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AUGUST 2025
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NORTH STATE **Parent**

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Tehama County Mobile Crisis Overview

What is Mobile Crisis

Mobile Crisis provides 24/7 rapid response and community-based stabilization services to people experiencing a behavioral health crisis. Services are delivered in the setting where the individual is experiencing the crisis such as: home, school, workplace or other community setting.

Services may include:

- Crisis intervention & assessment, which can involve things like de-escalation, safety planning, identifying needs, etc.
- Referrals for needed services, such as medical appointments, health insurance/Medi-Cal, etc.
- Linkage to ongoing mental health and/or substance use treatment.

When to call Mobile Crisis Services

Mobile Crisis Services are designed to help people who are:

- experiencing a mental health crisis
- experiencing a substance use crisis
- expressing or threatening suicide **but have not yet acted**

How to call Mobile Crisis Services

Anyone can call the hotline number, for themselves or someone else, who is in crisis in Tehama County.

1-800-240-3208

Call 911 when there is violence, physical threat, someone actively engaged in a suicide attempt, or a medical emergency.



Descripción General de Móvil Crisis del Condado de Tehama

Que Es El Equipo Móvil de Crisis

El Equipo Móvil de Crisis brinda respuesta rápida y servicios de estabilización basados en la comunidad las 24 horas del día, los 7 días de la semana para personas que experimentan una crisis de salud mental. Los servicios se brindan en el lugar donde el individuo está experimentando la crisis, como: el hogar, la escuela, el lugar de trabajo o en cualquier otro lugar dentro del condado.

Los servicios pueden incluir:

- Intervención y evaluación de crisis, que puede implicar reducción de tensiones, planificación de seguridad, identificación de necesidades, etc.
- Referencias para servicios necesarios, como citas médicas, seguro médico/Medi-Cal, etc.
- Conectarlo con tratamientos continuos de salud mental y/o uso de sustancias

Cuándo Llamar A Servicios De Móvil Crisis

Los servicios de Móvil Crisis están diseñados para ayudar a personas que:

- están experimentando una crisis de salud mental
- están experimentando una crisis de uso de sustancias
- están expresando o amenazando suicidio, pero **aún no han actuado**

Cómo Comunicarse Con El Equipo Móvil De Crisis

Cualquiera puede llamar para sí mismo o para otra persona en crisis en el Condado de Tehama.

1-800-240-3208

Llame 911 cuando haya violencia, amenaza física, alguien está intentando suicidarse actualmente, o alguna emergencia medica.





On the Cover: Homeschool parent and Lincoln Street School educator Luke Parodi believes the educational opportunities in the North State can make lifelong learners out of all of us. Three of his five children, Judah, 9, Eisley, 11, and Aira, 7, are pictured here at the Sacramento River Discovery Center.

Photo by: Photographer Isabel Ruiz is a California photographer but will travel wherever love abounds. She does weddings, graduations and family photography. @byisabelruiz. byisabelruizphotography.squarespace.com/portfolio

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DEAR READERS

In August, we transition from summertime brain to thinking about school schedules and homework. North State Parent is here to help, from advice about helping kids harmoniously with homework and getting adjusted to a school routine, to ideas to keep cool in the sizzling August heat while still enjoying fun family activities.

We encourage you to keep those happy summertime feelings infused into all you do. Life in the beautiful North State is good. We are blessed with gorgeous natural surroundings, a rich community life and support for parents and families.

Watch for our Fall/Winter Family Resource guide (coming out in print and online in September) with hundreds of resources and dozens of informative articles to help you and your family thrive and enjoy life in the North State,

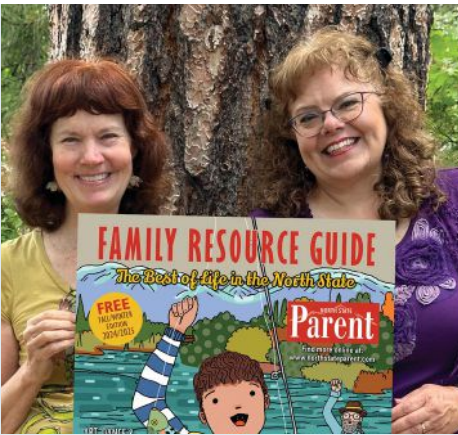
We've made some marvelous memories this summer. Let's keep up the momentum, creating happy family experiences throughout the rest of the year and into 2026!

With Gratitude for Our Remarkable Readers,

Pamela & Stacey

Pamela Stacey

and the North State Parent magazine team



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Photo by Lisa Hui Photography

Parent NORTH STATE

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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 relates to children and youth. If you would like to nominate someone who is making a difference, please write to pn@northstateparent.com.

Jenny Barber

CREATING PATHWAYS OF HOPE FOR OTHERS

“The thing I love the most about Jenny is that she has a ‘true north,’” says Aaron Hayes. “Her true north is to serve people and when she feels called to do something, it doesn’t matter what’s on the other side, she will go do it.”

Jenny Barber and her husband, Robert, lived with Aaron and his family for a couple of months 16 years ago while Robert and Jenny prepared for their lifelong work of fighting against sex trafficking. Aaron has cheered the Barbers on as they have founded two strategic nonprofits: Talitha Coffee and Justice180. “Jenny is like a stick of dynamite; she’s fearless,” Aaron says. “When she gets onto something, good luck stopping her – she’s going to blow a hole through the wall to make it happen.”

DIFFICULT CHILDHOODS COMPELS FIGHT AGAINST EXPLOITATION OF OTHERS

Both Robert and Jenny escaped tumultuous childhoods and Jenny experienced exploitation from a young age. “Throughout my childhood, I would find moments of freedom,” Jenny says. “What that did to me was develop this really deep resilience and the strong desire to become an overcomer. I wanted to be somebody who brought hope and created pathways of hope for other people.”

Compelled to fight against modern-day slavery, Jenny and Robert moved their young family from Redding to Los Angeles in 2010. They immersed themselves in anti-trafficking training at local colleges, law enforcement and social service agencies, churches and nonprofits. They implemented their education immediately, teaching groups and leading them into the red light districts and strip clubs of Los Angeles. They networked and collaborated, forging partnerships and uniting anti-trafficking organizations around common goals.

Unfortunately, amid all their efforts, the Barbers repeatedly witnessed a disheartening trend: “People we were working with were leaving ‘the life’ and going through recovery, then coming right back.” The failure to permanently escape sent a clear message of hopelessness to other survivors. It also seemed to

confirm the chilling idea that victims' psychological damage is irreversible. Jenny says sex trafficking survivors sustain post-traumatic stress disorder (PTSD) on the same levels as those who have experienced hand-to-hand combat. She explains that since exploitation often starts young (on average between 11-15 years old in California), the wounds can reach a developmental, neurological level.

SUPPORTING HEALTH AND HEALING FOR SURVIVORS OF EXPLOITATION

While the prevalent voices said victims will always live with a victim mentality, Jenny “knew that wasn’t true because I had found such freedom in my life and was able to build a healthy family and have resilience and emotional, mental and spiritual health.”

To help enable that healing for others, in 2015 Jenny and Robert founded **JUSTICE180**, a nonprofit devoted to advocacy, rescue and restoration. That same year, Robert discovered a hidden talent for roasting coffee. In 2020, the couple opened a coffee shop in Los Angeles to employ survivors, thereby supporting lasting freedom. In the five years since then, **TALITHA COFFEE** has expanded to nine cafe spaces. While expanding efforts in southern California, Jenny also found herself drawn back to the North State. “I’ve done some work with the FBI, Homeland Security and law enforcement,” Jenny says, “and I kept hearing there needed to be more services in the North State area.” In 2023, the Barbers returned to Redding, where they now facilitate national and international anti-trafficking efforts through Justice180, while particularly focusing on local collaboration to support survivors. Justice180 offers a wide range of resources, including clothing, life skills, pregnancy assistance, mental health resources, emergency housing and job training. “We meet them where they’re at,” Jenny says.

TRANSFORMING GENERATIONAL PATTERNS OF EXPLOITATION

While waging a war against sex trafficking is a fulltime job, Jenny also manages the full-time job of motherhood. She and Robert have six children between the ages of 4 and 15. Jenny views parenting as an opportunity to redirect the course of her family, breaking free from generations of exploitation. “My husband and I are teammates in everything we do – parenting, work and life,” she says. “We’ve been really intentional about the community that we surround ourselves with, and we have a very supportive community.” When they get a chance, the Barbers enjoy taking their family off-roading into the beauty of the North State.

