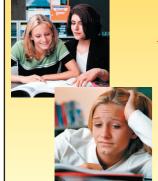
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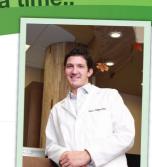
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Open Houses!



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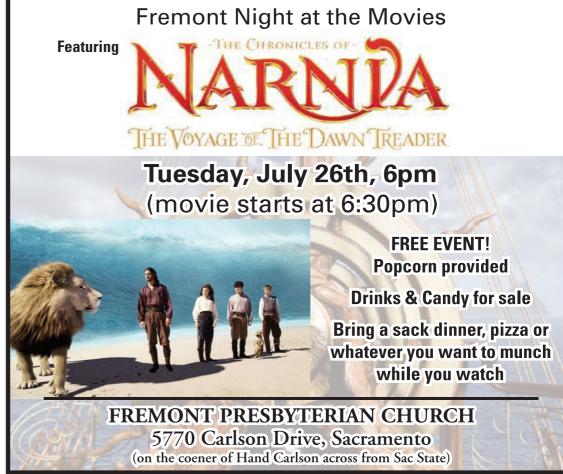
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煮 **Calif**Ynia Kids!** 公

fairytale Town Summer fun

International Celebration, Saturday, July 2, 11a.m. to 3 p.m.

Celebrate diversity as Fairytale Town welcomes cultures from around the world to perform on the outdoor Mother Goose Stage. Enjoy back to back performances from some of Fairytale Town's favorite performing artists including Sangeet Bharati, Minyo Tanoshimi Kai, Kyla's School of Highland Dance, Fenix Drum & Dance, Folklorico Aztlan de Sacramento, Hula 4 Fun, and Eastern Ways Martial Arts (program subject to change). This event is free with paid park admission. Weekend Admission is \$4.50 per person and children 1 and under are free. Information at (916) 808.7462 or www.fairytaletown.org.

Twilight Concert: Sacramento Taiko Dan, Wednesday, July 13, 6 to 8 p.m.

For 22 years, the awe-inspiring sights and sounds of Japanese taiko drumming have graced Sacramento and beyond through the heart and vision of the Sacramento Taiko Dan. This Japanese style of percussion combines music and movement, creating a dynamic and visually exciting art form. The group promotes traditional and contemporary styles of taiko drumming. Doors open at 5:30 p.m.; concert begins at 6 p.m.. Tickets are \$10 each. Fairytale Town and Capital Public Radio members receive a 2 for 1 discount. Tickets are available online at www.fairytaletown.org or by phone at (916) 808.7462. Please Note Fairytale Town's Concert Policy: No outside food, beverage, or cameras allowed.

VSA Day, Saturday, July 16,11 a.m. to 3 p.m. Very Special Arts Day (VSA Day) is a oneday event for children of all abilities, featuring

high-quality performances by very special artists, displays of visual artwork created by VSA arts of California-Sacramento students, plus several Funshops (hands-on workshops) such as collage, mobiles, yarn painting, block print-making, and ink-blot butterflies. This day is designed to allow kids of all backgrounds and abilities to interact, create, have fun, and to enhance community acceptance and awareness of the talents and capabilities of all children. For further information on VSA Day at Fairytale Town call (916) 277.6747.

Family Camp Out, Saturday, July 23, 5:30 p.m. to 7 a.m.

Bring your sleeping bags and tents to Fairytale Town and sleep under the stars! This fun sleep over includes a special theater performance, a hands-on activity, a Fairytale themed scavenger hunt, group sing-a-long and bedtime story. This is a special event, prices range from \$20 to \$30 per person, fees include all activities, an evening snack and a light breakfast the next morning. Registration is available online at www.fairytaletown.org or call (916) 808.7462.

Children's Concert Series, Sundays in July, 2 p.m.

Matinee performances will feature favorite local children's artists. All performances will be held on the Mother Goose Stage and are free with paid park admission. Scheduled performers include: July 10 - Francie Dillon; July 17 - The Hipwaders; July 24 - Mister Cooper; July 31 - Octopretzel. These performances are free with paid park admission. Weekend Admission is \$4.50 per person and children 1 and under are free. These concerts are sponsored by the Loveall Foundation for Children. Information at (916) 808.7462 or www.fairytaletown.org.

ZooBiz

Twilight Thursdays - Thursdays, July 7, 14, 21 and 28: Zoo open late until 8 p.m.

Enjoy warm summer nights at the Sacramento Zoo with extended hours on Twilight Thursdays, through July 28. The Zoo is open from 9 a.m. to 8 p.m. for your whole family to enjoy. Dinner specials, live music and activities start at 5 p.m. Regular daily admission rates apply. General admission is \$10.50. Children ages 2 to 11 are \$6.50. Children one and under are free. For more information call (916) 808-5888 or visit saczoo.org.

Fridays and Saturdays, July 1, 8, 16 and 30, 5:30 p.m. to 9 a.m. Family Overnight Safaris

During the summer months of July and August, the Sacramento Zoo offers Family Overnight Safaris. These fun-filled educational evenings will guide you through all that the nighttime Zoo has to offer. These camp-outs are designed for small groups and families of 2 or more people. This is a perfect opportunity to see animal behaviors you may not have seen before. Dinner and breakfast are provided! For more information or to make reservations, visit saczoo.org.

Saturday, July 23: 4 to 8 p.m., Ice Cream Safari

Saturday, July 23, the entire family can enjoy allyou-can-eat Baskin Robbins Ice Cream and CocaCola beverages at the 27th Annual Ice Cream Safari at the Sacramento Zoo. It's a brain-freezing good time from 4 to 8 p.m. Advance tickets are \$17 for adults, \$13 for children 2 to 11, children one and under are free. Day of event prices are \$20 for adults, \$15 for children 2 to 11 (no discounts). All proceeds benefit the Zoo. Musical entertainment, face-painting and Zoo admission are included in the ticket price. Hot dogs, veggie burgers, chips and raffle tickets are available for an additional charge. Parking is free and available throughout William Land Park. For more information, call (916) 808-5888 or visit saczoo.org. Zoo closes early at 1:30 p.m.

Sacramento Zoo - Wildly Inspiring!

Open since 1927, the Sacramento Zoo is home to over 140 native, rare and endangered species and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in WilliamLandPark, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9 a.m. to 4 p.m., admission is \$11.; children ages 2 to 11 are \$7 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call (916) 808-5888 or visit saczoo.org.

Summertime Entertainment at the Zoo

entertainment. Enjoy seven Thursdays of hot cars, live music, good food and cool drinks. Dinner, beer and wine are available as you check out live music, car shows and the animals! Music starts at 5:30 p.m. with the evening ending at 8 p.m.

General Zoo admission gets you in for this evening of fun! If you're a Sacramento Zoo member, free admission is one of your membership benefits! Not a member yet? Get your membership today at www.saczoo.org.

June 16 - I love the 80's - Live music by Superlicious. Featuring Volkswagens. Dinner Special is Southern fried chicken and waffles for \$8.95.

June 23 – Swing Swing! – Live music by Steve Lucky and the Rhumba Bums. Featuring antique cars and trailers. Dinner Special is Deli sandwich with turkey, ham, cheese and garlic, lemon aioli with macaroni for \$8.95. Arrive by 5 p.m. and receive a swing dance lesson from Midtown Stomp.

Sacramento Soccer Academy, Ages 3-18

Join us for Fun and Education

Summer Camps July 11-14, July 18-21, July 25-28

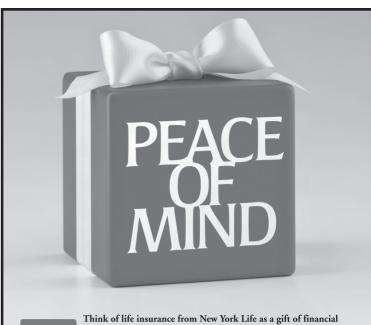
Soccer League Starts June 11 - July 30

• 8 Week Soccer Sessions Starts Aug. 6, ends Sept. 24 Starts Oct. 1, ends Nov. 19

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BOCA Calendar of Events

BOCA Skills Camp July 11th–15th \$100 Larchmont Community Park 5:30-7pm

BOCA Advance Technique Camp July 11th–15th \$100 Larchmont Community Park

8am-10am

BOCA U6-U8 Fall Soccer Program Aug 22nd-Oct 22nd 8 game season U6 \$75 includes uniform U8 \$100 includes uniform

BOCA SOCCER The Possession Obsession

This summer (2011) Boca will hold soccer camps in July. Two important camps have been planned. All of the camps will be run and coached by the professional stuff at Boca. The Boca coaching staff includes several full-time coaches and many other professional caliber coaches who coach on a part-time basis.

Boca will also hold a U6-U8 Fall Soccer Program. Practices and games coached by the professional staff at BOCA at the same prices of recreational soccer. A 8 game season will be played against local soccer clubs around the Sacramento area suck as San Juan, Davis, Sac United. and Placer.

BOCA Soccer (CASA) is dedicated to teaching players to become creative, independent thinkers who will strive to avoid falling into the trap of playing "kick and run" soccer.

For more information check us out at www.bocasoccer.org or 916-489-2272

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- Boys Varsity Football
- Boys and Girls Varsity Track & Field (three-peat!)
- Girls Varsity Cross Country
- Girls Junior Varsity Basketball

FINE ARTS - Another Great Year of Performances

- Choir CD and Choral Festival
- Wizard of Oz Drama Production

GO EAGLES!



Call Marc for ad rates (916) 429-9901



Effie Yeaw Nature Center Calendar

Programs FREE unless stated otherwise (Donations welcome):

Saturday, July 2 - Hawk Talk - 10:30 a.m.

Come learn about these amazing raptors that have color vision eight times better than humans. Get a rare close look at a red-tailed hawk and learn more about the hawk family, which includes eagles and kites.

Saturday, July 9 - Maidu Summer Village Tour - 10:30 a.m.

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

Saturday, July 16 - Busy Bees - 10:30 a.m.

One third of our food crops and 80 percent of our flowering plants depend on pollination. Join plant and pollinator specialist Julie Serences for a program on our own special native bees.

Saturday, July 23 - Natural History Hike - 10:30 a.m.

Enjoy the majesty of 200 year old oak trees and look for deer and turkeys trying to stay cool on hot summer days. Take this guided walk to discover how the plants and animals in the Nature Area each have a place in their environment.

Saturday, July 30, - Home Sweet Habitat - 10:30 a.m.

From a hole in a dead tree to a damp spot under a log, many critters find their homes in the Nature Area. Join a naturalist and discover what makes a habitat.

SUMMER FUN DAYS - Through August 12th

Turn off the TV and say goodbye to summer boredom with these adventurous one-week and two-week day camp programs. Crafts, games, nature walks and team-building activities amuse and educate youngsters K – 5 from 9 a.m. to Noon. Advanced registration required, space is limited, call (916) 489-4918. There is a discount for ARNHA members. Prices and class descriptions are available online at www.sacnaturecenter.net.

The Nature Center is located in Ancil Hoffman County Park, California Avenue and Tarshes Drive, Carmichael. For more information, call (916) 489-4918. Park entrance fee is \$5 per car or FREE to ARNHA members. The Center is open Wednesday through Sunday, from 9 a.m. to 5 p.m.

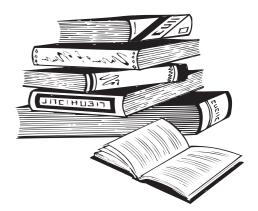
Sacramento Tomato fest

Town and Country Village is sponsoring their 2nd Annual Sacramento TomatoFest from 9 a.m. to 4 p.m., Saturday, July 30. Show off your green thumb, even if it's not so green, there's a \$500 cash prize to the winners in each of the three categories: largest tomato, smallest tomato and ugliest tomato. Contestants can download an entry form at www.shoptownandcountry.com, or register their tomatoes in person by 9:30 a.m.

