohlone demonstrators will share traditional basketry, songs, stories, tools, musical instruments, language and history. You can throw an atlatl, make a miniature tule boat, try hot rock cooking, play Ohlone games, and try your hand at fire making. Event is held in the group picnic area located at in the Day Use Area. The Day Use Area is located off of Highway 9 in Felton at 101 Big Trees Park Rd Felton. This event is appropriate for all ages. Day-use parking fee is \$10. More information is available at (831)335-7077 or (831) 335-3174.

• **Guided Redwood Grove Walks**  
Every Saturday and Sunday in July at 1 p.m.

How do redwoods grow to become the tallest organisms on earth? How important are banana slugs to the redwood ecosystems? Why are there so few old growth trees left? Answer these questions and more every Saturday and Sunday on our Redwood Grove Walks. A docent will lead you through the magnificent old growth forest and answer your questions. Meet at the Visitors Center in the Day Use area of Henry Cowell.

## Rancho del Oso Nature and History Center

Located 17 miles north of Santa Cruz, at 3600 Highway One, Davenport, CA 95017

Open Weekends Noon to 4 pm. Call (831)427-2288.

September 12, Saturday, Wildflower and Nature Hike of Waddell Valley, 10 a.m.

Join docent Scott Peden and learn to identify many of Waddell Valley's plants within Rancho del Oso's seven diverse habitats. Observe the monthly change of the ecosystems. Each walk is unique as blooming flowers and pollinators are constantly in flux. This walk is a leisurely 4 hour amble that is great for learning the native habitat. Bring lunch. Meet at the Rancho del Oso Nature and History Center.

September 12, Saturday, Snake Park Saturday, 2 p.m.

Why are snakes important to us? How do they see, smell, taste, hear? What and how do they eat? What does a snake feel like? Come to the Rancho del Oso Nature and History Center to meet Docent Diane Shaw and learn about the fascinating world of snakes. Diane will give a talk about snakes and Naturalist Jeremy Lin will lead a short informative hike to find snakes and other reptiles.

September 13, Sunday, Nature Wander, 1 p.m.

Find out what is growing and blooming right now in the Waddell Valley on this approximately 1 mile, 1.5 hour guided walk with docent naturalist Ann Garside. She will share information about the plants of Rancho del Oso as the group walks from coastal scrub through one of the last native stands of Monterey Pine left in the world. Hike starts at the Rancho del Oso Nature and History Center.



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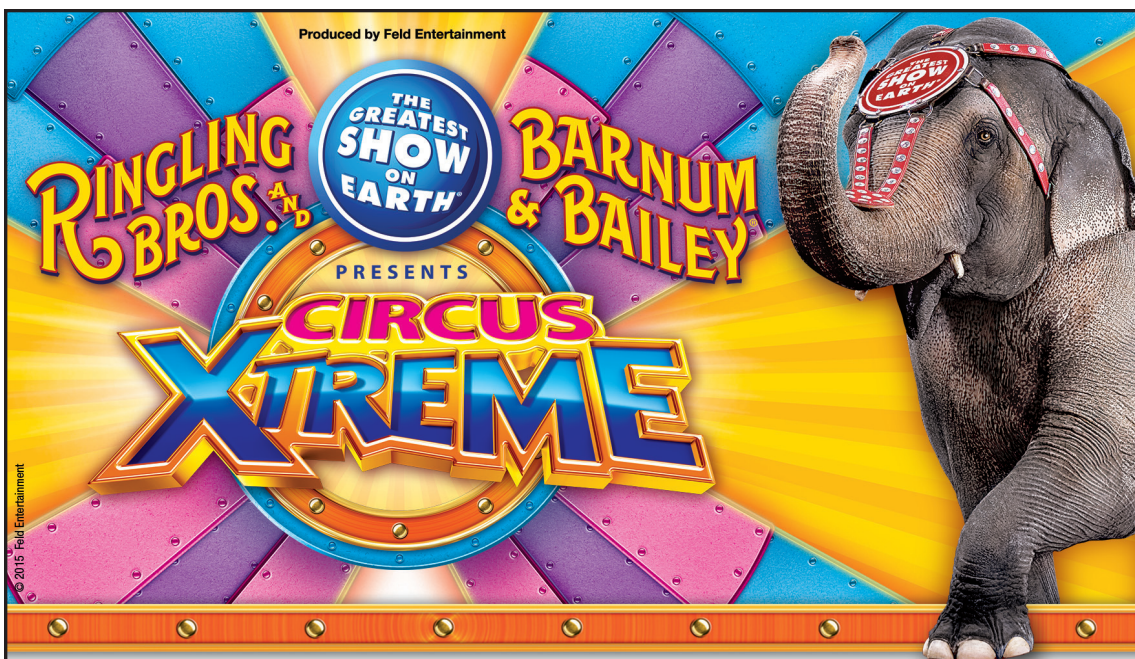


