

August 2010

# California Kids!



See  
Summer  
Guide Inside

# Free!

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# Three Little Piggies Born to Red River Hog

**A** first in the Sacramento Zoo's 83-year history, the Zoo welcomed three newborn Red river hogs on the morning of July 16. On the morning of the birth, the Zoo keeper checked in on Daisy, the mother, and found the three young piglets already nursing and squirming around the den. One male and two female piglets are gaining weight every day and growing quickly. Mother and babies will be out on exhibit soon, maybe as early as later this week. In the meantime they are in the den, away from public view, until the piglets are strong enough to maneuver around the exhibit.



"The piglets are being well taken care of by their mother at this time," said General Curator, Harrison Edell. "The father, who has been housed separately for the time being to allow the sow to bond with her piglets, will be reintroduced soon, since boars of this species often spend a great deal of time helping the mother care for piglets."

The Sacramento Zoo started exhibiting Red river hogs in 2009. Daisy is from the Brookfield Zoo in Chicago, and the male, J.D., is from the Bronx Zoo. On the morning of July 12, the Sacramento Zoo confirmed the pregnancy of the female Red river hog, Daisy, during an ultrasound performed in the Zoo's Dr. Murray E. Fowler Veterinary Hospital.

At birth red river hogs weigh about two pounds. When full grown, they'll weigh between 120 and 264 pounds and reach three to five feet in length. Males grow to be slightly larger than females and have a large bony protuberance on each side of their snout. Until about three months of age, piglets are brown with yellowish stripes. This coloring serves as effective camouflage.

Swine have an excellent sense of smell and a squared-off snout for digging. They also have great hearing

and communicate with one another using a variety of grunts, squeaks, and chirrups. Red river hogs are best known for their long curly ears and reddish-brown fur. Native to the dense tropical jungles of Central to West Africa, Red river hog populations are in serious decline due to hunting for food and sport; Sacramento Zoo's participation in a carefully managed breeding program for this species will contribute directly to the species' long term survival.

## Upcoming Concert at Fairytale Town

**E**njoy music from the Mother Goose Stage as Fairytale Town hosts a concert, Wednesday, August 11. Mumbo Gumbo will celebrate their 20th Anniversary as they perform, "Mumbo Gumbo in Concert."

Gates open at 6 p.m. and the concert begins at 7 p.m. The cost is: Adults \$10; children 12 and under are free. Tickets are available online at [www.fairytaletown.org](http://www.fairytaletown.org); or at the Fairytale Town Box Office.

Fairytale Town is located at 3901 Land Park Drive, Sacramento. For more information, call (916) 808-7462. Fairytale Town Concert Policy: Lawn seating only. No outside food or beverages, cameras, or chairs allowed.

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CALIFORNIA KIDS! Family Fun Guide • AUGUST 2010



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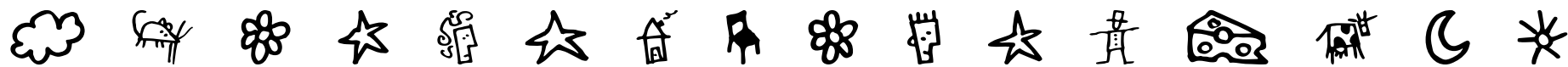
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## Saddle Up for Wild West Adventure

Saddle up partners! Fairytale Town is celebrating its birthday by hosting its annual fundraiser. This year the Wild West theme will help set the mood for a High Falutin' Hootenany of family fun— so lasso up those kids and come over to the Crystal Ice Cream Dream: How the West Was Fun event on August 28, 6 to 10 p.m.

Ride into Town and explore the Wild West with music from the Bobby McDowell Band known for their mix of modern and country music. Get on your cowboy duds and boots for the Fairytale Town ice cream social, activities include; the Wells Fargo Stage Coach, children's arts and crafts, old

west pictures, western ware vendors, bandit hide-outs, and vittles by Red Oak barbecue to satisfy any hungry cowboy. Saloon stations will be serving Sasparilla fer yer lil' cowpokes and High Octane for the grown-ups. The event is sponsored by Foster Farms Dairy and Crystal, who will be serving Crystal Ice Cream while supplies last.

Ticket prices are \$15 for adults and \$5 for children in advance. Tickets include park admission, all live entertainment and themed activities, unlimited access to all Fairytale Town attractions and playsets, and all the ice cream you can eat.

*Tickets are available at [www.fairytaletown.org](http://www.fairytaletown.org).*

## Four-month-old cub explores Sac Zoo exhibit

**Special to California Kids**

The Sacramento Zoo's newest addition is a female Sumatran tiger cub, named Jingga, born March 18. Jingga, means orange in Indonesian. The little tiger cub already has a full coat of orange and black striped fur. The stripe pattern on tigers is like a fingerprint: no two are identical.

The cub remained behind the scenes with her mother since birth while gaining the strength and coordination to maneuver the terrain of the exhibit. Now, at four months old, the small cub explores the exhibit with curiosity and excitement. Since tigers are solitary in the wild, mother and cub will alternate on exhibit with the father.

Sumatran tigers are critically endangered and found only on the Indonesian island of Sumatra off the Malaysian Peninsula. Fewer than 500

Sumatran tigers are believed to exist in the wild and approximately 200 Sumatran tigers live in zoos around the world. The Zoo participates in the Tiger Species Survival Plan, coordinated by the Association of Zoos and Aquariums, which recommended the breeding of the Sacramento Zoo tigers. Species Survival Plans are cooperative breeding and conservation programs designed to maintain genetically viable populations of animals in captivity, and to organize zoo- and aquarium-based efforts to preserve the species in nature.

**About the Sacramento Zoo**  
 Open since 1927, the Sacramento Zoo is home to over 450 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land



Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9 a.m. to 4 p.m., general admission is \$11; children ages 3-12 are \$7 and two and under are admitted free. Parking is free throughout the park or ride Regional Transit bus No. 6. For information, call (916) 808-5888 or visit [saczo.com](http://saczo.com).

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# Who Wrote That?

The Creators of Your Child's Favorite Books

Featuring **Charise Harper**

By **Patricia M. Newman**

**C**harise Harper wanted to go to art school but her parents told her there was no future in it. She compromised with a major in marketing, figuring the business angle would please her folks and the creative aspects would appeal to her. After graduating she looked for a job—"but not too hard," she says. When a Chicago band approached her to design two album covers, she found the confidence to assemble a portfolio. Using her marketing background, she developed a list of magazines published in the Chicago area and visited the art directors. Soon she was drawing edgy, raw editorial illustrations with elements of collage for magazines on a freelance basis.



During this time, Harper began collecting picture books because of the stunning illustrations. "I thought I'd never be able to write a children's book," she says, "so I wrote a comic strip." Once a week for six years, Harper's comics appeared in alternative newspapers in various cities. "It was a great opportunity to experiment with words and pictures," she says. An agent expressed interest in selling her comic strips as a book but Harper's idea pre-dated today's graphic novel and comics craze. The agent urged her to try children's books. "The fact that he was an agent gave me the confidence to try," she says. She submitted several proposals to him and six months later had two contracts for *When I Grow Up* (Chronicle, 2001) and *Imaginative Inventions* (Little Brown, 2001).

Harper's mind moves at warp speed, bouncing from idea to idea, her words barely keeping pace with her train of thought. "I enjoy the process the most," she says. "Of course I want to see my books in stores, but it's almost like a letdown at the end. I've seen the illustrations. I've seen the writing. It was what I was expecting. The ta-da moment for

me is putting the proposal together [because] it's purely me and it's exhilarating!" As a proposal becomes a book project, Harper enjoys watching her vision come to life as she works with the editor and art director, revising her original idea to become something marketable, but she says, "I never love it as much as that initial feeling." Harper estimates that approximately 50% of her ideas make it to publication. "Not everything works," she says. "The first thing I come up with is [usually] only great to me."

Anecdotes and details from her life and the lives of her two children find their way into her books. For instance, in her *Just Grace* series of chapter books, Grace is a fantasy composite of Harper's daughter, Harper herself, and the girl she wishes she had been. "Grace is not an easy child to bring up, but she's a thinking child," Harper says. "I like to celebrate the kid that thinks outside the box." In another example, Harper's son used to call ketchup, chip up. Harper allows Grace to borrow *Chip Up* as her pretend dog's name in *Just Grace Walks the Dog*. "I don't keep scrap-books," Harper quips, "so I figure at some point I'll have to go through and highlight everything that's true in my books!"

*There Was a Bold Lady Who Wanted a Star* (Little Brown, 2002), written soon after the birth of Harper's first child, is a tribute to her mother. "I had a sudden appreciation for what it is like to be a mother. I didn't realize I could love something so much. I would do anything for this tiny thing. I wanted to say thank you and this was the best way I could do it."

*Henry's Heart*, one of Harper's upcoming books, followed a torturous path to publication. Initially, Harper wanted to mimic a Japanese format she admired that combined comics with photographs of a plush toy re-creation of the main character. As a nonfiction buff, Harper focused on germs and made her own stuffed replicas to photograph. Editors dismissed the idea as too "off-beat" or "weird" ("I get that a lot," says

Harper), so she retrenched and decided to zero in on the facts she learned about the heart during her germ research. Because she had to forego the combination of comics and photographs, she decided to work on this book with an elementary school in her hometown just north of New York City, bringing her manuscript and art studio to the children once a week so they could see how her idea became a published book (visit *Henry's Heart* on her website for her weekly blog entries).

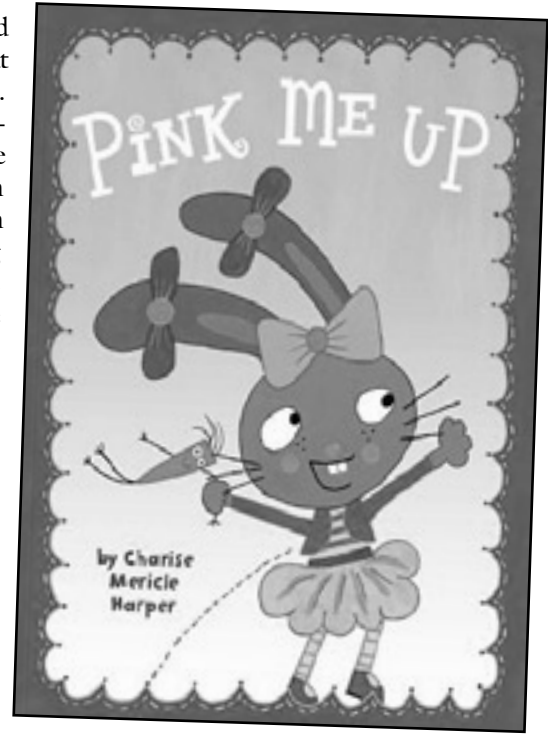
Harper's art style is accessible, colorful and distinctive, yet she likes to experiment with every book she writes and illustrates. Early in her career she promised herself to illustrate every book differently to keep the fun alive. Sometimes she even toys with the idea of asking other artists to illustrate her books so she can focus on the idea process and the writing.