The TomatoFest is also featuring local restaurant chefs competing for a trophy and bragging rights as they prepare their best salsa, bruschetta and tomato soup (hot or cold). Enjoy music, art, cooking demonstrations, wine-tasting, demonstrations by Master Gardeners, a Kid's Area (sponsored by Emigh's Hardware), face-painting, kettle korn, performances by Sacramento Theatre Company and don't miss the tomato truffles and tomato gelato and more! New this year is a Tomato Trot for kids 13 and under (throughout the Village) Of course, for those shopaholics, there is a village-wide sidewalk sale.

Library presents toddler story time

acramento Public Library invites preschoolers (ages 18 months to 3 years) and their caregivers to enjoy stories, rhythm activities, action songs and puppets at Sylvan Oaks Library. The weekly story times are Wednesdays at 11 a.m. and run through July 27. Sylvan Oaks Library is located at 6700 Auburn Boulevard, Citrus Heights. For more information, call (916) 264-2920 or visit www.saclibrary.org.



Yum! Something smells good!

t's so much fun baking your own treats! Rolling out the dough, sprinkling the sugar and stealing some chocolate chips right out of the bowl! It's fun to pour, mix, and taste! Can you find the words that have something to do with baking? Look carefully, words can appear vertically, horizontally, diagonally, backwards and upside–down. Good Luck!

Т	L	A	M	E	A	L	S	U	G	A	R	W	J
S	Р	I	Н	С	Ε	Т	A	L	0	С	0	Н	С
E	S	R	E	С	I	X	E	S	U	N	U	В	0
M	I	L	K	0	S	I	S	G	A	U	Ε	D	0
L	I	R	С	0	С	N	С	G	N	Т	R	D	K
W	N	0	A	K	Ε	L	U	E	I	S	U	M	I
0	E	L	R	I	W	0	M	R	L	E	С	S	Ε
В	L	L	I	E	Т	A	V	L	G	Н	E	В	S
G	В	I	В	С	Ε	Т	S	N	L	K	U	K	A
N	R	N	0	U	Ε	S	I	N	A	Т	U	D	A
I	L	G	V	Т	R	С	A	С	Т	F	N	G	С
X	F	Р	E	Т	I	D	Р	E	F	L	0	U	R
I	A	I	N	E	Т	U	R	R	E	С	I	Р	Ε
M	U	N	A	R	С	S	K	G	С	С	A	K	Ε

Buffer Eggs Nufs cake Flour oats Chocolate Chips 1Cin9 oven cookies Milk Rolling pin Cookie Cuffer Mixing Bowl Recipe cupcakes Sugar





MAKE IT YOURSELF!



Beaded Bufferfly Craff

ere's an idea for a very pretty beaded butterfly craft for kids. Adapt them for all ages by changing the thickness of the wire and the size of the beads. Imagine a flurry of these hanging in your window in summer time - so cute! They would also make a gorgeous mobile, or even a little necklace charm if made small enough.



You will need:

Craft wire, beads, thread to hang

You will need fo:

Thread the beads along the craft wire leaving a space free at the ends.

Twist the wire into a butterfly shape, then twist the ends of the wire around to secure and push the loose ends through a bead so they are out of sight. This is quite fiddly so younger children may need adult help. Tie onto thread to hang your beaded butterfly.

Puffy Painting

Summer is here and this fun craft can help you create a nice summer backyard picture.

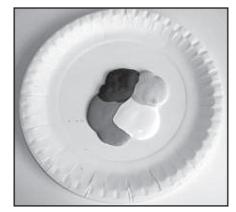
You will need:

Flour, salt, water, food coloring, card



You will need to:

Mix together equal parts flour, salt and water. Divide into separate containers and add a couple of drops of food coloring to each, creating as many colors as you like. Spread the pastes thickly onto the card using cotton buds to make your picture.





Marble Effect painting

Real marbling takes quite a bit of effort and requires oil paints, tray, water and mess! Here is an easier version for younger children which still produces a very pretty effect.



You will need:

A paper plate, paint (at least two colors), a plastic fork

You will need to:

Put a blob of paint in each color that you want to use onto the plate and then swirl the paint around using the plastic fork. After it dries you can poke a hole and hang it with string, ribbon or yarn.

felt Butterfly craft

This felt butterfly craft makes a cute little easy sewing project for kids, needing only basic supplies.

You will need:

Felt (2 large pieces and some scraps), thread, fabric glue, toy filling

You will need to:

Cut two butterfly shapes from felt. Sew the pieces together leaving a small gap. Stuff the butterfly and sew the gap closed. Cut shapes from other colors of felt and glue them to your butterfly to decorate.

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

Free Summer Concerts and 4th Fun!

amilies are invited to Carmichael Park for free concerts from 6:30 to 8:30 p.m.. The park is located at 5750 Grant Avenue and the concerts will be held at the Danny Bishop Memorial Pavilion for the Performing Arts.



Upcoming concerts include:

- Todd Morgan and the Emblems (50's Rock n' Roll/ 30's Jazz)- Sunday, July 10
- Departure- A Journey Tribute Band (Journey Songs)- Saturday, July 16
- Carmichael Kiwanis Band (Swing Dance Band)- Sunday, July 17

For more information, and to view the complete Summer Concert in the Park Series schedule, visit www.carmichaelpark.com or call the District at (916) 485-5322

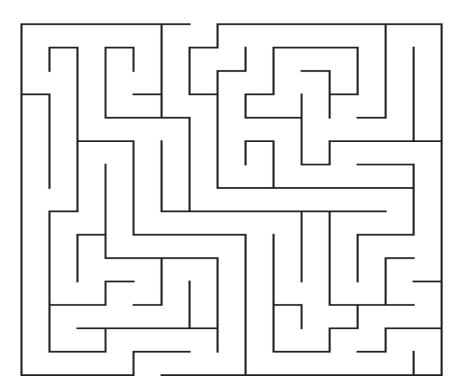


The Annual Fireworks Show i

Monday, July 4, 7 to 10 p.m., at the La Sierra Community Center located at 5325 Engle Road, Carmichael. Join the fun at 7 p.m. for food, music and fun! There will be a Kids Zone with inflatables, crafts, puppet show, and more. The Carmichael Little League will have a snack bar selling food, drinks, ice cream, and more. The Fireworks Show starts at dark (approximately 9:30 p.m.). For more information, visit www. carmichaelpark.com or call the District at (916) 485-5322.

I want to join in the game! Can you help me find the way?







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The State of Texas and Armarillo residents are proud of the longest running musical theatrical drama, "Texas.

coast to coast family Summer Travel Guide

by Carmel L. Mooney

Wherever your family travels take you this summer, whether it's a cross country road trip, a jaunt to visit relatives, or destination getaway, this summer family travel guide is sure to offer some suggestions that are well worth a peek from coast to coast. (Part I-Part II in August issue)

Texas Top to Bottom for Families Amarillo, Texas, Route 66 Family Vacation Road Trib

Amarillo with it's warm hospitality and small town appeal offers vacationing families the perfect West Texas road trip, right on historic Route 66. HYPERLINK "http://www.visitamarillotx.com/index.cfm"http://www.visitamarillotx.com/index.cfm

Getting There

When we flew in we loved the small, easy to navigate Rick Husband International Airport. We'd never before seen such friendly TSA folks, a clean airport, and all the airport staff was exceedingly efficient and generous.

When we got into Amarillo we found the downtown area the hub of history and peppered with locals who have a true sense of community, pride, and fellowship.

Where to Stay In Amarillo

Staying in the beautifully restored Fisk Building in the brand new Courtyard by Marriott proved to be the best choice. The comfortable and well-appointed new rooms overlook the historic downtown strip which is currently being revitalized by the proud citizens of Amarillo. http://www.marriott.com/hotels/travel/amadtcourtyard-amarillo-downtown/

A labor of love, these folks have a long term vision to bring back the best of downtown and they are well on their way. The charming brick streets, Puebo-Deco styled architecture, and retro neon signs are part of the process and add to the fun and ambiance.

Good Grub Amarillo Style

Some of the best eateries in downtown are just a few hundred feet from the Courtyard's front door which is wonderful with kids in tow.

A block from the hotel, The Texas sushi rolls at Young Sushi are a must try where friendly and entertaining sushi chefs donning cowboy hats add to the entertainement of this locals-loved restaurant. It recently moved to a newer and bigger building after literally outgrowing the old one as locals and visitors alike had been lining the streets to dine on the delicious fare served daily at this hidden gem. An unexpected surprise are the authentic floor dining areas in the back area, both Japanese and Thai styles.

Across the street from the hotel we enjoyed a hearty breakfast at Cafe Marizon, where the homemade biscuits may take 20 minutes but are worth the wait, with every mouthful. They serve breakfast and lunch.

On the subject of food, The Big Texan is over the top. They serve Calf Fries, ----yes, fried calf testicles, but why not? When in Texas, do as the Texas do...besides everything is big in Texas. Especially the 72 oz. steak served for free if you can finish it all and the sides to boot, in less than an hour. If being kinder to the digestion is on the menu, the Big Texan has an array of various, less-obscene sizes of tender streak cuts, along with every side and beverage you'd expect from a famous steak house. The atmosphere is pure fun with calf skin tablecloths, conversation pieces, and live music. It is a must stop landmark on Route 66 and a free limo will pick up your family in style and bring you back from the Big Texan, at area hotels and inns. The kids meals are even served in a real cowboy hat. www.bigtexan.com

For an authentic taste of Amarillo, try a hearty breakfast at the Stockyard Cafe where the owner, a world re-known New York trained chef, serves the most discriminating cowpokes, a stick-to-your ribs meal.

Gunny sacks as window coverings, cowboy paraphernalia, and gifts and conversation pieces make this joint a fun and unforgettable dining encounter for all ages. Time your visit so that the kids can watch the livestock auction after breakfast for a real hoot.

Unearthing the Gems of Amarillo

The gorgeous Palo Duro Canyon State Park just outside Amarillo is much like the Grand Canyon but in many ways better. It is uncrowded, immaculate and offers a chance for a family to hike, horse back ride, mountain bike and enjoy the flora and fauna of such a spectacular geological wonder in a relaxed way.

Try, even if just for short hike to get off the main road and take a walk or hike on one of many gorgeous trails. Communing with the wildlife while meandering through the juniper, mesquite, yucca, and prickly pear cactus, you will see a whole different side to this getaway gem, where the quiet stillness of the desert will speak to your soul. A junior naturalist program is perfect for the kids and will add to the excitement. http://www.palodurocanyon.com/

Cliff hugging. family-friendly cabins with incomparable views are available for rent. There are only a few so book early but this may offer one of the most rugged yet comfortable stays where mind-blowing sunsets and sunrises are guaranteed and you can have a relaxed family picnic and enjoy the majesty from your own private little slice of heaven. The state of Texas and Amarillo residents are proud of the longest running musical theatrical drama in the state which is shown throughout the summer months in the park. "Texas", with its awe-inspiring effects, drama, history, and fireworks draws a cast from around the world.

Yes, big again...the Panhandle Plains History Museum is in a class all its own. It's been described as a Smithsonian with a Texas accent and accurately so. We were amazed that this stupendous museum covers literally everything in and of Texas

with displays of windmills, firearms, art, oil history, dress, native American, and much more. Allow a few hours for the entire family to truly enjoy and experience the vastness of this cultural wonder. We were awestruck! www.panhandleplains.org/

The American Quarter Horse Museum and Hall of Fame is exceptional. Any horse or western lovers must spend an hour or two here. A wonderful blend of history, education, and artifacts mack this a gem in Amarillo. There are lots of great hands-on exhibits for the little ones. Anyone who has ever owned a horse or dreamed of it will be enthralled. http://www.aqha.com/en/Foundation/Museum.aspx

The Kwahadi Kiva Indian Museum and Event Center in Amarillo is a unique glimpse at the native American heritage of the region. Housed in a gorgeous building and ran by dedicated staff, this cultural center is to be praised for its outstanding commitment to community, country and history. Amazing art, artifacts, and live shows make this a must stop. www.kwahadi.com/

The Kwahadi Dancers Venture Crew 9 who travel around the world performing in top notch quality make this their home. The intricate and authentic costumes made and worn by these youth who are mentored by native American in dance, costuming and customs are surprising. It is more than heart warming and entertaining to see a collaborative effort so meticulously presented and enjoyed both on a regional and international level by folks so dedicated to the betterment of their cultures, community and world. All ages are simply captivated by the beauty of the performances.