WAYS YOU CAN JOIN THE FIGHT AGAINST SEX TRAFFICKING

Jenny believes all skills and interests have the potential to contribute to freedom. Justice180 has a strong volunteer base and they’re always looking for more hands on deck. From teaching culinary skills or offering parenting courses, to writing encouraging notes or knitting cozy scarves, Jenny welcomes you to join your passion to the fight against trafficking. For starters, consider visiting justice180.org and clicking “Get involved,” or order your morning caffeine from Talitha Coffee at talitha.com/justice180.

Whether or not you are directly involved in combating trafficking, Jenny encourages adults to pour into children’s lives. “There’s a statistic that says 55% of kids are actually attending school while being exploited,” she says. “They’re in the public and they’re living the lives of children. For me, I had places in my life where there were people who didn’t know what was happening, but who called out my value.” These voices taught Jenny she had the choice to determine who she was, regardless of what was happening to her. “They really shaped the way I showed up to life.” Whatever your day holds, take a moment to call out the value in a child. You never know who might be the next Jenny Barber! ■



Jenna Christophersen is a Chico native who loves her community, living in the North State and writing about remarkable people who build our communities and make them places where families can thrive.



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Redding Christian School is an independent, nondenominational Christian school serving all of Shasta County. Its families, qualified staff and faculty, and governing board represent Bible believing churches throughout the Redding area. RCS is a member of and fully accredited by the Association of Christian Schools International (ACSI) and Western Association of Schools and Colleges (WASC).

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ARE YOU CAMPING THIS SUMMER? BE SURE TO LEAVE NO TRACE!

It takes all of us to preserve the natural beauty of our wild landscapes. Teaching our children by example to leave no trace when enjoying the outdoors will help ensure your fellow hikers and campers, your children, grandchildren and many generations to come can experience the unique natural treasures that abound in California and throughout the world.

FOLLOW THESE SIMPLE PRINCIPLES TO RESPECT YOUR NATURAL SURROUNDINGS AND LEAVE NO TRACE.

PLAN AHEAD FOR YOUR CAMPING OR HIKING ADVENTURE

Plan your camping trip ahead of time, checking weather conditions and trail maps for closures and rough or steep terrain. Not being prepared for changing weather or difficult trails can lead to setting up camp late at night and consequently choosing poor campsite areas, which can lead to resource damage. Check fire conditions in the area you plan to camp. **Watch Duty** is an excellent free app for your phone to keep apprised of wildfire conditions anywhere in the US. If there is a wildfire near the zone you plan to camp, consider choosing another zone far away from wildfires. Stay tuned to wildfire

notifications if you have cell phone service. Immediately comply with any evacuation warning or orders. Wildfires move incredibly quickly and minutes can make a difference!

TRAVEL AND CAMP ON DURABLE SURFACES

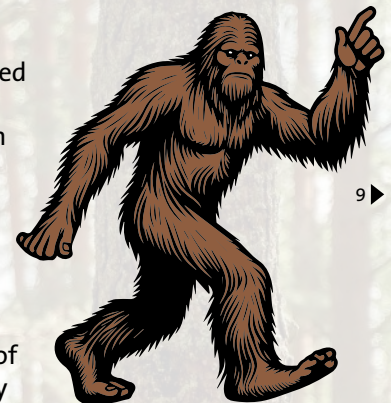
Stay on established trails, don't shortcut switchbacks and don't break branches or walk on delicate vegetation. Damage occurs when surface vegetation or communities of organisms are trampled beyond recovery.

Campsite tips:

- Pitch your tent in already established camping areas.
- Use established firepits rather than starting a new pit or fire ring.
- Camp at least 200 feet from water sources to avoid water contamination.

DISPOSE OF WASTE PROPERLY

"Pack it in, Pack it out" is the motto of good land stewards. Check carefully



9 ►

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throughout your campsite and rest areas for trash or spilled foods. Avoid leaving micro-trash.

When clipping your fishing lines to attach bait or lures, clip them into your pack or fishing bag rather than leaving them on the ground. Carry plastic bags to haul out the trash that you and others before you have created.

LEAVE WHAT YOU FIND

Natural objects such as antlers, petrified wood or colored rocks add to the beauty of natural landscapes and should be left so others can experience a sense of discovery. In national parks and many other protected places, it is illegal to remove natural or cultural objects found on public lands.

Picking a few flowers may seem harmless. But if every visitor thought “I’ll just take a few,” soon the blooming flowers would be decimated. Take a picture or encourage your child to sketch the flower instead of picking it.

MINIMIZE CAMPFIRE IMPACTS

Consider using a camp stove. Stoves operate in almost any weather condition – and they leave no trace. If conditions and laws allow you to build a campfire, buy local wood or use downed dry wood. Do not bring wood from outside the local area, as outside pests can be brought in on non-local wood. Don’t build new fire rings when established fire rings are available. Avoid building fires next to rock outcrops where the black scars will remain for many years. The **Bureau of Land Management** states that in California, year-round fire restrictions remain in effect. Under this order, the public is required to follow these criteria before building, attending, maintaining or using a campfire, charcoal, coal or wood stove, outside of a developed campground with metal fire pits or grills:

- Maintain a five-foot diameter area cleared to bare soil and free of any overhead flammable materials in all directions around the campfire,
 - Have on hand a functioning round-point shovel, with an overall length of at least 35 inches, which can be easily accessed within a reasonable amount of time in response to a fire ignition,
 - Possess a valid California Campfire Permit, available free of charge:
- Campfire Permit - Ready for Wildfire**



Always check trail maps before heading out so you know where you are going and are familiar with the trail difficulty level.



Campfires add a special glow to family camping trips but be sure to get a campfire permit before your trip and be prepared to completely douse the campfire before breaking camp.

PROPERLY PUT OUT YOUR CAMPFIRE!

Throwing a little dirt on it will not do. Smother the fire with shovel-fulls of dirt, then soak with water. Be sure to bring enough water with you to put out the fire, in case you are not near a water source. After soaking the fire area, feel the soaked soil to make sure it is completely cool. Coals can remain hot and reignite surrounding vegetation hours later.

RESPECT WILDLIFE

The **Leave No Trace** organization warns that wildlife can be unpredictable. Do not touch, get close to, feed or pick up wild animals. It is stressful to the animal and it is possible that the animal may harbor rabies or other diseases. Observe wildlife from a distance so they are not scared or forced to flee.

Human food is not safe for wildlife and can lead to dangerous habit changes and human-wildlife conflicts. Food, trash and any other items with a scent should be securely stored out of the reach of animals while you are camping.

BE CONSIDERATE OF OTHERS

When camping and hiking outdoors near others, treat them as you would like to be treated: with courtesy. Many people come to the outdoors to listen to nature. Excessive noise, uncontrolled pets and damaged surroundings can spoil this experience for your fellow campers and hikers.

For more information on how to Leave No Trace, go to LNT.org. ■



Fishing together is a terrific bonding experience. Keep your surroundings clean and microplastic-free by clipping your fishing line into your backpack or fishing kit.

VISIT THE LEAVE NO TRACE WEBSITE ([LNT.ORG](https://LNT.org)) TO DOWNLOAD A FREE PRINTABLE BIGFOOT & FRIENDS ACTIVITY BOOK! A FUN, ENGAGING BOOKLET DESIGNED FOR KIDS TO BRING ALONG ON THEIR NEXT ADVENTURE EXPLORING A NEW PARK, OUTDOOR AREA, OR BACKYARD!



Practical Tips for Helping Neurodivergent Kids...

Coping with Back-to-School Changes

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Back-to-school time can be exciting, but for families with neurodivergent children it can also feel overwhelming. For children with autism, ADHD, sensory challenges or anxiety, all the changes – new routines, teachers, classrooms – can be a lot to handle. Even things that don't seem like a big deal to others, like the sound of a loud bell or the smell of a new classroom, can lead to sensory overload. While most kids need time to adjust to a new school year, neurodivergent children often need a little extra support to feel safe and ready. Parents who've been through it know how important it is to plan ahead and be patient. With the right prep and understanding, the transition back to school can go a lot more smoothly for everyone. Here are a few things that can really help.