Harper, like all writers and illustrators, creates books that have meaning for her, never knowing with whom her books will resonate. For instance, in *The Trouble with Normal* she writes about a squirrel that makes the difficult choice to leave his best friend to pursue his passion to become a secret service agent. Recently, a note appeared in her inbox from a woman who had purchased several copies the book over the years for friends, family and co-workers. "It is so beautifully done and

brings a smile to anyone's face who reads it," she writes. The fan? An intelligence research specialist at the foreign assessment and counter-terrorism branch of the secret service!

Next month: R. L. LaFevers

*Patricia Newman is the author of **Jingle the Brass** (Farrar, Straus & Giroux). Her newest book, **Nugget on the Flight Deck** (Walker), is now available. Visit her website at [www.patriciamnewman.com](http://www.patriciamnewman.com) to watch the trailer.*



## MORE ABOUT CHARISE MERICLE HARPER

**How to Contact CHARISE MERICLE HARPER**  
**Website:** [www.chariseharper.com](http://www.chariseharper.com)  
**Blogs:** <http://hotdogandchickennugget.blogspot.com/>  
<http://drawingmom.blogspot.com/>

## SELECTIONS FROM CHARISE MERICLE HARPER'S LIBRARY

### Author/Illustrator

- Gigi in the Big City*, Robin Corey Books/Random House, Sept. 2010.
- Just Grace and the Terrible Tutu*, Houghton Mifflin, 2010.
- Pink Me Up*, Knopf, 2010.
- Cupcake*, Hyperion, 2010.
- Mimi and Lulu*, Balzer + Bray, 2009.
- Just Grace and the Snack Attack*, Houghton Mifflin, 2009.
- Fashion Kitty and the Unlikely Hero*, Hyperion, 2009.
- Just Grace Walks the Dog*, Houghton Mifflin, 2008.
- Fashion Kitty Versus the Fashion Queen*, Hyperion, 2007.
- Just Grace*, Houghton Mifflin, 2007.

### Upcoming

- The Best Birthday Ever*, Hyperion, Spring/Summer, 2011.
- Henry's Heart*, Holt, Fall 2011.
- The Power of Cute*, Robin Corey Books/Random House, Fall 2011.
- An unnamed Grace book*, Houghton Mifflin, Fall/Winter, 2011.
- Super Love*, Knopf, Winter 2011/Spring 2012.





# Birds Can Use your help in summer

By the National Wildlife Federation

Bird feeding is almost as popular as gardening as an American pastime. Despite popular belief that wintertime is when birds need human help to secure food and water, ornithologists have concluded otherwise. Birds can use your support during the summer too, they say, when bird activity is at its peak. When temperatures rise and the days are hot and dry, water is equally as important as food.

While providing food from native plants in your yard is the best way to help your feathered friends, backyard feeders and birdbaths will draw a crowd. Many species of hummingbirds, orioles, American robins and sparrows will be happy to use sugar water feeders during the summer.

Bird-watching is at its most rewarding during summer. Dawn is punctuated daily by a chorus of melodious bird songs and all the crooners sport colorful breeding plumage. Nest-building, egg-laying and bird-raising are at a maximum and it's great to enjoy these activities in the privacy of your backyard. Under the watchful eyes of the parent birds, fledglings leave their nests and are nudged towards back yards where they are introduced to feeders and baths.

On hot summer days, birdbaths, pools and ponds lure a great variety of summer-only birds for a dip, which is essential for maintaining healthy feathers.

Above all, it's a pleasure to be outdoors to watch these activities taking place just yards away. If you have a patio area where you can settle down peacefully, birds will become accustomed to your presence and quietly get about their business.

The following list outlines the kinds of food and specific types of feeders that are preferred by various bird species. Be sure to replenish the feed regularly and keep the feeder clean. Replace the water in birdbaths frequently to avoid mosquitoes breeding.

### American Robin

Food: Hulled sunflower seeds, mealworms. Feeder: Ground tray; Post-mounted tray or hopper with a rim

### Black-capped chickadee

Food: Sunflower, safflower, suet. Feeder: Hanging tube; tray, or hopper with rim, on post; caged suet holder.

### Ruby-throated Anna's or Rufous Hummingbird

Food: Sugar water, flower nectar Feeder: Hanging hummingbird feeder

### Mourning Dove

Food: seed mix, hulled sunflower Feeder: Ground tray, tray or hopper with rim, on post

### American Goldfinch

Food: Hulled sunflower Feeder: Hanging tube; tray or hopper with rim, on post

### House Finch

Food: Hulled sunflower, safflower Feeder: Hanging tube, tray, hopper with rim, on post

### Blue Jay or Western Scrub-Jay

Food: peanuts, sunflower. Feeder: Tray, or hopper with rim, on post



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## Take me out to the ballgame!

Grab your cap, oil up your mitt, and head for the ballpark, Or, here's something almost as good: Grab a pencil, oil up your brain and find your way around this diamond! Baseball terms are hidden forwards, backwards, horizontally, vertically and diagonally. See how many you can find from the list below. Take a swing at it!

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

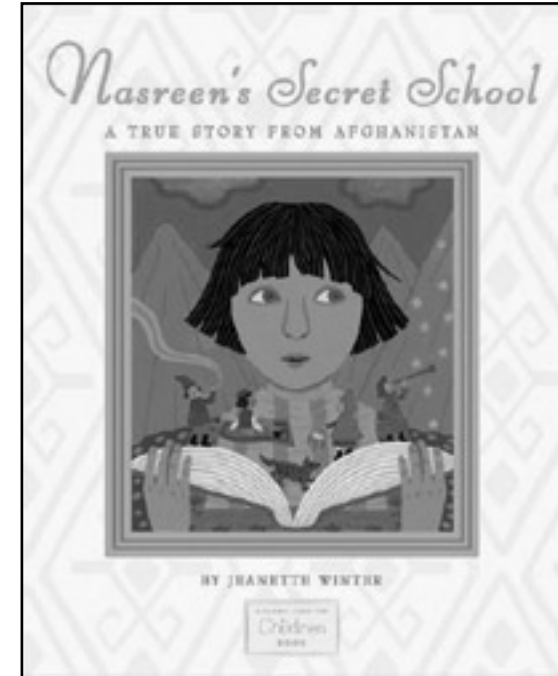
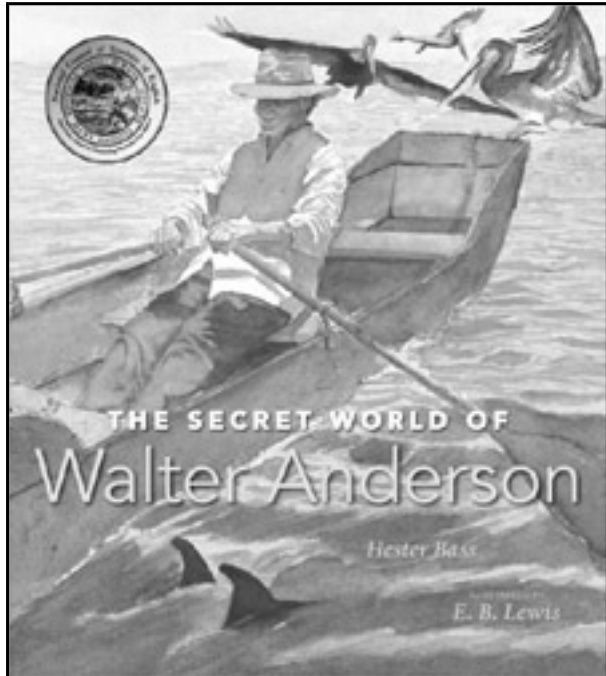
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Baseline  
Bases  
Batboy  
Bat  
Bullpen  
Bunt  
catcher  
crackerjacks  
Diamond  
Fielders

Fly Ball  
Grand Slam  
Grandstand  
Hit  
Hotdogs  
Infield  
Innings  
outfield  
Peanuts  
Pitcher

Players  
Popcorn  
Popup  
Score  
Shortstop  
Slide  
Soda  
Steal  
Strikeout  
Umps  
walk







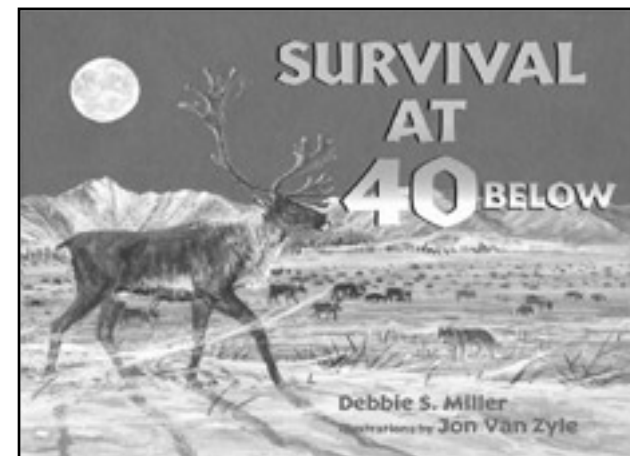
# The Book Report Nonfiction Books - Learn a Little

By Connie Goldsmith

Summer's in full swing, but school's not far off. Help your children prepare for the classroom by reading a good nonfiction book together. Today's nonfiction books are lively, well-written, and filled with colorful photos and art. Go on a dive to see seahorses, read about a girls' school in Afghanistan, and learn how Arctic animals survive incredibly cold winters: these are some of the nonfiction books available to entertain and educate your children.

"Project Seahorse," by Pamela S. Turner, photos by Scott Tuason. (Houghton Mifflin). This lovely book opens with scientists studying seahorses in a coral reef in the Philippines. Also on the reef is a man who once collected seahorses to help feed his family. The author explores with sensitivity the conflict between conservation of natural resources and the needs of burgeoning human populations. Two pioneering marine scientists work tirelessly with a Philippine group called Project Seahorse to help save the dwindling numbers of these charming fishes. Surprisingly, these are the first scientists to study seahorses in the wild. The brilliant photos provide a "fish-eye" view of seahorses, fish, and reefs. An excellent collection of back material tells young readers what they can do to help save seahorses, and sends them to [www.projectseahorse.org](http://www.projectseahorse.org) for more info.