Warmth, community, history, quality, diversity---these are just a few ways to describe the flavor of Amarillo.

We found Amarillo to be one of the best family travel experiences and destinations we'd ever encountered across our great nation. Surprisingly, Amarillo is only a day's drive from many hot spots in New Mexico and Colorado. On your next visit to Texas, Route 66 or through the southwest, take a few days to experience this true gem of west Texas.

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Waco, A friendly Taste of Central Texas' Hearfland

by Carmel L. Mooney

e Sacramento area families have an adventurous spirit and recently that led us to a wonderful family vacation treasure in the great state of Texas.

Folks in Waco know their gems and are more than happy to share them with visitors. This beautiful little city in the heart of Texas is lush and fertile partly in thanks to the gorgeous Brazos River and the Bosque River which meander through, providing an ambiance and an environment that attracts wildlife and birds as much as visitors. www.wacocvb.com/

Where Vacationing Families Stay in Waco

Staying at the Waco Hilton across the Brazos River, provided our clan the perfect hub from which to enjoy our delightful adventure. With Serenity beds, a good night's sleep was nearly guaranteed. Upon arising, we checked out the breakfast buffet where made-to-order omelets are standard fare along with hearthealthy options such as lean apple sausages and egg white entrees. A perfectly maintained exercise room, pool and spa add to our family fun and comfort. http://www1.hilton. com/en US/hi/hotel/ACTWHHF-Hilton-Waco-Texas/index.do

Family Vacation Fun Spots

Across the street from the Hilton, we took a walk across the historic Waco suspension bridge. Once an integral part of Waco history, this forerunner to the Brooklyn Bridge, allowed cattle ranchers the only viable way across the Brazos with their herds. We all loved a beautiful grouping of statues depicting this, at the entrance to the bridge.

While downtown, we absolutely loved the world famous Dr. Pepper Museum. Wouldn't ya like to be a Pepper too? Thousands of visitors enjoy everything Dr. Pepper while learning about Waco's claim to fame as it was invented there. We discovered a marriage made in heaven when we bellied up to the old fashioned soda counter to order Dr. Pepper floats made with the Doctor of course and Blue Bell ice cream, still Texas' best. http://www.drpeppermuseum.com/

You'll want to check out the Texas Ranger Museum and Hall of Fame. Even if you don't own a Ford Ranger and have never watched an episode of the Lone Ranger and have never heard of Bonnie and Clyde, you'll be captivated by the history and amaze-

ment in this museum. You might not have known that many of the freedoms you enjoy today are thankfully due in part, to Texas Rangers of years-gone-by, as they shaped our very nation nearly two hundred years ago. This is a must museum for kids who like playing "cowboys and indians." www.texasranger.org

For a taste of the local and exotic within the animal kingdom, take at least a few hours to experience Cameron Park Zoo. A highly acclaimed, and nationally recognized zoo, this place provides habitat for animals from around the world as well as an inside look of the ecosystems and inhabitants of the gorgeous Brazos River region. An outstanding bird aviary, unique primates, and excellent reptile exhibits make this a very worthy investment of your time. We loved the unique slide where kids can actually slide down a tube that passes through the otter exhibit so it looks and feels like kids are sliding into the water with the otters. We'd never seen anything like it! There is even a "cool" thing where the primates can douse the kids with a water-pull set up where the primates pull a lever that "cools" the kids off with water. We found this to be the best and most interactive zoo we'd seen in ages. www.cameronparkzoo.com

Be sure to take a little time to stop by the Mayborn Museum for kids with all its hands on and interactive exhibits. It's natural science and history on one side and a children's discovery area on the other, and perfect for kids of all ages. www.baylor. edu/mayborn

The Waco Mammoth site show-cases several wooly mammoth fossils in their entirety in an intriguing and educational setting. Still partly encased in the rocks in which they were discovered, this mind-boggling excavation site and display will any vacationing family a glimpse in to the lives of these interesting prehistoric creatures with teeth the size of shoe boxes. We were blown away by the "cool factor" at this mind-blowing historic site. www.wacomammoth. com/

Good Eats in Waco

Getting hungry yet? If a healthy salad and wonderful buffet of options sounds enticing then stop in at Jason's Deli for a knock-your-socks-off salad bar as well as remarkable sandwich bar which actually offers gluten free breads and other not-typical healthy options. One of our kids is on a gluten free diet so we really appreciated this place. www. jasonsdeli.com





From hayrides to carousels, a lot to do in Waco!

If a hearty Mexican meal sounds good, then you won't be disappointed at Ninfa's. A local, well known resident-favorite, the Carnitas are gigantic portions and melt-in-your-mouth tender. www.mamaninfas.com/

Allow the most time, however, for a true treat by visiting the beautiful Homestead Community of Waco -sufficient, like-minded community, raises grass fed beef, raises organic produce, and grows and mills natural grains. www.homestead-heritage.com

A restaurant, and several stores allow visitors a glimpse at the wholesome and delicious lifestyle these people have embraced and are gracious enough to share with lucky visitors. Go hungry and budget some fun money for picking up a few samples of their exemplary craftsmanship and art. Everything from simply exquisite hand tooled rocking chairs, hand stitched quilts, hand

forged blacksmithed goods, homespun fibers, handwoven textiles, it is all a unique pleasure to see and to enjoy. The homemade cheeses have won world class awards and one taste and you will agree with the judges, as they are handcrafted from natural homestead-produced dairy.

You will want to take some wares home to forever remember the unique talents and spirits of these remarkable artisans. The food at the Cafe is truly top notch in every minute detail as is the warm and impeccable service. Each and every thing on this property is quality through and through and a pleasure to behold. We found this place to be truly special and very educational. The kids had so much fun, it seemed impossible to call it educational but it really was.

Warmth and hospitality flow right along with Waco's meandering rivers. Allow a few days to catch a glimpse into the true heart of this Texas heartland.



A Note from the Nurse

Watch out for that Summer Sun

By Connie Goldsmith, RN, BSN, MPA

Summer's here and like so many other people, you and your children might be planning some together time in the sun. Maybe it's a trip to Lake Folsom, the Tahoe area, or you're headed to the nearest beach. Before leaving home, take a few minutes to talk about the sun and how to prevent damaging sunburn.

The ultraviolet radiation (UV radiation) found in sunlight is the primary cause of skin cancer. Having even one blistering sunburn as a child increases the risk for melanoma, the most deadly form of skin cancer. More than one million Americans are diagnosed with skin cancer each year. If they're lucky, it's "only" basal cell or squamous cell cancer, potentially disfiguring but seldom fatal. However, melanoma kills about 8,650 people per year and its incidence is steadily increasing. It's now the second most common cancer among teens and young adults.

Sunlight is not the only source of UV radiation. Many young people turn to tanning beds. The tanning industry sometimes denies that UV radiation from tanning beds is harmful. Yet in

2009, the World Health Organization's cancer research agency moved tanning beds to the carcinogenic (cancer-causing) category. Included in the same category are asbestos, cigarettes, and plutonium! According to the American Academy of Pediatrics, tanning beds may produce 10 to 15 times more UV radiation than the midday sun. Many states are considering laws to prohibit people under 18 from using tanning beds.

Here are some ways to decrease the risk of skin cancer caused by excessive UV radiation. Limit sun exposure between 10:00 am and 4:00 pm when the sun is at its brightest. Scientists developed the UV index to guide people about the risk of UV radiation. The risk runs from low to extreme. For example, a sunny day in Sacramento on May 6, 2011 showed a UV index of 9 (very high.) Check the UV index at: www.epa.gov/sunwise/uvindex.html.

Use this mantra to limit UV radiation: Slip-Slop-Slap . . . and Wrap. Slip into a long-sleeved cotton shirt to cover as much skin as possible. Slop on sunscreen every two hours. A Consumer Reports poll found that one fourth of Americans rarely or never use sunscreen on their

children. And often people who do use it, don't use enough. Use about one ounce for an adult, proportionately less for children. Apply sunscreen half an hour before going outside, and reapply every two hours. Slap on a wide-brimmed hat to protect the scalp, neck, and ears. Wrap UV-blocking sunglasses around your face. Children should wear real sunglasses, not toy plastic ones.

Be especially careful when taking children to the mountains, beaches, and lakes. UV radiation increases 4% to 5% for every 1000 feet in elevation. Lake Tahoe is about 6,000 feet high, meaning that people are exposed to as much as 30% more UV radiation than in the Central Valley. Keep in mind that water, sand, and snow reflect sunlight, making for a dangerous double-whammy dose of UV radiation.

Take care of yourself and the young people in your life. Tanned skin is damaged skin. While ultraviolet radiation is not the only cause of skin cancer, it is the only cause that is completely preventable

For more information: American Academy of Dermatology: www.aad.org;

American Cancer Society: www.cancer. org; Skin Cancer Foundation: www.skincancer.org.

References: American Academy of Pediatrics Policy Statement – Ultraviolet Radiation: a Hazard to Children and Adolescents: HYPERLINK "http://pediatrics.aappublications.org/cgi/content/full/127/3/588" http://pediatrics.aappublications.org/cgi/content/full/127/3/588; and Goldsmith C, USA Today Health Reports: Skin Cancer; Lerner Publishing, 2011.

Coming in September: Sports drinks and energy drinks are not for children.

Connie Goldsmith writes health and science books for young people, and continuing education courses for other nurses. She also worked for several years as a triage nurse on a 24/7 nurse advice line. She maintains a health blog on her website at www.conniegoldsmith.com.

Note: Information contained in this article is not intended to replace medical advice. Parents and caregivers should contact their child's doctor for guidance if they have any health concerns.



Who Wrote That?

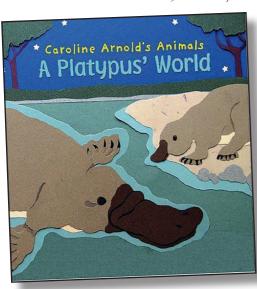
The Creators of Your Child's Favorite BooksFeaturing **Caroline Arnold**By Patricia

By Patricia M. Newman

ost people know Caroline Arnold as the beloved children's author of more than 100 nonfiction books for children. The Washington Post/Children's Book Guild awarded her their coveted Nonfiction Award for her lifetime achievements ("Not that my lifetime is over," she quips). Arnold has written about animals, habitats, and ancient civilizations, but what many of her readers do not know is that she was trained in the fine arts.

Arnold writes about things in which she is still interested. As a child in Minneapolis, Minnesota, she was a self-described book worm. "When I was eight years old, I used to ride my bike to the library by myself. I had my own library card and my bike had a large wire basket on the front," she says. "My goal was to check out 14 books because we could keep them for two weeks. I figured one book a day." In addition to reading, Arnold was curious about the outdoors. "I used to go on early morning bird walks with my father who was an amateur bird watcher." Flowers, insects, and rocks made up her many nature collections. "We had a museum in our basement of our prize finds," she says. A fiveweek camping trip across the United States from Minnesota to California was Arnold's first introduction to Mesa Verde National Park with its unique cliff dwellings, a topic she later explored in her book The Ancient Cliff Dwellers of Mesa Verde.

