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As an educator, I see this all the time. Students who are secretly embarrassed by reading difficulties. They worry their classmates will think they're "stupid" if they don't understand what they are reading. Being forced to read aloud from a text that's beyond their level only deepens their frustration and creates a lifelong aversion to reading.

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DEAR READERS



This summer edition offers a plethora of ways to spend time outdoors.

Flip through our digital and print magazine pages and you'll find dozens of resources to make your summer months easier and more fulfilling.

To start the summer off with a splash of adventure, consider signing up soon for a River Dancers family raft trip. River Dancers provides guides, rafts, all the gear and great, simple food. I guarantee the friends you make on the river can change your life and the peace of mind that comes from this unique outing offers a chance to really bond as a family. This is also a great outing as a one-on-one date with your teen.

Our summer camps directory is the best source for keeping your child engaged this summer with a wide variety of fun activities. Please review the camps and classes directory now and sign up for camps soon, as registration often fills quickly! Choose from art, dance, martial arts, nature, sports and more to enhance your child's summer.

Did you know that one in 10 children struggle with reading comprehension? This can be an undetected and discouraging problem. Look for the wonderful Read-A-Rific resource to aid in reading retention in this issue.

Enjoy your time together,

Pamela

and the North State Parent magazine team

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Tina Wolfe



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The mission of our be the change column is to feature community members from the North State who are actively making a difference in community life as it related to children and youth. If you would like to nominate someone who is making a difference, please write to pn@northstateparent.com.

In early 2017, as Tina Wolfe sat in the Butte County courthouse listening to the story of a seven-year-old boy's life falling apart, she felt her own heart falling apart too. Little Matthew seemed to be floundering in the foster care system, buffeted by the bad decisions of adults in his life. Thankfully, Tina was positioned to do something about Matthew's situation. She had just become a court appointed special advocate (CASA), sworn in before a county judge after six weeks of training. She eagerly accepted Matthew as her first CASA child, embarking on a life-changing journey.

CASA OFFERS SAFE MENTORS FOR FOSTER YOUTH IN THE NORTH STATE

Today, Tina is employed as the advocate supervisor for Butte County's CASA program through Northern Valley Catholic Social Service (NVCSS). CASA, which stands for Court Appointed Special Advocates, is a national program designed to support some of the most vulnerable children—those in foster care. CASA pairs foster youth with caring volunteers who have the legal right and responsibility to advocate for their CASA kids in court, at school and at each home in which the child lives. CASA advocates remain involved until their CASA kids are reunified with their parents, adopted or age out of foster care. Tina took the initial CASA training as a way to support children after she and her husband, Paul, became empty-nesters. Now her work involves training new CASA volunteers and shepherding existing CASAs through the complexities of their children's cases. She attends dependency court weekly, staying abreast of cases that currently have CASAs and cases that could most benefit from advocacy when new CASAs are available.

TINA WOLFE SUPPORTS VOLUNTEERS AND FOSTER YOUTH WITH PERSISTENCE AND AN OPEN HEART

Before accepting the advocate supervisor position, Tina had worked in corporate America for many years, including at a leadership and development company with Deme Jamson, whose son she had previously nannied. "My son called her 'my Tina,'" Deme says fondly. Deme de-

scribes Tina as "talented, smart, creative, honest, straightforward, kind, a team player and a leader—an all-around beautiful person and an extraordinary professional. I consider myself very lucky to have worked with her and to call her friend." When Tina decided to work for CASA, Deme knew it would be a perfect fit because Tina "can understand the legal system so quickly, she's brilliant and she's very passionate about kids." Deme adds, "I think Tina was put on this planet to help people—especially kids."

Lisa Michels, the advocate supervisor when Tina first became a CASA, recalls Tina engaging in the training with "an open heart" and jumping into advocacy with incredible persistence amid the flurry of placements, social workers and the unexpected twists and turns of foster care. "She does not let kids languish in the system," Lisa says. "She's strong, persistent and she has a huge heart. Sometimes as supervisors we have to do and say things that are hard, but she does all of it from her heart and I think that's the most important thing."

Foster advocacy does lay emotional weight on the heart. Tina recalls being able to put work aside when she worked in the business world but finds mentally separating from CASA work much more difficult. "The decisions we make affect the lives of children," she says. "It is important we take it seriously." At the same time, she recognizes her limits. "So much of this is out of our hands. I know that there might be a bigger plan that I'm not aware of. So I pray a lot!" She also makes time to refresh herself through walks with her husband and their two dogs, chats on the phone with her son, and crafting or decorating her home.

REWARDING CASA OUTCOMES

In January 2023, in the same courtroom that had brought Matthew into her life, Tina cried tears of joy as he was officially adopted into a loving family. During Tina's nearly five years as his CASA, Matthew moved five times, lived in four different cities, moved to five different schools

and had over 50 people (such as foster parents, foster siblings, teachers and therapists) enter and exit his life. Tina remained a constant for Matthew; one person he could trust and lean on during the years of turbulence. "I'm very grateful to Matthew for allowing me to be in his life and be his friend and advocate," Tina says. "I've had a couple of other cases over the years, including a sibling group of three sisters who were recently adopted and they have just been a joy in my life that I could never have imagined. Other than the birth of my own child, being at those two adoptions are the highlights of my life."

Currently, Butte County has approximately 50 CASAs — each of whom work with only one child or one sibling at a time — and approximately 400 children in the foster system. Learn how you can make a difference in the lives of foster youth in your county by visiting nationalcasagal.org. ■



Jenna Christophersen first learned about CASA when North State Parent assigned her an article about the organization in 2018. In 2021, Jenna became a CASA advocate in Butte County. Since then, CASA relationships have stretched and deeply enriched her world. She extends heaps of gratitude to Tina for her invaluable support as a CASA supervisor.



Tina Wolfe, advocate supervisor for Butte County's CASA program, shepherds and supports CASA volunteers as they advocate for some of the most vulnerable children in the community.



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TEACH KIDS TO EMBRACE LIFE

What comes to mind when you hear the phrase “Live life to the fullest”? My first thought was something daring and adventurous like rock climbing, skydiving, running a marathon or traveling the world. While these activities may be fun on occasion and a great way to live life to the fullest, most of our lives are lived in day-to-day activities. How can we as parents embrace life during the routine of daily life and pass that priority on to our children?

LIGHTEN YOUR LOAD WITH LAUGHTER

Laughter is truly the best medicine and can turn your entire day around. If you are mad, sad or just feeling bored, finding something to laugh about can change your attitude for the better. After laughing so hard that tears are streaming down my face or until my face hurts from smiling, my heart feels fuller and the worries seem lighter. Laughter can’t wipe away all your troubles but it can turn your day around and help you appreciate and

bond with other people in your life. Laugh with your kids and allow them to be silly and laugh. Life passes too quickly not to find some humor along the way. Enjoying moments of fun and laughter with people you love is a great way to embrace life.

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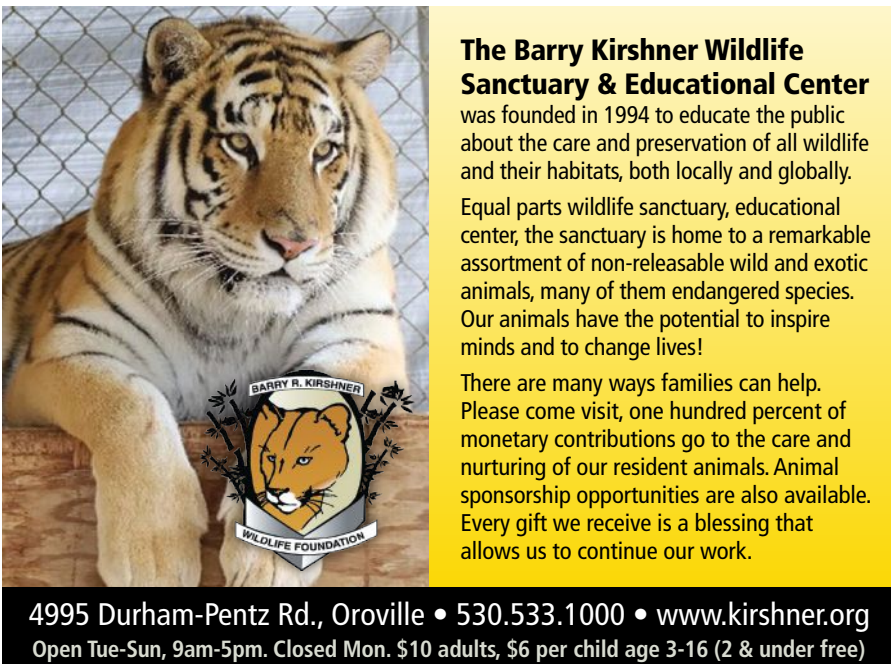
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Teach Kids to Embrace Life

to pause and appreciate the beauty around you. Take time to notice the sunrise in the morning, appreciate the fresh snow on the ground, watch squirrels chase each other and point these things out to your children. Show them how to taste their food, take deep breaths of fresh air and snuggle a little longer before bed. You don't have to stop participating in activities you and your kids enjoy, but when you have a free moment, pause to enjoy it.

NEW FRIENDS AND CONNECTIONS ENRICH YOUR LIFE

Encourage your children to meet new people and experience the joy of making a new friend. One of life's joys is connecting with other people and the experience of being part of a community. If you are at a park playing, encourage your child to say hello to another kid their age. If your child has a new classmate, suggest they go out of their way to include them at recess. Welcome a new neighbor by taking a plate of cookies to their door and introducing yourselves. This may be out of your comfort zone, but it is worth it to make a new friend. A great way to embrace life is through relationships with people in our community.

NEW ACTIVITIES AND HOBBIES TEACH A LOVE FOR LIFE

Offer support when your child expresses interest in trying something new or if they want to set a goal for themselves. Finding new hobbies and activities they love can help kids understand their place in life and feel part of a group or team. This is a great way to embrace and love the life they are living. Trying new things can be overwhelming but the reward can far outweigh the risk; while delivering a sense of accomplishment your child will feel when they reach their goal.

LEAD WITH A SERVANT'S HEART

One way to appreciate the blessings you have in life is to give back to those in need. Consider serving your community as a family. Ideas could include collecting nonperishable foods for a local food pantry, doing yard work for a neighbor, taking a meal to a friend in need, hosting a playdate for a mom who needs a break, writing thank you cards to teachers or lending a hand when you see someone who needs help in the grocery store. Your children will follow your lead and will begin to not only notice what they have to be thankful for but to pass that joy along to others as well.

LIVE IN THE NOW

As I have watched each of my children grow and mature, the temptation is to feel sad that time is passing so quickly. I have also found myself looking forward to events and milestones in the future with anticipation or worry. When I am stuck in either of these mindsets, I miss what is going on today and forget to appreciate the joys and challenges my children are experiencing. The best balance is to live in the here and now and teach your kids to do the same. When you are spending time together, enjoy that moment rather than worrying about yesterday or tomorrow.

As I reflect on these tips, I see a theme. The things that matter in life are people and time. How you spend your time and who you spend it with are what makes for a happy and fulfilled life. Adventures like ziplining, vacations and skiing are fun and exciting and certainly produce joy in our lives but that doesn't mean we can't embrace the wonderful moments in our daily lives as well. Laugh hard, love fiercely, try new things, talk (and listen) to people in your life, slow down to see the beauty in the world around you. Your child is watching you and learning how to live life to the fullest from your example. Embrace the life you are living right now before the moment passes by. ■



Sarah Lyons is a freelance writer and mom of six kids including triplets. She enjoys reading, writing and teaching her kids to embrace life by spending time outdoors enjoying the beauty of nature.