START PREPARING EARLY

A couple of weeks before school begins, it's a good idea to start easing into the routine, like moving bedtimes earlier and practicing the morning routine. If your child is going to a new school, see if you can schedule a tour or a meet-and-greet with their teacher before the first day. Using a countdown calendar can help kids see what's coming and give them a sense of control. The more time they have to adjust, the less overwhelming that first day back will feel. Slow and steady really does win the race here.

USE VISUAL SUPPORTS

Visual tools can make a huge difference when it comes to helping children feel more comfortable with transitions. Things like picture schedules, "first-then" boards or simple checklists take the guesswork out of routines and help kids know what to expect next. They're also great for breaking down tasks into bite-sized steps, whether it's getting out the door in the morning or winding down at night. Try using them at home and if they work well, check in with your child's teacher to see if something similar can be used at school. Consistency between home and school can go a long way in helping children feel safe and confident.

TALK ABOUT FEELINGS

Validating and helping children name what they're feeling can make things a whole lot easier. Use simple words like "nervous," "frustrated" or "excited" to talk about emotions and model that language yourself. Let them know

it's totally normal to feel a bunch of things at once. Instead of saying "you'll be fine," try something like, "Yeah, it makes sense you're feeling nervous about meeting a new teacher." That kind of empathy goes a long way. You can also use tools like short stories or short role-play games to walk through tricky situations and help them feel more prepared.

PRACTICE SELF-REGULATION TECHNIQUES TOGETHER

Teaching kids how to calm themselves down can empower them to manage their emotions, not only in school but in all aspects of their lives. Breathing exercises, sensory items and mindful practices like yoga can be incorporated into a daily routine so they become a familiar habit. Encouraging them to recognize their body signals and choose a coping skill to help them feel better will give them the confidence to use these strategies on their own.

COMMUNICATE OFTEN WITH TEACHERS

Reach out before school starts (or as soon as you can) to share with the teacher what helps your child feel safe and successful, like their strengths, sensory needs or things that tend to be triggering. Ask about what kinds of support are available in the classroom and don't be shy about suggesting what works at home – whether that's fidgets, noise-canceling headphones or movement breaks.

Keep the communication going with quick check-ins here and there. When parents and teachers are on the same page, kids feel it and it helps them feel understood and supported. Ask if the teacher uses any kind of daily behavior or communication log, which can be useful not only to keep track of how your child is doing but also to help determine patterns of behavior.

Adjusting to a new school year takes time for everyone – children, parents and teachers. But with a little patience, planning, support and a lot of understanding, you're not just helping your child get through the transition – you're helping them grow through it. ■



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.



Photos courtesy of Meadow Lane Preschool

LOCAL DAYCARE AND PRESCHOOLS



BUTTE COUNTY

Chico Montessori Children's House

814 Glenn St. • (530) 342-5518 chicomontessori.com
 (D)(S) Ages: 2.5 - 5 yrs • M-F, 8:30am-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.
 Lic# 045406630

Little Sprouts Preschool

15 Overland Ct. • Chico • (530) 345-0123
 (D)(S)(M) Ages: 2-5 yrs • M-F, 7am-5:30pm
 Age appropriate classes every day. Great Pre-K program.
 County funding welcome. Lic# 045405784

Palermo Union Elementary School District

Call for more info about our three different locations.
 (530) 533-4842 ext. 6001 • palermoschools.org
 (D)(S)(M) Ages: 18mo-5 yrs • M-F, 7:30am-5:30pm
 Our qualified staff works with you and your child to develop the foundation for future academic success, recognizing and valuing each child's unique traits and potential. Lic# 041370378, 041372369, 045407779

SHASTA COUNTY



Creative Kids Preschool

3333 Bechelli Lane, Redding • (530) 215-1600
creativekidspreschool.com
 (D) Ages: 0-6 years • M-F, 7am-5:30pm
 Healthy meals including breakfast lunch and snack, experienced qualified nurturing teachers, CPR certified, SCOE accepted.
 Lic# 455408443

Columbia's Lion Cubs Preschool

10142 Old Oregon Trail • Redding • (530) 223-4070 x315
 (D)(S)(M) Ages: 2-5 yrs • M-F, 7:30am-5:15pm
 Experienced, qualified, nurturing teachers. Full, extended and half-day programs, small class sizes, kindergarten readiness. Lic# 455403185

Enterprise Elementary Preschool

795 Hartnell Avenue • Redding • (530) 224-4178
eesd.net/our-schools/preschool
 Licensed programs build confidence, skills and school readiness in a safe, nurturing environment. Free options available for qualifying families Lic# 455403855

Kids Interconnections Preschool & TK

4672 Loch Pl. • Shasta Lake City • (530) 227-9191
kidsinterconnectionspreschool.com
 (M) Ages: 3-6 yrs • PT & FT Spots • 9am-2:30pm.
 Your child will be prepared for kindergarten and develop social, emotional, physical, language and cognitive skills in a warm, home-like small class..
 Lic# 455408509



Meadow Lane Preschool

2770 Balls Ferry Rd., Anderson • (530) 378-7030
cuesd.com. (D)(S)(M) Ages: 2.9-5 yrs • M-F 7:45-5:30pm.
 Afternoon care available until 5:30pm.
 Every child deserves a nurturing and engaging environment to learn and grow. Our play-based curriculum encourages curiosity, creativity and social development, laying a foundation for future success.
 Lic# 455402120

Redding Christian Preschool and Pre-Kindergarten

21945 Old 44 Dr. • Redding • (530) 547-5600
reddingchristian.com
 Ages: 3-5 yrs • M-F, 7:30am-5:30pm, mid Aug-May
 Private Christian preschool and pre-kindergarten offer hands-on learning, sensory/motor integration and academic skill-building that focuses on spiritual, academic, social and physical development.
 Lic# 455406244

Shasta Head Start Child Development, Inc.

375 Lake Blvd. • Redding • (530) 241-1036
shastaheadstart.org
 (D)(S)(M) Ages: 0-5 yrs • M-F, 8am - 4:30pm
 Private, non-profit provides high quality childcare and social services to low-income children and their families in Shasta, Siskiyou and Trinity Counties.
 Lic# 455406084

Tiny Toes Preschool

1201 Industrial Street, Redding • (530) 983.0273
 (D)(S) Ages: 0M-13Y • Mon-Fri 7am-5:30pm
 Infant and toddler care, preschool classes 2y-6y, after-school program for 7y-13y. Highly trained, experienced, loving staff ensure your little one is well cared for. 2025 Excellence in Education Award!
 Lic# 455408563



(D) = Diapers Accepted
 (S) = Snacks Served
 (M) = Meals Served

Trinity Lutheran Early Learning Center

2440 Hilltop Dr. • Redding • (530) 221-6686
reddingtlc.org crystal@reddingtlc.org
 (D)(S) Ages: 0-5 yrs • M-F, 7:30am - 5:30pm
 A meaningful Christian education. Caring, experienced teachers teach the love of Christ and curriculum to ensure each child is ready for kindergarten and beyond.
 Lic# 451373105

West Redding Preschool

3490 Placer St. • (530) 241-2225
westreddingpreschool.net
 (D)(S)(M) Ages: 6 wks-12 yrs • M-F, 7am-5:30pm
 An educationally based curriculum. Our goal is to prepare each child today for the educational challenges that they may face tomorrow. Lic# 455401406

SISKIYOU COUNTY



Shasta Head Start Child Development, Inc.

375 Lake Blvd, Mount Shasta. • (530) 241-1036 • shasta-headstart.org
 (D)(S)(M) Ages: 0-5 yrs • M-F, 8am - 4:30pm
 Private, nonprofit provides high quality childcare and social services to low-income children and their families. Locations in Mount Shasta, Weed and Yreka.
 Lic# 455406084



Tehama County

First Church of God Preschool

S 1005 S. Jackson Street, Red Bluff • (530) 527-4516
 September-May, M-F 8:30am-12pm
 Ages: 3-5 years
 A Christian preschool whose mission is to equip the whole child in a Christ-centered environment. Our staff come alongside families to help their children have a wholesome educational foundation. Lic# 521300231

Kotasik Daycare

2 Sutter St., Suite C, Red Bluff. • (530) 727-9607
 (S)(M) Ages: 2-5 yrs • M-F, 7:30am - 5:30pm
 All staff are fully qualified, first aid and CPR certified. Drop-ins welcome. Subsidized payment accepted. Breakfast and lunch served family style.
 Lic# 525407977



Siskiyou County News

Craft and Culinary Innovation at Bella Art Works Creative Café

Ceramics and ice cream? Yes!! Add to that incredible grilled cheese sandwiches and you’ve got a winning combination. Bella Art Works Creative Café, a beloved Yreka institution, has it all. But how did owner Talya Nicholson put these seemingly disparate elements together to create a thriving business and popular Siskiyou County destination?