"Nasreen's Secret School: A true story from Afghanistan," by Jeanette Winter, (Beach Lane). This stunningly beautiful book opens with a note outlining changes in Afghan society when the Taliban took over. For example, girls could no longer go to school. After Nasreen's parents disappear, she spends endless weeks locked inside her grandmother's house. The grand-



mother hears of a secret girls' school a few streets away, where Nasreen learns about the history of her ancient land, and how to read and write. With spare words and evocative images, the book effectively conveys the fear and hope Nasreen and her grandmother share. Dark clouds and muted colors dominate Taliban scenes, while school scenes are framed with hopeful pinks and greens. The book ends: "I still wait for my son and his wife. But the soldiers can never close the windows that have opened for my granddaughter." The idea that school is a privilege may be new for young readers. \*\*

"Survival at 40 Below," by Debbie S. Miller, illustrated by Jon Van Zyle. (Walker). Follow Arctic animals as they prepare for the winter that hits 40° F or lower! Birds that don't migrate cache seeds and bits of carrion. Caribou put on a layer of fat to make it through the eight-month-long Arctic winter. Bears do the same; females must feed themselves and twin cubs in their winter den. Frogs pump glucose-laden blood around their bodies before digging into the ground to become frozen frogsicles. Some insects are filled with antifreeze-like chemicals to protect them from freezing. Dali sheep, musk oxen, and wolves stay awake with the caribou. Full-page spreads propel readers into the frigid winter environments. Unusual end material adds to the appeal of this fascinating book.

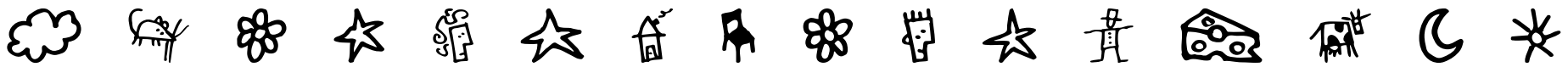
"The Secret World of Walter Anderson," by Hester Bass, illustrated by E. B. Lewis. (Candlewick). Anderson, born in 1903, has been called "the most famous American artist that you've never heard of." He painted the animals and plants of Horn Island, a tiny barrier island off Biloxi, Mississippi for 20 years. He would load his skiff with food and art supplies

and row to the island and camp for weeks. "Dolphins and pelicans escorted Walter on his journey," sad words to hear today as oil destroys the region. Anderson kept most of his paintings hidden during his lifetime. After his death, his family opened a museum in Louisiana. Back pages tell more about Anderson's life and show samples of his work. The illustrator uses a watercolor palette composed of nature's colors – blues, greens, grays, and browns to capture the wild beauty of Horn Island.

"I Feel Better With a Frog in My Throat," by Carolyn Beccia. (Houghton Mifflin). Did your child ever complain about having to take medicine? Kids used to drink glasses of millipedes or put frogs in their throat to cure their ailments. How about a shock with an electric eel to cure headaches? This entertaining book tells about history's strangest cures for a multitude of illnesses and lets readers guess which ones actually worked. For example, moldy bread on a wound worked – some of today's antibiotics came from mold. Spider webs on cuts worked by helping blood to clot. Even leeches have their place in today's medicine. This book and the comical drawings are sure to make reader and listener alike giggle about the weird cures people used in the old days.

\*\* Reviewer's pick of the month

Connie Goldsmith lives in Carmichael where she writes for adults and children. Her latest 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 due out next month. Her books can be found in school and public libraries, and at online booksellers.



# Fingerprints Aren't only for Detectives

*Special to California Kids*  
**By Kay White**

**W**hat's more fun for little kids than to smack their hands into a puddle of paint and smear it over a blank surface? (Preferably not walls or curtains.)

Finger painting is always a favorite activity in kindergarten and lots of kids never outgrow the urge to create art with their bare hands. But why stop there? How about feet, toes, elbows and noses?

Many years ago, a famous cartoonist named Steig did some wonderfully creative cartoons and prints using his fingerprints and an ink pad.

He turned his little oval fingerprints into funny birds—ostriches, flamingoes, seagulls, ducks, and whole new species of fantasy fowl. All it takes is imagination and a sense of fun. If a child can draw a stick figure, he or she can make an aviary full of fingerprint birds. Different colored ink pads, (preferably washable ink) which you can buy in a stationery store if you don't already have some around the house, can provide a variety of colorful birds, and a fine point pen can be used to make the necks, heads, beaks, legs, feet and tail feathers.

## Making Baby Feet

It's fun to make "baby feet" using your fists and fingers. Make a fist, ink the "pinky" side of it, and stamp it on a blank surface. That's the "sole" part. Then add "toes" by inking your index and pinkie fingers. Stamp the "big toe" first with your index finger, then add the other four with your pinkie. If you want to make "footsteps," alternate your right and left hand, in a long row. I've seen this done on plain white muslin in bright colors and the fabric then made into curtains for a nursery. If you use the right kind of paint, it could be done on baby furniture or even wallpaper.

Once you've had fun doing this, let the kids join in —after all, this *is* supposed to be a kids' activity!

Grandparents love to have souvenirs of their grandkids. A framed handprint with the child's name and age and maybe a photo would be a

treasure for any grandma or grandpa. Even better is a panel of handprints of the whole family or of the child as he or she grows up, each with ages and dates noted below.

I have a cherished apron with my 5-year-old granddaughter's hand-prints all over it; a memory of when we made chocolate cupcakes together and got chocolate all over the kitchen. Her mother re-created the event using a plain white chef's apron, brown fabric paint, Amy's handprints and lots of love. Mom added in block letters to the top of the apron, "Makin' Cupcakes with Gramma, April 6, 1994." The paint has faded over the past years, but this favorite apron still hangs proudly in my kitchen.

## Handprints forever

Another project that's fun and just messy enough for little kids to enjoy is making handprint or footprint molds from plaster of Paris.

## This is what you'll need:

A pie pan, plastic food-wrap (Saran Wrap, etc.), Non-stick cooking spray, bag of plaster of Paris (available at most hardware stores), water, disposable mixing container (a plastic ice cream tub works well), painter's stir-stick or other disposable utensils, toothpick, string or ribbon and LOTS of newspaper.

## This is what you do:

- First, spread the surfaces you'll be working on with plenty of newspaper
- Line the pie pan with plastic wrap
- Mix the P of P and water together according to directions on the bag
- Pour a little of the mixture into the pan, about half way up
- Spray your child's hand with non-stick spray
- Press his/her hand, fingers spread wide, into the "goo", but NOT so deep that it touches the bottom or covers the top of the hand (this can also be a foot, but a hand is easier to work with)
- Tell the child to be as still as possible and start counting slowly: "One hippopotamus — two hippopotamuses — three hippopotamuses — etc."

until you reach enough hippopotamuses that the plaster has "set up" fairly solidly. (This may take a LOT of hippopotami!)

The "hippopotamus" strategy is to keep your child interested and not bored while the setting-up takes place. After fifty or so hippopotamuses, you'll both be giggling, but try to keep your child from wiggling, or the handprint won't come out clearly.

This project will probably take a few tries, but all the mess and the goop and the hippopotamuses will be part of the fun.

## Ok, back to the steps

- Once the plaster seems solid enough, GENTLY, remove the child's hand, pulling straight up, slowly.
- Now, before it's completely hard, make a hole at the top of the mold, all the way through, so you can thread a string or ribbon through for hanging.
- Once you have a nice, clean handprint, let it sit for a few hours or overnight to harden.
- When the mold is hard and dry, lift it gently out of the pie pan. You should now have a round plaque with a hole in the top.
- Peel the plastic wrap off the back if it has stuck to it.
- Thread a piece of string or ribbon through the hole, make a loop and add a little bow if you wish.
- Using a pen with permanent ink, print the child's name, age and the date on the back, with a little message for whomever you're giving the handprint to.
- An optional step is to coat the whole thing with shellac or other transparent preservative or spray.

## Important Clean-up Tip:

DO NOT throw any of the plaster of Paris—either dry or diluted with water—down the sink or any other plumbing fixture—or your plumbing pipes could be permanently damaged.

# Banana Festival

**T**he 2010 Banana Festival will be celebrating community, culture and health, August 13 to 15 at Consumnes River College, 8401 Center Parkway, Sacramento.

Enjoy everything banana from hundreds of local craft, art and food vendors as well as over 100 local non-profits sharing free information about community programs and events.

Three full days of everything bananas and family fun. Enjoy a wide range of music, dancing and food from around the world, local artists, also entertainment for all ages and more. In addition to celebrating healthy food and healthy lifestyles, celebrate the cultures in Asia, Africa, the Caribbean and the Americas, which have used the banana as a traditional source of food, art and cultural customs.

The Festival will run Friday, 4 to 8 p.m., Saturday, 11 a.m. to 8 p.m. and Sunday, 11 a.m. to 8 p.m. Tickets are \$5 (ages 12+) and are sold online and locations around Sacramento which can be found online. Parking is free.

For more information, call (916) 320-9573 or visit [info@bananafest.org](http://info@bananafest.org)



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# Free cats and Two-for-one Kittens

While the weather is HOT, adopt a COOL cat and save BIG. Sacramento animal shelters announce the Cat Days of Summer - a HOT weather, COOL cats adoption special, running through August 31.

Throughout the Cat Days of Summer, the Sacramento SPCA, City of Sacramento Animal Care Services and Sacramento County Animal Care and Regulation are waiving the adoption fee on adult cats (one year or older) and are offering two-for-one kitten adoptions for approved adopters.

There has been a significant increase in the number of cats and kittens entering Sacramento animal shelters this year. Sacramento animal shelters will care for more than 17,000 cats and kittens in 2010. To help combat the issue of shelter over-crowding and place more cats and kittens in new homes, Sacramento's three major animal shelters have come together to offer the Cat Days of Summer promotion.



Adopt a shelter cat today! For more information visit your local shelter or visit [www.sspca.org](http://www.sspca.org), [www.cityofsacramento.org/generalservices/animal-care/](http://www.cityofsacramento.org/generalservices/animal-care/) or [www.sacountyshelter.net](http://www.sacountyshelter.net).

# Harvest Day celebrates 30 years of gardening advice

Join UC Cooperative Extension Master Gardeners at Harvest Day 2010 "Celebrating 30 Years of Gardening Advice" on Saturday, August 7, 8 a.m. to 2 p.m. The day includes lectures, demonstrations, educational booths and garden-related items for purchase.

Harvest Day 2010 is a free, fun and educational event that takes place at the Fair Oaks Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks. This premier gardening event features timely gardening topics presented under the spreading oak canopy, surrounded by an ornamental water efficient landscape garden, edible demonstration gardens featuring blueberries, grapes, orchard fruit, vegetables, and so much more. The Master Gardeners are particularly excited to have "Farmer Fred" Hoffman, host of the "KFBK Garden Show" and KSTE "Get Growing" as a featured speaker.

Are you interested in learning about water efficient landscaping, container landscaping, retrofitting your water-wasting irrigation system? Or into tasting fruit to decide which tree(s) to plant, tasting freshly-picked tomatoes, and tasting beautiful plump grapes to decide which vines you want to plant? You can do it all at Harvest Day 2010!

For more information, visit <http://cesacramento.ucdavis.edu> or call (916) 875-6913.