"I didn't know I was going to be a writer when I was growing up," Arnold says. Instead, she focused on art in college and graduate school, and considered writing and illustrating children's books after her two children were born. Although Arnold intended to illustrate her books, it quickly became obvious to her that you cannot draw pictures until you have a story. She plugged away, piling up rejection letters, until she moved to California and took a class on writing for children at the UCLA Extension. Her first book, *Five Nests*,





debuted in 1980, but was illustrated by Ruth Sanderson—a common practice at the time to pair a new author with an established illustrator. Four more books followed before Arnold became author and illustrator using a pencil line drawing style. "I became an established author to illustrate my own books," she says, but the three color technique of the time made illustrations extremely challenging. "I had to illustrate the book three times," Arnold says. "Once for the black plate and twice more for the other two colors." Then she analyzed the saturation levels of each color and converted it to a black and white scale. "I was never sure how the color would look until it was printed."

With the publication of *Five Nests*, birds became a recurring theme in Arnold's work and throughout her life, with husband, Art, who studies birds in his research at UCLA. Arnold took advantage of this connection to conduct research for *Hawk Highway in the Sky: Watching Raptor Migration*. "I spent a week in the Goshute Mountains in Nevada watching and helping scientists trap and band migrating hawks, eagles, and falcons...the process helped me learn the

details I needed to write the book."

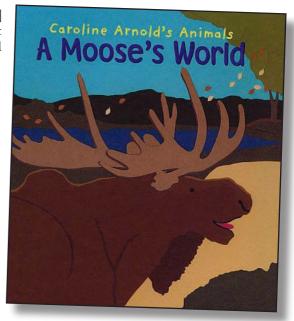
About this time, Arnold developed a prolific partnership with well-known magazine photographer Richard Hewitt. They collaborated on 50 books, Hewitt contributing his vast experience in visual storytelling, and Arnold contributing not only her writing talents, but her fine arts knowledge of visual elements, such as pacing and balance. They shared the creative process, finding a common ground for their goals which sometimes necessitated a compromise in their individual visions or an alternate solution. When Hewitt retired at the end of the 1990s, Arnold was forced to rethink the trajectory of her career.

"It was sad to see [the partnership] come to an end," she says, "but that's the way life is, things end or they change."

In spite of the success of her books with Hewitt, "we were limited by photography's limitations," she says. They did not have access to animals who live in remote places or who were nocturnal. According to Arnold, moving back to illustrated books "gave me a certain freedom to tell the story and explore ideas that I couldn't explore in photographic books." This fact, combined with the advances in four-color illustration technology gave Arnold the freedom to choose other media for her illustrations.

Arnold's recent series of books incorporates her love of animals with her love of art. For example, in *A Platypus' World*, she brings children closer to a nocturnal animal that lives in burrows or swims underwater and is almost impossible to see in the wild. Her cut-paper illustrations provide the perfect vehicle to illustrate the life cycle of this reclusive animal. "Cut-paper collage is not that different [from my earlier work]," Arnold says. "I use scissors rather than a pencil, but the key element is still the line. In cut-paper, the line is the edge."

With each book, Arnold perfects the text with her editor before beginning work on the illustrations. "Each book demands its own color scheme," she says of her new graphic-looking style for the early elementary school audience at which the series is aimed. "It's bright, easily accessible, and the big pictures are easy to see from the back of a classroom."



Arnold's new travel blog, The Intrepid Tourist (http://theintrepidtourist.blogspot.com) is an unpublished endeavor that focuses on her travels to various parts of the world. In the past many of her books took root because of a journey she made or a place she visited, and the odds are that yet another book will spring from her travel musings. "Tve never met an idea that I didn't like," Arnold says.

Next month: Ann Martin Bowler

Patricia Newman is the author of Jingle the Brass (Farrar, Straus & Giroux), recommended by the Smithsonian National American History Museum. Her newest book, Nugget on the Flight Deck (Walker), received the California Reading Association's Eureka! Silver Honor Award for excellence in children's nonfiction. Visit her website at www.patriciamnewman.com to watch the trailer.

MORE ABOUT CAROLINE ARNOLD

HOW TO CONTACT CAROLINE ARNOLD

Website: www.carolinearnoldbooks.com

SELECTIONS FROM CAROLINE ARNOLD'S LIBRARY

A Polar Bear's World, PictureWindow Books, 2010.

A Walrus' World, PictureWindow Books, 2010.1

A Moose's World, PictureWindow Books, 2010.

Global Warming and the Dinosaurs, Clarion, 2009.

A Platypus' World, PictureWindow Books, 2008.

A Wombat's World, PictureWindow Books, 2008.

Taj Mahal, Carolrhoda Books, 2007.

Super Swimmers: Whales, Dolphins and Other Mammals of the Sea, Charlesbridge, 2007.

Wiggle and Waggle, Charlesbridge, 2007 (fiction). Birds: Nature's Magnificent Flying Machines, Charlesbridge, 2003.

Upcoming

A Warmer World, Charlesbridge, 2012. *Too Hot? Too Cold?*, Charlesbridge, 2012.



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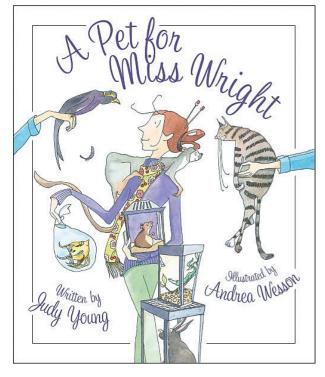
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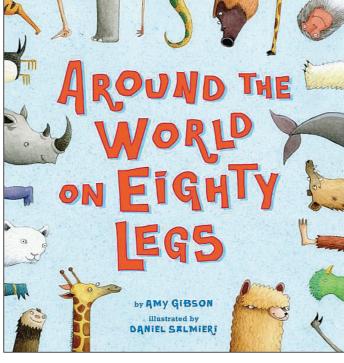
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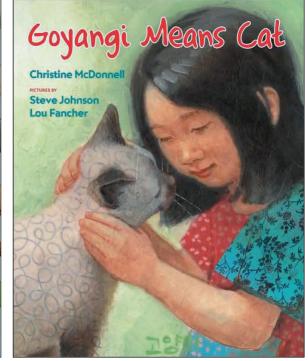
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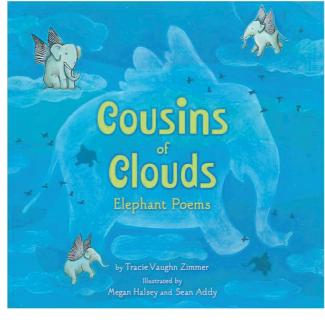


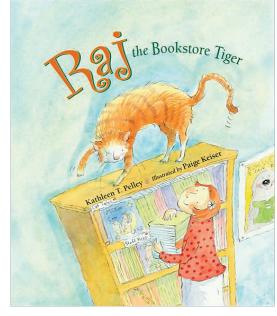




The Book Report

Picture Book Potpourri





By Connie Goldsmith

hile children's literature contains as many genres as adult literature, many books published for children are picture books. The simple words and colorful art continue to beguile young listeners. Picture books must be visually appealing to the adults who purchase them and must stand up to the ritual of repeated readings that children demand. It's no surprise that all of these picture books feature animals; they're a favorite topic in children's stories.

"Goyangi Means Cat," by Christine Mc-Donnell, illustrated by Steve Johnson & Lou Fancer. (Viking). This story opens with a scene familiar to adoptive parents. Soo Min's new American family meets her at the airport and takes her to her new home. Soo Min knows no English and her parents know just a few Korean words. She struggles to learn English. Omah for mother; apah for father; goyangi for cat. Soo Min loves goyangi most of all. When he slips out the door one day and cannot be found, Soo Min is heartbroken. She cries and cries - for goyangi, for Korea, and for lost friends. He returns. "Goyangi home," Soo Min says – her first English word. The gentle art is as charming and evocative as the

text. The pages show a range of textures and are lightly inscribed with Korean characters.

*** Reviewer's Pick of the Month

"Around the World on Eighty Legs," by Amy Gibson, illustrated by Daniel Salmieri. (Scholastic). This wonderful book blends world geography and biology in a winning combination of poems. Creatures pounce and bounce, fly and flee, and eat and sleep their way around the world. Each of the watercolor, gouache, and colored pencil cartoon-like pictures shows the animals and birds in their natural habitat. The African animals are the most well-known, the Australian and Asian ones not so much. See the "Menagerie of Facts" at the book's end for more info on each creature. Think of the howler monkey: "The loudest animals on land, with voice so piercing few can stand their eerie calls at break of day (heard loud and clear three miles away)."

"Cousins of Clouds: Elephant Poems," by Tracie Vaughn Zimmer, illustrated by Megan Halsey & Sean Addy. (Clarion). This fascinating book is a celebration of all things elephant – their huge size and amazing multi-functional trunks, their loving parenting, and their loyalty. Every page starts with an unusual poem (many told in an elephant's voice) and is enhanced by pachyderm factoids. The art is expressive, done in rich, mixed-media collages. The information about elephants is extensive, telling us about their plight in the modern world, as well as their life in the wild. Readers of every age will find something to enjoy in this book. The youngest may want to play elephant, while older children may wish to search the listed websites to learn more about these magnificent animals.

"A Pet for Mss Wright," by Judy Young, illustrated by Andrea Wesson. (Sleeping Bear Press). Miss Wright is a writer, and like many writers she spends a great deal of time alone. Miss Wright wants a pet to keep her company. She sets off to the pet store. But the mynah bird is too quiet. The monkey tries to write his own story on Miss Wright's computer. Staring at the fish hypnotizes Miss Wright and watching the hamster run on its wheel makes her dizzy. And the cat stretches over her keyboard, as cats are known to do. It comes as no surprise that a dog is the perfect pet for Miss Wright. He gives her kisses when she writes a good scene; he howls and whines in all the right places. This is a fun story with amusing, pastel cartoon-like art that perfectly matches Miss Wright's writerly lifestyle.

"Raj the Bookstore Tiger," by Kathleen T. Pelley, illustrated by Paige Keiser. (Charlesbridge). When bookstore owner Felicity brings Raj home to live with her, she admires his orange stripes and calls him a tiger. Raj greets bookstore customers and struts his stuff at story time. At night he curls up with Felicity. He lives a perfect tiger life until . . . snarky Snowball shows up. "You're just a plain old marmalade kitty-cat," Snowball tells Raj. Despondent and depressed, Raj takes to hiding out until Felicity reads the Blake poem, "Tyger! Tyger!" to him. This perks him up again and he returns to his tiger-like demeanor. Raj and Snowball end up best friends and prowl the bookstore together in tigerishmode. The watercolor-and-pencil illustrations portray the full range of human and feline facial expressions. This is a charming book to read aloud, with positive messages hidden in the entertaining words.

Connie Goldsmith (www.conniegoldsmith.com) lives in Carmichael where she writes for adults and children. Her newest nonfiction juvenile books, "Battling Malaria: on the Front Lines Against a Global Killer," and "Skin Cancer," one of the new USA Today Health Reports series, are available in school and public libraries, and at online booksellers.



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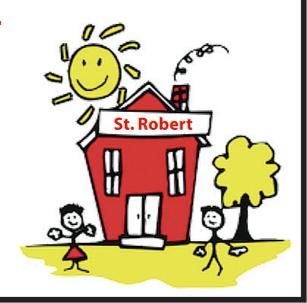
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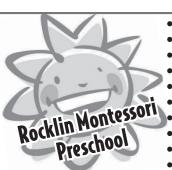
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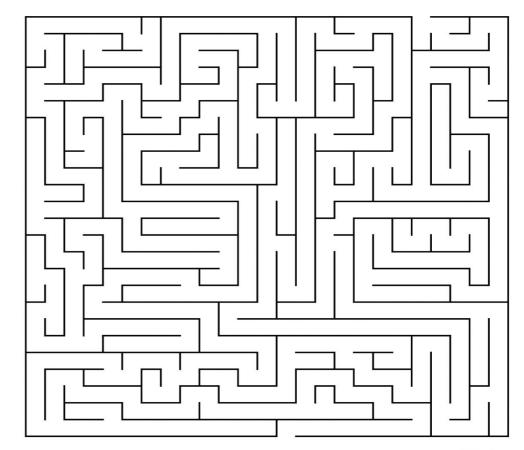


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The forest of Nisene Marks State Park

The park is located off Aptos Creek Road near Aptos Village

Loma Prieta Grade Loop Walk, Sunday, July 3, 17, and 31 at 1 p.m.