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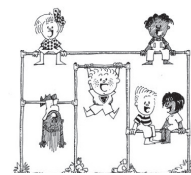
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**Parties! Parties! Parties! Parties! Parties!**

# Tea Party Birthday

www.birthdaypartyideas4kids.com

## Invitation Ideas

- Use a fancy font and print out the party information on a pretty piece of paper. Roll them up and tie with a ribbon.
- Make the invitations look like a teacup and saucer.
- Print out invitations on paper that looks like a doily.

## Decoration Ideas

Pink balloons, streamers hung over the party table, white Christmas lights and a pretty tablecloth will help make

an elegant Tea Party. Gather the tablecloth at the corners and hold in place using rubber bands - then slip pretty fake flowers into the band. Bring out your best china (or use solid color silver or pink paper plates) and all the fancy dishes you can find. Fill the tea pot with pink lemonade and leave out the sugar ... let the girls sweeten their drink with sugar cubes from the sugar bowl. In the creamer pitcher put ginger ale for a sparkly drink.

## Fun Ideas

Make the party into a Teddy Bear Tea Party or ask the girls

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

## Food

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

## Tea Party Favors

Necklaces, charm bracelets, pink bubble gum and or tiara's, tea cup stickers, notepads or pencils.

## Tea Party Goody Bags

- Find inexpensive teacups and saucers and let them hold the party favors.
- Wrap pink tulle around the party favors and tie with a pretty ribbon.
- Tie a pretty pink bow around a plain little box for small favors like charm bracelets and necklaces.



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

# Star Wars Party Ideas

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

## Invitation Ideas

- Attach party invitation information to small light sabers.
- On black note cards affix stars and/or spaceship stickers.
- Print party information in Star Wars font ... or use the font that makes it look like it is going away from you (like they use in the beginning of the movie).
- Print out party information on large labels and stick onto candy bars such as Milky Ways, Star Crunch bars or Mars bars.

## Decoration Ideas

- Hang glow in the dark plastic stars and planets from fishing line outside on trees for the guests to walk through on their way to the party.
- Decorate the party table with a black table cloth and solid color gold plates, napkins, cups and flatware. Place gold star confetti on the party table. Hang strings of small white lights around the ceiling or walls to look like stars.

## Activities

- Star Wars Piñata- make or buy a Star Wars themed piñata. Blindfold the guest and tell them to use the force to smash the Piñata.
- While guests are arriving let them decorate black or gold bags with Star Wars stickers and stars to use later in gathering candy for the Piñata.

## Star Wars Birthday Party Games

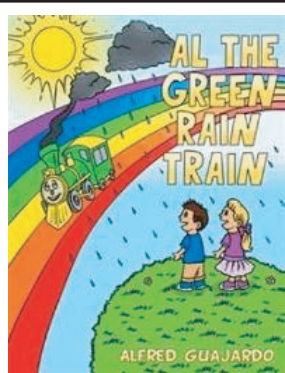
- Light Saber Balloon Balance- Give everyone a plastic light saber and a blown up balloon. Have the party guests stand in a big circle and then tell them to keep their balloon in the air by hitting it up lightly with the light saber. If the balloon touches the

ground they are out ... last one with their balloon in the air wins.

- **Light Saber Relay**-Teams move a balloon from the starting point, around a cone, and back to the starting point where they will hand their balloon off. Divide kids into teams and have them line up one right after the other. Give each team one light saber and one blown up balloon. One by one they must move the balloon by hitting it gently on their light saber around the cone and back to the line. The balloon can not touch the ground. If it touches the ground that person must go back to the line and begin again. First team with all of their players to finish wins.
- **Jabba the Hut Slime Relay** - Fill two containers with lots of slime. Place them at the end of the playing field. At the other end set up two

see through containers that both have a mark or fill line at the same height. Divide party guests into two teams and give each team a plastic spoon. The players must one at a time run to the slime, fill the spoon with the slime, run back to the starting line and place their spoonful of slime in the see through container. Guests continue one after the other until one team's container reaches the fill line.