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SUMMER CAMPS & CLASSES

Summer camps are an excellent opportunity for kids of all ages to explore their passions, foster their creativity, learn new skills and make new friends. There are camp and class options that will fit a wide range of schedules and budgets. Register now as classes do fill quickly!

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(530)895-4711
Cost: Varies

Summer Camps: Have your kids join our renowned summer camps like Camp Chi-Da-Ca, Camp Chico Creek, Summertime Delight, and more! We have 75+ camps where your kids can make friends, explore nature, burn energy, discover new talents, and create lifelong memories.
Aquatics Programs: When the summer heat's on, cool off in the pool. Introduce your toddler to the water, get your teen on the swim team, become a lifeguard, and more – even rent the whole pool for a birthday splash!



Cat Camp - Be A Cat Champion
DAY CAMPS
chicocatcafe.com
(530)855-0542
Chico Cat Cafe,
1725 Esplanade, Chico.
Ages: Ages 5-8
Sessions: Wed. 10-11:30am until school begins in the fall.
Cost: \$25/child/day

Does your child LOVE cats? Harness your inner cat! Learn all about cat care, feeding and MORE in this fun and interactive day camp! Each session includes a fun and educational theme with a featured lesson, book, cat craft and (of course!) BONUS cat time in our lounge! Children will earn the "Junior Cat Champion" privilege and certificate. Don't miss out - sign up today



Earthbound Skills
DAY CAMPS
earthboundskills.com/summer-day-camps
(530)513-2542
Ages: 5-14
Cost: \$275
Forest Foxes Camps | Ages 5-7 | 9am-3pm
June 17-21, July 1-5 (no camp on 7/4), July 29-Aug 2
Nature Ninja Camps | Ages 8-12 | 9am-3pm
June 10-14, June 24-28, July 8-12, July 22-26
Woodland Scout Camp | Ages 11-14 | 9am-3pm
July 15-19

If your children love to be outside and are passionate about nature, this is the camp for them! Every day will be filled with nature-inspired activities and games that will stimulate their senses, refresh their bodies, and rejuvenate their relationship with nature. They will learn naturalist skills, survival skills, and crafts that will deepen their love for our precious environment. Your kids will come home excited, happy...and probably dirty!



Chico Creek Dance & Art Centre
DAY CAMPS
chicocreekdance.com/summer-camps
(530)893-9028
1144 W 1st St., Chico
Cost: \$100-\$185

Trolls Show Kids Dance Camp
Ages 4-10 | June 10-14, 9 am-noon | \$185
Embark on a journey to the fantastical land of the Trolls where music, dance and happiness reign supreme.
Ultimate Teen Beach Dance Camp
Ages 6-12 | June 24-28, 9 am-noon | \$185
Pack your bags, grab your surfboards and get ready for sun, sand and sensational fun!



Hogwarts Arts and Crafts Camp
Ages 5-10 | June 10-14, 2-5pm | \$185
Wizarding wonders, where imaginations soar and artistic spells come to life in the most enchanting way!
World of Art Camp
Ages 5-11 | July 8-12, 1:30-4:30pm | \$185
A celebration of diverse artistic expressions, encouraging campers to explore various cultures, styles and techniques across the globe.
Art Perspectives Workshop- Beginner/Intermediate
Ages 12-17 | June 20-22, 5:30pm-8pm | \$100
Participants will delve into the creative use of charcoal, pencils and soft pastels to develop their skills and enhance their artistic techniques.



Dance & Gymnastics Camps at Kinetics Academy of Dance & Gymnastics

DAY CAMPS
kineticsacademyofdance.com/summer-camps-classes
(530)345-2505
627 Broadway St., Ste 100, Chico
Cost: \$15-\$188

Whether your child wants to dance like a pop star, cheer and tumble, work on their gymnastic skills, or be a fairytale princess, there is something for them at Kinetics. From open gyms for toddlers to accelerated ballet classes for your teens, choose from a variety of camps and let your child enjoy a musical and active summer.

- Unicorn Fairy Ballet** Ages 4-8 | June 17-20 & July 29-Aug 1, noon-2:30pm | \$150
- Taylor & Miley Pop Star Camp** Ages 5-15 | June 24-27 & Aug 5-8, noon-2:30pm | \$150
- Dance Barbie!** Ages 5-12 | July 1-4, noon-2:30pm | \$150
- Ballet Accelerated Intensive Training Camp** Ages 8-16 | July 8-11, noon-2:30pm | \$150
- Fairy Tale Princess & Tea Party Camp** Ages 4-9 | July 15-18, noon-2:30pm | \$155
- Summer Dance Pass for Preschoolers** Ages 3-5 | June 17-Aug 17, time varies | \$188
- Summer Dance Pass for Preschoolers** Ages 5-7 | June 17-Aug 17, time varies | \$188
- Summer Dance Pass for Preschoolers** Ages 8-16 | June 17-Aug 17, time varies | \$188
- Slumber Party** Ages 4-9 | July 12, 5:30-8:30pm | \$42
- Dance & Gymnastics Camp** Ages 4-12 | July 22-25 & Aug 12-15, noon-2:30pm | \$155
- Aerial Arts & Circus Camp** Ages 6-16 | June 24 & July 15, 9:30-11:30am | \$49 & Aug 5-Aug 8, 12:15pm-2:45pm | \$169
- Gymnastics Camp** Ages 5-12 | June 24-27 & July 8-11, 12:15-2:45pm | \$155
- Ninja Fun Camp** Ages 4-8 | July 1-4, 12:15-2:45pm | \$155
- Cheer & Tumble Camp** Ages 6-15 | June 17-20 & July 29-Aug 1, 12:15-2:45pm | \$145
- Gymnastics Day Camp** Ages 4-12 | July 5 & Aug 9, 12:30-3pm | \$42
- Gymnastics Day Camp Level 2** (Beyond Basics) Ages 6-15 | July 15-18, 12:15-2:45pm | \$155
- Gymnastics Toddlers Open Gym** Ages 18mo-4 | July 1 & Aug 5, 9-10:30am | \$15
- Gymnastics Open Gym** Ages 6-12 | July 1 & Aug 5, 10:30am-noon | \$15



Forebay Summer Aquatic Camp

DAY CAMPS
forebayaquaticcenter.com
(530)774-7934
Forebay Aquatic Center
930 Garden Drive, Oroville.
Ages: 7-14
Sessions: June 10-Aug 5
Cost: \$175-\$275
Half-day: Mon-Fri 8am-12:30pm, \$175
Full Day: Mon-Fri, 8am-5pm \$275
Scholarships available to those who qualify.

Campers learn to master watercraft, including kayaks, canoes and standup paddle boards, in a safe and exciting environment. Campers will work their way from basic terminology to skills such as self rescue! Campers play games to learn about local wildlife, nature skills and team building. All experience levels welcome! Signups from 7:30-8am; campers are expected to be picked up by the end of their session.



Youth Camp at Chico Racquet Club

DAY CAMPS
chicoracquetclub.com/summer-camps
(530)895-1881
1629 Manzanita Ave.
Ages: 4-16
Sessions: Mon-Fri, June 10-Aug 9, Aug 12-16, 10:30am-3pm
Cost: Varies

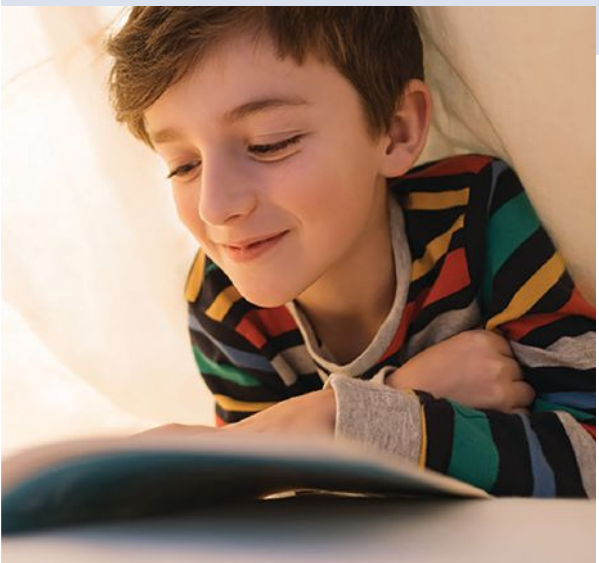
We offer daily, weekly and monthly Pickleball/Tennis Summer Camps with pro instructors. Mornings will include stroke technique lessons, on-court instruction and games. Campers may bring their own lunches or purchase food in the Pro Shop and then enjoy the pool mid-day. Finish the day with more on-court instruction and games!



Summer Adventures in Reading—Online Reading Classes for Kids

DAY CAMPS
rce.csuchico.edu/reading
(530)898-6105
Multiple Counties
Ages: K-10th Grade
Cost: varies

This summer, help your child become a confident, enthusiastic reader through Chico State's Professional & Continuing Education **Summer Reading Skills Programs!** Designed and taught by instructors from the Institute of Reading Development, these single-grade programs teach key reading skills, from phonics and sight words for younger children to comprehension, reading speed, and textbook strategies for older kids, and everything in between. Guided by a knowledgeable and supportive teacher, students in these programs experience success with reading again and again, developing their skills and building confidence in outstanding books at the right level of challenge for each age. By the end of the summer, your child will have avoided many difficulties associated with summer learning loss and become an avid reader who enjoys reading for both school and pleasure.





Martial Arts Summer Camp

DAY CAMPS

azadsmartialarts.com
(530)892-AZAD
Azad's Martial Arts Center
313 Walnut St, Suite 150, Chico
Ages: 3 and older
Sessions: June 3-7 Nerf Camp | June 10-14 Ninja Camp
June 17-21 Gladiator Camp | June 24-28 Nerf Camp
July 8-12 Ninja Camp | July 15-19 Gladiator Camp
July 22-26 Nerf Camp. All camps/sessions Mon-Fri, 8am-noon
Cost: Enrollment Begins \$255 per week

Your child will enjoy high-quality martial arts training and a wide range of games and activities each day. While the entire week is packed with fun activities and lessons, each day brings a series of specialized focus activities on areas such as personal safety, self-defense, mental sharpness, emotional health, physical health, teamwork and celebration in what we accomplish.



Little Hoopsters Basketball Camp

DAY CAMPS

chicorec.gov/little-hoopsters
(530)895-4711
Arron Ray Clark Memorial Field House,
1900 Dr. MLK Jr. Parkway, Chico
Ages: 5-7
Cost: Varies
Sessions: 3-day sessions, June 17-August 9. Morning
session 10am-12:15pm, all day session 10am-5:15pm

Sign your Little Athlete up for this camp to learn the fundamentals of basketball, offensive and defensive stations and drills, join in small-sided games/scrimmages and more! Each camp provides entertainment with a purpose. Geared specifically toward age and ability, your "Little Athlete" will be highly entertained doing what they love and learning the fundamentals of the game along the way. Each camp will feature paid coaches that create a positive, non-threatening environment for your little one to gain a love of the game.



Terrain Park Climbing Center Youth Summer Camp

DAY CAMPS

terrainparkclimbingcenter.com
(530)809-0796
931 W 5th St., Ste. 100 Chico
Ages: 7-13
Sessions: Mon-Thurs 9am-12pm. June- Aug
Cost: \$250 per week for a single child, or \$215 per kid
when signing up siblings.