Join a State Park Interpreter for this relatively flat and easy 1.8 mile walk through beautiful Nisene Marks. You will be stopping along the way to learn about this amazing ecosystem and the plants and animals that call it home. Make sure to bring water and a snack Meet at the Porter Family Picnic Area Parking Lot at the end of the road inside the park. To get to the park use the State Park Drive exit from Hwy 1. Go east on State Park Drive to Soquel Drive. Turn right on Soquel Drive. Go 1 mile to Aptos Creek Road. Turn left on Aptos Creek Road (Aptos Center) into the park.

Old Growth Loop Trail Walk, Sunday, July 24 at 1 p.m.

Join a State Park Interpreter for this hilly 1.5 mile walk through Nisene Marks. See giant redwoods and the twisted grove. Please wear sturdy shoes and make sure to bring water to drink. Meet at the Entrance Station Parking Lot. To get to the park use the State Park Drive exit from Hwy 1. Go east on State Park Drive to Soquel Drive. Turn right on Soquel Drive. Go 1 mile to Aptos Creek Road. Turn left on Aptos Creek Road (Aptos Center) into the park.

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Please contact us @ 916-660-9492 seaotterswim.com

U.S. Youth Volleyball Instructional League Fall 2011 **Register Now!** Every Child Plays! Register Online @ For Information 1.888.988.7985 Sacramento at William Land Park Wed: 5:30 - 6:30 p.m. Sat: 10:00 - 11:00 a.m.

Packing for camp

ere are some guidelines on what to pack for a residential camp, courtesy of the American Camp Association® (ACA), Northern California. Most camps also have their own lists.

- Keep packing simple and limited to what you feel the camper will absolutely need. There is no need to buy a "camp" wardrobe. Clothes should be comfortable, yet durable.
- Shorts, T-shirts and jeans are staples of a camper's wardrobe. How many of these items a child will need depends on the length of stay and the laundry facilities at the camp.
- Use a permanent marker to write your camper's name on every item.

- Be sure to pack long pants as well as shorts. Campers need leg protection on hikes and during horseback rides.
- New shoes should be broken in and comfortable before leaving for camp.
- A hat serves as a tick repellent on hikes through the woods and as a sunscreen in the open daylight, and comes in handy during stormy weather, as well.
- Other useful equipment includes a flashlight with extra batteries, a camera with film, a canteen or water bottle, pre-stamped and preaddressed stationary, sunscreen, lip balm and insect repellent.

bedding/sleeping bags, as well as for any other specific gear for that camp.

- If your child takes medications, send the medicine in the original bottle, along with dosage instructions.
- •••Do not bring radios, televisions, portable CD players, stereos, food, hunting knives or expensive clothes.
- • Camps have different policies on whether or not it is appropriate to bring spending money.











SUMMER GUIDE

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Santa Cruz Mission State Historic Park

Located off Mission Plaza on School Street overlooking downtown Santa Cruz (831)425-5849

Junior Rangers "Ohlone Artisans", Thursday, July 7, 11 a.m. to 12:15 p.m.

Junior Rangers is a statewide program for 7 to 12 year olds. This week try your hand at tule craft and pump drilling This program is free. Space is limited. For advance registration call (831) 425-5849.

Junior Rangers "Sheep to Shirt", Thursday, July 14, 11 a.m. to 12:15 p.m.

Junior Rangers is a statewide program for 7 to 12 year olds. This week work with wool and practice with tools such as a drop spindle. You'll even practice weaving on your own simple loom. This program is free. Space is limited. To pre-register, call (831) 425-5849.

Old Fashioned Campfire for the Whole Family, Friday, July 15, 5:30 to 8 p.m.

Bring your picnic dinner and lawn chairs. Make a fresh tortilla on the comal as we enjoy live music.

Then we'll gather around the campfire for songs, skits, and stories. What a great way to relax into summer with the best views of Santa Cruz! The event is FREE. Rain cancels. The Santa Cruz Mission State Historic Park is located on School St. off of Mission and Emmet Street in Santa Cruz. Please call (831) 425-5849 for more

Junior Rangers "Mission Cooking" Thursday, July 21, 11 a.m. to 12:15 p.m.

Junior Rangers is a statewide program for 7 to 12 year olds. This week bake in a clay oven and grill our own tortillas. This program is free. Space is limited. Pre-register by calling (831) 425-5849.

Junior Rangers "The Age of Sail", Thursday, July 28, 11 a.m. to 12:15 p.m.

Junior Rangers is a statewide program for 7 to 12 year olds. This week climb aboard for adventures at sea! We'll take an in depth look at a Spanish galleon, and practice knots for use in the riggings. This program is free. Space is limited. Pre-register by calling (831) 425-5849.

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Hourly \$20 Drawings on Saturday (11:00 to 4:00) and Two \$50 Grand Prize Drawings on Sunday 12:00 pm - 3:00 pm You Must Be Present to Win Admission: \$5 Saturday

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Activities at Wilder Ranch State Park

Located two miles north of Santa Cruz, on Highway 1 (831) 426-0505

Old-Fashioned Independence Day Celebration! Fourth of July Event at Wilder Ranch State Park, Monday, July 4, from 11 a.m. to 4 p.m.

Experience an old-fashioned Independence Day Celebration 1911 style at Wilder Ranch State Park on Monday, July 4, from 11 a.m. to 4 p.m. The parade begins at noon. You can be in the parade, just wear your patriotic 1911 style period clothing, or pull a decorated wagon, bring musical instruments, or other old-fashioned items—suffragettes are sure to be there! Participants meet near the chickens next to the apple orchard in front of the tunnel at 11:45. The parade marches through the complex to front lawn for flag raising, speeches, and patriotic music.

After the parade, try the cake walk, historic lawn games, draft horse wagon rides, ice cream cranking, make crafts, and listen to live 1911

era music. Bring a picnic or enjoy food and drink for sale. The Wilder Banker will exchange your 2011 dollars into 1911 tokens.

Wilder Ranch State Park is located 2 miles north of Santa Cruz on Highway 1. Admission to the event is free; parking fees apply. For more information, call (831) 426-0505.

• Life on the Ranch—A Family Living History Day at Wilder Ranch State Park

Saturday, July 16 from 11 a.m. to 3 p.m.

Find out how families lived during Mexican Rancho and early dairy ranching days at Wilder Ranch State Park's Family Living History Days. Activities include hands-on activities and demonstrations and may include draft horse wagon rides, branding, horseshoes, hand-making tortillas and salsa, chuck wagon style cooking, roping skills and lawn games. Come for a picnic on the lawn and follow it up with a game of tug of war, sack races, hoops, stilts,

bubbles, and more! The event is held on the grounds of the Wilder Ranch Cultural Preserve. The park is located 2 miles north of Santa Cruz on the coast side of Highway 1 at 1401 Coast Road Santa Cruz, CA 95060. This event is appropriate for all ages. For more information, please call (831) 426-0505.

• Wilder Ranch Living History Demonstrations and Ranch Tours, Weekends from 11 a.m. to 3 p.m. Tour of the ranch buildings at 1 p.m. Step back in time to visit a circa 1900 dairy ranch in Santa Cruz County at Wilder Ranch State Park. Play Victorian Games or bring a picnic to enjoy on the front lawn, visit the farm animals and see what activities are taking place on the ranch this weekend. You may learn about hand quilting, watch blacksmithing, or learn about the Meder Family voyage to California. Weekends at 1 p.m., join the 1-hour tour of the

1897 Victorian home, 1896 water-powered machine shop, and other historic buildings.

• History, Nature, and Scenic Views: A Tour of the Grey Whale Ranch Area Saturday, July 16 at 9 a.m.

This challenging guided three-hour hike will explore the natural and cultural history of the upper hills of Wilder Ranch State Park. Meet the hike leader in the Wilder Ranch parking lot. Bring good walking shoes, lunch, snacks, and water. Hike is cancelled if rain.

Wilder Ranch Coast Nature Walks, Saturdays, July 2, 9, 23 and 30 at 11 a.m.

On these two-hour natural history excursions you will explore the plants, animals, and geology of the spectacular coastal bluffs. Meet at the Wilder Ranch interpretive center. Bring a snack, water, binoculars, and good walking shoes. Binoculars are available to borrow. Walk is cancelled if rain.

REAL TRAINS. TOY TRAINS. ALL ABOARD!

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

VISIT the California State Railroad Museum in Old Sacramento, open daily 10 a.m. – 5 p.m. It's a family learning experience that will delight like no other.

EXPERIENCE your childhood again as you tour *Small Wonders: The Magic of Toy Trains*, America's most comprehensive toy train exhibit.

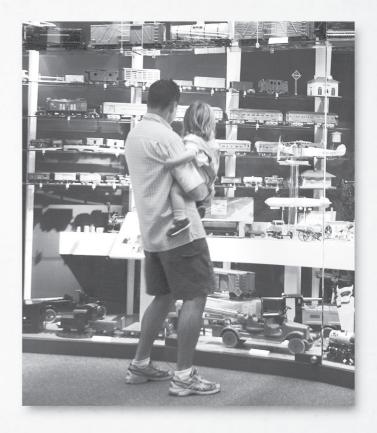
RIDE behind an authentic steam locomotive for a 40-minute ride atop the Sacramento River's levees, departing Old Sacramento every Saturday and Sunday hourly 11 a.m. – 5 p.m. April–September.

SHOP for children's items, gifts, books, DVDs, clothing and dazzling reproduction dining car china at our Museum Store — a year-round supplier of *Chuggington* and *Thomas* products!



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







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Discovery Science and Space center programs

Fourth of July Fun, Saturday and Sunday, July 2 and 3, 12:30 to 4 p.m.

Three cheers for the red, white and blue! Enjoy a visit to the Discovery Museum this holiday weekend with a self-guided tour of our Space Quest exhibit. Kids show patriotic pride by crafting an old favorite, a star-spangled waver. Don't forget to purchase your fireworks from the booth at the Museum! Planetarium shows are at 1 and 3 p.m. are included with admission (ages 4 and above only); Creature Features at Noon and 2 p.m. are for all ages.

Shuttles-Past and Present, Saturday and Sunday, July 9 and 10, 12:30 to 4 p.m.

The final shuttle launch is scheduled for July 8. Learn about Atlantis and the other shuttles that NASA used for the last thirty years. This is a great opportunity to teach children about the historical importance of

the NASA shuttle program, beginning in 1981. Kids make and take a shuttle craft as a souvenir. Planetarium shows at 1 and 3 p.m. are included with admission (ages 4 and above only); Creature Features at Noon and 2 p.m. are for all ages.

Volcano Blast! Saturday and Sunday, July 16 and 17, 12:30 to 4 p.m.

The Discovery Museum Science and Space Center is celebrating 60 years of sensational science milestones that occurred during the decades. One such momentous occasion was the Mount St. Helen's eruption in 1980. Learn about volcanoes and their impact on planet earth. Children complete a make and take paper volcano craft. Each family goes home with a set of volcano postcards (as supplies last). Volcano demonstrations take place in our classroom. Planetarium shows at 1 and 3 p.m. are included with admission (ages 4 and above only); Creature Features at Noon and 2 p.m. are for all ages.

Dinosaur Days, Saturday and Sunday, July 23 and 24, 12:30 to 4 p.m.

The Discovery Museum Science and Space Center is celebrating 60 years of sensational science milestones that have occurred during the decades. In 1980 the Alvarez hypothesis proposed that dinosaur extinction was caused by a giant asteroid hitting Earth. Visit the Museum's classroom to see a small dinosaur display and craft a fun make and take activity. Planetarium shows at 1 and 3 p.m. are included with admission (ages 4 and above only); Creature Features at Noon and 2 p.m. are for all ages.

