

# NORTH STATE Parent

**FREE**  
SINCE 1993

**JUNE/JULY 2025**  
VOLUME 33 NO. 7

**MEET THE DADS**  
**DISCOVER FAMILY**  
**GLAMPING**

WWW.NORTHSTATEPARENT.COM

TO LEARN MORE VISIT

**ADVENTURE TIME!**  
**COMPLETE SUMMER CAMPS GUIDE**



SERVING FAMILIES IN BUTTE, GLENN, SHASTA, SISKIYOU & TEHAMA COUNTIES



# Shasta Head Start

CHILD DEVELOPMENT, INC.

Set a **STRONG START** for  
your child's learning

**Free Enrollment** to  
Qualifying Families



*Start Here!*



**We Provide** Full-Day and Half-Day Classrooms,  
Home Based Care, Nutritional Meal Plan, Language  
Skill Development, Individual Curriculum Plan, Special  
Needs Inclusion, Health and Dental Screening, and  
Parent Support.

**Infant**

Prenatal to  
18 Months

**Toddler**

18 Months to  
3 Years

**Preschool**

3 Years to  
5 Years

**Call Today 530.241.1036**

**375 Lake Blvd Redding, CA 96003**



# MT. SHASTA CONCERT SERIES

**GROCERY  
OUTLET**  
bargain market

*Weed*

SEASON SPONSOR

## SHASTICE PARK

FREE ENTRY ★ SUNDAYS 6:30PM

JULY 13<sup>TH</sup>  
**BROKEN COMPASS**  
PRESENTED BY MOUNTAIN MEDICS

JULY 20<sup>TH</sup>  
**JESSICA MALONE**  
PRESENTED BY RAY MAC MECHANICAL

JULY 27<sup>ST</sup>  
**MARCHFOURTH**  
PRESENTED BY DIGNITY HEALTH

AUGUST 3<sup>RD</sup>  
**CAS HALEY**  
PRESENTED BY SISKIYOU CREDIT UNION

AUGUST 10<sup>TH</sup>  
**SECRET SOCIETY HANDSHAKE**  
PRESENTED BY ACE HARDWARE

AUGUST 17<sup>TH</sup>  
**SUNDOWN POACHERS**  
PRESENTED BY BERRYVALE GROCERY



f MTSHASTA.CONCERTS @MTSHASTACONCERTSERIES WWW.MTSHASTACONCERTS.COM

## ARE YOU A MEMBER YET?

PROTECT YOUR FAMILY AND YOUR  
FINANCES FOR ONLY \$99/YEAR



Call Jennifer Hart, your local representative  
for over 10 years, at 530.510.2915



**KIDS  
MEMBERSHIP  
\$50/MONTH**  
530-319-3700  
M-F 5-7PM @ f



1666 East Cypress Ave., Ste. 18 • Redding



## WHEN PIE MEETS BREAD

ARTISAN BAKERY

*The Best Of Both Worlds Come Together*



*Bon  
Appetit*

Organic sourdough • Pastries  
Specialty pies & cakes • Espresso

Breakfast & Lunch • Special Event Space Available  
whenpiemeetsbreadbakery.com

1768 Churn Creek Rd., Redding • 530.215.3002





On the Cover: Families have a blast rafting the rapids of North State's Trinity River with 6 Rivers Rafting. A whitewater bonding experience like no other! See page 9 for info on fantastic family rafting trips and check out 6 Rivers Rafting Junior Guide and River Safety Training camp for teens on page 19.



Please welcome our new graphic artist, Kristen Schmidt. She lives in Redding, is an avid gardener, and is a mom to three kiddos. If you'd like to reach out, email her at [graphics@northstateparent.com](mailto:graphics@northstateparent.com)

- 6 BE THE CHANGE**  
*By Jenna Christopherson*
- 7 For Community: Learn About & Celebrate Juneteenth**  
*By Rebecca Hatings*
- 8 How One Local Dad is Advocating for Inclusion in the North State and Beyond**  
*By Jennifer Arnold*
- 10 NSP Celebrates Dads in Business**
- 12 Summer Camps & Classes**
- 22 SISKIYOU COUNTY NEWS**  
The Miracle of Major's Place  
*By Stacey Leigh Mohr*
- 26 Childcare & Preschool Directory**
- 28 Happy Glamping**  
*By Deborah Peel*
- 32 THIS IS TEHAMA**  
Tara Ellis: Helping People Find their True Home  
*By Kate Hiller*
- 38 For Health: Keeping Kids Safe this Summer with Dr. Nate Parker**  
*By Brianna Lee Keaney*
- 46 For Community: Kids Level Up at Athletic Horizons in Chiico**  
*By Stacey Leigh Mohr*

DEAR READERS



Dear Readers,

What is your child doing this summer? Our guide to summer camps and activities offers some very creative and fun options. With a variety of summer family activities and North State adventures, you'll enjoy this summertime edition! Thanks for reading and sharing us with others. That's how we grow!