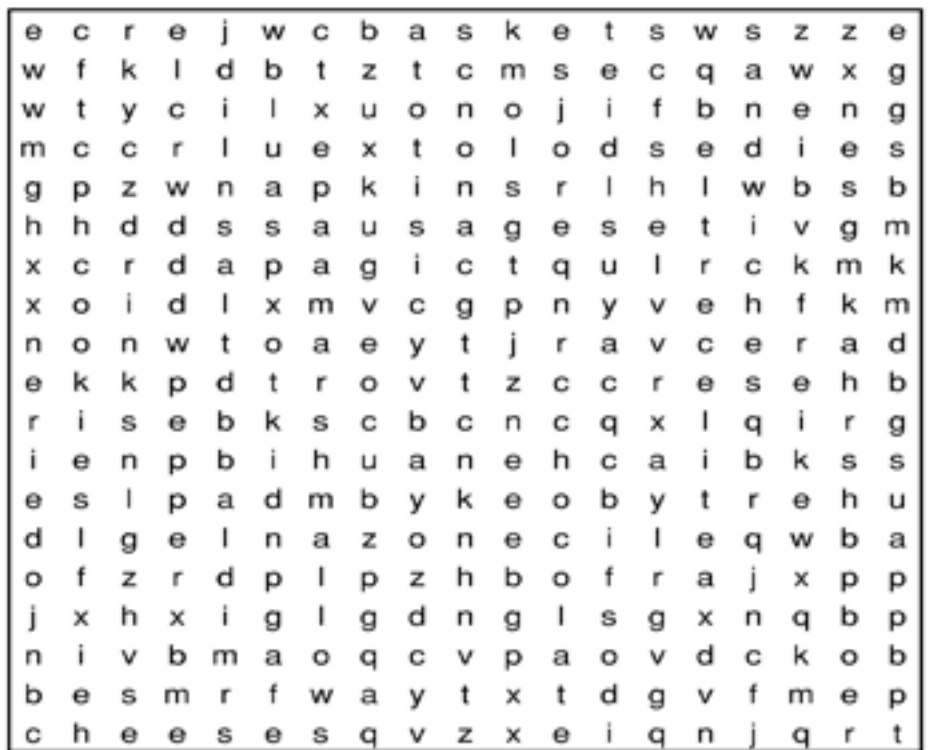
# 8<sup>th</sup> Annual Homegrown Tomato Challenge Returns to Sacramento

NatureSweet® Tomatoes will bring the Homegrown Tomato Challenge back to the Raley's® at 25025 Blue Ravine Road in Folsom on Saturday, August 21, to find the tastiest tomatoes of 2010. Two grand prize winners will walk away with \$2500 each for the best tomato in both the small and large categories, while four runners-up will each receive \$250 in Raley's Gift Cards.



To enter the homegrown tomato skill contest, bring either three large or 10 small tomatoes to Raley's. Entries will be accepted from 9 to 11 a.m. No pre-registration necessary and one entry per household.

## Picnic Word Search



- |           |              |         |            |
|-----------|--------------|---------|------------|
| drinks    | blanket      | napkins | sandwiches |
| cake      | marshmallows | cookies | salt       |
| pepper    | sausages     | eggs    | cheese     |
| chocolate | basket       | cooler  |            |

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# Tahoe in the Summer-A Vacationing Family's Paradise

By Carmel L. Mooney

When the heat hits the triple digits, no better summertime escape exists than beautiful Lake Tahoe.

There's something magical about lying on Baldwin Beach's pale pink sand, listening to the gentle lapping of the waves and watching the wildlife as the gorgeous sparkling clear emerald waters refresh and rejuvenate the mind, body, and soul. Kayaking from harbor to harbor across the sapphire glass... riding horses to the tops of vistas, Bonanza style, or even just savoring the world class dining available around the lake---all this and more makes Tahoe the best family getaway.

My best memories of my childhood include special trips to Lake Tahoe, swimming, hiking, or exploring the nightlife with my family. While times have changed and Lake Tahoe has grown, it's one of the few destinations that still consistently delivers a fun and memorable time as I enjoy making memories with my kids there every season, with summer still my favorite time of year.

Rich, diverse, and captivating as the history of the region, are the choices of activities, lodging, and dining for families looking to create memories.

In South Lake Tahoe, Montbleu Resort Casino, and Spa offers a gamblers paradise where kids can enjoy a beautiful lagoon pool, video arcade and the entire family can savor a world class steak house. A full service spa, on property, along with numerous casual dining options, and ample shopping, provide most everybody something to occupy their time when they aren't at the lake. And if the family likes to try their luck at giveaways, Montbleu is the place to be. If nightclubs are your thing, they have that covered also.

The Embassy Suites right on the state line continues to offer outstanding accommodations and fantastic family suites for a reasonable price. Guests get use of a nearby beach for free and every evening a cocktail reception provides the perfect atmosphere to relax by the pool with snacks and drinks to reflect on the day's activities. An outstanding cook to order omelette bar breakfast is included each morning with a variety of great choices sure to please all ages. With its excellent service, beautiful property, and delicious amenities this green-friendly property is at the top on my list.

For a lower key, relaxed atmosphere where second helpings of smiles and hospitality are served at every corner, Lakeside Inn and Casino is a favorite with locals and visitors alike. Everything will make you feel welcome

from the coffee bar where drinks and smoothies are custom-made with a smile from the kindest baristas you'll ever find, to award winning and truly amazing dining. The Timber House Restaurant and Bar offers nightly specials that are nothing less than remarkable with generous portions and outstanding quality. Even the cocktails are extremely reasonable in price and of impeccable quality and presentation. Delicious appetizers and an excellent children's menu make this a top notch dining experience in every regard.

But a visit to Lakeside Inn and Casino would be a crime without dining at Latin Soul, an absolutely mouth-watering, pinnacle of dining excellence. Large portions of flawlessly prepared and presented breads, sauces, appetizers and entrees make this quite possibly one of the best kept secrets in Tahoe and perhaps even the region. Sadly I haven't eaten there in over a month and I can honestly, still remember the flavors of the exquisite dips, steaks, and appetizers. This is a restaurant so outstanding, you'll have to eat there twice and fortunately they offer an amazing breakfast special too with the best pancakes in Tahoe and beyond.

What to do in Tahoe? The choices are endless but I'll offer a few suggestions. If a massage or some pampering is in order, A Massage at Tahoe will fit the bill nicely. As a former massage therapist of 11 years, myself, I can honestly say Kae Reed is an excellent therapist and her prices are quite reasonable.

One great place to enjoy all types of water sports in a secure, safe, family-friendly environment is at Lakeside Marina where families can swim or rent all kinds of water craft from kind and competent staff. Camp Richardson is another terrific option for much of the same when it comes to water sport rentals, beachside dining, and great beaches, as well as lovely family cruises on the Odyssey, with tours offered twice daily.

Lake Tahoe Adventure Company continues to offer the best in kayaking excursions as well as rentals and other outdoor water adventures. The staff is knowledgeable, friendly, helpful and will assure the novice feels at ease and gets up to speed quickly to enjoy one of the most beautiful perspectives sitting on Lake Tahoe with an oar in the hand.

The Resort at Squaw Creek continues to offer some of the most exceptional dining in the North Tahoe area at Six Peaks Grill where everything is fresh and even the breads are baked daily on site. Local, sustainable, and



biodynamic ingredients are married to create an amazing new menu at Six Peaks Grill. This unique new menu offers the guest the ability to choose what size portions they would like to mix and match from much of the menu. This enables the diner an opportunity to try several different things and to add on additional items without overindulging in the delicious entrees, hopefully saving room for delectable desserts. Various cuts of steak and seafood selections are offered in various sizes to accommodate huge or smaller appetites.

All the fare is extraordinary, yet served in a more relaxed and less stuffy atmosphere of years gone by.

Parents can enjoy a relaxing romantic night out during the summer at places like Six Peaks Grill thanks to a wonderful program called Parent Night Out in Tahoe City.

Speaking of outstanding dining, you'll want to partake in Lake Tahoe's Restaurant week September 5-12. You can see the link below for more information on this exciting new event sure to be heaven for all foodie families.

And one of the more unique and beautiful historic lodging options is just outside Tahoe City at the peaceful and spacious Granlibakken Lodge. This gorgeous spot once hosted the Nordic Olympic events years ago and now hosts families looking for a quiet and serene resort that blends rustic and plush effortlessly. A pool, hot tub, tennis courts, and delicious sumptuous buffet breakfast are just a few of the reasons to enjoy this hidden gem just five minutes from Tahoe City on the West Shore. With a private ski slope on site, this property offers something for every season. Many families love

to bring or rent bikes and take the pristine trails right from the property into Tahoe City.

Granlibakken also offers great holiday specials for events like the 4th of July and even Thanksgiving. This oasis is also the perfect place for a family reunion with accommodations of all types and sizes.

And if taking hikes to numerous historic state parks nearby, or canoeing, or mountain biking from your own private cabin sounds like the right idea, consider one of six lovely cabins situated right on the edge of Desolation Wilderness, the Rubicon Trail and the Tahoe Rim Trail at Lake Tahoe's award-winning Tahoma Lodge.

Although Tahoe-seeking families' one difficulty may be deciding what to do and where to stay with so many choices, once in Tahoe, the decision is clear...enjoy every single minute!

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Truckee River Raft Company in Tahoe City is a wonderful way for families to enjoy the great outdoors.

<http://www.truckeeriverraft.com/truckee-lake-tahoe-raft-trips>

*Carmel L. Mooney is a 4th generation California and family travel expert and you can hear her talk about Tahoe each Sunday afternoon on KJAY 1430 AM.*



# Fresh Blackberry Lemonade

This is an unusual twist on lemonade, made extra-special if you pick the blackberries yourself! You can of course substitute strawberries or raspberries if you wish.

Ingredients: 4 cups water, divided 1 cup sugar, 1 cup lemon juice, 1 tablespoon grated lemon peel, 1 cup blackberries.

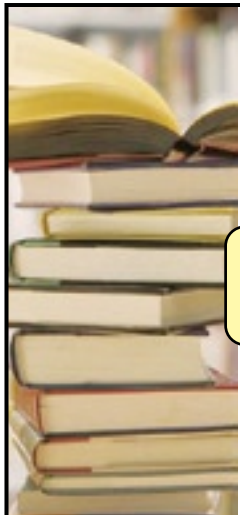
Instructions: Boil 2 cups of water and the sugar in a large saucepan, until the sugar has completely dissolved - this will only take a couple of minutes.

Remove the saucepan from the heat and add the remaining water, lemon juice, and lemon peel. Leave to cool.

Put 1 cup of the lemon liquid into a blender with the blackberries, and whizz up together thoroughly. Strain to remove the blackberry seeds and then pour into a pitcher.

Add the rest of the lemon mixture and stir well. Refrigerate and serve over ice. Delicious!