COMBINING PASSIONS AND TOWN TRADITIONS

Talya says it all started with her friends Lizzy Martinez and Lisa Clyburn, original proprietors of Bella Art Works when it was housed in a building across the street from its current location. Lizzy and Lisa loved ice cream and when they saw the building across the street with an old-fashioned soda fountain was available, they couldn’t resist the opportunity to combine their two passions into one business.

They asked Talya’s mom, Jackie Sandford, to help as they created a ceramics studio and ice cream parlor combo. Two and a half years later, they asked Talya, who worked as a social worker for Siskiyou County child and adult protective services, if she would like to buy the business. Talya still marvels that she said “Yes.” She continued her work at the county while operating Bella Art Works for seven years, finally transitioning to a fulltime business owner three years ago. Her secret for success? Grilled cheese sandwiches!

In the beginning, Bella Art Works offered ceramics and fused glass classes, ice cream and pretzels and nachos. “Old timers talked about these ‘elite’ cheese sandwiches they used to get at the soda fountain and how much they loved them,” says Talya. So she decided to bring back grilled cheese sandwiches to the menu. But her ‘creative ADHD’, as she calls it, motivated Talya to craft cheese sandwiches with deliciously different ingredients, like her Peach-a-Palooza with peaches, Brie, prosciutto, hot honey and Havarti cheese, (which I can personally attest is a scrumptious combination.)

AWARD-WINNING SANDWICHES AND CRAFT ICE CREAM

With the addition of innovative grilled cheese sandwiches, Bella Art Works Creative Café was born! Talya’s blackberry, bacon, Brie and jalapeno grilled cheese sandwich has been a regular on the menu since it won Judges Choice at the Sacramento Grilled Cheese Sandwich Festival in 2023. Last year she won People’s Choice overall at the festival – they liked ALL her grilled cheese sandwiches. “I never thought my legacy would be grilled cheese



sandwiches,” Talya says. “But here we are.” In addition to an array of tasty sandwiches, shakes, malts, banana splits, sundaes and more grace the menu. Bella is the only place in California that features creamy, rich, small batch BJ’s ice cream from Florence, Oregon.

It’s been 10 years since Talya took the leap of faith and she keeps the creative juices flowing, frequently adding new kinds of classes and workshops, such as poured resin and clay and anything else that catches her interest. She recently added a private party room in which patrons can create and celebrate. Party packages include two hours in the private party space, a themed backdrop, beverages and a sundae bar, art materials, glazing and firing for all artists, a souvenir for the guest of honor, and set up and clean up. They also offer adult paint nights at The Rex Club next door where parents can have a relaxing evening of creativity while enjoying a variety of beverages of their choice.

BUILDING A CREATIVE COMMUNITY

“My goal when I moved to Siskiyou County in 2007 was to meet people,” Talya says. “But everyone is

so spread out here, it’s hard to meet and hang out with people. So my thought was to offer classes and workshops that I was interested in and that others would be too, and that way I’d meet new people, they’d meet new people and new people in the area would be able to join the community.”



Kids have a blast creating masterpieces at Bella Art Works all-inclusive birthday parties.

Talya’s community-building spirit doesn’t stop there. Through field trips and fundraisers for local schools and organizations, Bella Art Works Creative Café nurtures creative minds, young and old. They make fundraising simple by hosting painting events for good causes. Fundraising organizations receive 20% of all sales during the event.

They welcome field trips of all ages and sizes and all artists during fieldtrips

receive a complimentary mini cone. They’ll even come to schools, bringing all materials for hours of creative learning and fun.

A CREATIVE BREAK FOR YOU AND YOUR FAMILY

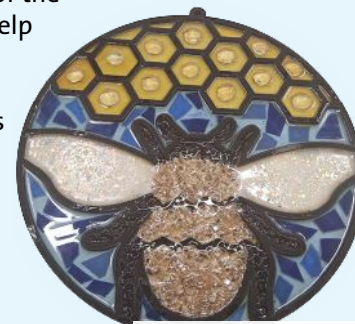
Drop in at Bella Art Works Creative Café at 117 West Miner Street, anytime during their business

hours Tuesday through Saturday 11am-5:30pm and Sundays and Mondays, 12-4pm (closed Mondays in fall and winter) to let your child’s (or your inner child’s) creativity flow. Or take a break and come alone to paint a ceramic piece and, while you’re there, enjoy a cool treat or the specialty grilled cheese sandwich of the month.

“It’s a nice way for parents to just disappear from everything else for a few minutes and do something creative,” Talya says.

Paint, firing and personal instruction are all included in the price of the ceramic piece. They help with set up and are there to offer advice and guidance. It takes seven to 10 days to dip a piece twice, fire it and be ready for pick up.

What could be easier or more fun!! For more information, go to bellaartworks.net. ■



Resin art is one of the many fun crafts available at Bella Art Works.



When her children were both finally off to preschool and kindergarten, Stacey Leigh Mohr had a few hours to do something for herself. Dance aerobics and ceramics class helped her de-stress and revive her creative heart.

Looking for something to do with the family?

Check out our Events Calendar filled with classes, outings & places to visit.

northstateparent.com/calendar



Did you know there is a Preschool right in your Siskiyou County Neighborhood?



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BELLA ART WORKS
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BellaArtWorksGlassStudio

*From one Dad
to Another...*

CLICK
HERE FOR
ENLARGED
ARTICLE

PARTNERSHIP OVER PRESSURE

Watching my young son discover the world – the way his eyes light up when he figures out how to stack blocks or the concentrated furrow of his brow as he works to fit pieces into his puzzle – reminds me daily of children's natural drive to learn. As a therapist working with men, I've noticed how our own academic experiences often shape the way we approach our children's education, sometimes without us even realizing it.

In my practice, I frequently hear fathers talk about homework struggles with their kids. One recent conversation particularly stuck with me: a client described his nightly battles with his third grader over math homework. "I just want him to succeed," he admitted, his voice heavy with familiar pressure – the same pressure many of us felt in our own childhoods. "But every evening ends in tears."

APPROACHING EDUCATION HOLISTICALLY

His words echoed something I've observed in many fathers: our deep desire to see our children

thrive can sometimes trigger our own academic ghosts. Maybe we struggled in school ourselves or perhaps we excelled under pressure and assume our children will too. We forget that education isn't just about getting the right answers – it's about nurturing the courage to try, fail and try again.

In my work with fathers, I've seen how shifting from being homework enforcers to learning partners can transform these dynamics. Instead of "You need to finish this now," try "Let's understand this together."

Rather than focusing solely on completion, explore the process: "What part makes sense to you? Where did it start feeling confusing?"

Recently, a father in my practice shared how he transformed his approach. He started each homework session by taking three deep breaths together with his daughter – a simple ritual that helped them both transition into a calmer state. They broke tasks into smaller chunks, celebrated

effort over perfection and most importantly, they learned when to step away if frustration mounted.

THERE'S MORE TO EDUCATION THAN GRADES

The results weren't just better homework completion – he reported more laughter, deeper conversations and a return of that natural curiosity I see in my own toddler's eyes. His story reminds me that academic success isn't just about grades; it's about fostering resilience, problem-solving skills and the belief that challenges are opportunities for growth.

SO HERE'S MY CHALLENGE TO YOU, FELLOW DAD:

The next time you sit down with your child's schoolwork, take a moment to check your own emotional temperature. What messages about achievement and success are you carrying from your own past? Are you bringing pressure or partnership to the table?

Our children's academic journey is just beginning. The study habits and attitudes they develop

now will carry them through years of learning ahead. Let's help them pack their backpacks with not just knowledge, but also confidence, curiosity and the understanding that they don't have to face challenges alone.

Remember, when we shift from pressure to partnership, we're not just helping with today's homework – we're healing our own academic wounds and nurturing tomorrow's lifelong learners. ■



We forget that education isn't just about getting the right answers – it's about nurturing the courage to try, fail and try again.