Our youth summer camp is geared towards providing young climbers an environment where they can have fun and grow as a climber and connect with other young climbers on a weekly basis. A typical day consists of climbing, drills, games and team building skills. Our goal is to create a friendly learning environment while building strength, confidence, solving problems, making friends & having fun all at the same time! Make sure to wear comfortable clothing you can move around in. Bring lunch and a water bottle. We'll supply the rest!



Museum Camp at Valene L. Smith Museum of Anthropology

DAY CAMPS

csuchico.edu/anthmuseum/family/family-programming.shtml
(530)898-5397
Valene L. Smith Museum of Anthropology,
Chico State Campus, 400 West First St, Chico
Ages: 5-12
Sessions: Mon-Thu, 8:30am-12:30pm, July 15-18 &
July 22-25.
Cost: \$150 per week or \$290 for both

This year's camp offers a mashup of history, science, culture & adventure. This year marks the 20th year for the anthropology museum camp! Campers travel the world, enter epic time periods in human history and engage in science and art in fun and exciting ways.

Week 1 - Mollusks, Mummies & Mammoths July 15-18

Explore the ecosystems of forests and oceans and discover the past through ice archaeology.

Week 2 - Ancient Egypt July 22-25 Who were the ancient Egyptians? From daily life to animal gods uncover facts and mysteries around this famous civilization.

GLENN COUNTY



Career Discovery Camps

DAY CAMPS

success1charter.org/gap-cte-career-technical-education
(530)936-6980 x 3555
Ages: 16-19
Sessions: June-Aug

If you have a teen who is looking towards the future, join us for Career Discovery Camps. There will be a range of camps for all interests including: Fire Fighting, Office Technologies/AI, EMS/Ambulance, Aviation & Transportation, Police Investigation, Construction, Future Educators, Food Service & Hospitality. Here they can learn about different careers and investigate their passions. Open to all Glenn County students. Call for more info.



Shasta Family YMCA Best Summer Ever!

DAY CAMPS

sfymca.org/programs/camps/summer-day-camps
(530)246-9622

Shasta Family YMCA at Boulder Creek Elementary School,
505 Springer Drive, Redding

Ages: 5-13

Sessions: June 10-Aug 2, Mon-Fri, 7:30am-5:30pm, No camp 7/4 & 7/5

Cost: \$210 for 3-day week; \$267 for 5-day week

We know not all parents/guardians get time off when their child(ren) are on school break; that is why the Y has you covered. We offer day camps all summer long. While you are taking care of business, you can be assured your child(ren) are engaged, safe, and having fun. Don't miss out on this unforgettable summer experience for your child. Register Now! Looking for additional activities for the entire family? Check out our website: www.sfymca.org



Trinity Lutheran

DAY CAMPS

reddingtlc.org/learningcenter
Crystal@reddingtlc.org

(530)221-6686 x 205

2440 Hilltop Dr., Redding

Ages: Varies

Cost: \$215/week

Sessions: June 10-July 19, closed July 4. M-F 7:30am-5:30pm

Registration is now open! Come join us for fun and adventure. We go on field trips most weeks and the price includes all field trips. Please email or come down to pick up a packet. Space is limited as we keep our camp small.



The Redding Arts Project – School of Theatre and Dance

DAY CAMPS

1726 Market Street, Redding
thereddingartsproject.com

(530) 245-1019

Dance Camps: Ages: 3+

Sessions: June 10th – July 19th

*Special August Dance Intensive – more details to come!

Join The Redding Arts Project for our delightful summer dance and theatre programs emphasizing creativity, fun, and a commitment to age-appropriate technique. Nestled in Redding's flourishing downtown Arts District, The Redding Arts Project offers a professional yet welcoming atmosphere. Our dedicated staff and faculty are committed to helping you or your child excel in the art of theatre and dance. Explore our website for additional details about our summer camps!



Dance Depot July 3-Day Camps & Ballet Intensive

DAY CAMPS

dancedepotfamily.com

(530)275-9618

Dance Depot

2225 Larkspur Lane, Redding

All ages & levels

Sessions: 3 Day Camps July 9-11, 16-18, 23-25 (Tues, Wed, Thurs) 3 Week Ballet Intensive July 9-25 (Tues & Thurs mornings) - Intermediate/Advanced Levels.

Check website for times.

Cost: \$60 - \$130 with discounts for additional classes.

We will be offering a variety of dance styles including ballet, lyrical jazz, acrobatics, tap, hip-hop & more. along with Mommy or Daddy and ME classes. Students will be able to jump in & dance with us! Don't miss out on this unforgettable summer experience for your child. Register Now & give us a call 530-275-9618



Shasta Youth Leadership Camp (SYLC)

RESIDENTIAL CAMPS

shastayouthleadershipcamp.com

2211 College View Dr, Redding

Camp Dates: 7/9-7/12

Cost: \$200

Aimed at cultivating leadership skills among local middle school youth. Hosted at Simpson University. Participants engage in a comprehensive leadership curriculum, encouraging commitment to a positive lifestyle and inspiring them to become agents of change within their schools and communities. 4-day, 3-night. Open to middle school students.



Turtle Bay Discovery Camps

DAY CAMPS

turtlebay.org/camps
(530)242-3108

Turtle Bay Exploration Park,
844 Sundial Bridge Drive, Redding
Ages 7-12

Sessions: Mon-Fri, June 17-Aug 2, 9am-4pm

Cost: \$225 for members and \$250 for nonmembers

Turtle Bay's Discovery Camps are an opportunity for 7-12-year-olds to participate in various science activities, crafts, games, and more! At Turtle Bay, we encourage interactive and hands-on learning that builds on prior knowledge. We encourage campers to try new and different activities and experiments. Sequential days will build off the previous day's work as we explore science, arts, and the surrounding natural world. Throughout the week, campers will also have opportunities to attend Turtle Bay programs, visit the Parrot Playhouse, enjoy the playgrounds, and explore our exhibitions, gardens, and more.



Acton Academy Camp Curiosity

DAY CAMPS

actonredding.com/camp-curiosity
(530)377-3302

2960 Hartnell Ave, Redding
Ages 6-13

Cost: 1-day Pass – \$40, 10-day Pass – \$345,
Summer Pass – \$595

Sessions: June 17-July 12, 8:15am-1pm daily.

Camp Curiosity provides a variety of activities for learners to choose from, including theater, coding & robotics, arts & crafts, outdoor play, gym sports, engineering challenges, 3D printing, stop-motion animation, group games and so much more! They'll choose what they want to do and for how long. Our role is to step aside, cheer them on in tackling new challenges and taking creative risks, celebrate "failure" and provide just enough guidance to keep everyone safe and happy. Each day begins and ends with Socratic discussions and team games, while built-in incentives keep learners engaged until time runs out.



Hokema's Sewing and Vacuum

DAY CAMPS

Hokemas.net
2736 Bechelli Ln, Redding
(530)223-1970

Ages: 8-17

Sessions: June 17-July 25

Cost: \$375 per camper. All materials, lunches and snacks included. Prices reflect no increase over last year!

Sewing 101: June 17-20, 9am-4pm

Spend the week learning the basics. Projects include pillowcase, roll-up case and more. Great for beginners.

Panel Quilt: July 29-Aug 1

Students will get to pick their own panel and make a quilt. Class is great for a confident beginner.

Bag Making 101: July 22-25, 9am-4pm

Students will learn the basics of bag making. Main project will be a backpack. Class is great for an intermediate sewist.



Shasta Rock Club Kids Summer Camp

DAY CAMPS

shastarockclub.com • (530)691-4505

2325 Athens Ave., Redding

Youth Camp: Ages 6-12 | June 24-28, 8am-11am |
July 22-26, 8am-11am

Summer Intensive: Ages 12-18 | July 1-5, 8am-11am |
July 29-August 2, 8am-11am

Cost: \$225-\$275

Join us for an awesome time full of action-packed climbing fun! During our summer camps, we will play games, make friends, and climb a lot! Our goal is to provide campers with a unique experience that is challenging, educative, and teaches teamwork. Kids leave our camp more confident, empowered, and courageous. Previous climbing experience is NOT required for camp. Parents are invited to join us at 10:30am on Friday to see what their kids have learned over the week and for our end of the week Camp Rally! Camps includes a t-shirt and pizza for lunch on the last day.



Roots Farm EDU Camp

DAY CAMPS

rootsfarmedu.com

(530)549-8021

Palo Cedro

Ages: 5-12

Cost: \$225/week

Sessions: June 24-28, July 15-19, August 5-9, 8am-2pm.

Get your kiddos to unplug from electronics this summer at Roots Farm EDU where nourishment of mind, body, and spirit is discovered in skills, knowledge, and reverence of generations past. They will learn about life on a farm and nature and how animals and plants can help each other for a more productive farm. We will also learn folksongs, planting, cooking, harvesting and have a mix of various art forms from poetry to painting!



Shasta Libraries Summer Reading Program

DAY CAMPS

shastalibraries.org/

summer-reading

Burney Library, 37116 Main Street | (530)245-7250

Redding Library, 1100 Parkview Ave | (530)245-7250

Anderson Library, 3200 W Center St | (530)365-7685

Ages: All ages

Sessions: June-July

Cost: Free

Shasta Public Libraries will be hosting and creating events and programs to support literacy for all ages. Camps will be open to all ages and family oriented with fun arts and crafts, magicians, readings and even prizes.



California Dance Co. Summer Sessions

DAY CAMPS

cadanceco.com/summer
(530)365-7749
2150 #1 Marx Way, Anderson
Ages: Varies

Fairytale Ballet Mini Session

Ages 4-8 | May 22-June 26 | \$95

In My Dance Era Summer Dance Camp

July 15-17 | \$159

Welcome to the Circus Summer Gymnastics Camp

August 5-9 | \$179

Gymnastics - Olympics Theme

June 4-week session | \$70

July/August 8-week session | \$140

Aerial Silks - Olympics Theme

June 4-week session | \$70

July/August 8-week session | \$140

Tumbling Tricks & Flips

June 4-week session (semi-private classes) | \$80

July/August 8-week session 8-week session (semi-private classes) | \$160

Twirlin' Tiaras Dance Class

Ages 2-4 | July 4-week session | \$70

August 4-week session | \$70

Barbie's Summer Dance Party

Ages 5-9 | July 4-week session | \$70

August 4-week session | \$70

JULY DANCE POP UPS

Int/Adv ages 7-12 | \$25 each class or \$69 for all 3 classes in one style

Hip-Hop Pop Up: July 11, 5-8pm

Technique Pop Up: July 17, 5-8pm (Flexibility & Strength, Acro Tricks, Turns & Leaps)

Industry Pop Up: July 24, 5-8pm (Lyrical, Musical Theatre/Improv, Contemporary)

Technique Pop Up: July 31, 5-8pm (Flexibility & Strength, Jumps & Leaps, Building Strong Turns)



Redding Fashion Alliance Summer Sewing Camps

DAY CAMPS

Redding School of the Arts,
955 Inspiration Plaza
reddingfashionalliance.org/summer-sewing-camps.html

Learn basic sewing skills from how to operate a sewing machine to sewing simple beachwear and upcycle creations. Machines, threads, tools and supply list provided. Student brings fabrics.