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Summer Guide! Summer Guide! Summer Guide! Summer Guide!

# Nevada County Fair

Mark your calendar for the event voted as "Nevada County's Best" for 10 years in a row—2010 Nevada County Fair, August 11 to 15, at "California's Most Beautiful Fairgrounds," the Nevada County Fairgrounds in Grass Valley.

Live entertainment will be available every day at five different stages throughout the Fairgrounds. There's also carnival rides and games, barns full of livestock, thousands of community exhibits, special contests, an Idol Competition, nightly arena events, daily demonstrations, magic shows, gold panning, and food contests. As always, Treat Street will be serving an array of delicious food and drinks – corn dogs, pasties, tacos, corn on the cob, beer, tempura zucchini, nachos, hamburgers, funnel cakes and caramel corn – just to name a few!

Events will soar into the Fair's arena Wednesday through Sunday, presenting thrills ranging from a rodeo to Monster Trucks to the Demolition Derby.

The Ag Mechanics Auction will be held on Friday of the Fair, and the Junior Livestock Auction will be held on Sunday, August 15.

Gates open each day at 10 a.m. and at 11 p.m. Admission is \$8 for adults, \$6 for seniors (65 and older), \$3 for children 6 to 12, and free to children five years old and younger.

Take advantage of pre-sale packages available this year, including a special "Be A Kid" price of only \$3 for a Thursday adult admission ticket; or a pre-sale Fair admission ticket for \$5 for any one day of the Fair. Kids Day will be held Thursday from 10 a.m. to 5 p.m. and during that time, children 12 years and under are admitted free.

The Nevada County Fairgrounds is located at 11228 McCourtney Road in Grass Valley, 50 miles northeast of Sacramento, off Highway 49. For directions, event details or general information, visit [www.NevadaCountyFair.com](http://www.NevadaCountyFair.com) or call the Fair Office at (530) 273-6217.

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# Don't forget to Purchase Your Annual Pass to Parks

Are you looking for a way to support County parks, and get a little something in return? Starting at \$50 dollars, an annual parking pass to County Parks allows for unlimited recreation, relaxation and ways to beat the summer heat at county parks and facilities located throughout Sacramento County for a full year from date of purchase.

"The Annual Pass pays for itself in just 10 visits and having a pass makes it so much easier to enter and enjoy our parks as often as you want," said Liz Bellas with the County Department of Regional Parks. "This year more than ever, we are looking towards those in the community who use Sacramento County Regional Parks to support us and help preserve our parks and open spaces."



Photo courtesy Regional Parks

Annual Pass revenue goes directly towards maintenance and patrol of the 15,000-acre Regional Parks system, including the American River Parkway, Dry Creek Parkway and other open space corridors. People that don't drive into parks, but rather access them by bicycle, horseback or by walking can show their support by purchasing a Parks Supporter Pass.

Whether you are an outdoor enthusiast, a weekend warrior, or a nature lover who appreciates open space, you can help protect the treasure of the Sacramento region, our regional parks and open spaces by purchasing your pass today.

## Annual Passes are easy to purchase!

Visit [www.sacparks.net](http://www.sacparks.net) or [www.arpf.org](http://www.arpf.org) to purchase online

REI stores in Sacramento, Roseville or Folsom

Patriot Bicycles in Fair Oaks

Regional Park Office and Park Entry Stations

The American River Parkway Foundation Office, in William B. Pond Recreation Area

Mail-in an application (found online) to 4040 Bradshaw Rd., Sacramento, Ca 95827

For more information call (916) 875-6961 or visit [www.sacparks.net](http://www.sacparks.net).

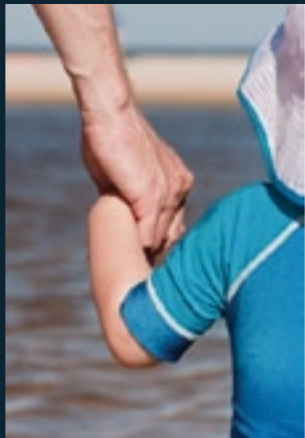


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# Campgrounds and RV Resorts offer variety of activities

**C**oloma Resort in Coloma - This Sierra Nevada park, located near the site where gold was discovered in California, offers a challenging ropes course as well as opportunities for gold panning, white water rafting and even classes in yoga. For those who don't have their own RV or tent, the resort also offers tent cabins and RVs, park models and bunkhouse rentals.



**Santa Cruz / Monterey Bay KOA in La Selva Beach** - This park features numerous unusual activities, including a mechanical bronco bull that guests can ride, a jumping pillow, a climbing wall, miniature golf, banana bike rentals, and an outdoor movie theater. Accommodations include bare bones cabins and luxury park model cabins, which KOA markets as "Kamping Lodges," as well as Airstream travel trailers.

For help locating unique campgrounds in your coverage area visit [www.gocampingamerica.com](http://www.gocampingamerica.com). The following is contact information for the parks referenced:

• Coloma Resort, Coloma, Calif., Daniella Faieta, (530) 621-2267 or [www.colomaresort.com](http://www.colomaresort.com)

• Santa Cruz / Monterey Bay KOA, (831) 722-0551 or [santacruz@koa.net](mailto:santacruz@koa.net)

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# California Kids! Family Fun Guide

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**Summer Guide! Summer Guide! Summer Guide! Summer Guide! Summer Guide!**

# Natural Beauty, Beaches and Birdwatching California State Parks in orange county offer Something for Everyone

Orange County is known for its tourist attractions, and some of its finest natural destinations can be found in California State Parks.

## Huntington State Beach

Huntington State Beach, located opposite Magnolia Avenue on Pacific Coast Highway, features a two-mile-long sandy beach as well as a two-mile-long multi-use trail, a bicycle trail, picnic areas, volleyball nets, food concessions, and outdoor cold showers. Permanent

lifeguards are on patrol in vehicles year round. Lifeguard towers are open during the summer season.

The park extends from Beach Boulevard in the town of Huntington Beach south to the Santa Ana River on the Newport Beach boundary. Pedestrian access is at Newland Street, Magnolia Street, Beach Boulevard, and Brookhurst Street with very limited street parking. The main vehicle entrance is located at Magnolia Street.

Disabled visitors can borrow a beach wheelchair at the Magnolia

kiosk to get out to the water. (A call-ahead to reserve it is advised.) The park has six wheelchair access ramps that lead to the water. Also, each restroom in the park has at least one large accessible single-user restroom with grab bars. Although this is a day-use beach, it is open until 10 p.m. Gates close at 9 p.m. There are approximately 200 fire-rings available on a first come, first served basis. Across from the beach is the 114-acre Huntington Beach Wetlands, operated by the California Department of Fish and Game. Huntington State Beach is the site of a nesting sanctuary for the California least tern, a rare and endangered species. The beach is also sanctuary for the threatened snowy plover.

For more information, call (714) 536-1454 or (714) 848-1566.

## Bolsa Chica State Beach

Bolsa Chica State Beach, on Highway One between Sea Point Street and Warner Avenue in Huntington Beach, is connected to Huntington State Beach by a bike trail. The combined five-mile sandy beach is popular for wildlife viewing, surfing, and skating.

Bolsa Chica's 78-acre park also features a wheel-chair accessible beach. (Again, visitors are advised to call ahead to use to the beach wheelchairs.) The beach also has grass areas for picnicking, as well as restrooms and food service. Approximately 200 fire-rings are available on a first come, first served basis. Bolsa Chica has camping for self-contained vehicles only. All structures at Bolsa Chica are new, with construction having been completed in 2003.

For more information, call (714) 846-3460 or (714) 377-5691.

## Crystal Cover State Beach

Crystal Cove State Beach, off Pacific Coast Highway between Corona del Mar and Laguna Beach, features three miles of coastline as well as wooded canyons and open bluffs. The park is popular with swimmers, surfers, sunbathers as well as mountain bikers (inland) and scuba and skin divers (under-

water.) The beach is a winding, sandy strip, backed with nearby grassy terraces. The park has accessible picnic areas, restrooms, a paved pathway, and boardwalk. The park's entire area offshore is an underwater nature preserve. For more information, call (949) 494-3539 or (949) 492-0802.

## Doheny State Beach

Doheny State Beach, in Dana Point just south of the Marina, has 120 developed campsites - and some of them are just steps away from the beach. The beach is well known as a top-rated surfing spot. The park's visitor center features aquariums demonstrating sea and tidepool life. For more information, call (949) 496-6171 or (949) 492-0802.

San Clemente State Beach, off I-5 near the south end of the city of San Clemente, is a popular spot for surfers, body surfers and swimming. The park's visitor center is housed in a restored 1930's California Conservation Corps cottage. The facility, which highlights local history, is open weekends 8 a.m. to 5 p.m. The beach has accessible camping, restrooms, trail, and exhibits. Visitors are advised to call ahead to use the beach wheelchair. The park has 157 campsites and 72 offer RV hook-ups. The 110-acres park has trails leading to the mile-long beach. For more information, call (949) 492-3156 or (949) 492-0802.

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# All Aboard for Old Town Next Stop Stagecoach Days Events

It's been over a century since the last stage line operated in San Diego. Beginning in 1857, stage lines passed through rural San Diego moving passengers, freight, and mail. These new services helped bring the outside world a little closer to this emerging frontier community that we know today as San Diego.

For each Saturday in August, 7, 14, 21 and 28, visitors can celebrate travel and transportation in the era of real horsepower - before the train and automobile. Imagine yourself traveling down dusty dirt roads either by horse, wagon, or stagecoach making your way to San Diego in the 1860s. In addition to the permanent collection of historic wagons on display at Seeley Stable museum, coaches and wagon will be out in plaza.

Each week will offer a different theme and activities, such as Stage-coaching, Cattle Drive, Women and the West, Californios, Trades that Shaped the West, Military, and a Mark Twain Fest. Smell the aroma of food cooking over an open flame as costume interpreters prepare 19<sup>th</sup> century chuck wagon grub. Hear the sounds of blacksmiths pounding iron and carpenters sawing wood.

Try your luck by participating in 19<sup>th</sup> century games for both children and adults. Join the military as they describe life as a soldier fighting in the Mexican War. Take the reins as you learn to handle a horse.

Stay the day and enjoy activities that reflect life in San Diego during the mid-1800s. All of the activities are part of Old Town San Diego State Historic Park's celebration of 19<sup>th</sup> century transportation, especially the stagecoach. Through vignettes, demonstrations, living history, stories, songs, and stage-coach equipment, visitors will gain an appreciation for travel and daily life.

Old Town San Diego State Historic Park along with the Boosters of Old Town are proud to offer these FREE activities to adults and children of all ages. The park is located on San Diego Avenue and Twiggs Street in San Diego, and is conveniently located next to the Old Town Transit Center, with Coaster, Trolley, and MTS bus service.