Tommy Mattera, LMFT, is a therapist specializing in men's mental health, working with men of all ages as they navigate relationships, identity and personal growth. While he works with all men, he has a special passion for helping fathers show up for their families with confidence and clarity. As a father to Owen and Rosemary, he understands firsthand both the joys and struggles of parenting. Through his private practice, he helps men build stronger connections with themselves, their loved ones and their communities. Learn more at tommymatteramft.com.

Do You Have Concerns About Your Baby's Development?

Most Babies At...

- 3 Months** Look from one object to another. Hold up their heads. Give eye contact.
- 6 Months** Reach and grasp objects. Look when their name is called. Roll over.
- 9 Months** Sit alone. Imitate gestures. Wave bye-bye.
- 12 Months** Take their first steps. Play with a variety of toys. Begin to say "mama."
- 18 Months** Walk alone. Build a tower of three blocks. Use up to 15 words. Enjoy interacting with caregivers.
- 24 Months** Begin to use two-word phrases to communicate. Eat and drink independently. Walk up and down stairs.



Far Northern Regional Center

Infants and toddlers from birth to age 36 months may be eligible for early intervention services through Far Northern Regional Center.



Call our referral line: (530) 332-1529 www.farnorthernrc.org

THIS IS TEHAMA



The ancient word “Tehama” once meant a place where rivers could be crossed. With our county’s rich currents of history, happenings and hope, this is our crossing place today — where we meet to celebrate our beautiful Tehama County.

LOCAL TREASURES TO BUILD YOUR FAMILY'S HOMESCHOOL EXPERIENCE

CLICK
HERE FOR
ENLARGED
ARTICLE

Education is a cumulative process and, as homeschooling parents, we can be thankful that learning builds upon itself. Imagine laying one brick at a time and mortaring it solidly into place. Or making occasional small, yet valuable, deposits into a long-term savings account where no withdrawals are permitted. Take heart, your small efforts add up!

If you are feeling overwhelmed before your homeschool year even begins, be encouraged by the wealth of resources available in Tehama County to help build upon your child’s education. Here are six ideas to get your homeschooling year off to a good start:

ACORNS TO OAKS – HOMESCHOOL ENRICHMENT IN MANTON

Acorns to Oaks is a Manton-based, homeschool enrichment program offered by the Manton Education Council. Children can attend 1-3 days per week for tutoring, hands-on group activities and a healthy snack. Families travel from surrounding towns to plug their children into activities such as “Fish in the Classroom,” Archery Club, organic garden tending, creation of a community seed library, programing through CSU Chico and visits to William B. Ide State Historic Park and the Subway Cave. Acorn to Oaks serves students from kindergarten through eighth grade with mentorship opportunities available for older students. Students meet at the old Manton Elementary School, 31345 Forward Road, on Tuesdays, Wednesdays and Thursdays, 8:30am-12pm. They would love to make this affordable for your family by offering sliding-scale pricing.

AQUARIUM AND PETS – RED BLUFF’S MINI-ZOO

Tehama County is fortunate to have a one-of-a-kind pet store with animals available to cuddle, observe and purchase. Bring your family, free of charge, to Aquarium and Pets, 345 S. Main Street, Red Bluff, and ask the employees to describe some of their unique friends which could include a Giant Crimson Day Gecko or a Zebra Finch. After a long homeschool day or week, a trip to this pet store is a reward that never grows old. Open seven days a week, 9am-6pm.

GAUMER’S MINERAL AND MINING MUSEUM – BRING OUT THE ROCKHOUND IN YOUR CHILD

Gaumer’s Mineral and Mining Museum, 78 Belle Mill Road, Red Bluff, is the perfect place to deposit a passion for geology into your child’s educational experience bank account. Call ahead to schedule a free tour for your family or homeschool group. Students can complete a treasure hunt through the gold-mining museum and the extensive rock and mineral displays. Broaden the experience with a lesson in finances while children make tax-free purchases of items starting at 10 cents and a keepsake bag starting at 65 cents per bag. Open Monday - Friday, 9am-5pm.

MOON BEAM FARM AND GIFT SHOP – LOOFAH AND LAVENDER FASCINATION.

Test your knowledge of lavender varieties and, depending on the season, see loofah growing on the vine at this beautiful farm. Moon Beam Farm, 3911 Columbia Avenue, Corning, boasts over 1100 lavender plants in at least eight varieties. Smell, identify and learn the unique properties of each variety. Feel and experience

the difference of Moon Beam’s loofah sponges compared to commercial varieties. Hear directly from the farm employees about the fun animal uses for the loofah.

Afterward, tour the country store stocked with unique, handcrafted items. Tours of 10 or less can stop by anytime Thursday - Monday, 10am- 4pm. Groups larger than 10 should call ahead to arrange a tour.

SACRAMENTO RIVER DISCOVERY CENTER – EXPLORE THE RIVER WATERSHED

Discovery in nature gives an extra boost to learning, so why not visit the Sacramento River Discovery Center, 1000 Sale Lane, Red Bluff? Located on over 400 acres of explorable Mendocino National Forest property, the center’s goal is to educate all ages about the Sacramento River watershed through educational displays and exhibits, hands-on instructional programs and restoration and rehabilitation opportunities. Children love to walk through the native plant/drought tolerant garden and attend the yearly plant sales. The center has 5 miles of surfaced walking trails for family-led birdwatching or organized bird walks.

These walks can double as a PE class and a lesson in bird anatomy. The most famous center “hosts” are George and Al, the California Desert King Snakes.

Call ahead so volunteers and employees can tailor a lesson for your family’s needs. There is a material cost of \$4 per student for a two-to-three-hour program. Bring a picnic to enjoy after your lesson or plan for a game of Disc Golf.

WILLIAM B. IDE ADOBE STATE PARK – LIVING THE GOLD RUSH REALITY

A rich source of California history is located at Ide Adobe on the banks of the Sacramento River in Red Bluff where visitors have the opportunity to feel what it must have been like to survive in the mid-nineteenth century. Depending on the season, students might participate in hands-on educational activities such as woodworking, knot tying and spool-knitting. Play old-time schoolhouse or try your hand at table games and various seasonal crafts. Tour the adobe house and hear stories of real people who lived in Tehama County at the time. Make sure to bring a picnic to share by the river afterward. Located at 21659 Adobe Road, Red Bluff, park grounds are open sunrise to sunset and the visitor center is open Friday-Sunday, 10am- 4pm.

Call (530)529-8599 or check the **North State Parent Community Calendar** for information on events like the Spring Pollinator Party, StoryWalks or Holidays on the Homestead.

Remember, homeschool parent, you are surrounded by a supportive village of volunteers, business owners and fellow educators who want to help build upon your child's education.

Leila Dumore, the founder of Evergreen Institute of Excellence in Cottonwood, has been offering support to Tehama County homeschool parents for 27 years and when parents are feeling doubtful about their efforts, she reminds them, “You've chosen homeschooling because your child's success matters to you. That commitment means you will do what it takes to help them thrive – not fail. Reach out a hand and there will be a helping hand there to grab hold and guide you with each step. There are countless resources in our area to help and inspire you.”

For more homeschooling resources, look for our **Fall/Winter Family Resource Guide – hitting newsstands and online in September to help with your 2025/2026 school year. ■**



Boat engineering and races are just some of the unique opportunities at Acorn to Oaks in Mantion.
Photo: Kalan Redwood



Children can learn to identify up to eight fragrant lavender varieties at Moon Beam Farm in Corning.



Hands-on activities make the 19th century come alive at Ide Adobe.
Photo: Debbie Deem



Gaumer's makes every child's dream to collect just one more rock come true.



See a wide variety of animal friends at Red Bluff's mini-zoo, Aquarium and Pets.



Generations of children have enjoyed meeting the King snakes at the Sacramento River Discovery Center.
Photo: Isabel Ruiz



Kate Hiller is thankful for the cumulative nature of education and for all of those who made valuable deposits in her children's lives during their homeschooling years.

SCHOOLS OF CHOICE DIRECTORY

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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newtech.auhsd.net

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GRADES TK-8



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www.forestranchcharter.org

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GRADES TK-12



Golden Eagle Charter School (TK-12) offers flexible, personalized learning through home-based learning, online courses, in-person classes in Mt. Shasta and Yreka, diverse curriculum options, exciting field trips, Career Technical Education (CTE), and dual enrollment with College of the Siskiyous, including our Early College High School Program.