Introduction to Sewing: Learn the Basics of Machine Sewing:

June 24-27 & July 22-25, 1-4pm | July 29-August 1, 9am-12pm

Make a Summer Beach Outfit: June 17-22 & July 8-11, 9am-12pm

Make a Crossbody Bag and More: June 17-20, 1-4pm | June 24-27, 9am-12pm

Stuffed Animals: July 8-11 & July 29-August 1, 1-4pm

Make a Hooded Vest: July 15-18, 9am-12pm

Make Shorts or Summer Dress: July 15-18, 1-4pm

Upcycle Jeans Project: July 22-25, 9am-12pm



Redding Performing Arts Center

DAY CAMPS

Reddingpac.com
(530)276-8283

3274 Bechelli Ln

Ages: Varies

Cost: \$250-\$475

Check website for camp options, days and times

Camp registration is now open for both our Performance and Technical Theatre camps! During camp students will grow as actors, singers and dancers, learning fun new songs and exciting choreography with excellent teachers, professional rehearsal space and a welcoming environment. Have a student who doesn't love being on stage? Sign them up for tech camp for a hands-on experience of the behind the scenes of a show, Space is limited, register today at reddingpac.com.



Redding Recreation Summer Camps: Unleash the Adventure

DAY CAMPS

reddingrecreation.org

(530)225-4095

Ages: 5-14

Sessions: June-early Aug. For camp times, go to reddingrecreation.org and click on Activity Guides and Recreation Programs.

Cost: \$30-\$160

Get ready for an unforgettable summer at Redding Recreation Summer Camps! Our Summer Adventure camps are a whirlwind of excitement, filled with weekly field trips, swim days, innovative crafts, awesome games and a dedicated team of highly trained camp staff. Hurry, spots fill up fast!

Our summer swim lessons bring a splash of fun and skill-building in the waters of the Redding Aquatic Center. Camp Adventure is a camp for thrill-seekers, including traditional and nontraditional sports, fitness, team competitions, and water play. If your child is interested in a more specialized camp, we have those too! Baseball Camp, Skateboard Camp, Farm Camp, Nuts and Bolts Construction Camp, Tennis Camp, and Sailing Camp are just a few.

With these and more, Redding Recreation Summer Camps offer diverse activities tailored to your family's interests. Secure your spot for a summer of exploration, growth, and lasting memories! Visit online today!



Sensory Innovations

DAY CAMPS

sensoryinnovations.org

(530)780-5559

20 Hilltop Dr, Ste A, Redding

Ages: 6-13

Sessions: July 8-12 | 8-12pm & 1-5pm, July 15-19 | 8-12pm and 1-5pm, July 22-26 | 8-12pm and 1-5pm, July 29- Aug 2 | 8-12pm and 1-5pm

Cost: \$235.00 per week or \$930 for all 4 weeks.

At Sensory Innovations, we take pride in providing a wide range of sensory-friendly camps and workshops all year round. These thoughtfully crafted programs are designed by our team of Licensed Occupational Therapists, who are experts in their field. Our goal is to empower individuals by equipping them with effective strategies for improving self-regulation and enhancing motor skills. Additionally, we focus on developing executive functioning skills that can be applied to various daily activities. Join us on this journey of growth and discovery as we create a nurturing environment where individuals can thrive and reach their full potential.



Pasture-Raised Kids Farm Camp & Music Lessons

DAY CAMPS

farmschooladventures.com/summer

(530)643-6551

7715 Eastside Road, Fort Jones

June 24-Aug 2, closed on July 4.

Thursdays meet at Etna City Park and pick up at Etna City Pool

Monday-Thursday, 8:30-3:30pm

Cost: \$125/Week

Get ready for an unforgettable adventure filled with hands-on experiences and exploration! Step into our world where learning meets nature. Our summer program is designed to ignite curiosity and foster a deep connection with the environment. From our bustling farm to the heart of our culinary kitchen and vibrant children's garden, every corner is a new discovery waiting to happen. Enroll now!



Regenerative Arts Day Camp (RAD)

DAY CAMPS

www.facebook.com/profile.php?id=100094406847531

(207)458-8247

Regenerative Arts Learning Center

Ages 3-12

Sessions: June 17-Aug 28, Mon – Wed, 3 days a week. 10am-3pm

Cost: \$40-\$65 a day

At RAD Camp, children will take part in natural and recycled arts & crafts, help tend to their own garden and learn how solar cooking works. Organic meals will also be provided. With a 6 to 1 child to instructor ratio, children will feel independent and have freedom to create. Email ilanna_d@yahoo.com to enroll today.



College of the Siskiyous Summer Show Choir & Jazz Camp

DAY CAMPS

siskiyous.edu/camps

(530)938-5373

800 College Avenue, Weed

Ages: 5-18

Sessions: June 23 - Sunday afternoon - check in and voice/dance placement. June 24-29 - Mon-Fri 9am-5pm - singing and dancing

Cost: \$42

College of the Siskiyous Music Department invites you to spend a full week receiving instruction by the most respected Jazz and Show Choir directors, composers, and choreographers in the United States! This year we are offering two age groups: Grades K-5th and 6th-12th. Come and join the fun! For more information and to sign up: rsabbinnck@siskiyous.edu.



College of Siskiyous Basketball Camp

DAY CAMPS

siskiyous.edu/camps

(530)938-5373

COS Gymnasium, 800 College Ave., Weed

Ages: Basketball Camp (Ages 5-14 years)

Group 1 (Ages 5-8) 8:30-10:30 am

Group 2: (Ages 9-14) 11am-2pm

Cost: Group 1 (Ages 5-8) \$60 pre-registration/\$70 walk-up

Group 2 (Ages 9-14) \$110 pre-registration/\$120 walk-up

Ages 5-8: \$60 pre-registration, \$70 walk-up day of camp

Ages 9-14: \$110 pre-registration, \$120 walk-up day of camp

Sessions: June 19-22

Girls and boys ages 5 to 14 years are invited to participate in a one-week summer basketball camp. Campers will receive instruction in ball handling, shooting, offense, passing, defense, and fundamentals. Coaches include COS Men's Basketball Head Coach Kyle Heath and current/former players. All campers will receive a camp t-shirt. Daily awards will be given. For information contact Camp Director Kyle Heath (530) 938-5859. heath@siskiyous.edu



Red Bank Outdoor Academy

RESIDENTIAL CAMP

redbankoutdooracademy.com

(707)498-2013

Red Bank Outfitters aka Red Bank Ale & Quail, 18875

Red Bank Rd, Red Bluff

Ages: 8-16

Sessions:

June 9-13 – Level I

June 16-20 – Level I & II Combo

June 23-27 – Level I & II Combo

July 7-11 – Level II

July 14-18 – Level I & II Combo

July 21-25 – Level I & II Combo

July 28-1 – Specialty Camp (TBD)

Cost: \$900 for lodging, three meals per day, and all supplies needed to participate. Full & partial scholarships are available based on financial need and family hardships.

All camps drop off on Sunday at 4pm and pickup on Thursday between 12:30-2pm. Pickup times vary due to the number of students per camp. Pickup day is also our competition day with an awards ceremony before pickup. During our week-long, highly supervised camps, RBOA will provide students ages 9-15 with hands-on, in-depth instruction in outdoor recreation and conservation skills. Red Bank Outdoor Academy is dedicated to preserving our outdoor heritage through providing our youth with the highest-level instructional opportunities. Our goal is to ensure all youth have the ability to experience hunting and fishing opportunities, learn the importance of wildlife conservation, and build safety and outdoor skills that will last a lifetime.



Flare Dance and Acrobatics

DAY CAMPS

igniteyourflare.com/page/class-registration

(530)255-4180

446 Walnut St, Red Bluff

Ages: Varies

Sessions: June 3-19, Mon & Wed

Cost: \$35-\$236. Receive 10% off your uniform with registration in one of our 4-week summer programs.

Unleash your potential this summer at Ignite Your Flare! Dive into dance and acrobatics classes designed to ignite your passion and elevate your skills. Join us for 3 fabulous weeks this June and let your spirit soar! Contact us at 530-255-4180 or igniteyourflare@gmail.com for more information!



Summer SERRF Expanded Learning

DAY CAMPS

tehamaschools.org/Departments/SERRF/index.html

(530)528-7381

Tehama County Department of Education

Ages: K-8th grade students

Sessions: June-July. Check website for locations, days and times of camps throughout Tehama County.

This summer we are embarking on an adventure centered around the California Gold Rush! Utilizing the Tehama County Book in Common, *By The Great Horn Spoon*, students will engage in five weeks of educational and enriching hands-on activities, field trips, and recreation! Programs are held at selected school sites throughout the county with partial and full day options to meet your summer needs.



Lassen County Kids Camp

RESIDENTIAL CAMP

rmhcn.org

(916)734-4230

Lassen National Park

Ages: 8-12

Sessions: July 7-13, 4 days, 3 nights

Cost: \$300

Limited scholarships available

This camp week specifically is for able bodied kiddos, in rural north areas. We look at this camp week as a thank-you to our communities for hosting our camp grounds in Lassen National park. Camp experience includes: archery, arts and crafts, canoeing, drama / music, fishing, group games, hiking, mountain biking, outdoor education & swimming. Lassen County Kids Camp is looking for counselors ages 16-18.



Read-A-Rific Summer Reading Program

readarific.com

Cost: Varies

Does your child or teen struggle with remembering and understanding what they read? Do they dislike reading? Is homework time a struggle? Read-A-Rific Reading Comprehension - The Smart and Easy Way™ consists of 60 user-friendly sessions that can be completed in around 15 minutes daily. Parents, or those helping students, do not have to think or prepare for these sessions. Most of the work is already done! Helpers just need to be there each day to ensure students are following the directions in the videos. This program could not be simpler, yet contains the same highly effective techniques Janel Nansenn M.A., founder and educational therapist, has used with her clients in her office for years, at only a fraction of the cost. It's a great program to help reading skills over the summer!

BE READY FOR A DISASTER

Living in California, you might experience a natural disaster.
Help yourself and your family to be prepared by taking five simple steps:

1 GET ALERTS

- Go to www.CalAlerts.org to sign up for emergency alerts.
- Follow reliable social media sources like your County Office of Emergency Management/Services, firechief, sherrif/police, and local government.
- Call 2-1-1 from your phone to get more information.

2 MAKE A PLAN

- Make a list of contact information for all the people you might need to reach.
- Share the list with your family in case you are separated.
- Decide where you would meet up with loved ones in an emergency and practice how you would evecuete.



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OF EMERGENCY SERVICES



United Way of
Northern California

3 MAKE A GO BAG

- Make a Go Bag for when you have to evacuate quickly.
- Pack important documents and items for each member of your household ahead of time.
- Be ready to grab keys, wallet, phone/charger, medication, and personal items.

4 MAKE A STAY BOX

- Make a Stay Box for when you cannot leave your home.
- Include basic supplies like foods that won't spoil, water, medications, a flashlight, and trash bags.

5 HELP OTHERS

- Exchange contact information with your neighbors and plan how you could work together to help keep each other safe.
- Be ready to assist those around you who might be less able to help themsleves during a disaster.

SISKIYOU COUNTY NEWS

SUMMER FAMILY ADVENTURES WITH RIVER DANCERS WHITEWATER RAFTING

CLICK
HERE FOR
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ARTICLE

Likes to spectacular waterfalls, breathtaking starry nights, stories and music around a campfire, watershed education and history, epic water battles, jumping off rocks, swimming rapids, kayaking - these are some of the fun activities that families can enjoy on rafting trips with River Dancers Whitewater Rafting Company located in beautiful Siskiyou County.

RIVER RAFTING ADVENTURES FOR CHILDREN AND FAMILIES OF ALL AGES

"It's such a lovely experience out on the river," says Marty Sochet, a River Dancer whitewater rafting guide who specializes in guiding family rafting trips. A marital and family therapist for 45 years, Marty specialized in working with dads and facilitated many men's groups. He combined his love of white-water rafting with his counseling expertise to create "dads' rafting trips." Marty says, "We would go out on rafting trips to connect, have a good time and broaden our experience together."