There's a Hole in My Ozone! Saturday and Sunday, July 30 and 31, 12:30 to 4 p.m.

The Discovery Museum Science and Space Center is celebrating 60 years

of sensational science milestones that have occurred during the decades. One such momentous occasion was the announcement of the ozone hole in 1985. What is ozone? How can you make a difference in helping reduce ozone pollution? Kids craft a UV bracelet to test ozone health. The film, The Next Frontier: Engineering the Golden Age of Green, is showing in our classroom (and for purchase in the museum store). Planetarium shows at 1 and 3 p.m. are included with admission (ages 4 and above only); Creature Features at Noon and 2 p.m. are for all ages.

The Discovery Museum Science and Space Center is located at 3615 Auburn Boulevard, Sacramento. Admission is \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). The programs are appropriate for: 4 to 12 years old. For more information, call (916) 808-3942 or visit www.thediscovery.org



安安公留会首用器型会青金 Calif**Ynia Kids!

Bird Jokes

Activityvillage.com Keeping Kids Busy!

Why do swallows fly south in winter? *It's too far to walk!*

What bird is always out of breath? *A puffin!*

What do you call a chicken at the North Pole?

What did the little bird say to the big bird? Peck on someone your own size!

Which bird does construction work?

The crane.

What kind of weather excites a pet duck?

Fowl weather, of course!

Did you hear the story about the peacock?

It's a beautiful tail!

What bird is with you at every meal?

A swallow!

What do you call a rooster that crows every morning? *An alarm cluck!*

What do you get when you cross a centipede with a parrot? *A walkie talkie!*

Events at the crocker Art Museum

• Meaning and Medium: High School Student Self-Portrait Show, through July 10

This exhibition by Sacramento-area high school students explores the self-portrait using diverse media. Organized by Christian Brothers High School.

• Cosumnes River College, July 14 through October 9
This exhibit showcases the creative works of students from Cosumnes

River College's art, ceramics, and photography departments.

• Wednesdays, July 6, 13, 20, and 27, 11 a.m., Wee Wednesday Bring your little one and yourself to this gallery-based art activity for children ages three to five. This is a family program and space is limited. Sign up begins at 10 a.m. on the day of the event at the Museum Admission Desk. Free with Museum admission.

• Saturday, July 9, 11 a.m. and 1 p.m., Drop, Yak, Splat!

A Museum Adventure for Families. Each month a new work of art provides the inspiration for a memorable gallery activity for families and children of all ages. Sign up begins one hour before the start time at the Museum Admission Desk. Free with Museum admission.

Tuesday, July 12, 12 to 2 p.m., Homeschool Day - A 3-D Experience

Homeschool and family groups are invited to visit the Museum regularly for thematic gallery adventures designed to intrigue children ages six and older. Advance registration is suggested. For pricing and registration, visit crockerartmuseum.org or call (916) 808-1182.

• Tuesday, July 19, 10:30 a.m., Baby Loves Art – Celebrations Children will sing, move, groove, touch, and play while building key cognitive and motor skills. Baby Loves Art is for children from infancy to three years of age and their caregivers. Advance registration is required. To register, call (916) 808-5499 or email education@crockerartmuseum.org. Free with Museum admission.

The Crocker Art Museum is located at 216 O Street in Downtown Sacramento. Museum hours are 10 a.m. to 5 p.m., Tuesday and Wednesday; 10 a.m. –9 p.m., Thursday; 10 a.m. to 5 p.m., Friday to Sunday. Every. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

Yummie Bird Nest snacks

t's fun to watch the birds in your area. Maybe they're robins splashing in your birdbath or doves cooing in the afternoon shade. It's also fun to make this bird nest snack. Kind of messy, but delicious for all!

You will need:

1/4 cup butter

4 cups miniature marshmallows

5 cups crispy rice cereal

Candy eggs or jellybeans

1/3 cup of chocolate or butterscotch chips (optional) 1 cup chow mein noodles (for extra crunch! Optional)

You will need to:

Melt the butter and add the marshmallows stirring over low heat until it is syrupy. Turn off the heat, stir in the cereal and coat well. As soon as it has cooled off have your children form a small amount of the mixture into a birds nest in their hands. After using up all the mixture, place a few of your candy in each nest for the eggs.

**Melting the chocolate or butterscotch chips and then mixing that with the chow mein noodles, is another way to make the nests.

How to build a milk carton bird feeder

You will need:

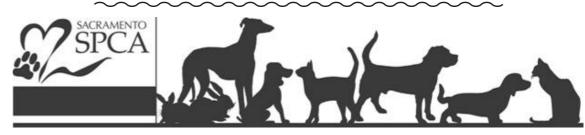
An empty plastic milk carton (a gallon), thin wire or strong string, scissors, marker, birdseed, markers or paint (optional for decoration)

You will need fo:

Clean carton with hot water and rinse thoroughly. Outline cutout holes on the two sides away from the handle. With adult supervision, cut out holes and remove cap and wrap wire or string around the base of the opening and replace cap. Hang your feeder from a tree branch and fill with birdseed.

For more ideas visit www.a-home-for-wild-birds.com





Is your caf a character? Is your dog a diva?

The Sacramento SPCA is currently taking snapshot photo entries for a limited edition 2012 SPCA calendar. The 12 "Pet of the Month" spots may be sold out, but now is the time to enter one or more snapshots of your pets for inclusion somewhere in the SPCA's 2012 calendar. Entry fees of just \$25 per photo include ONE free 2012 SPCA calendar with your pet's photo somewhere inside. Snapshot photo entries (of pets ONLY, no people) are due by July 31.

The coveted calendar cover photo opportunity will be auctioned off to the highest bidder at the SPCA's 25th Annual Reigning Cats and Dogs Gala, being held on September 24, at Arden Hills

Country Club. The high bidder will receive ten calendars (with their pet on the cover), ONE photo session for their pet with photographer, Anne Chadwick Williams, and a framed 8 x 10 color photograph of their pet. Get the purrfect holiday gifts for animal-loving friends and family!

Reserve your 2012 limited edition Sacramento SPCA calendars today. Each 2012 full-color wall calendar is just \$12, including shipping. Calendars will be available in the fall of 2011 just in time for the holidays!

For more information and complete photo entry details, visit www.sspca.org or call (916) 504-2828.

25



Hands on History: Mining the Miners

ith a continued effort to provide more interactive, hands-on opportunities than ever before, Sutter's Fort State Historic Park presents "Hands on History: Mining the Miners" on Saturday, July 16. Fort visitors will experience how California's early pioneers often participated in high-stakes games of chance while trying to strike it rich –as if daily life on the frontier wasn't enough of a gamble!

"Mining the Miners" offers a fun day of games as well as the opportunity to experience the "buyer beware" culture of the Gold Rush era. Poker and roulette are familiar to us today, but have you played Faro, three-card monte, or chuck-a-luck? You'll be able to pan for gold to get a "stake" and some local currency. Keep in mind, one bad poker hand could wipe out the dreams for prosperity and happiness. In addition, children will create hand-made crafts they can take home as keepsakes provided by the Friends of Sutter's Fort.

For more information about this fun and engaging "Hands on History" event, or other events and activities at Sutter's Fort , call (916) 445-4422 or visit www.parks.ca.gov/suttersfort

Fourth of July Word Search

Z	е	r	f	r	е	е	d	0	m
р	а	t	r	i	0	t	i	S	m
k	f	b	а	r	b	е	С	u	е
р	0	f	f	а	m	i	I	у	р
а	u	u	S	u	m	m	е	r	а
r	r	n	S	b	I	u	е	r	r
t	t	b	d	а	Z	Z	I	е	а
у	h	0	1	i	d	а	у	d	d
m	u	S	i	С	W	h	i	t	е
f	i	r	е	W	0	r	k	S	S

fireworks	red	white
blue	dazzle	barbecue
patriotism	party	fourth
music	parades	family
summer	freedom	holiday
fun	66	68 1

run

www.ActivityVillage.co - Keeping Kids Busy!



The Brain-Boosting Power of Healthy Eating

Nufrition tips For learning

A message brought to you by First 5 Sacramento

as young children head to preschool and kindergarten, parents can help their kids shine in the classroom by preparing healthy meals for breakfast and for the lunchbox. Proper nutrition plays a key role in a child's ability to learn and do well in school. According to the Centers for Disease Control and Prevention, kids who eat a balanced diet and start the day with a nutritious breakfast have more energy and concentrate better in class.

Parents, caregivers and early learning educators play a valuable role in providing healthy food choices to children at an early age. To help kids develop lifelong healthy eating habits, First 5 Sacramento offers the following tips.

Power up on breakfast: After a good night's sleep, breakfast provides important nutrients that give kids a great start to the day and get them ready to learn. Prepare healthy breakfast choices for your child like oatmeal with low-fat milk, raisins and banana slices; or go berry wild with a low-fat yogurt smoothie made with strawberries and served with scrambled eggs on whole wheat toast.

Make fruits and vegetables a priority: Help your child get the recommended five to nine servings of fruits and vegetables a day by adding lettuce and tomatoes to a sandwich or offering cut-up fruit like apples or oranges with every meal.

Indulge your creative side: Kids love healthy foods that look fun – and taste great! So be creative with meals. Top a cheese quesadilla with a smiley face using green peas for eyes and carrots for a mouth, or cut sandwiches in triangles and other fun shapes.

Offer healthy snacks: Toddlers and young children should eat frequent, small meals throughout the day. Pack nourishing snacks to provide an energy boost, like bite-size fruits and vegetables. Low-salt crackers and cheese slices are also good choices.

Get kids involved: When children help prepare a meal, they're more likely to eat it and try foods they may not have liked before. Ask your child to pick fruits and vegetables with you at the grocery store or local farmer's market. When preparing meals, let your child tear lettuce for a salad or add veggie toppings to pizza slices.

To help you prepare nutritious meals, First 5 California offers a free mini cookbook – Yummy for Your Tummy – which has healthy, low-cost recipes for the whole family. To order your copy, call 1-800-KIDS-025. For more information on First 5 Sacramento program services, call 916-876-5865 or visit www.first5sacramento.net.

About First 5 Sacramento

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$14 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: 530-669-2475; First 5 Placer: 530-745-1304; and First 5 El Dorado: 530-672-8298.

安安公留会货品的公司会员 Calif**MiaKids!

calendar of Events

Arts & Crafts

July 7, Crafts, 10 a.m., 891 Watt Avenue, Sacramento. Pre-schoolers are invited to the Arden-Dimick Library for "Many Hats, One World," with ArtBeast. For more information, call (916) 264-2920.

July 7, Japanese Accordian Books, 3 p.m., 920 Grand Avenue, Sacramento. Kids, ages 5 to 12, are invited to the Del Paso Heights Library for "Japanese Accordian Books," with ArtWorks. For more information, call (916) 264-2920.

July 9, Art Program, 11 a.m. 2112 22nd Street, Sacramento. Preschoolers are invited to the Ella K. McClatchy Library for "Everyday Stuff: Re-use, Re-imagine" with ArtWorks. For more information, call (916) 264-2920.

July 9, Crafts Saturday, 2 p.m., 2443 Marconi Avenue, Sacramento. Join the fun at the Arcade Library for "Travel the World with Chocolate," with ArtWorks. For more information, call (916) 264-2920.

July 12, Puppet and Masks, 10 a.m., 920 Grand Avenue, Sacramento. Preschoolers, ages 3 to 5, are invited to the Del Paso Heights Library for "Puppets and Masks," with ArtWorks. For more information, call (916) 264-2920.

July 14, Moon Lanterns, 3:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks. Pre-schoolers are invited to join the fun at the Fair Oaks Library making "Moon Lanterns" with ArtBeast. For more information, call (916) 264-2920.