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www.gecs.org

HEARTHSTONE CHARTER SCHOOL

GRADES K-12



Parents are invited to choose between a program that is 100% Independent Study (home learning) or our Hybrid program which offers a few days of on-campus classes per week. With an average enrollment of 190 students school-wide, we are a perfect alternative for families who are dedicated to home schooling and seeking small class sizes and a personalized learning experience.



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(530) 532-5848
www.HearthstoneSchool.net

HOMETECH CHARTER SCHOOL

GRADES TK-12



HomeTech is a WASC accredited, personalized learning program serving TK-12. In TK-6, our homeschool model supports parents by providing curriculum and regular meetings with the teacher. Our hybrid program in grades 7-12 integrates classroom learning with independent study. Home study options without weekly classes are also available. Support classes, tutoring and fun enrichment opportunities are available to all students. HomeTech provides a unique and personalized alternative learning environment!



6249 Skyway
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www.hometech.org

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GRADES 9-12



At Inspire School of Arts & Sciences, we are known for our innovative block schedule, wide range of elective coursework that allows students to explore their passions and develop their interests, and career technical education pathways that build students' skills in the arts and sciences. Our approach to learning challenges students to aim for excellence, while our small-school environment, advisory program, and staff of master teachers allow for the support needed to get them there. Visit Inspirechico.org to learn more, or request a tour of our tuition-free, public charter high school. This is learning, inspired.



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www.inspirechico.org

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GRADES 5-8



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lava.antelopeschools.org

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GRADES K-8



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Red Bluff • (530) 528-7301
www.lincolnstreetschool.org

NORTHERN SUMMIT ACADEMY

GRADES TK-12



We provide a personalized approach to providing a standards-based education and career awareness and preparation to students who need the flexibility of independent study combined with the support of classroom teachers, classes, and an academic environment. Our personalized approach and delivery utilizes traditional and innovative materials, equipment, techniques, and community resources with an emphasis on collaborative relationships.



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www.ns-academy.org

NORTHERN UNITED CHARTER SCHOOLS

GRADES K-12



NUCS believes in honoring individual education choices and is committed to providing an innovative public education environment for students, their parents, and teachers, through independent study facilitation, small group instruction, tutoring, online and blended learning, as well as community college co-enrollment.



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www.nucharters.org

OAK BRIDGE ACADEMY

GRADES K-12



Oak Bridge is an independent study school within Chico Unified. The K-5 families partner with CUSD teachers weekly in their comprehensive grade-level education of students. Enrichment opportunities include field trips, learning labs, and art classes. Our award-winning secondary 6th -12th grade program is WASC accredited, college-preparatory and NCAA approved. Students can take classes, play sports and engage in other extra-curricular activities at their school of residence in CUSD.



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Sutter, Tehama & Yuba Counties
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oakbridge.chicousd.org

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www.ourpca.org

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Teachers provide daily oversight, motivation and academic guidance that is customized to each student based on learning style and progress. Field trips, events, clubs and other social activities are available. Call or visit Pivot North Valley to enroll today!



1350 E. 9th Street, Ste. 150
Chico • (530) 636-4479
www.pivotnorthvalley.com

REDDING SCHOOL OF THE ARTS

GRADES K-12



At Redding School of the Arts, we believe in the power of art to shape young minds in the most amazing ways. Our students have unique opportunities to build confidence, resourcefulness, and adaptability for a bright future. With academic rigor, diverse arts, and character education, we prepare them for successful lives now and beyond high school. Plus, our Early College program lets high school students earn college credits while finishing their diploma. Come explore the unique opportunities at Redding School of the Arts – Where Education and the Arts Connect!



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www.rsarts.org

SHASTA CHARTER ACADEMY

GRADES 9-12



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www.sca-edu.org

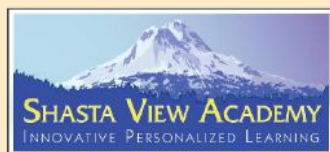
SHASTA VIEW ACADEMY

GRADES TK-12



SVA offers a personalized learning/independent study program dedicated to serving families who make the choice to school their children at home.

We provide credentialed staff, a wide array of curriculum choices, small group classes, one-on-one tutoring, field trips, and extracurricular enrichment opportunities.



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Siskiyou, and Trinity Counties
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GRADES TK-8



Every child is a unique person with their own interests, skills, abilities and personality.

The Montessori approach facilitates individualized instruction with multi-age groupings in an environment that naturally fosters a love for learning. Sherwood Montessori is a tuition-free charter school with beautiful classrooms, engaging hands-on materials, on-site, high-quality child care before and after school, as well as music, art, cooking and gardening instruction.

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TEHAMA eLEARNING ACADEMY

GRADES 7-12



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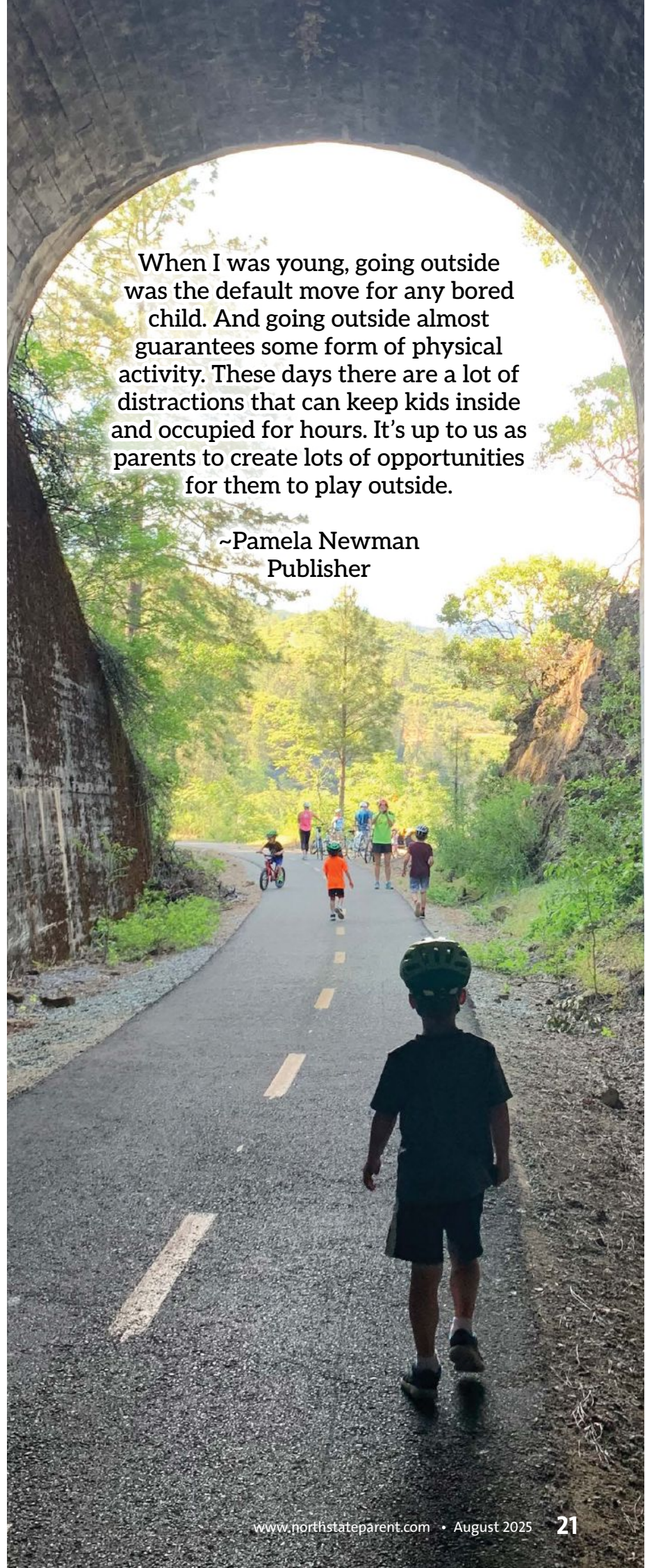
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When I was young, going outside was the default move for any bored child. And going outside almost guarantees some form of physical activity. These days there are a lot of distractions that can keep kids inside and occupied for hours. It's up to us as parents to create lots of opportunities for them to play outside.

~Pamela Newman
Publisher

Summertime

Activities to Keep Kids Engaged and Learning

CLICK
HERE FOR
ENLARGED
ARTICLE

Under the shade of her mom's backyard garden, Clara shows off her painted rock masterpiece!