The trips were such great fun that when many dads expressed the desire to share them with their kids, Marty expanded the rafting adventures to "dads' and kids" trips. "It's really fun because I'm not a very intimidating person and I make a great target for water guns, so the kids would really gang up on me and the dads loved it," Marty says. "Over the years, a lot of women expressed the desire to join these trips, so they eventually expanded to whole family trips, and it became an annual tradition."

Marty still guides men's group trips on the upper Sacramento River early in the year. "But the Klamath is a warm water river, so it's a great experience for kids," Marty says. "It's a great privilege to take kids down the river. The sweetest thing is to see the kids wake up in the morning with sleepy eyes, sticking their heads out of their sleeping bags." However, Marty explains, some family rafting trips include grown children and their parents who set out to experience this exciting adventure together!

BUILDING A COMMUNITY ON THE RIVER

A longtime guide for River Dancers, Marty says guiding these family trips is a labor of love. "There's nothing like getting off the river, setting up a tent and building a community. Kids do pitch in, but invariably the kids just want to play." Although he describes himself as a "latent camp counselor," Marty says for the most part, kids and parents get along well on these trips because they are out of their normal environment and they are having fun. "Sometimes parents get into a conversation with me about a particular challenge they are having, but most of my work is being a river guide and focusing on safety."

Marty runs a special group family trip in July each year, scheduled this year July 26, 27 and 28. But families can book trips through River Dancers any time during the summer. River Dancers owner, Aaron Beverly, 23▶

Marty Sochet is well prepared for safety AND fun on his family River Dancers river rafting adventures.



recommends the Tree of Heaven run, about 20 minutes from Yreka, as appropriate for all ages and the best run for families with small children as young as 3 years old. "Some young children might be bothered by getting splashed at first," he says, "but they quickly get used to it and enjoy the ride. This is a class II run, so there are some fun rapids and it is also a very relaxing trip. Teenagers enjoy it and we bring inflatable kayaks for them to use during the run."

RIVER DANCERS OFFERS RELAXING, REJUVENATING, INCLUSIVE EXPERIENCES

Aaron says, "Everyone is always happy on the river. I used to be a mountain guide and I observed that people were cold and tired and stressed when mountain climbing. It's different on the river. It's warm; it's relaxing. The river puts people in a good mood. It relieves tension. Families spend the whole day together on the

river enjoying sandy beaches, good food, just hanging out. People want to come back and in fact, they do year after year. From the guides' perspective it's great to see the kids grow up over the years."

River rafting trips include what Aaron calls "river gourmet" meals with dinners such as sushi, Pad Thai, pesto risotto, gumbo, spaghetti and meatballs, burritos and tacos. Lunches are deli style sandwiches and wraps. Breakfasts are often veggie scrambles, pancakes or fancy bagels. "You won't go hungry!" Aaron says. They cater meals to accommodate vegetarian, vegan, dairy-free, gluten-free diets and food allergies.

They also offer adaptive river rafting trips for families with cognitive and/or physical special needs. "We partner with Rotary Club of Mount Shasta, which, for the last 30 years, has provided financial support and volunteers to help with caregiving to provide caregivers a break for the day," says Aaron. "These trips are free;

use of boats and gear is donated by River Dancers and our guides volunteer to lead the trips." They can also accommodate families with special needs throughout the rafting season. Call River Dancers to make arrangements. If you would like to support these special trips, have questions about the Rotary volunteers or the Rotary Club of Mt. Shasta, call Donna Boyd at (530)925-4750.

To find out about when adaptive trips are scheduled this year, or to schedule a river rafting day or multiday adventure, go to riverdancers.com or call (530)918-8610. ■



Stacey Leigh Mohr's family took her wilderness camping from a young age, taught her to fish, to cook tasty meals over a campfire, whitewater raft down the Feather River and to appreciate and work to preserve the natural beauty of wild places.

BOOK YOUR FAMILY TRIP NOW

Children as young as age 5



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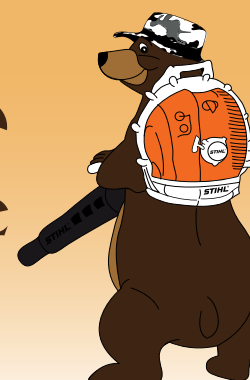


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4TH of JULY

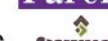
MT. SHASTA FUN RUN & WALK

★ ★ ★ ★ ★ est. 1960 ★ ★ ★ ★ ★

The 4th of July Walk/Run is back again in downtown Mt. Shasta! Mountain Runners is thrilled to once again host this longstanding tradition - we can't wait to see you here.



Early Registration -
Now - June 1st, 12am
Regular Registration -
June 2nd - July 2nd, 12am
Late Registration -
July 3rd & 4th

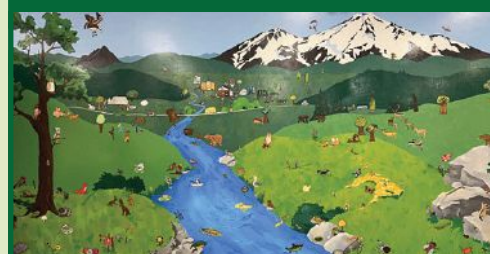


SCAN QR CODE OR VISIT MOUNTAINRUNNERS.ORG TO REGISTER



Sharing Mt. Shasta's Stories

Thursday Mornings at the Museum



Activities for Parents and Children - 10am to Noon - Numerous Activities & Levels

June 27 - Magnets, Electricity, Draw Ideas for Mural
July 25 - Mysteries of Water, Water Activities,
Draw Ideas for Mural
August 15 - Insects (Bees in Particular) Draw Ideas
for Mural

New Exhibit for 2024

Featured Exhibit: "Postcards from the Future"
What Do We Want for Our Children's Future?



Museum Store: Books • Jewelry • Postcards • Toys & Much More!

Located at the State Fish Hatchery • 1 N. Old Stage Rd., Mt. Shasta
(530) 926-5508 • mtshastamuseum.com • Open Thur-Mon 10-4pm

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Learn About Local Preschools

Chico Montessori Children's House

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BUTTE COUNTY

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ⓁⓂⓂ Ages: 2.9-5 yrs • Times: M-F, 8:30am-4pm or 5:30pm
Montessori-trained teachers for the development of the whole child. Emphasis on inner motivation, using the child's natural curiosity and delight in discovery. Sessions offered a.m., p.m. and full day. Lic# 045406630

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ⓁⓂⓂ Ages: 0-6 yrs • Times: M-F, 7:30am-5:30pm
Preschool time is filled with a large variety of fun activities designed to encourage and preserve a child's love of learning. Our skilled and thoughtful teachers offer a full preschool curriculum but remain flexible to meet the children's ever changing needs and interests. Fresh fruits and veggies are served with every meal. Valley Oak payment programs accepted. Lic# 045407950

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honeybeechico.com

ⓁⓂⓂ Ages: 2.5-5 yrs • Times: M-Th, 8:30-1pm
Waldorf-inspired, in-home preschool, centering child-led free play & teacher-led practical arts, such as bread baking, painting, vegetable soup making, animal care and gardening. Ample time outdoors. Lic# 045408372

Little Sprouts Preschool

15 Overland Ct. • (530) 345-0123

ⓁⓂⓂ Ages: 2-5 yrs • Times: M-F, 7am-5:30pm
Age appropriate classes every day. Great PreK program!
County funding welcome! Lic# 045405784

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palermomiddle.palermoschools.org

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school year and year round
Our qualified staff is excited to work with you and your child to develop the foundation for your child's future academic success. We strive to offer a quality program that recognizes and values each child's unique traits and potential. The curriculum is child centered and organized around the following basic skill areas: English language development, early literacy (rhyming, letter knowledge and sounds), early writing, children's literature, science, number sense, art, and music. Ages 3 years and up need to be able to use restroom with little or no help. Lic# 041370378, 041372369, 045407779

SHASTA COUNTY

PALO CEDRO

Redding Christian Preschool and Pre-Kindergarten

21945 Old 44 Drive • (530) 547-5600

Ages: 3-5 yrs • Times: M-F, 7:30am-5:30pm

mid-August through May

reddingchristian.com

Located just east of Redding in Palo Cedro, our private Christian preschool and pre-kindergarten programs offer a variety of hands-on learning, sensory/motor integration and academic skill building that focus on spiritual, academic, social and physical development. Our comprehensive pre-kindergarten curriculum challenges students in language arts, number sense, science and social studies, all while instilling a Biblical world view and a life-long love of learning. Lic# 455406244

REDDING

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10142 Old Oregon Trail • (530) 223-4070 x315

ⓁⓂⓂ Ages: 2-5 yrs • Times: M-F, 7:30am-6pm

Our experienced, qualified and nurturing teachers provide for every aspect of your child's preschool experience. We offer full, extended and half-day programs with small class sizes, hands-on learning, kindergarten readiness and activities in all areas of learning. There is no residency requirement to live in the Columbia District for your child to attend the preschool. Qualified SCOE spots available for half and whole days.

Lic# 455403185

Shasta County Head Start Child Development, Inc.

375 Lake Blvd. • (530) 241-1036

shastaheadstart.org

ⓁⓂⓂ Ages: 0-5 yrs

Times: M-F, 8am - 4:30pm

Shasta Head Start is a private, non-profit corporation which was formed in 1965 to provide high quality childcare and social services to low-income children and their and their families in Shasta, Siskiyou and Trinity Counties. Lic# 455406084

Trinity Lutheran Early Learning Center

2440 Hilltop Dr. • (530) 221-6686

www.reddingtlc.org crystal@reddingtlc.org

ⓁⓂⓂ Ages: 0-5 yrs

Times: M-F, 7:30am - 5:45pm

Trinity Lutheran Early Learning Center offers a meaningful Christian education with caring and experienced teachers who teach about the love of Christ. We teach Zoophonics, Second Step, and curriculum to help ensure each child is ready for Kindergarten and beyond. We love because God first loved us. We accept SCOE. Lic# 451373105

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3490 Placer St. • (530) 241-2225

westreddingpreschool.net

ⓁⓂⓂ Ages: 6 wks-12 yrs • Times: M-F, 7am-5:30pm

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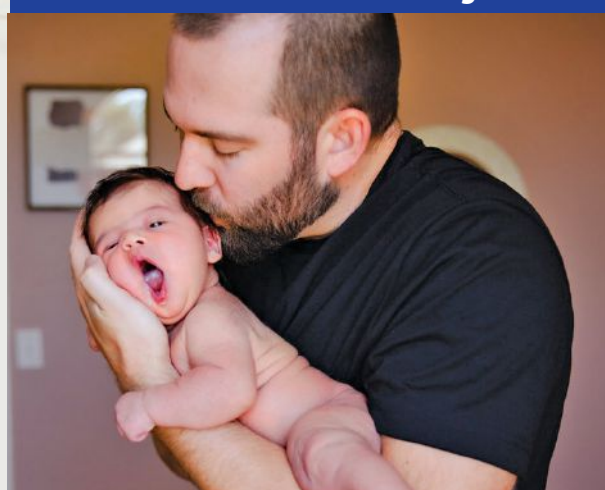
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TEHAMA COUNTY 530-528-7324
first5tehama.org

COOL PLACES to Visit in the HOT SUMMER

CLICK
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ARTICLE

On hot summer days, local pools, lakes and swimming holes beckon. But when you and your kiddos have had enough water and sun and need a drier place to cool off on a hot day, consider taking the tots and teens to a museum. The North State is swimming in super cool museum discovery experiences to engage eager minds and keep restless bodies active. We've selected a few of the best to keep cool close to home!