In this issue also we pay tribute to dads and support our local community through our special Dads in Business feature. Often fathers aren't the ones who get the benefit of mommy play dates and Mommy and ME dance classes. Every time I see a dad being present with his children, modeling strength, patience and fairness, I see a long-term commitment to a community's health. Read through and see if you feel, as I do, that these are a bunch of great dads!

You don't get a second chance to raise your children. Be strong, be present and think long term on those "frazzley" days!

Happy Summer!

*Pamela*

Pamela Newman and the North State Parent Staff

OUR SUPPORTIVE DISPLAY ADVERTISERS

360 Junk Haulers, LLC.....	10
About Trees.....	38
Achieve Charter Schools.....	34
AirMedCare Network.....	3
Ameriprise Financial.....	44
Anderson New Technology High School.....	34
Athletic Horizons.....	38
AZADS Martial Arts.....	9
Berryvale Grocery.....	24
Blue Oak Charter School.....	34
Boys & Girls Club of Greater Shasta.....	24
Boys & Girls Club of Shasta Summer Camp.....	24
Bricks & Minifigs Redding.....	10,20
Butte College.....	37
California Dept. of Public Health, WIC Program.....	21
California Health Collaborative.....	38
California Heritage Youth Build Academy.....	34
Caltrans.....	49
Care Net Pregnancy Center of Paradise.....	27
Caring for Women Pregnancy Center-Gridley.....	27
Caring for Women Pregnancy Center-Oroville.....	27
Cascade Union Elementary School District.....	38
Charlew's Tap House.....	9
Chico Area Recreation and Park District.....	45
Chico Community Ballet.....	48
Chico Montessori Children's House.....	26,48
Chico Performances.....	48
Choices Siskiyou.....	27
Choices Yreka Milk & Cookies Mother's Circle.....	27
City of Redding Parks and Recreation Department.....	45

Columbia Lion Cubs Preschool.....	26
Cottonwood Creek Charter School.....	34
Creekside Counseling.....	38
Dance Depot.....	9
Dandy Lion's Children's Shop.....	27
DHCS Doula Directory.....	27
Enloe Health Mother & Baby Education Ctr.....	27
Evergreen Union School Institute of Excellence.....	35
Family Center on the Upper Ridge.....	50
Far Northern Regional Center.....	27,40
Firestorm Wildland Fire Suppression, Inc.....	49
Forest Ranch Charter School.....	35
Gaumers Jewelry.....	44
Golden Eagle Charter School.....	35
Has Beens Coffee & Tea Company.....	11
Hearthstone Charter School.....	35
Help Me Grow.....	27
Holiday Market.....	43
Homemtech Charter School.....	35
Hope Academy.....	37
Inspire School of Arts and Sciences.....	35
Kids Interconnections Preschool & TK.....	26
Kinetics Academy of Dance & Gymnastics.....	49
Kotasik Daycare.....	26,38
Lassen Antelope Volcanic Academy.....	33,35
Lincoln Street School.....	35
Little Sprouts Preschool.....	26
McLane Maintenance.....	25
Medi-Cal Covers Doulas.....	27
Mill Creek Resort.....	29

Montessori Education.....	48
Mount Shasta Summer Concert Series.....	3
Mount Shasta Trail Association.....	24
Mt. Shasta Sisson Museum.....	24
Northern Summit Academy.....	35
Northern United Charter Schools.....	36
Oak Bridge Academy.....	36
Omega Mortgage Group.....	11
Palermo Union High School District.....	26
Phoenix Charter Academy College View.....	23,36
Pivot Charter North Valley.....	36
Pump Daddy Concrete, LLC.....	11
PUSD Health & Wellness Resource Center.....	50
Rare Air Trampoline Park.....	45
Red Bank Outfitters & Outdoor Academy.....	10,20
Redding Certified Farmers Market.....	40
Redding Christian School.....	37
Redding City Ballet.....	45
Redding School Of The Arts.....	36
Redding Swim Team.....	20
Regenerative Arts Learning Center (RAD).....	25
Ridgeline Pediatric Respite Services.....	38
River Dancers.....	24
Rolling Hills Clinic.....	27
Rowell Family Empowerment Of Northern Cal.....	44
Shady Oaks Montessori.....	48
Shasta Charter Academy.....	36
Shasta College.....	52
Shasta Community Health Center.....	27,44
Shasta County Health & Human Services.....	41

Shasta Family YMCA.....	42
Shasta Head Start.....	2
Shasta Rock Club.....	20
Shasta View Academy.....	36
Sherwood Montessori.....	36,48
Siskiyou Community Resource Collaborative.....	25
Siskiyou County Farmers Markets.....	25
Six Rivers Rafting.....	9
Sphinx Filipino Martial Arts.....	3
Spring Hill Nursery & Gardens.....	24
Spurgeon's Embroidery.....	44
TCHSA-Behavioral Health.....	39
TCHSA-National Children's Dental Health Month Celebrations.....	30,31
Tehama e-Learning Academy.....	37
Terrain Park Climbing Center.....	45
Tiny Toes Preschool.....	26
Trinity Lutheran Preschool.....	26
Turtle Bay Exploration Park.....	51
United Way of Northern California.....	5
US Airsoft World.....	45
Valene L. Smith Museum of Anthropology.....	37
Watershed Schoolhouse.....	10,37
West Redding Preschool.....	26,38
When Pie Meets Bread.....	3
Wildflower Open Classroom.....	37
Yreka Concerts in the Park.....	20