August in the North State sees summer camps winding down, but the dog days of summer are still with us. In these sizzling temperatures, besides going to the movies, what is there to do to keep active AND stay cool?

Here are some great suggestions for summer activities you and your kids can do to beat the heat and get the wiggles out.

SUMMER ACTIVITIES FOR KIDS WHO LOVE SCIENCE

The Butte Environmental Council offers **instructions** on how children can make a simple and inexpensive worm bin to boost your garden for fall and keep the soil turning and rich during the winter.

Speaking of gardens, when wildflowers start going to seed it's a good time to make seed balls. Roll clay and compost together, adding a little water as needed. Once the ball is formed, roll in loose seed. Once dry, store in a bag in a dark place until the appropriate season for planting. Often November is a good season for scattering wildflower seeds in our area.

23 ►

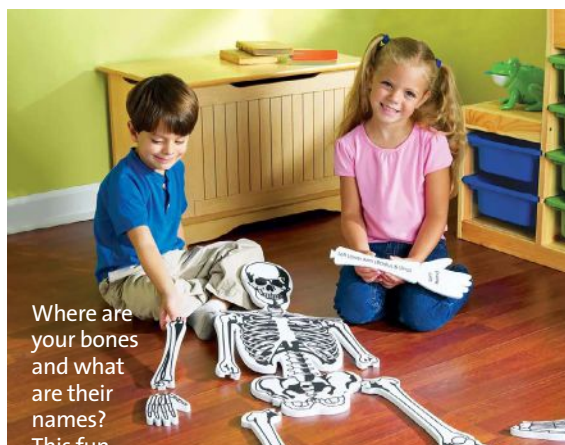
SUMMER STEM ACTIVITIES

An important part of STEM education is learning about our bodies. Get a **Skeleton Puzzle** and let your kids put it together and then compare their body to the puzzle and memorize the names of major bones in their body. Guess the names of bones, then turn the skeleton over to see if you were right!

Area museums are great places for your budding scientist or history buff to keep cool and revel in their passion. Check local museum websites for their latest exhibits. Of special interest is the **Kelly-Griggs Museum House** in Red Bluff, a beautiful mansion that tells the history of Tehama County. They have special activities and exhibits year-round, including an ice cream social and live music in September.

A super cool destination, the **Honeybee Discovery Center** in Orland is pollinating young minds in the “Queen Bee Capitol of North America.” This fascinating center, where children can see honeybees in action, taste different flavors of honey and explore the world of honeybees, teaches the most important lesson of all: You’re never too small to make a big difference! Check their website for open days and hours. Make your visit to Orland a special occasion by having dinner at **The Hive** restaurant, where children can watch an observation honeybee hive in the lobby.

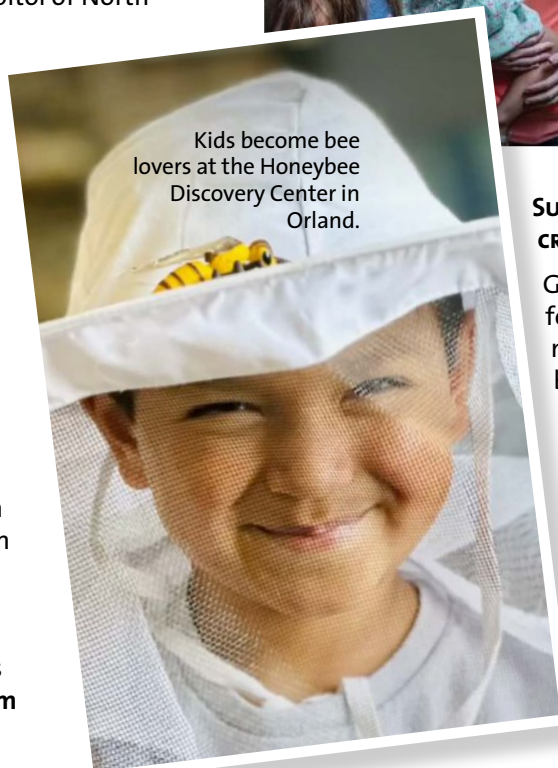
Other not-to-be-missed cool museums for “STEMish” kids are **Gateway Science Museum** in Chico, **Mt. Shasta Sisson Museum** in beautiful Mount Shasta, and the **Turtle Bay Exploration Park** in Redding. All have fascinating exhibits and fun events throughout the summer and fall. Check their websites for open dates and times and upcoming classes, exhibits and events for children. Of special note is **Mt. Shasta Sisson Museum’s** Science Saturdays, packed with science activities for kids of all ages. Call the museum for the next Science Saturday dates. (530)926-5508.



Where are your bones and what are their names? This fun skeleton puzzle reveals all.



Kids can get up close to fascinating fish and fauna while keeping cool at Turtle Bay Exploration Park.



Kids become bee lovers at the Honeybee Discovery Center in Orland.

SUMMER ACTIVITIES FOR CREATIVE KIDS

Get your kids exploring for and collecting natural materials right in your backyard, then let their imaginations go wild by **making their own seed paper** which can be made indoors or outdoors.

Kids can create lasting memories in clay at the Clay Club with Natalie at the Shasta Arts Council. Clay Club classes are held several times each month. Check the

Shasta Arts Council website or

Helping Hands Pottery website for class schedules and to register.

Bella Art Works and Ice Cream in Yreka is the perfect place for kids who love to paint and decorate. Drop in anytime, Tues-Sat 11am-5:30pm and Sun-Mon, 12-4pm and choose a ceramic piece to decorate. Paint, firing and personal instruction are all included in the price of the ceramic piece. Learn more about this unique business in the *Siskiyou County News* column on page 12.

Learn about even more North State area museums **here** and check the North State Parent Magazine Community Calendar regularly for special museum events.

Art galleries throughout the North State hold juried art competitions and exhibits at various times of the year. August is the perfect time for creative teens and tweens to keep cool while getting their cool new artistic creation ready to debut.

Make it a messy, arty day and combine nature with paint! Take an early morning trip to a local river or stream, before the heat of the day, and hunt for smooth stones. Take your treasures home, break out the paints and spend the day decorating rocks. Great ideas for rock designs can be found on Pinterest.

Wait for your painted creations to dry overnight. The next day, your little artists transform into “rock fairies” as they go around the neighborhood placing their rocks in nooks and crannies where they will be seen and brighten your neighbors’ day.

No trespassing, just placing a rock here and there along the public paths will do the good-deed trick!

Ilanna Greenfield from **Regenerative Arts Development and Learning Center** in Mount Shasta

suggests ice painting as the coolest summertime activity. You can make the ice paints food safe by using food coloring instead of acrylic paints. Partially fill an ice cube tray with water, then fill with food coloring. If you use gel coloring, fill the trays almost full of water. Mix in the food coloring with a small stick or toothpick. Wrap the ice tray tightly with foil, then poke popsicle sticks in each tray cube and freeze tray for eight hours.

Sprinkle salt on paper to cause the paint ice to melt more easily, then paint colorful designs by rubbing the paper with the paint ice cubes, let dry and voila! Cool art!!

SUMMER ACTIVITIES FOR KIDS WHO LOVE PLAYING OUTSIDE

Spending the day at the local pool is always a great way to beat the heat. But kids can also keep cool outside at the **Fantasy Fountain** or The **Waterworks Park** in Redding or the **Anderson Splash Pad**.



Public pools, splash pads and water parks offer a quick cool-off in the sizzling summer heat.



A lazy weekend glamping in the shady woods offers a cool, relaxing respite from a busy week.

Photo: Mill Creek Resort

Kids love to camp, but if there isn't enough time on the weekends to pack up and travel to a campground, why not set up a backyard camp site? Enjoy a picnic dinner, sleep out under the stars or snuggle up in a tent lit by string lights.

This is a great time to pass on family legacies by telling your kids stories about them when they were younger or about you when you were young, or about their grandparents or great grandparents, or even stories about famous female and male historical figures.

INDOOR SUMMER FUN FOR ACTIVE KIDS

For bouncy fun for all ages, **Rare Air Trampoline Park** in Redding or Chico, fits the bill. Are your kids scaling the furniture? Take them to **Shasta Rock Club** in Redding or **Terrain Park Climbing Center** in Chico, where they can climb in safety to their heart's content.