GLENN COUNTY

HONEYBEE DISCOVERY CENTER

This engaging interactive exhibition gallery and learning space in Orland, the "Queen Bee Capital of the World," educates children about the importance of pollinators - especially honeybees - in our environment. Kids can see bee anatomy up close, discover how honey is produced, taste honey from different nectar sources and watch the honeybees work. Admission: \$3 per person, \$2 for children 6-12 years. Children 5 and younger are free. Open the first consecutive Friday & Saturday of every month, Fridays 3pm-6pm, Saturdays 10am-1pm. honeybeediscoverycenter.org

BUTTE COUNTY

BOLTS ANTIQUE TOOL HOME

Kids are fascinated by the weird and wonderful. This Oroville museum boasts the coolest collection of hand tools in the world, with all sorts of weird shapes and wonderful uses. With interactives for children and a unique gift shop, your kids will love wandering through this unique museum. Adults \$7; children under 12 free. Cash only. Open Friday, Saturday and Sunday, 10am-2pm. cityoforoville.com.

CHINESE TEMPLE

This California cultural landmark in Oroville offers an opportunity for children to learn about Chinese culture and the significant contribution Chinese immigrants made to the North State region during and after the gold rush and up to the present day. This beautifully appointed museum, featuring colorful tapestries and historic Chinese and western apparel, is a great opportunity to expand your child's world view and understanding of California history that shapes us today. Adults \$3; children under 12 free. Cash only. Open Fridays and Saturdays, 10am-2pm. cityoforoville.org.

GATEWAY MUSEUM

Bees are buzzing at the Chico State's Gateway Museum. Bombus: A Natural History of Bumble Bees will keep kids mesmerized with hands-on, interactive science and learning activities for all ages - in-museum and to take home. Adults \$7; children 3-17 \$5. Open Thursdays-Saturdays, 11am-4pm. csuchico.edu/gateway

PIONEER HISTORY MUSEUM

Kids can get a taste of pioneer life in this unique Oroville museum built as an oversized replica of a 49er's cabin. The original building has been enlarged to hold 6,000 square feet of historic treasures from the gold rush era, including an extensive collection of Native American artifacts. Rooms are furnished with gold rush vintage items such as a grandfather clock from the Bidwell bar, gamblers' items, a miner's vest tailored to hold different size nuggets and more. Adults \$4; children under 12 free. Cash only. Open Fridays and Saturdays, 10:15am-2:15pm. cityoforoville.org

29 ►



Mt. Shasta Sisson Museum offers cool kid's activities and opportunities to learn and try new things. Photos by Joann Goble.



SHASTA COUNTY

BEHRENS-EATON HOUSE
Travel back in time to 1895 and experience life in a Victorian home from early Redding. Kids will love roaming the mansion rooms brimming with interesting and one-of-a-kind artifacts dating back to the mid-1800s, including beautifully preserved 19th century fashions, depicting the fascinating history of Redding and Shasta County. Admission is free. Open Tuesday and Wednesday 10am-4pm, Saturday 1-4pm. eastonhousemuseum.org.

COLMAN MUSEUM AND HISTORIC SCHOOLHOUSE
If your kids love history, they'll love the Coleman Museum in Centerville. They'll enjoy exploring the gold mining equipment and 1800s clothing, imagining what it would be like to use antique cooking utensils or learn with school materials used before 1900. New and changing exhibits and the historic one-room schoolhouse give kids a fascinating view of pioneer life and learning in the West. Open Saturdays and Sundays, 1-4pm. centervillmuseum.com/story

GAUMERS MINERAL AND MINING MUSEUM
With hundreds of gems, crystals and minerals, kids can get their fill of sparkles at this fun museum. With beautiful and rare gem and mineral specimens from around the world, stone carvings, fossils, Native American artifacts, a fluorescent mineral display and a detailed replica of an old mine tunnel complete with ore car, tracks and mining equipment, there are hours of cool indoor fun for kids of all ages. Admission is free. Open Monday-Friday, 9am-5pm. gaumers.com.

SISKIYOU COUNTY

MOUNT SHASTA SISSON MUSEUM
Kids are fascinated by volcanoes and we live in a volcanic region! If your kids are like mine, they are full of questions about the world around them. How was Mount Shasta made? Why are there so many volcanoes in the area? What are the dangers of living near a volcano? Answers to these questions and more can be discovered at the Sisson Museum in Mount Shasta. Kids can crawl through a lava tube right in the museum. Do your kids love trucks and trains? They'll be excited to sit in the driver's seat of a fully interactive 1915 Model T fire truck or experience driving a train in the interactive train exhibit. These fun exhibits and more will keep your kids active, entertained and learning! Admission is free. Thursday – Monday, 10am-4pm. mtshastamuseum.com. ■

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Our summer swim lessons bring a splash of fun and skill-building in the waters of the Redding Aquatic Center. Camp Adventure is a camp for thrill-seekers, including traditional and nontraditional sports, fitness, team competitions, and water play. If your child is interested in a more specialized camp, we have those too! Baseball Camp, Skateboard Camp, Farm Camp, Nuts and Bolts Construction Camp, Tennis Camp, and Sailing Camp, to name a few.

Secure your spot for a summer of exploration, growth, and lasting memories! Visit www.reddingrecreation.org today!

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▶ chicorec.com / chicorec

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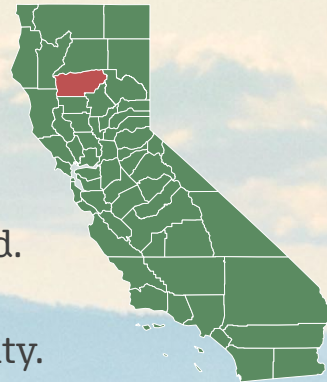
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Andrea Martin

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ARTICLE

CHEERING FAMILIES TO SUCCESS AT LINCOLN STREET SCHOOL

Andrea Martin’s goal in life can be found in her job title at Lincoln Street Independent School, an independent study option based in Red Bluff. Since 2019, Andrea has worked there as the Family Success Liaison. “Family success looks different for every family,” Andrea says. “In whatever unique challenges each family is facing, I want to help locate the resources they need with the goal of stabilization.”

Kindness opens up a child’s world

Andrea’s passion to help students and their families can be traced back to a time as a child at Gerber Elementary when her life was anything but stable. “I was weighed down by poverty and trauma and could never imagine rising above those circumstances. The instability was crippling—I never knew if I would be picked up right after school or three hours later. It usually was the latter. My teacher at the time, Polly Deknikker, noticed me sitting on the curb and she said, ‘no more.’” Andrea became Polly’s after-school assistant that day. It didn’t matter if Andrea was banging erasers or correcting papers, being in Polly’s presence always felt glamorous. “She carried herself with dignity and she always wore lipstick,” Andrea said with admiration. “She opened up the world for me and made me believe I could rise above my circumstances.”

Social emotional learning helps children be their best selves

One of Andrea’s favorite roles at Lincoln Street is as the “Champion of Social Emotional Learning” through which she helps students be the best versions of themselves. Her goal is to focus on the whole child and to help them hone their unique character skills. Her weekly Teen Chat gives her a regular opportunity to speak to her students about real-life challenges. Andrea’s vibrant smile, complete with lipstick, of course, lights up the online chat and you can hear the admiration in her students’ voices.

“Where are you on your mood meter today?” Andrea asks the teens. When the students express a lack of energy, Andrea suggests, “Try drinking a tall glass of ice water. It gives me a boost every time.”

Jill Kelly, a Lincoln Street parent, has two children who attend Andrea’s chat. Jill says, “The chat has offered my kids an invaluable outlet—being a part of a team and learning valuable life and leadership skills. Andrea has given 110% of herself to our school, kids and families. Andrea is the heart of our school.”

Another school parent, Faith Yount, describes Andrea as, “The person everyone not only wants but needs in their life. Andrea continually gives support and encouragement without complaint. Always smiling, coming up with new ideas, an excellent connector and full of knowledge about resources in our community—all while making people feel loved and valued.”

Meeting basic needs helps kids focus on learning

Andrea recalls the one event that changed her life forever. “That day I was sitting in the classroom when Mrs. Deknikker took a phone call. When she hung up the phone, she informed me that I needed to go to the library after school—I thought I was in trouble,” Andrea says. “When I went to the library I saw beautifully wrapped boxes that nearly reached the ceiling. They were all for me! The boxes contained a complete new wardrobe—from shoes all the way up to a cross necklace. Without a word, I just knew the gifts were from Mrs. Deknikker. I found out later that Mrs. Deknikker, with the help of another teacher, Nancy Compton, had purchased everything just for me.” Polly told Andrea, “You deserve even more.”

33 ▶



Lincoln Street School parents appreciate Andrea Martin’s philosophy of love, care, meeting families where they are and helping them to find the resources they need to thrive. *Photos by Kate Hiller.*

“Polly and Nancy showed me that I was seen, heard and loved and that is something I want to show our Lincoln Street students and their parents.” Andrea explains. “Homeschooling isn’t easy and our parents and sometimes grandparents, need a lot of encouragement and support as they take on their role as their children’s primary teacher.”

Karla Stroman, principal of Lincoln Street, says, “Andrea provides a critical link between our families and our school. With the relationships she has developed, families know that they can reach out to her when they need help with support - food, clothing, shelter and even mental health. When basic needs are met our Lincoln Street students can focus on academics and other life skills necessary for success!”

Giving back to the community inspires and guides career choice

Working at Lincoln Street Independent School, within the Tehama County Department of Education, has been full circle for Andrea. She explains, “My first job, at age 15, was also under Karla Stroman in the SERRF [Safe Education and Recreation for Rural Families] program. Even with jobs and much of my education centered around children, I kept thinking I should go after a career in HR.” Andrea laughs and then continues, “After receiving my degree in Organizational Leadership at Simpson I joined AmeriCorps to give back to my community. Working there as a School Readiness Home Visitor I found that I loved working with parents and seeing a lightbulb go off when I told them ‘You are your kid’s first teacher.’” So it was truly like coming home to be chosen for the job at Lincoln Street School. “I am the

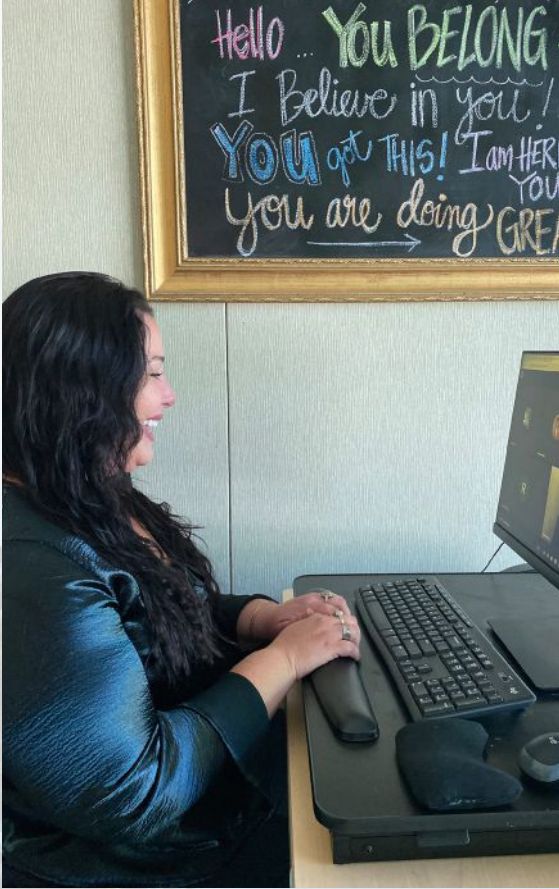
caregivers’ cheerleader. What could be more fun?” Andrea says, flashing her brilliant smile.