July 14, Puppet Making, 3 p.m., 5600 South Land Park Drive, Sacramento. Preschoolers are invited to the Belle Coolege Library for "Puppet Making" with

ArtWorks. For more information, call (916) 264-2920.

July 21, Drums, 10 a.m., 891 Watt Avenue, Sacramento. Pre-schoolers are invited to the Arden-Dimick Library for a very special program, called "One World, Many Drums," with Art-Beast. For more information, call (916) 264-2920.

July 21, Sandcastles, 3:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks. Pre-schoolers are invited to the Fair Oaks Library to make "Sandcastles," with ArtBeast. For more information, call (916) 264-2920

July 28, Bracelet Craft, 2 p.m., 9845 Folsom Boulevard, Sacramento. Kids ages 5 to 12 are invited to the Rancho Cordova Library for a special program called "Create Friendship Bracelets." For more information, call (916) 264-2920.

July 28, Reptile Program, 3:30 p.m., 902 Oak Lane, Rio Linda. Join the fun at the Rio Linda Library for "Python Ron's Reptile Kingdom." This program is best suited for children ages 5 to 12. For more information, call (916) 264-2920.

August 4, Moon Lanterns, 10 a.m., 2443 Marconi Avenue, Sacramento. Pre-schoolers are invited to join the fun at the Arcade Library making "Moon Lanterns" with ArtBeast. For more information, call (916) 264-2920.

August 4, Sandcastles, 10 a.m., 891 Watt Avenue, Sacramento. Pre-schoolers are invited to the Arden-Dimick Library to make "Sandcastles," with ArtBeast. For more information, call (916) 264-2920.

August 13, Making Puppets, 2 p.m., 2443 Marconi Avenue, Sacramento. Bring the kids to the Arcade Library and learn to make puppets with ArtWorks. For more information, call (916) 264-2920.

Criffer Events

July 2, Hawk Talk, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center and learn about these amazing raptors that have color vision eight times better than humans. Get a rare look at a red-tailed hawk and learn more about the hawk family, which includes eagles and kites. For more information, call (916) 489-4918.

July 9, Animal Program, 1 p.m., 9845 Folsom Boulevard, Sacramento. Join the fun at the Rancho Crodova Library for "Animals from Around the World," with Nature's Critters. This program is best suited for kids ages 5 to 12. For more information, call (916) 264-2920.

July 16, Busy Bees, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. One third of our food crops and 80 percent of our flowering plants depend on pollination. Join plant and pollinator specialist Julie Serences for a program on our own special native bees. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

July 21, Critter Program, 4 p.m., 4235 Antelope Road, Antelope. Kids ages 5 to 12 are invited to the North Highlands – Antelope Library for "Animals from Around the World, with Nature's Critters. For more information, call (916) 264-2920.

July 21, Reptile Program, 3 p.m., 4660 Via Ingoglia, Sacramento. Kids ages 5 to 12 are invited to North Natomas Library for "Python Ron's Reptile Kingdom." For more information, call (916) 264-2920.

Magic Events

July 9, Magic Program, 10055 Franklin High Road, Elk Grove. Kids, ages 5 to 12 are invited to the Franklin Community Library for "The Magic of Andy Amyx. For more information about this program, call (916) 264-2920.

July 13, Magic Program, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove. Families are invited to the Elk Grove Library for a special magic program called "Creative Magic" with magician Richard Kowaleski. For more information, call (916) 264-2920.

July 21, Magic Program, 3 p.m., 2443 Marconi Avenue, Sacramento. Children, ages 5 to 12 are invited to the Arcade Library for "Tour Our Magical World," with magician Dale Lorzo. For more information, call (916) 264-2920.

July 28, Magic Program, 3 p.m., 920 Grand Avenue, Sacramento. Kids, ages 5 to 12, are invited to the Del Paso Heights Library for "The Amazing Mr. Hasben" with magician Mark Nemmers. For more information, call (916) 264-2920.

August 13, Magic Show, 2 p.m., 4660 Via Ingoglia, Sacramento. The North Natomas Library will be hosting a magic program called "The Amazing Mr. Hasben," with magician Mark Nemmers for children ages 5 to 12. For more information, call (916) 264-2920.

Nature Events

July 23, Natural History Hike, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Enjoy the majesty of 200 year old oak trees and look for deer and turkeys try-

ing to stay cool on hot summer days. Take this guided walk at the to discover how the plants and animals in the Effie Yeaw Nature Area each have a place in their environment. For more information, call (916) 489-4918.

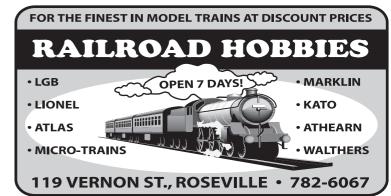
July 30, Home Sweet Habitat, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. From a hole in a dead tree to a damp sot under a log, many critters find their homes in the Effie Yeaw Nature Area. Join a naturalist and discover what makes a habitat. For more information, call (916) 489-4918.

Puppet Shows

July 7, Puppet Show, 3:30 p.m., 5600 South Land Park Drive, Sacramento. Preschoolers are invited to the Belle Cooledge Library for "Crazy Critters from other Continents," with Tony Borders Puppets. For more information, call (916) 264-2920.

July 7, Puppet Show, 4 p.m., 891 Watt Avenue, Sacramento. Kids, ages 5 to 12, are invited to the Arden-Dimick Library for "Zomo the Trickster Rabbit," with Luce Puppet Company. For more information, call (916) 264-2920.

July 7, Puppet Show, 3:30 p.m., 902 Oak Lane, Rio Linda. Join the fun at the Rio Linda Library for "Puppets and Magic," with Happy Ever Laughter. This program is best suited for preschoolers. For more information, call (916) 264-2920.



calendar of Events

July 14, Puppet Show, 2 p.m., 601 Alhambra Boulevard, Sacramento. Kids age 5 to 12 are invited to the McKinley Library for "Zomo the Trickster Rabbit," with Luce Puppet Company. For more information, call (916) 264-2920.

July 21, Puppet Show, 10 a.m., 2109 Del Paso Boulevard, Sacramento. Join the fun at the North Sacramento-Hagginwood Library for "Crazy Critters from Other Continents," with Tony Borders Puppets. For more information, call (916) 264-2920.

July 21, Puppet Show, 3:30 p.m., 902 Oak Lane, Rio Linda. Preschoolers are invited to the Rio Linda Library for "Crazy Critters from other Continents," with Tony Borders Puppets. For more information, call (916) 264-2920.

July 27, Puppet Show, 4 p.m., 2112 22nd Street, Sacramento. Children ages 5 to 12 are invited to the Ella K. McClatchy Library for

"The Boy Who Cried Wolf," with Puppet Art Theater. For more information, call (916) 264-2920.

July 28, Puppet Show, 3 p.m., 2443 Marconi Avenue, Sacramento. Children ages 5 to 12 are invited to the Arcade Library for "Aztec Pinocchio" with the Caterpillar Puppets. For more information, call (916) 264-2920.

Special Events

July 2, International Celebration, 11 a.m. to 3 p.m., 3901 Land Park Drive, Sacramento. Celebrate diversity as Fairytale Town welcomes cultures from around the world to perform on the outdoor Mother Goose Stage. This event is free with paid park admission. For more information, call (916) 808-7462 or visit www.fairytaletown.org.

SPCA Waives fees for adult cat adoptions

Sacramento SPCA is hosting a fee-waived cat adoption drive to find loving homes for cats in the Sacramento area. Sacramento residents can meet the cats and talk to an animal behaviorist to get pet care tips and advice. Adoption fees will be waived on adult cats and kitten adoptions will be half-off through August 31.

In Sacramento alone, nearly 22,000 cats enter shelters each year. Sacramento SPCA wanted to put more cats in loving homes and decided to waive the \$85 typically charged to adopt a cat one year and older, and charging just half the regular adoption price for kittens.

The Sacramento SPCA is located at 6201 Florin Perkins Road, Sacramento.

July 3, Lego-rama, 3 p.m., 828 I Street, Sacramento. Kids ages 5 to 12 are invited to the Central Library for Lego-rama! For more information about this fun program, call (916) 264-2920.

July 4, Annual Firework Show, 7 to 10 p.m., 5325 Engle Road, Carmichael. Families are invited to food, music, fireworks and fun at the La Sierra Community Center. There will be a Kids Zone with inflatables, crafts, puppet show, and more. The Carmichael Little League will have a snack bar selling food, drinks, ice cream, and more. The fireworks show starts around 9:30 p.m. For more information, call (916) 485-5322

July 5, Summer Youth Theater Workshop, 607 Pena Drive, Davis. Registration is now open for Davis Musical Theatre Company's Young Performers' Theatre Summer Workshop: "Introduction to Musical Theatre." Instruction by Jan Isaacson and Helen Spangler will include the basics of acting, singing, dance steps, vocal projection and other basic performance skills through theater games, improvisation and beginning scene study. The workshop begins on July 5 and culminates in a recital of songs and scenes performed Thursday, July 28 at 7 p.m. Registration packets are available at www.dmtc.org or at the DMTC Performing Arts Center, 607 Pena Drive, Davis.

July 7, Juggling, 3 p.m., 2443 Marconi Avenue, Sacramento. Kids, ages 5 to 12, are invited to

the Arcade Library for "Rock Steady Juggling," with Douglas Nolan. For more information, call (916) 264-2920

July 7, Science Program, 4 p.m., 4799 Stockton Boulevard, Sacramento. Bring the kids, ages 5 to 12, to the Colonial Heights Library for "Spin, Pop, Boom!" with Mad Science.

July 9, Maidu Summer Village Tour, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. The Maidu people have lived in this area since long before Europeans came to California. Join a naturalist to view cultural artifacts and craftworks, then take a tour of the Effie Yeaw Nature Center's replica Maidu Village. For more information, call (916) 489-4918.

July 9, Master Food Preservers, 10 a.m. to Noon, 4145 Branch Center Road. The Sacramento County UC Cooperative Extension Master Food Preservers will hold a Food Preservation Public Demonstration: Step by Step! Basic introduction to safe water bath canning techniques. This is a free program. There is no advanced registration required. For more information, call (916) 875-6913.

July 16 and 17, Free Summer Concert, 6:30 to 8:30 p.m., 5750 Grant Avenue, Carmichael. Carmichael Recreation

and Park District will host free concerts at Carmichael Park. July 16 enjoy "Departure-A Journey tribute Band (Journey Songs) and July 17, enjoy the Carmichael Kiwanis Band (Swing Dance Band). For more information, call (916) 485-5322.

July 12, Library Dance Program, 4 p.m., 7340 24th Street, Sacramento. Join the fun at the Martin Luther King, Jr. Library with a very special program, "Dances of the Hawaiian Islands," with the Ohana Dance Group. This program is best suited for children ages 5 to 12. For more information, call (916) 264-2920.

July 13, Twilight Concert, 6 to 8 p.m., 3901 Land Park Drive, Sacramento. For 22 years, the awe-inspiring sights and sounds of Japanese taiko drumming have graced Sacramento and beyond through the heart and vision of the Sacramento Taiko Dan. This Japanese style of percussion combines music and movement, creating a dynamic and visually exciting art form. Doors open at 5:30 p.m. Tickets are \$10 each and are available online at www. fairytaletown.org or call (916) 808-7462.

July 13, Fiesta, 2 p.m., 5605 Marconi Avenue, Carmichael. Kids ages 5 to 12 are invited to the Carmichael Library for a Mexican Fiesta with the library staff. For more information, call (916) 264-2920.

39th Annual Courtland Pear Fair



Sunday, July 31, 2011 9:00 am - 6:00 pm

Free Admission!
Parking \$10

Please join us for a 'pear'fect day!

Pear strudel, pies, freezes, smoothies, cider, bread!

Pear strudel, pies, freezes, smoothies, cider, bread PEARS! PEARS!