For more information on activities, go to [www.parks.ca.gov/oldtownsandiego](http://www.parks.ca.gov/oldtownsandiego), or call (619) 220-5422.

# Preparing and Packing for the Perfect Camp Experience

The American Camp Association® (ACA) has the following tips to help families prepare and pack for a fun-filled camp experience.

**Plan Ahead** — Remember your happy camper will be living out of a duffel back, trunk, or suitcase for the duration. Packing light helps campers keep track of items, and guarantees that they can handle their own luggage at camp.

**Review Camp Packing Lists** — Individual camps should provide a recommended camp packing list, complete with any required equipment, preferred footwear, etc. Be sure to carefully review what is needed, with special attention to those items that may not be permitted at camp. Before packing your camper's favorite Nintendo DS, be sure that the camp permits electronic items. If you have questions, be sure to speak with the camp director.

**Label Everything** — Laundry pens, iron-ons, and press and stick labels will distinguish your camper's belongings from those of other cabin or tent mates. Most camps ask that you label each item, including clothing, personal items, and toiletries. Make sure that your child can identify the label used.

**Break in Shoes and Boots Before Camp Begins** — Make sure that your child's clothing and footwear are comfortable and appropriate. Sending a camper in brand-new hiking boots can result in sore feet and time spent sitting out of exciting activities.

**Prepare Together** — Decisions about camp, like what to pack, should be made together. The more ownership your camper has in these decisions, the easier the adjustment and transition to camp will be.

For individual and special questions, contact your camp director. Camp directors welcome the opportunity to assist you and your camper as you prepare for this exciting and life-changing experience. For more information on preparing and packing for camp, families can also visit ACA's family resource site at [www.CampParents.org](http://www.CampParents.org).

*About ACA: The American Camp Association® (ACA) works to preserve, promote, and enhance the camp experience for children and adults. ACA-Accredited® camp programs ensure that children are provided with a diversity of educational and developmentally challenging learning opportunities. There are over 2,400 ACA-accredited camps that meet up to 300 health and safety standards. For more information, visit [www.ACAcamps.org](http://www.ACAcamps.org).*

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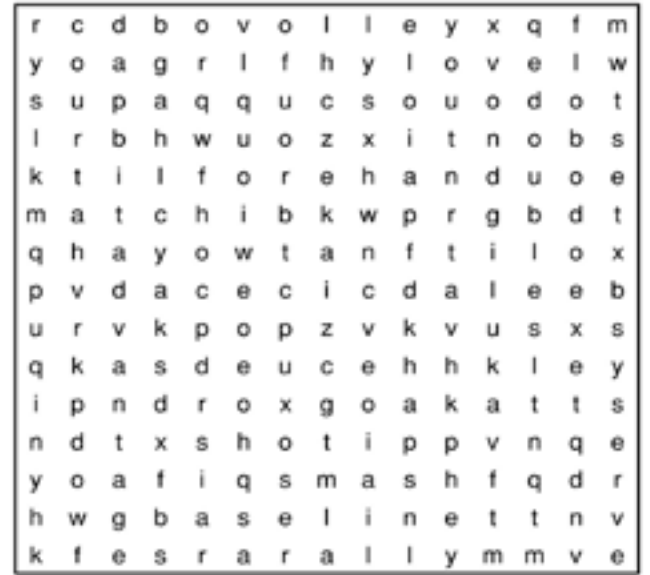
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## Tennis Words - Word Search



- |         |           |          |          |          |
|---------|-----------|----------|----------|----------|
| ace     | advantage | baseline | deuce    | love     |
| singles | doubles   | fault    | forehand | backhand |
| lob     | match     | court    | rally    | serve    |
| set     | smash     | volley   |          |          |



[www.ActivityVillage.co](http://www.ActivityVillage.co) - Keeping Kids Busy!



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[www.ActivityVillage.co.uk](http://www.ActivityVillage.co.uk)

Summer Guide! Summer Guide! Summer Guide! Summer Guide! Summer Guide!

# Millbrae celebrates 40th Annual Labor Day Weekend Festival

Summer may be winding down but festival season is just starting to hit its stride with many of the best events ahead. For some sun-splashed, Mardi Gras-style fun this Labor Day weekend, head over to lively downtown Millbrae for the big, really big Art & Wine Festival, coming up September 4 and 5.

Stroll, browse, relax and enjoy a friendly and vibrant street fair with two days of stellar live music, gorgeous handcrafted work by 250 talented artists, fabulous food and wine, an organic and green products showcase, a microbeer tasting tent, artisan specialty foods, home and garden exhibits, health and wellness displays, and a host of amusements for kids.

The festival takes place on Broadway (1 block west of El Camino Real) between Victoria and Meadow Glen. Hours are 10 a.m. to 5 p.m. both days. Admission is free.

The festival runs September 4 and 5, from 10 a.m. to 5 p.m., on Broadway (one block west of El Camino Real) between Victoria and Meadow Glen. Free round trip shuttle service will be available from the Millbrae BART/Caltrain station every 20 minutes. Admission is free. For information, call (650) 697-7324 or check out [www.miramarevents.com](http://www.miramarevents.com).



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## Sunset State Beach Activities

Located 16 miles south of Santa Cruz via Highway One on San Andreas Road (831) 763-7123

### Campfire Programs: Every Saturday through Labor Day at 8 p.m.

Join the campfire center for an evening of interactive and educational entertainment for the whole family. Delve into topics such as the most extreme marine mammals, creepy crawling creatures, the magic of migration, and much more through song, story, and celebration. Wheelchair and stroller accessible.

### Junior Ranger Programs: Every Saturday through Labor Day from 3:30 to 4:30 p.m.

Explore and play games as you learn about plants, animals, geology and more. For ages 7-12, Junior Rangers earn rewards for their participation in this one-hour program that is offered in most CA State Parks.

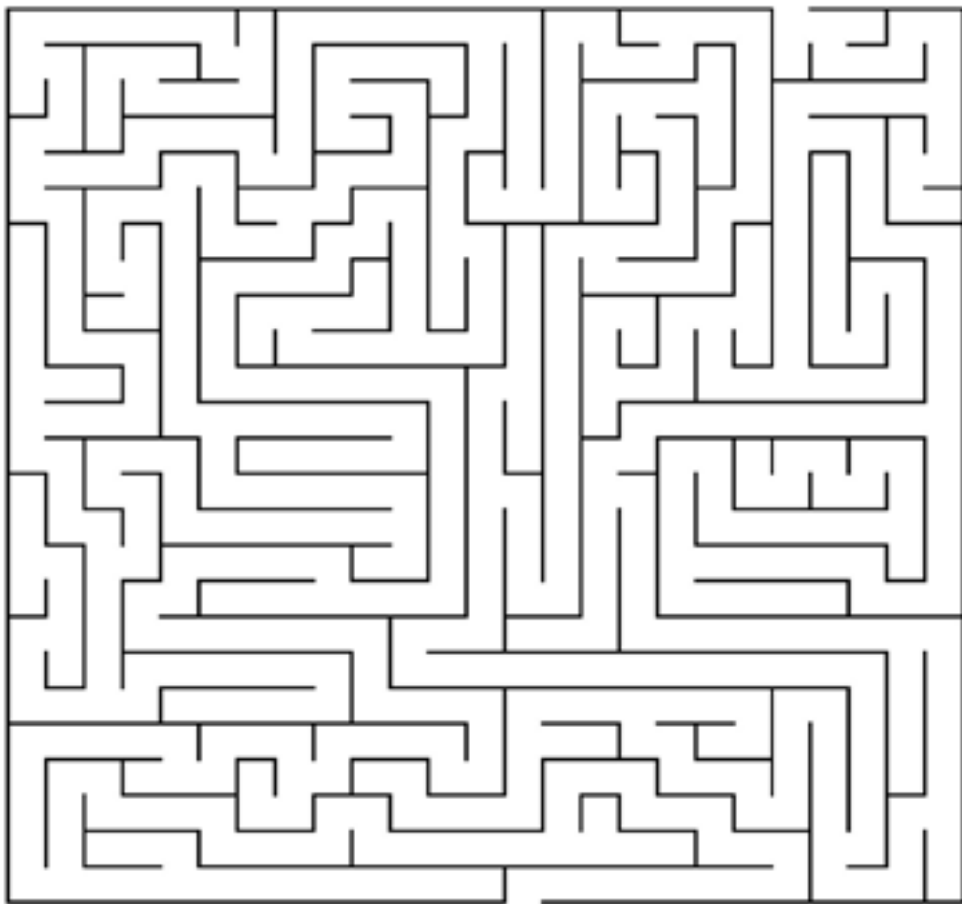
## Tour California's State Parks - Without Leaving Home!

How cool would it be to swim with a sea otter in central California, walk among towering redwoods in the north and frolic on the beaches of the southern coast, all in the same day? Well now you can — with this amazing interactive map of some of California's best state parks and a link to The Nature Conservancy's new interactive map where viewers can take a virtual tour.

Take a Virtual Tour, Dude - <http://www.nature.org/popups/features/art31705.html>

See other cool information about California State Parks at <http://www.nature.org/wherewework/northamerica/states/california/>

We are all going on a summer holiday - don't get left behind! Find your way to the car quickly!



[www.ActivityVillage.co.uk](http://www.ActivityVillage.co.uk)

## Discovery Museum Weekend Activities

### Sun & Fun - August 7 to 8, 12:30 to 4 p.m.

Learn about the sun! Some of the activities: use 3D glasses to see an image of the sun's surface, watch the sun bake some goodies and then have a bite. Learn how to make your own yummy snacks at home without heating up your kitchen oven. Guests 12 and younger decorate a Sun picture with sparkly glitter. Hang it in the window and let the sun light it up.

### Beautiful Butterflies - August 14 to 15, 12:30 to 4 p.m.

Butterflies abound at the Discovery Museum Science & Space Center throughout the weekend. Multiple butterfly activities entertain the entire family. Look at the preserved butterfly specimens mounted in the Nature Discovery Room. Try on the butterfly wings and mimic a Monarch Butterfly. The classroom has a special display on butterflies that is only available to view this weekend. Kids 12 and under make a butterfly ring craft. After all the indoor fun, go outside and sit in the butterfly garden to have a snack.

### Your World Rocks! Earthquakes in California - August 21 and 22, 12:30 to 4 p.m.

It's a rock-and-roll weekend! A geologist from the California Geological Survey will be on hand with lots of fun activities. Multiple hands-on stations to learn about tsunamis, earthquakes, faults, and more at a child-friendly level. A make-and-take craft is available for all children 12 and under. This is your last opportunity to enjoy our Gee Whiz Geology! exhibit featuring rocks, crystals, dinosaurs, and fossils. Don't forget your camera!

The Discovery Museum Science & 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). Ages appropriate for 4 to 12 years old. For more information, call (916) 808-3942 or visit [www.thediscovery.org](http://www.thediscovery.org).