Even away from work, Andrea continues with that “Polly way” of helping others. Andrea sits on too many committees to mention but shares about one that has been a highlight—the Community Engagement Initiative. Andrea was able to work alongside her own daughter, Hailey, to provide both teacher and student perspectives on the initiative. Andrea shared, “We were able to give our input on how schools can take on a whole child approach and not just focus on academics.”

Volunteering at Camp Hope for three years has helped Andrea with her vision for her current job. “We are a family,” Andrea explains. “Over the years, I have learned that when times get tough, we should all be able to reach out to our village and ask for help, even if we don’t quite know how. We are all struggling with something that no one knows about and I think asking for help is the greatest strength someone truly can express. Asking for help is not a weakness. We all need support and care. There have been so many mistakes that I have learned from with the help of mentors and friends and I want to pay it forward for life.” ■



Lincoln Street School was the perfect launching pad when Kate Hiller started her own journey as a homeschool parent 19 years ago. The immense library alone showed her that the sky was the limit for her children.



Andrea Martin’s belief that all children should feel they belong and that they can succeed inspires her work at Lincoln Street School. Photo by Kate Hiller.

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PW Ballet A 4:00-4:30		PW Acro B 4:00-5:00	Ballet 1B 4:00-5:00		PW Tap B 4:00-4:30		
PW Jazz A 4:30-5:00				Acro 1B 4:00-5:30	PW Hip Hop B 4:30-5:00		
		PW Tap A 5:00-5:30	Musical Theatre (Ages 7+) 5:00-6:00		PW Jazz B 5:00-5:30	Acro 2 4:15-5:45	PW Lyrical A/B 4:15-4:45
PW Acro A 5:15-6:00	Dance Tech (Level 1+) 5:15-6:15	PW Hip Hop A 5:30-6:00		Intro Hip Hop 5:30-6:00			PW Ballet B 4:45-5:15
Intro to Ballet/Lyrical 6:00-6:30		Intro to Jazz 6:00-6:30	Lyrical 1 6:00-7:00	Intro to Tap 6:00-6:30	Ballet 1C 5:30-7:00	Intro to Acro 5:45-6:15	Tap 1 5:15-6:15
Acro 1A 6:30-8:00	Ballet 2/3 Pre-Pointe 6:15-8:15	Jazz 2 6:30-8:00	Hip Hop 1 7:00-8:00	Lyrical 2 7:00-8:00	Adult / Teen Dance Revolution 7:00-8:00	Hip-Hop 2 6:15-7:15	Ballet 1A 6:15-7:15
						Tap 2 7:15-8:15	Jazz 1 7:15-8:15

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The Schools Of Choice Educational Directory focuses on local public schools created through a partnership among parents, teachers and students. These charter and other types of schools aim to involve parents and give teachers and students the freedom to innovate, while providing a personalized learning environment for each student.

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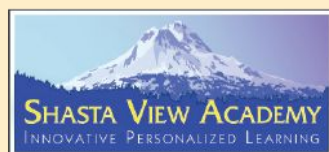
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REFLECTIONS OF A
SPECIAL NEEDS PARENT
BY JENNIFER ARNOLD

Sensory-Friendly Vacation Ideas

Summer vacation with the family is a chance to break away from the routine, explore new destinations and create lasting memories together. However, for parents of children with disabilities, especially those with sensory issues, the thought of traveling can cause anxiety rather than excitement.

Finding destinations catering to your child's needs without compromising on fun can be challenging, but it's achievable with some thoughtful planning. Here are some sensory-friendly vacation ideas to consider for your next family trip.

Activities and experiences in nature help sensory integration, mindfulness and more

From national parks to forests and lakes, the serenity and natural beauty of the outdoors can be soothing and offer a tranquil environment free from the overwhelming stimuli of crowded tourist spots. Fortunately for us, the North State has an abundance of beautiful nature retreats to choose from. Getting out into nature is particularly beneficial for children with sensory issues, as it offers a serene backdrop that supports stress relief, mindfulness and grounding activities, helping children with sensory sensitivities to manage overload more effectively.

Activities in nature, such as walking barefoot or swimming, allow for unique experiences and encourage physical activity, which is crucial for sensory integration. Additionally, nature's calming effect can enhance focus, cognitive function and social-emotional development by providing a relaxed setting for interaction and exploration. The flexibility and tranquility of natural settings make them ideal for children seeking relief from the sensory overload experienced in more urban, crowded environments.

Tranquil Northern California and Oregon beaches offer relaxation, fewer crowds

Going to the beach in the summer with kids for a relaxing experience can seem counterintuitive, but finding less crowded beaches or visiting during off-peak times can keep the experience enjoyable and relatively stress-free. There are many beautiful, less populated beaches along the Northern California and Oregon coast. Many coastal areas also offer adaptive water sports and activities, ensuring that everyone in the family can participate and have fun.

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Beaches can be excellent for children with sensory issues due to the natural, gentle sensory input they offer, such as the soothing sounds of waves and the feel of sand, which can help with sensory integration. Less crowded beaches allow for controlled exposure, letting children explore at their own pace and engage in therapeutic sand play. This environment promotes stress relief and relaxation while encouraging physical activities beneficial for sensory regulation.

Theme parks with sensory-friendly initiatives

Many theme parks have made significant efforts to become more inclusive and cater to guests with disabilities, including those with sensory processing challenges. These parks often provide specialized amenities such as quiet areas for decompression and disability access passes, allowing guests to avoid long waits for attractions.

In California, theme parks like Disneyland and Disney California Adventure in Anaheim, Universal Studios Hollywood in Los Angeles, SeaWorld San Diego and Legoland California in Carlsbad have implemented measures to assist disabled guests. These include Disability Access Service (DAS) and Attraction Assistance Pass (AAP), which provide ride return times, reducing wait times. Additionally, all parks offer quiet spaces or rooms to accommodate guests needing a break from sensory stimulation. Universal Studios and SeaWorld also have staff trained specifically to support guests with sensory issues and Legoland offers "Hero Passes"

for immediate access, enhancing the experience for guests with disabilities.

Planning tips for a sensory-friendly vacation

Preparation is Key: Before you travel, familiarize your child with the destination through pictures, videos and stories. This can help reduce anxiety about new experiences.

Pack Sensory Tools: Don't forget to bring along any sensory tools or toys that your child finds comforting, such as noise-canceling headphones, weighted blankets or familiar items from home.

Flexibility in Schedule: Keep your itinerary flexible. Be ready to modify plans based on your child's comfort and needs.

Vacations are a time for relaxation, exploration and joy. By choosing sensory-friendly destinations and making accommodations for your child's needs, you can ensure that your family holiday is enjoyable and memorable for everyone. Remember, the goal is to create positive experiences and lasting memories, so choose the option that best suits your family's unique preferences and needs. ■



Shasta County author Jennifer Arnold is the mom of four, two of whom have been diagnosed with multiple special needs. She hopes to raise awareness of many issues that parents of special needs children face on a regular basis.



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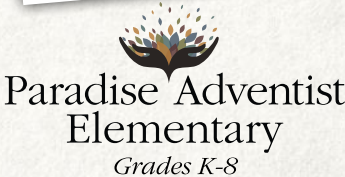
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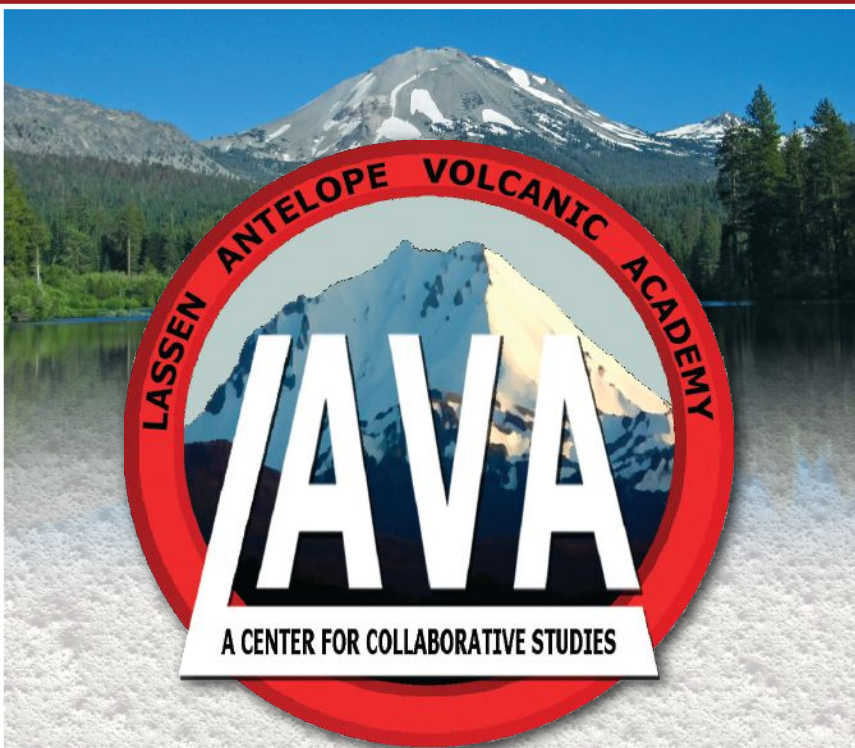
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Program sponsored by: Butte County Office of Education CalKidz - Summer Food Program

FREE meals for all children (18 years & younger) are being served this summer at the following list of sites:



Axiom, 1420 Meyers St., Oroville. Mon-Fri.
Snack 10:30-11am | Supper 3:30-4:30pm



YMCA in Oroville, 1200 Myers St., Oroville. Mon-Fri.
Breakfast 8:00-8:30am | Lunch 11:30am-12:30pm



Four Winds, 2345 Fair St., Building 6, Chico. Mon-Thu.
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CalKidz Mobile Kitchen @Mitchell Avenue, 675 Mitchell Ave., Oroville. Mon-Fri.
Breakfast 8:00-8:30am | Lunch 11:30am-12:30pm



The Live Spot, Oroville's Youth Center, 2167 Montgomery St., Oroville. Mon-Fri.
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Nelson Avenue Middle School, 2255 6th St., Oroville. Mon-Fri.
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Note: Sites will be closed for the Juneteenth Holiday on June 19th and the Independence Day Holiday on July 4th.

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For information: Julio Bravo, Summer Food Program Manager, jbravo@bcoe.org or (530) 532-5747.

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Learning to THRIVE at Alua's Thrive Bar



Before you enter Alua's Thrive Bar, you are met with a beautiful quote on the wall from Maya Angelou: "My mission in life is not merely to survive, but to Thrive; and to do so with some passion, some compassion, some humor, and some style." This is exactly what you experience at Alua's Thrive Bar.