Think your little one might be a budding gymnast? Let them dip their toe in the gymnastic waters at **Athletic Horizons** in Chico where children can participate in a free trial class. For a small fee, preschoolers and their parents can come to Fantastic Fridays, the first and third Friday of every month, 10am-12pm, to enjoy physical activities like playing with balls, skipping rope, bouncing on the trampoline and climbing. Kids 6 and older can come to Open Gym the second and fourth Saturdays of every month, 10-11am, to get a taste of gymnastics.

Bowling may seem like an activity from the 1950s - but for kids, bowling never goes out of style! Bumper lanes for little ones help them feel like

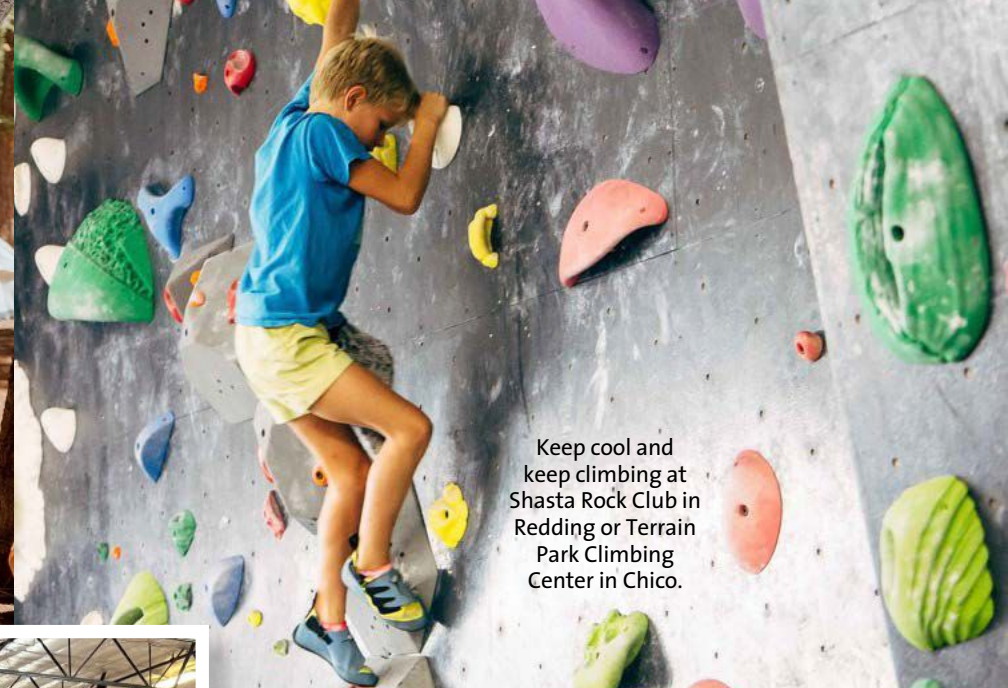


Kids can stretch their horizons by giving gymnastics a try at Athletic Horizons in Chico.

Photo: Amber Murray



Kids can enjoy hours of fun exploring the world through books at local libraries.

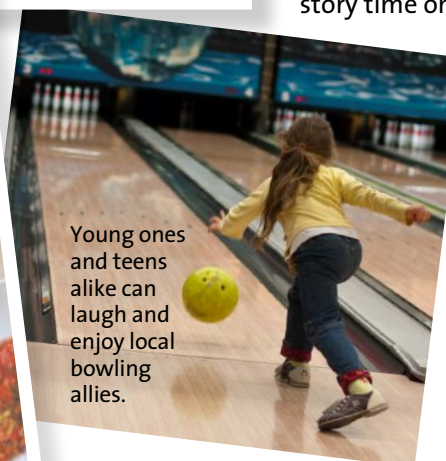


Keep cool and keep climbing at Shasta Rock Club in Redding or Terrain Park Climbing Center in Chico.

winners while building strong muscles and having a blast. Special effects **Clutch Bowl**, **Rock-n-Bowl** nights and **Rollin' After Dark** provide fun, safe activities year-round for teens. Find links and information for all the best bowling venues in the North State on the **North State Parent** website.

Want to find some new books to read to your little ones? Drop by the one and only children's bookstore in the North State: **The Reading Basket** in Redding, or Red Bluff bookstore **Turn The Page Books**. Then curl up on the couch for quiet, keep cool, bonding reading with your little one, or even with your tween or teen.

For a more social experience for your child, **North State county libraries** have story time several days a week, where kids can meet other kids and share in the excitement of a tale well-told. Find dates and times of story time on your local library website or on the **North State Parent Community Calendar**.



Young ones and teens alike can laugh and enjoy local bowling allies.

Barnes and Noble sponsors a terrific reading program where kids can earn free books by reading a set number of books, (borrowed from a library or a friend, or purchased), and writing about their favorite part of each book. Book program details are on the **B&N website**. The **Redding Barnes and Noble** has story time Weds and Saturdays. The **Barnes and Noble in Chico** has story times at 11am and 2pm on Saturdays.

In this sizzlin' hot summer, there is no need for cooped up kids to lament "*I'm bored. There's nothing to do,*" or spend the rest of the summer on their devices. Whatever your child's interest, there are plenty of activities in the North State to keep cool and keep on truckin.' ■



As a mom of two active boys, Stacey kept her wiggle monsters happy during the summer and on weekends during the school year with plenty of outdoor activities including camping in the backyard, making "forts" indoors, swimming at the local YMCA, picnics in the park and lots of free play inside and out.

Looking for Family-Friendly Events?



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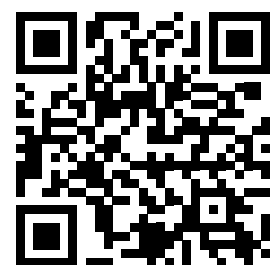
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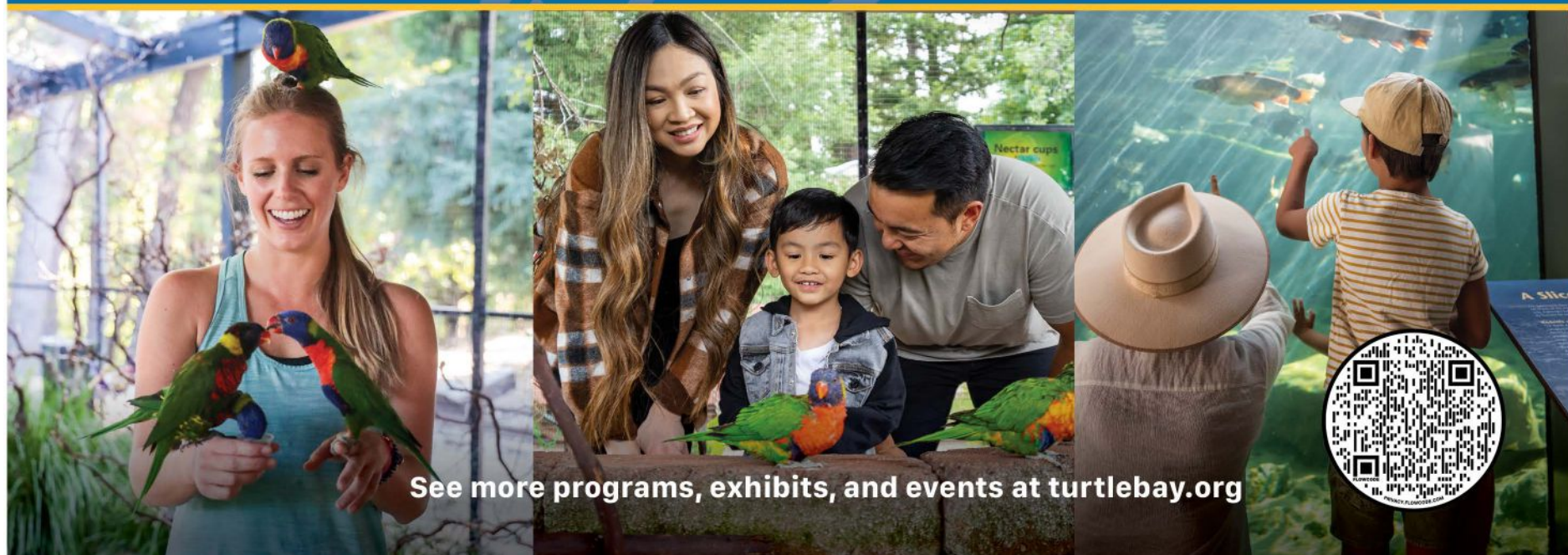
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