Parade • Arts & Crafts • Local art

Classic Car Show • "Fun Run" • Cooking Demonstrations

Children's Area: Petting Zoo, Rock Wall,

Mechanical Bull, Water Slide, Bounce House & More!

LIVE MUSIC BY: Jay Rolerz - 10am - 1pm Take 2 Party Band - 1:30 - 4:00pm

Visit us at www.pearfair.com

"photo courtesy of Patty Colmer"

calendar of Events

July 14, Music Program, 4 p.m., 891 Watt Avenue, Sacramento. Children ages 5 to 12, are invited to the Arden-Dimick Library for "Music from Imaginary Lands," with Fenix Drum and Dance Company (at Swanston Park, Northop Avenue and Domajo Way, Sacramento.) For more information, call (916) 264-2920.

July 16 and 17, Menlo Park Festival, 10 a.m. to 6 p.m., Santa Cruz Avenue, Menlo Park. Enjoy a weekend of top artists, food, activities for kids, garden exhibits, health and wellness displays, a climbing wall, puppets and much more. The festival will be held on Santa Cruz Avenue, from El Camino Real to Johnson Street in Menlo Park. Admission and parking are free. For more information, call (650) 325-2818 or http://www.miramarevents.com

July 16, Very Special Arts Day, 11 a.m. to 3 p.m., 3901 Land Park Drive, Sacramento. This is an event at Fairytale Town is for children of all

abilities, featuring high-quality performances by very special artists, displays of visual artwork, and several handson workshops. This day is designed to allow kids of all backgrounds and abilities to interact, create, have fun, and to enhance acceptance and awareness of the talents and capabilities of all children. For more information, call (916) 277-6747.

July 16, Dance Program, 11 a.m., 7335 Gloria Drive, Sacramento. Kids and families are invited to the Robbie Waters–Pocket Greenhaven Library for "Dances of the Hawaiian Islands," with the Ohana Dance Group. For more information, call (916) 264-2920.

July 20, Master Food Preserver Program, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento. The Sacramento County UC Cooperative Extension Master Food Preservers will hold a public demonstration: Tomatoes and Peppers. There is a \$3 fee. No advanced registration is required. For more information, call (916) 875-6913.

July 21, Music Program, 4 p.m., 891 Watt Avenue, Sacramento. Children, ages 5 to 12, are invited to the Arden-Dimick Library for "Music in a Multi-Cultural World, with musician Pam Donkin. For more information, call (916) 264-2920.

July 23, Family Camp-Out, 5:30 p.m. to 7 a.m., 3901 Land Park Drive, Sacramento. Bring your sleeping bags and tents to Fairytale Town and sleep under the stars. This includes a theater performance, a hands-on activity, scavenger hunt, sing-a-long and bedtime story. Prices range from \$20 to \$30 per person, which includes all activities, an evening snack and light breakfast the next day. Registration available online at www.fairytaletown.org or call (916) 808-7462.

July 27, Make Buttons, 4 p.m., 891 Watt Avenue, Sacramento. Bring the kids, ages 5 to 12, to the Arden-Dimick Library for a "Button Making Party," with the library staff. For more information, call (916) 264-2920.

TLE FOLKS UNIVER

July 28, Bubble Show, 2 p.m., 7335 Gloria Drive, Sacramento. Kids and their families are invited to the Robbie Waters–Pocket Greenhaven Library for

July 28, Music Program, 4 p.m., 891 Watt Avenue, Sacramento. Children ages 5 to 12 are invited to the Arden-Dimick Library for "World Music and Dance," with musician Catherine Mandella. For more information, call (916) 264-2920.

July 28, K9 Unit, 2 p.m., 828 I Street, Sacramento. Bring the kids, ages 5 to 12, to the Central Library for "Dogs with Jobs: Meet Sacramento Police Department K9 Unit." For more information, call (916) 264-2920.

July 28, Music Program, 3 p.m., 5600 South Land Park Drive, Sacramento. Kids ages 5 to 12 are invited to the Belle Cooledge Library for "Music Circle with International Folk Songs" with musician Felipe Ferraz. For more information, call (916) 264-2920.

July 30, Kids' Self-Defense, 1:30 p.m., 8900 Elk Grove Boulevard, Elk Grove. Children, ages 4 to 7, are invited to the Elk Grove Library for a very special program, "Kids' Self-Defense." For more information, call (916) 264-2920.

August 3, Dance Program, 4 p.m., 891 Watt Avenue, Sacramento. Join the fun at the Arden-Dimick Library for a special program for kids ages 5 to 12, called "Dances of the Hawaiian Islands," with the Ohana Dance Group. For more information, call (916) 264-2920.

August 6, Harvest Day, 8 a.m. to 2 p.m., 11549 Fair Oaks Boulevard, Fair Oaks. Harvest Day is Sacramento's Ultimate Garden event. Listen to speakers, watch demonstrations, visit educational booths, tour the gardens, sample fresh tree-fruit, grapes and vegetables. Visit the Plant Clinic for advice. The event will be held at the Fair Oaks Horticulture Center, south of Madison next to the library. This is a free event. For more information, call (916) 875-6913.



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JUNE 2011 • CALIFORNIA KIDS! Family Fun Guide

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Parties! Parties! Parties! Parties! Parties! Parties! Parties! Parties

Ballerina Birthday Party Theme Ideas

www.birthdaypartyideas4kids.com

nvitations Cute cards with ballet shoes or pink cards with ribbons.

Inside: Debut ______(Date)
Curtain Call ______ (Time)
Final Bow ______ (End time)
Recital Hall ______ (Address)
Reservations required: Please RSVP

if you are attending by

(date - 3 days before party)





Or: Create a scroll for the invitation and tie with a pretty satin ribbon.

Ask guests to wear their leotards or one piece swimsuits if you will be making tutus at the Ballerina party.

Ballerina Party Decorations

- Decorate the house in pink and white with touches of light blue.
- Pink and white helium balloons blue curling ribbon.
- Pink tablecloths with white or pink tulle around the edges tied with ribbon and plastic flowers. Sprinkle pink and silver confetti on the table.
- At each place setting set a tiara for the guests to wear while eating cake and ice cream.
- Tie pink and white balloons to the backs of each chair around the table.



Whispering Oak



• A fun idea is to blow up lots of pink, white or silver balloons (lots and lots!!) and scatter them all over the floor of the stage or room the girls will be dancing in - the floor should be completely covered. They love to run through them and dance in them.

Ballerina Craft Ideas Make your own tutu's-Make party guests their own tutu's for the ballerina party. Let them make their own or start the tutu's and let them add pretty ribbon.

Pretty picture frames—Let guests paint and decorate a wooden picture frame with pink paint and embellish with pink boa feathers.

Fun Ideas Record about 2 minutes of a pretty ballet song (record it over and over so you don't have to keep stopping to rewind the music) and teach the ballerinas a simple dance. Before the party decorate a room to look like a stage and place chairs facing the stage. When the parents arrive to pick up the guests treat them to a performance. * If you can,

record the performance and then mail a copy of it to the guests on a DVD when you send out thank you notes. For an easy dance that the girls can use quickly try this fun sing-song sung to the tune of Teddy Bear, Teddy Bear.

Ballerina ... Ballerina - Twirl around. (Twirl around) Ballerina ... Ballerina -

Touch the ground. (Touch the ground) Ballerina ... Ballerina Up on your toes. (Stand on toes) Ballerina ... Ballerina -Strike a pose. (Stop and freeze in a pose.) Ballerina ... Ballerina - Arabesque. (Arabesque) Ballerina ... Ballerina - Take a rest. (Girls put hands together palms together then put them to the side of their faces and tilt their head ... like they are sleeping.) Ballerina ... Ballerina - Take a bow. (Bow to the audience.) Ballerina ... Ballerina - Curtsy now! (Curtsy to the audience.)



Ballerina Party Games Ballerina Copy Cat— Choose one ballerina to start the game. She stands in front of the other girls - facing them - and begins to do a ballet dance. The other girls try and follow her moves. After two minutes switch ballerinas so that everyone gets a chance to lead.

Ballerina Relay Race-For this relay race game you will need lots of tutu's, 2 tiaras, ballet shoes, lipstick and other fun or crazy items that ballerinas would wear. Divide the guests into two teams. Each team lines up one behind the other and waits for their turn to do the relay. On the other side of the room set up a basket filled







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Parties, Schools, Daycares & Special Events

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

with the tutu's and other items - one basket for each team. From each team girls race one at a time to the basket, put on the items, run back to the starting line, then run back to the basket and take the items off ... then run back to the starting line and tag the next team member to go. All items must be in the basket before another girl can start. This game is even more fun if you have several (4 or more) tutu's that the girls have to put on during the relay race.

Tippy Toe Musical Chairs-Played like regular musical chairs except that the girls must tippy toe around the circle to the music. For a fun variation where no one is "out" remove a chair each round, but let the girls stay in the circle. They must find someone to sit with. This is a funny game especially near the end when everyone is trying to fit on one chair.

Ballerina May I?-Played like Mother May I ... except all of the steps are ballet steps. Choose one girl to be the "Ballerina" (mother) and have her stand at one end of the game playing area. Have the other

girls stand on the opposite side facing her. One at a time the "Ballerina" calls the girls by name and says .. "Suzy, take one twirly step forward". Suzy has to reply "Ballerina May I?". And the "Ballerina" answers "Yes you may". Suzy then takes one step toward the Ballerina in a twirly fashion. For every girl the number of steps and type of steps should be different. Some examples are: baby ballerina steps, leaps, twirls, steps in position 1 thru

Pin the tutu on the ballerina -Played like Pin the tail on the donkey. Find a pretty poster or have a picture of a ballerina blown up life size. Before the party make a tutu shape from cardstock and glue little pieces of tulle to cover the paper and make it look like a tutu. Place double sided tape on the back. One at a time blindfold the little ballerinas and let them try and pin the tutu on the ballerina.

Activities-Let the girls make their own tutu's. Easy to make tutu instructions. Make pretty charm bracelets for guests to take home. Decorate jewelry

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boxes or picture frames. Style the little ballerinas hair in high buns with flowers and let them put on sparkly make-up and fingernail polish (if okay with the parents).

Food-Pretty pink punch or pink lemonade. This is fun to do as a tea party also. Don't put sugar in the pink lemonade and let each girl pour her drink from a teapot and put sugar in from the sugar bowl. (Sugar cubes are always a big hit!). Sandwiches cut into shapes with cookie cutters. Jello - Jigglers are also fun cut into shapes. Cut up fruit or fruit kabobs. Petite fours or chocolates.

Ballerina Party Favors-Sparkle glitter makeup, nail polish or pretty hair bows.

The tiara, tutu or any craft you make will also be the party favor the girls can take home.

Pink Bubblegum, candy necklaces, stick on earrings.

Goody Bags-Wrap squares of pink tulle around party favors and tie with a pretty pink satin ribbon. Place one or two small white roses in the ribbon or a little ballet slipper charm.











725-3200

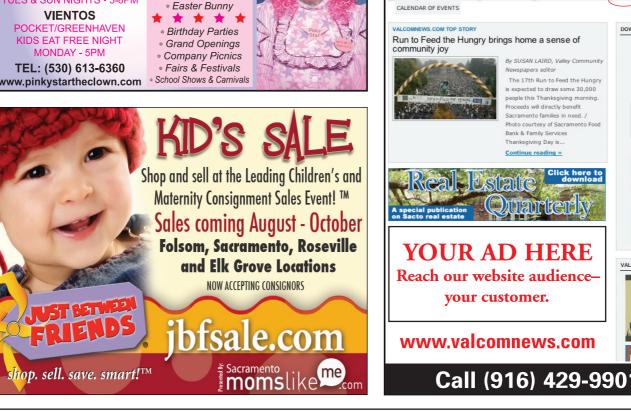


Making Every Event Memorable

Balloon Animals Face Painting

Magic Shows







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