THE BEGINNING OF A THRIVING BUSINESS
Alua's Thrive Bar, a superfood café and kombucha brewery featuring healthy meals for locals on the go, began seven years ago when Nion and Rebecca Shepard started a small kombucha brewery called Infinity Kombucha that quickly became popular at local farmers markets and began having their product featured in local

restaurants. At first, they never saw themselves having a full restaurant. But they noticed there were no restaurants or cafes in Mount Shasta that exclusively sold high quality, health-centered food and drinks. They had outgrown their tiny brewing space, so they begin a two-year intensive makeover of a building that had previously served as a large thrift store. On Jan. 1, 2021, taking 43 ►



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Alua's Thrive Bar provides quick, healthy, tasty meals for folks on the go.
Photos provided by Thrive Bar.

a difficult business gamble in the middle of the COVID pandemic, they opened their doors as Alua's Thrive Bar, a grab-and-go café serving cold pressed juices, kombucha, wraps and superfood smoothies. Living up to their namesake, they begin to thrive and became known as Mount Shasta's healthiest café.

VISION FOR A THRIVING COMMUNITY

Nion and Rebecca didn't want to just serve healthy food. They wanted to create a space where people had a place to support their own healthy choices and, through food and community, learn how to thrive. They saw many people in their community stuck in a cycle of, as Nion calls it, "health mediocrity," relying on fast food and gas station grab-and-go's. Their goal was to provide a space where people could break out of those patterns and begin to thrive by providing fast healthy foods and a meeting space for those seeking or maintaining positive changes in their lives.

They saw that often the only option people had for healthy eating was to sit down for a full meal at a restaurant and there were very few true vegan and gluten-free menus. For someone who wanted healthy options for their 30-minute lunch break, there was no place in South Siskiyou County where they could 44►



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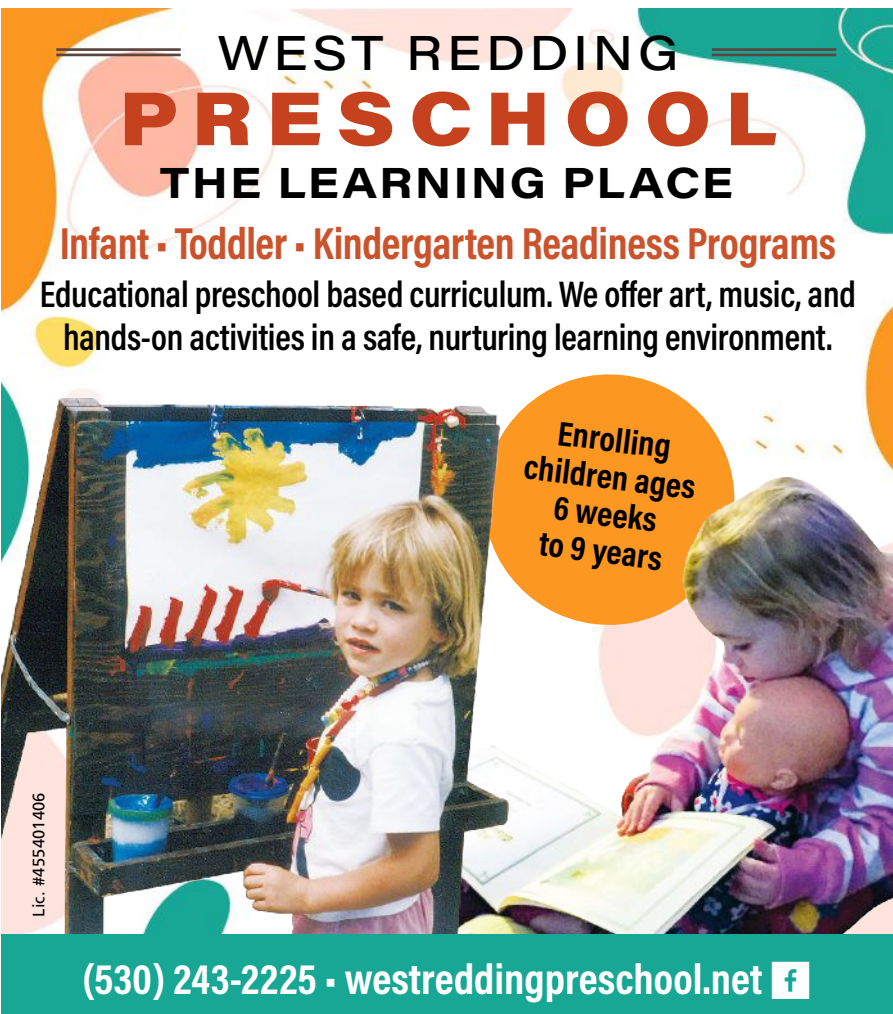


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go. Efficient, healthy food prep became their focus and this would lead to them become innovators in their field. They have created a menu of quickly prepared meals that cater to vegans, vegetarians and gluten-free diets, with some carnivore options such as turkey, chicken breast or eggs.

THRIVE BAR'S FAST AND HEALTHY MEALS AND SMOOTHIES

The wait time is 10 minutes or less for any of their delicious meals, including a variety of acai bowls, avocado toasts, bagels or the option to build your own bowl, allowing people on their lunch breaks or heading out to climb Mount Shasta to have an energizing, high quality, healthy meal. Thrive also offers superfood smoothies, with add-ons such as a Probiotic Boost, Supergreen Boost, Vitamin C or Collagen. Their specialty coffees are made with local, award-winning Northbound espresso and offer boosts of turmeric, ashwagandha root or performance mushrooms. Thrive Bar is the only place in Siskiyou County that offers cold pressed juices and they are the only kombucha brewers in the county. Their efforts have not gone unnoticed, winning awards for Best Café, Most Green Business, Best Place to Work, Best Vegetarian Food and Best Take Out Food.

THRIVE BAR'S DEDICATION TO FAMILY AND COMMUNITY

Alua's Thrive Bar fosters a family-friendly atmosphere, where children's birthday parties are welcome and the smoothies and kombucha are favorites. Nion and Rebecca know that children who start early eating a variety of healthy foods create a lifelong habit of healthy nutrition that helps them thrive for the rest of their lives.

Nion and Rebecca are committed to helping other local businesses prosper, featuring locally made products from The Oven Bakery, Shasta Mountain Aquaponics, Northbound Coffee Roasters, Salt and Savor and from local farmers when available. They also donate to many community programs in Siskiyou County, support local beekeepers and a hospice and are a sponsor of the Mount Shasta concert series in Shastice Park.


Not only are they helping the local community thrive, they are also extremely proud of the strong, positive staff they have fostered. Their employees are part of their family and they support them, whatever they may be going through. They have lovingly supported staff members battling challenges with alcohol and smoking, who now are thriving in their lives.

Alua's Thrive Bar, 315 Chestnut Street, Mount Shasta, is open daily, 8am-5pm. See their menu at thrivebar.com, follow them on Facebook or Instagram @aluathrivebar. Nion and Rebecca, as well as their amazing staff, are ready to help you THRIVE! ■




Shannon Lennan is a life-long resident of Siskiyou County and she loves living in this beautiful region. She looks for opportunities to promote businesses and organizations that bring life our community. She advocates for a healthy lifestyle so people enjoy life and, alternatively, help our community to thrive.

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From Neutral to Noticeable

Eight Budget Friendly Updates to Give Your Home an Extra Pop



Spring is a time of renewal. Nature evolves from the bleak winter dullness to a beautiful spring display. While everything is new and fresh outdoors, we understandably want a little refresher on our indoor spaces.

As parents, most of our finances go toward raising our family and there is little room in the budget for a transformation as spectacular as Mother Nature's. However, there are plenty of little things you can do to give your space an updated look without breaking into the college fund.

Mirror, Mirror on the Wall – Mirrors are an easy way to give a room a new focal point. You are not limited to the rectangular mirrors that came with your house. Try different shapes – ovals, squares or circles – as well as different frame materials. Consider adding small framed mirrors to a shelf, wall collage or on a stair landing. Decorative mirrors not only brighten a room and give it depth, but they also give you an extra spot for a quick reflection check.

Accent Wall – Social media is filled with DIYers creating batten board walls in their house with bead board or simple 1 by 4s. Another trending option is peel and stick wallpaper and tiles. All options offer a little texture and color to freshen up a room. It's an easy way to update a bathroom, long hallway or entryway. Even simply painting one wall in the room, like behind a headboard, gives a room the freshen up it needs.

First Impressions – Your front door is the first thing your visitors see. Try painting it a bold color - if you hate it, it's easy to fix. Freshening up your front porch with new house numbers and a doormat is a simple and inexpensive change. Add a seasonal wreath and flowerpots of different heights to give dimension. If you have space for a chair or bench, add some colorful outdoor pillows.

Bring the Outdoors In – One of the biggest trends for this year is nature and sustainability. This year's paint colors reflect Mother Nature's palette, with more emphasis on greens, browns and neutrals. Add live plants and vertical gardens to sunny spaces. Decorate with natural pieces like dried flowers and use materials made from bamboo or hemp. Shop thrift stores and garage sales for unique items that can be refurbished to save them from landfills.

Add Décor with a Story – My mom has a photo wall in her dining room. It is not pictures of family, but instead, places that she has visited or things in nature that caught her eye. If you ask her, she can tell you where each picture was taken. The wall is interesting because it tells her story and adds a personal touch to her décor that you can't get from a store-bought item. Consider creating a wall like that in your house.

Give them Pantry Envy – An organized pantry is always impressive as well as more functional. To ensure everything has its place, purchase clear containers and fill them with the contents of your open bags and boxes. Use a Lazy Susan to store spices and small jars that can easily get lost. Put bread in a breadbox, add bins for potatoes and stair step racks for cans. If it's in the budget, replace wire racks with cabinets or solid shelves. Don't be afraid to paint the walls or add a fun chandelier.

Make a Laundry Room You Love – We spend too much time in the laundry room to keep it drab. Jazz it up with a bright tile floor or an interesting backsplash. Hide laundry supplies in cabinets or under-appliance drawers. Add built-in drying racks, coat hooks and broom holders. Create a command central space with a dry erase weekly calendar, bulletin boards and office supply drawer. Soften up the space with an area rug and window treatments.

Kitchens with a Wow factor – Everyone knows the kitchen is the heart of the home. However, it is one of the most expensive rooms to makeover. If you can't afford to change cabinets and countertops this year, start with new handles for cabinets or add cane webbing for texture. Replace lighting (just brighter lightbulbs can be enough) or change out your sink and faucets. Did you know you could tile right over tile? It's an easier way to update an existing backsplash and it gives your kitchen a whole new look. ■



Pam Molnar is a mother of three. When she isn't writing, she enjoys reading decorating magazines and pinning makeover ideas on Pinterest.

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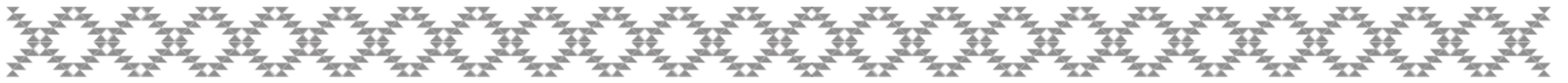
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What truly sets Susan apart is her patient-centered approach. She believes that parents are the experts in their children’s care and

works collaboratively with families to develop personalized treatment plans. Her strong ethical principles and exceptional communication skills create a supportive and warm environment where families feel heard and valued.

When Susan Morgan isn’t working you can find her playing with one of her three dogs. Whether it’s swimming or gardening, she finds joy in balancing her professional life with writing blog posts and books.

At Rolling Hills Clinic, we are here for the community to welcome new patients. Whether you need Medical, Dental, Behavioral Health or specialty care, Rolling Hills Clinic is here for you. Rolling Hills Clinic accepts Partnership Health Plan and most other major medical insurance. Join us at Rolling Hills Clinic, where Susan Morgan and our team are dedicated to empowering families and improving patient outcomes.



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