# First 5 Sacramento offers tips for healthy family eating this summer

## Special to California Kids

**C**ooking with children, visiting local farmers' markets and planting a summer garden among the ways to develop healthy eating habits that last a lifetime

Proper nutrition in children ages zero to five can reinforce lifelong eating habits that contribute to a child's overall well-being and help them to grow up to their full potential with a healthy life. Most experts advise that you can often get children to eat more veggies if you start early by offering your older infant and toddler a large variety of vegetables, set a good example by eating vegetables yourself, offer a lot of choices, and mix vegetables into a food that your child already likes. First 5 Sacramento has compiled a list of tips to promote healthy family eating this summer.

### Cook with Your Children

Cooking together can be a delicious learning experience for children and their parents. Children can explore new foods and learn about nutrition, not to mention develop math and reading skills as they measure and read directions. By

following a few simple guidelines, you can make cooking safe and fun, and entice your children into trying something new:

- Invite your child to help plan a meal or pick a recipe (and keep a list of child-friendly recipes).
- Create a safe place where children can cook.
- Give preschoolers their own safe utensils.
- Eat your creation together and enjoy!

### Visit Your Local Farmers' Market

Most fruits and vegetables have a special peak time of year when they taste their best and are most abundant, and the more recently they've been picked, the better they taste. Farmers' markets are great places for children ages zero to five to try new fruits, vegetables, and other foods. Visit your local farmers' market and you and your children may discover an exciting taste or flavor.

### Plant a Summer Garden

Children learn a great deal from growing their own fruits and vegetables. To get started, designate a section of your yard as a place where your child can plant his or



her own vegetables. Then let your child harvest the veggies and help decide how to eat them. Community gardens are also a great way to get involved in growing fruits and vegetables.

In addition to these tips, try to keep children on an eating and snacking schedule: breakfast, lunch, dinner, and two snacks. This helps them feel signs of hunger and stops mindless munching between meals. Make the kitchen off-limits unless it's time for a meal or a planned snack. Limit calorie-rich juices, sodas, and other liquids. To keep children hydrated in the heat, give them plenty of water and help them avoid sugary beverages that have no effect on satiety.

For more information about nutrition resources and programs for children ages zero to five, as well as the community partners that provide nutrition services and resources, please visit [www.First5Sacramento](http://www.First5Sacramento).

net or call First 5 Sacramento at (916) 876-5865.

### 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 \$16 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; First 5 El Dorado: 530-672-8298.

# Advertise in California Kids!

**California Kids!** is an events and activities guide for active families. It is published once a month by Valley Community Newspapers, which also publishes the Arden-Carmichael News, East Sacramento News, Land Park News and Pocket News.

It is distributed throughout Sacramento and surrounding areas.

**California Kids!** reaches those parents most likely to purchase products and services by targeting active families who get out and enjoy all that the community has to offer.

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# Calendar of Events

## Arts and Crafts

**August 5, Paper Crafts, 3:30 p.m., 601 Alhambra Boulevard, Sacramento.** Join the fun at the McKinley Library for paper crafts with the staff. For more information, call (916) 264-2920.

**August 5, Seashore Collage, 4 p.m., 4235 Antelope Road, Antelope.** Children ages 5 to 12 are invited to the North Highlands-Antelope Library for "Seashore

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

**August 17, Seashore Collage, 4 p.m., 7340 24<sup>th</sup> Street, Sacramento.** Children ages 5 to 12 are invited to the Martin Luther King, Jr. Library for "Seashore Collage," with ArtWorks. For more information, call (916) 264-2920.

**August 18, Origami, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove.** Join the fun at the Elk Grove Library for "Underwater Origami" with ArtWorks. For more information, call (916) 264-2920.

**August 14, Food Preservation Demonstration, 10 a.m. to Noon, 4145 Branch Center Road, Sacramento.** The Sacramento County UC Cooperative Extension Master Food Preservers will hold a free demonstration called "The Pressure's Basic Introduction to Safe Pressure Canning Techniques." No advanced registration is required. The demonstration will be held at the Sacramento Cooperative Extension Office. For more information, call (916) 875-6811.

**August 14, 7 to 8 p.m and August 18, 10 a.m. to 1 p.m., Moms Information Meeting, 4500 Post Street, El Dorado Hills.** Women of all ages and fitness levels are invited to hear more about the Moms in Motion team, connecting women through fun, fitness and philanthropy. The Folsom/El Dorado Hills team will be starting soon. Come run, walk or hike with us this fall. The meeting will be held at Nugget Market, upstairs meeting room.

**August 18, Food Demonstration, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento.** The Sacramento County UC Cooperative Extension Master Food Preservers invite the public to a food preservation demonstration: Pickles and Pears. There is a \$3 fee and no advanced registration is required. The demonstration will be held at the Sacramento Cooperative Extension Office. For more information, call (916) 875-6913.

**Ongoing, Book Sale, 9 a.m. to 2 p.m., 8250 Belvedere Avenue, Suite E, Sacramento.** The Book Den, has books for sale and is open Fridays and Saturdays. The Book Den is operated by members of Friends of the Sacramento Public Library. For more information, call (916) 264-2880.

**Wednesdays, Crochet and Knitting Circle, 6:30 p.m., 11601 Fair Oaks Boulevard, Fair Oaks.** Enjoy a bit of conversation and companionship at the Fair Oaks Library Crochet and Knitting Circle. All ages and skills are welcome; this is not an instructional class but some assistance will be available. Please bring your own hooks, needles, yarn and a project to work on. If you need a project, the library can provide you with ideas and patterns to make newborn baby hats. Those wishing to donate their baby hat creations to the Mad Hatters, who provide free newborn baby hats to local hospitals— can do so through the Fair Oaks Library. For details, call (916) 264-2920 or visit saclibrary.org.

**August 5, Ice Cream Social, 3 p.m., 920 Grand Avenue, Sacramento.** Bring the kids to the Del Paso Heights Library for an ice cream social and some outdoor sports. For more information about this free program, call (916) 264-2920.

**August 11, 18 and 25, Summer Movie Matinees, 4 p.m., 6132 66<sup>th</sup> Avenue, Sacramento.** Bring the family to the Southgate Library for a summer movie matinee. For more information, call (916) 264-2920.

**August 11, Library Program, 2 p.m., 5605 Marconi Avenue, Carmichael.** Join the fun at the Carmichael Library for "Adventures in Bubble Land," with Rebecca Nile, the Bubble Lady. This program is best suited for children ages 5 to 12. For more information, call (916) 264-2920.

**August 12, End of the Summer Party, 4 p.m., 4235 Antelope Road, Antelope.** Children ages 5 to 12 are invited to the North Highlands-Antelope Library for an end of the summer reading party and "Great Book Swap," with the library staff. For more information, call (916) 264-2920.

**August 19, Summer Ready Wrap-up Party, 6 p.m., 601 Alhambra Boulevard, Sacramento.** Kids ages 5 to 12 are invited to the McKinley Library for a Summer Reading Wrap-up Party and Ice Cream Social with Rebecca Nile, the Bubble Lady. For more information, call (916) 264-2920.

**August 31, Karaoke, 4 p.m., 7340 24<sup>th</sup> Street, Sacramento.** Bring the kids, ages 5 to 12, to the Martin Luther King, Jr. Library for Karaoke with the library staff. For more information, call (916) 264-2920.

**Sunday, Free Admission, 10 a.m. to 1 p.m., 216 O Street, Sacramento.** The Crocker Art Museum is offering free admission hours to visitors. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

## Critter Events

**August 28, Critter Program, 2 p.m., 7400 Imagination Parkway, Sacramento.** Join the fun at the Valley Hi-North Laguna Library for "The Amazing Amazon" with Wild Things. For more information, call (916) 264-2920.

## Especially for Parents

**August 7, Harvest Day 2010, 8 a.m. to 2 p.m., 11549 Fair Oaks Boulevard, Fair Oaks.** Harvest Day 2010 takes place at the Fair Oaks Horticulture Center. The day includes lectures, demonstrations, food and drinks to purchase, educational booths and garden-related items for purchase. This is a free event. For more information call (916) 875-6913.

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## Special Events

**August 5, Movie, 3 p.m., 2443 Marconi Avenue, Sacramento.** Children ages 5 to 12 are invited to the Arcade Library for a movie, "Finding Nemo". For more information, call (916) 264-2920.



# Calendar of Events

## Storytellers & Puppetry

**August 4, Ventriloquist Program, 3:30 p.m., 8900 Elk Grove Boulevard, Elk Grove.** Children ages 5 to 12 are invited to the Elk Grove Library for a free program, "Make a Splash" with ventriloquist Steve Chaney and Cornelius Crowe.

**August 3, Library Music Program, 6:30 p.m., 10055 Franklin High Road, Elk Grove.** Children ages

5 to 12 are invited to the Franklin Community Library for "Get Out of Your Shell and Catch the Sound Wave," with musician Felipe Ferraz. For more information, call (916) 264-2920.

**August 12, Puppet Show, 4 p.m., 2901 Truxel Road, Sacramento.** Bring the kids, ages 5 to 12, to the South Natomas Library for "Adventure on Puppet Island," with Tony Borders Puppets. For more information, call (916) 264-2920.

**August 19, Puppet Program, 4 p.m., 4660 Via Ingoglia, Sacra-**

**mento.** Join the fun at the North Natomas Library for "Adventures on Puppet Island," with Tony Borders Puppets. For more information, call (916) 264-2920.

**August 19, Storyteller, 2 p.m., 9845 Folsom Boulevard, Sacramento.** Join the fun at the Rancho Cordova Library with "Making a Splash with Cyrus" with musician and storyteller Francie Dillon. For more information, call (916) 264-2920.

**August 24, Marionette Program, 4 p.m., 7340 24<sup>th</sup> Street, Sacra-**

**mento.** Bring the kids to the Martin Luther King, Jr. Library for "The Frog Prince," with the Fratello Marionettes. For more information, call (916) 264-2920.

**August 26, Library Program, 4 p.m., 2901 Truxel Road, Sacramento.** Families are invited to the South Natomas Library for an ice cream social and some bubble fun. For more information, call (916) 264-2920.

**First Mondays of each month, Dog Program, 6:30 p.m., 9845**

**Folsom Boulevard, Sacramento.** Join the fun the first Monday of each month at the Rancho Cordova Library for "Reading with Dogs," with Lend a Heart Pet Therapy. For more information, call (916) 264-2920.



## Grizzly Bear Festival Rancho del oso Nature and History Center

Come to Rancho del Oso for a day of commemorating the once-abundant predator that roamed this "Ranch of the Bear." Discover what they ate, how they lived, and what made this area famous for its grizzly population.



**Saturday, August 21, from Noon to 4 p.m.**

12:00 -Teddy Bear Picnic. Bring your favorite teddy bear or plush toy and have tea and snacks bears could find.