- **Asteroid Treasure Hunt** - Before the party make lots of "asteroids" by crumpling up aluminum foil into balls. They can be all sizes. Inside some of the "asteroids" place a prize or a number that they can turn in for the corresponding prize when they find it. Tell the party guests to find all the asteroids they can and then when they have finished finding all of them tell them to open them up to see if there is a prize inside. This Star Wars game is also fun to play at night with only the use of flashlights.



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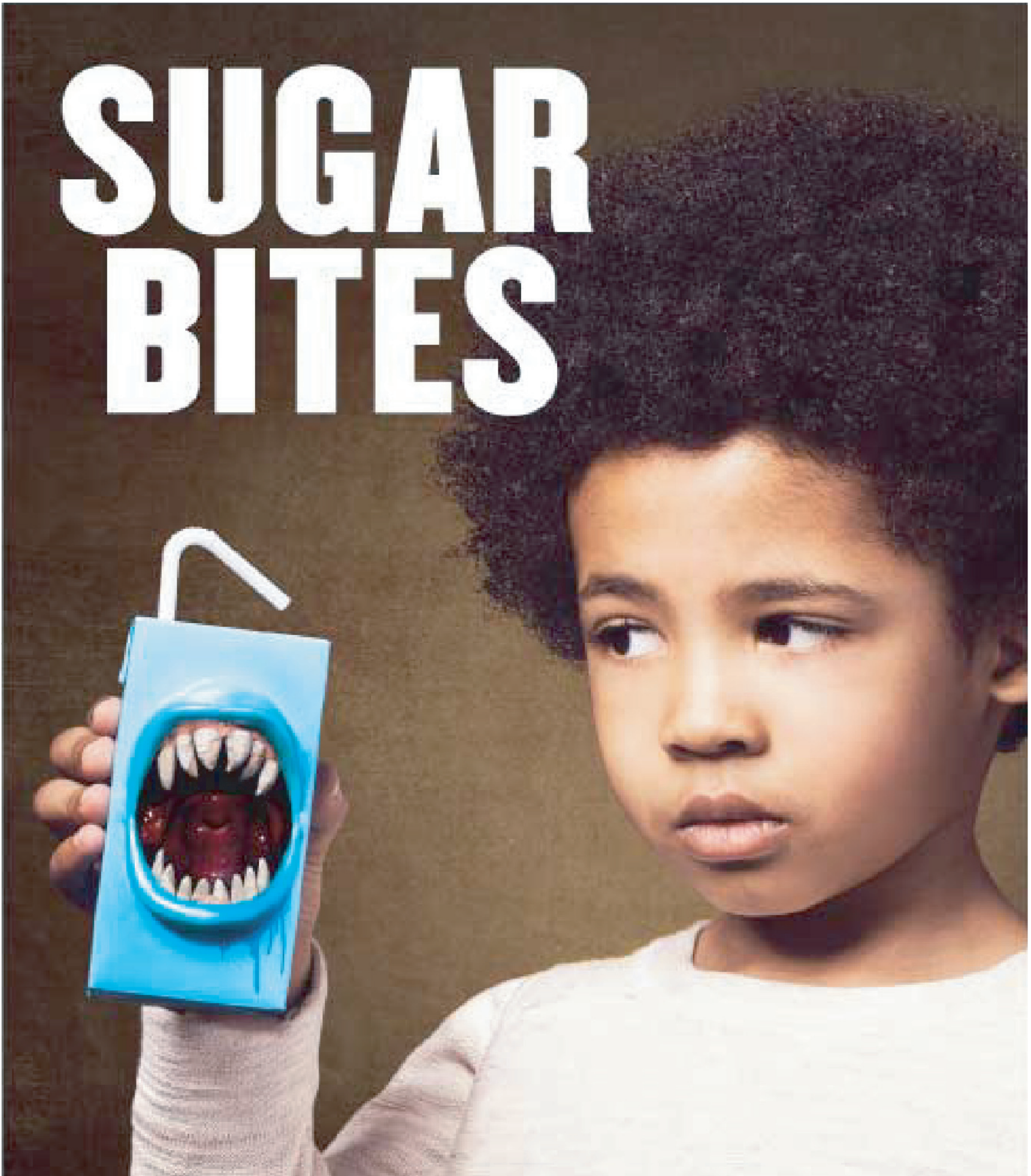
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