12:00 to 4 - Art activities, and games all day.

1 to 2 - Grizzly Bear Talk and Slide Show. Ranger Frank Balthis will help us understand bear habitats, ecotourism and environmental threats.

2:30 to 3 - The Grizzly Event of 1875. Join docent Doreen Devorah as she reenacts the story of her husband William Waddell's death by grizzly bites!

3 - Family Hike. Learn how the bears once lived and what they ate in this neck of the woods.

Call (831) 427-2288 to reserve a space. Bring a lunch to enjoy on the deck overlooking Waddell Beach or in the sheltered garden courtyard. The park is located 16 miles north of Santa Cruz along Highway One, at Wad-

dell Creek--just 2 miles south of Año Nuevo State Park.

### Volunteers Needed!

Rancho del Oso Nature and History Center is looking for enthusiastic volunteers. As a State Park Volunteer, you can help us by hosting the Nature and History Center on weekends, or help special events come alive. For more information, please call (831)-427-2288.

## Natural Bridges State Beach

Located at the end of West Cliff Drive in Santa Cruz (831) 423-4609

### Little Rangers Club at Natural Bridges State Park

All Mondays in August from 10:30 to 11:15 a.m.

A special nature program designed just for little ones, 3 to 6 years old and their parents to learn about animal tracks, do critter searches, find out more about plants and birds. For further information, please call (831) 423-4609.

### Family Fun Day—2<sup>nd</sup> Sunday at the Park

Sunday, August 15 from 11 to 2 p.m.

Join us for nature games, nature themed crafts, music and family oriented summer fun at Natural Bridges State Beach. Meet at the visitor center. For more information, call the park at (831) 423-4609.

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\*Silly Quotient

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Back to School! Back to School! Back to School! Back to School!

# Back to School!

Following is a collection of answers that elementary school children have given to ORAL science quiz questions sprung on them by their teachers.

**You can't beat the logic of children!**

Q: Name the four seasons

A: Salt, pepper, mustard and vinegar

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and make them perspire.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because

there is no water on the moon, and nature hates a vacuum. I forget where the sun joins in this fight.

Q: What are steriods?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

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age 10  
Yuba City

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

# Sausages

Here is an unusual balloon game, which provides lots of noisy fun. Great for mixed age groups too.

**Age: 6+**  
**You will need:**

A sausage-shaped balloon for each team

**How to play:**

Split the children into teams of at least 4 and line them up. Give the first person in each team a sausage balloon which they must hold between their knees. At the signal to start they must pass it down their row as quickly as possible, person to person, knees to knees! Hands must not be used at all. If a balloon is dropped it must be picked up between the knees, and if it is popped that team starts again with another balloon at the beginning again. Try to mix up the heights of people in each row – it makes the game even more fun!

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# The Splash Game

Not for the faint-hearted, this game is best played out of doors when clothes don't really matter! It works with mixed family age-groups if everyone who takes part is a good sport, and will cause much hilarity..

**Age: 6+**

**You will need:**

Small cards with numbers written on them, from 1 to x, x being the total number of players. For 10 players, you need the numbers 1-10; for 14 players, the numbers 1 to 14, and so on. Put the cards in a hat or bag.

A small container for water. Choose an appropriate size for the age of your players, the location, the weather etc. A small plastic tumbler usually works well.

A large container of warm water, such as a bucket or baby bath. How

to play: Choose one player to start. He picks a number out of the bag without letting anyone else (but you) see it, and remembers that number. He then fills up the small container with warm water and stands in the center of the other players, who form a circle around him, but not too close. You will have to establish the correct distance! The player in the center faces each player in turn. Each player chooses - and says loudly - a number between 1 and x. Each player must choose a different number. As soon as somebody chooses 3, the child in the center throws the container of water at them! No matter how often this is done, it still comes as a bit of a shock and children love it. If you get all around the circle and all the players have chosen a number but NOT the correct one, the child in the center has to throw the water over himself.

www.ActivityVillage.co - Keeping Kids Busy!

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

# Felt Monster Dangle Craft

**M**onsters can be any size, shape or color, so your imagination is your only limit! You can make this cute felt monster "dangle" to hang from a hook, or use it as a keychain, attach it to a backpack, or leave the "dangle" off completely and stitch a safety pin to the back to make a monster brooch.

**You will need:**

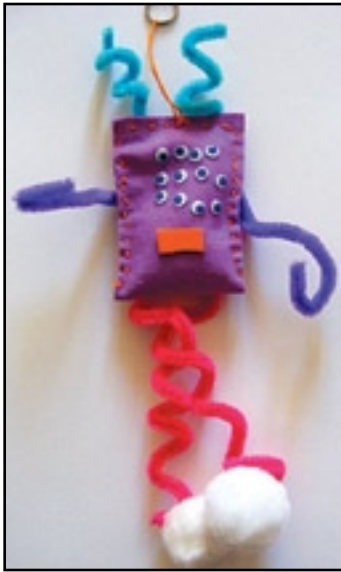
Scraps of felt, chenille stems / pipe cleaners, pompoms, embroidery thread and needle, googly eyes (and /or other craft bits and pieces to decorate your monster), toy stuffing or wadding

**You will need to:**

Cut out a long rectangle of felt, to be folded in half for

your monster's body. If you prefer, you could make your monster a different shape by cutting out two matching pieces of felt. (You could also make a set of monsters to learn the different shapes - square, circle, triangle, rectangle etc)

Fold the rectangle in half and place a tiny amount of stuffing inside. Starting near the folded edge, sew up the side and half way across the top edge using a simple running stitch. Leave a few inches of thread clear, and remove the needle. Thread the needle again and, starting at the other corner, sew up the other side and across the top to the middle. Pull out the needle and knot the two loose ends



together. Twist them together and then connect them to a keychain or book ring.

# Expanded Crocker Art Museum opening October

**T**he Crocker Art Museum has completed construction of a 125,000-square-foot expansion designed by Gwathmey Siegel & Associates Architects (GSAA). Opening to the public on October 10, the Teel Family Pavilion will more than triple the Museum's current size and enhance its role as a cultural resource for California and the state's many visitors

The Crocker Art Museum is located at 216 O Street in Downtown Sacramento. The Museum is closed to the public for renovation from June 7 through October 9. For more information, call (916) 808-7000 or visit [crockerartmuseum.org](http://crockerartmuseum.org).



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# Keep Your Boffle

**T**his game is particularly good at family parties or with mixed age groups, and is definitely a warm weather game!

**Age: any**

**You will need:**

2 plastic bottles  
Small plastic cups

Divide the players into two teams. Choose a good sport (perhaps a parent) to sit, cross-legged,

with an empty plastic bottle on their head. Line up the rest of the team and give the first in line a small plastic cup. Fill up a few large buckets with warmish water and place them between the team members and the good sport.

At the signal, the first team member runs to fill up their cup and then pour it, quickly but carefully, into the plastic bottle. Either continue until one bottle is filled up, or call time and see who has collected the most water. Give the good sports a towel, and the winning team a prize!

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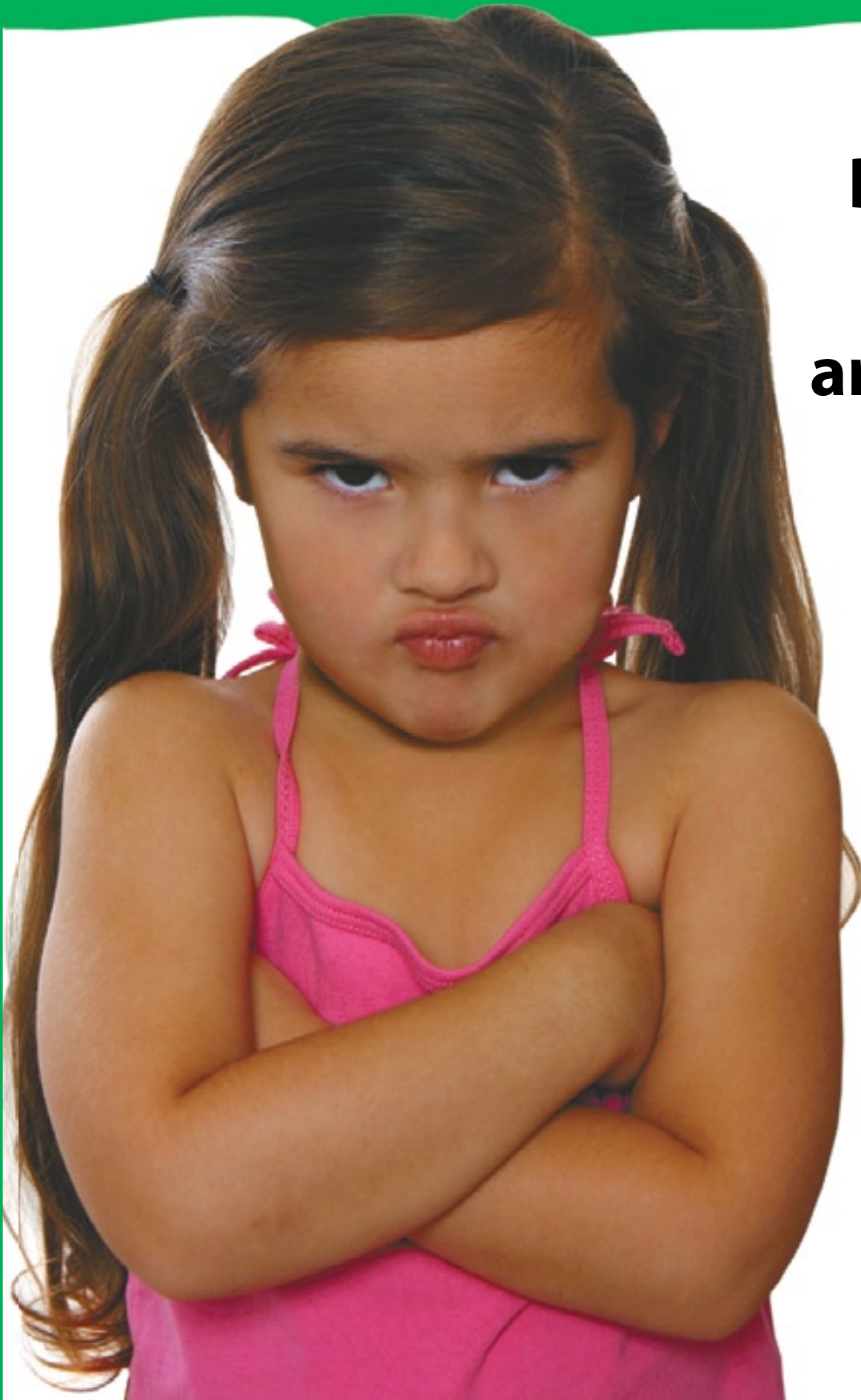
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