SERVING FAMILIES IN BUTTE, GLENN, SHASTA, SISKIYOU & TEHAMA COUNTIES

Publisher: Pamela Newman  
Managing Editor: Stacey Leigh Mohr  
Family Calendar Editor: Amber Murray  
Production: Kristen Schmidt  
Sales & Outreach: Kate Hiller, Melissa Rogers & Pamela Newman  
Social Media: Amber Murray  
For Billing Questions: [billing@northstateparent.com](mailto:billing@northstateparent.com)

Learn how our digital magazines and e-newsletter can help your business grow -- Call or email now for advertising and joint promotional opportunities. (530)926-1287 / 1-800-500-6747 or [pn@northstateparent.com](mailto:pn@northstateparent.com)

Main office: (530) 926-1287  
310 N. Mt. Shasta Blvd.  
Mt. Shasta, CA 96067

Mailing address:  
PO Box 1602  
Mt. Shasta, CA 96067

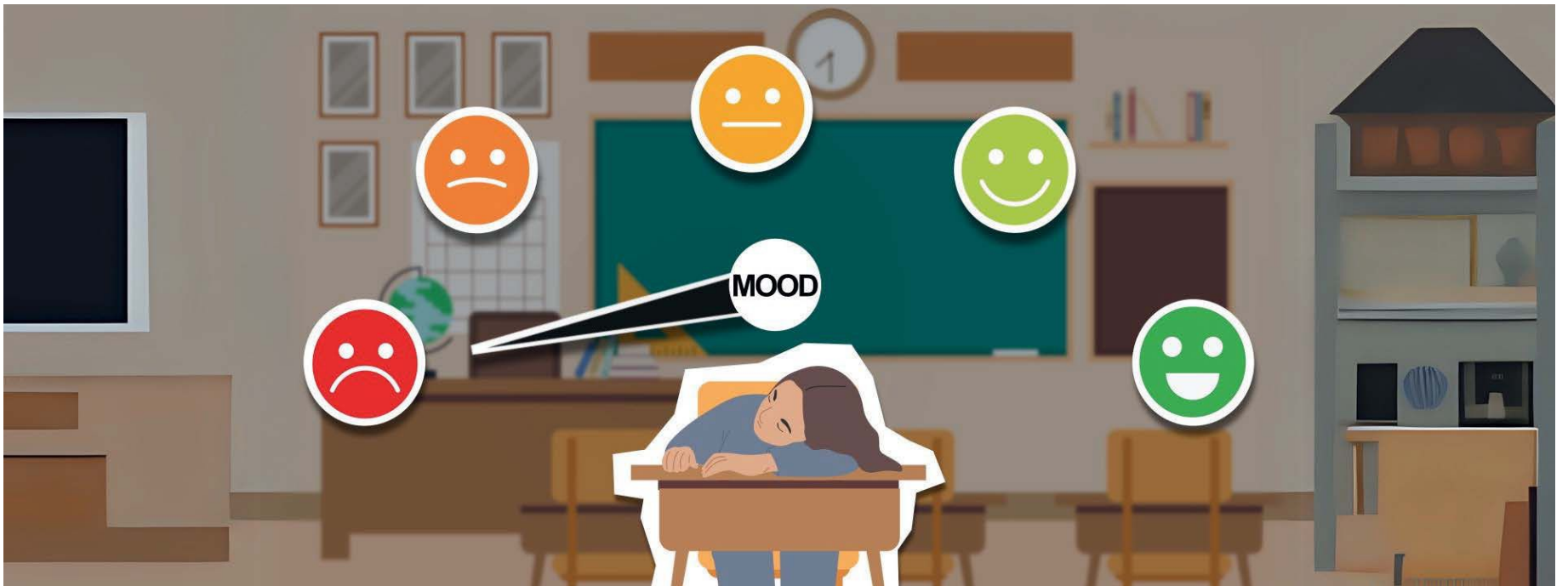


Reproductions without permission in writing are strictly prohibited. Articles, listings and advertisements in NSP do not necessarily reflect the opinions of the management, employees or writers.



Read our current & past digital magazines at [www.northstateparent.com](http://www.northstateparent.com)











# Let's Talk About Mental Health






Taking care of your mental health is just as important as taking care of your body.

Feeling sad, angry, or confused can be a sign that your mental health needs attention.

## Signs to Watch For:

-  **Staying away from friends and family**
-  **Losing interest in hobbies**
-  **Trouble sleeping or eating**
-  **Frequent stomach aches or headaches**
-  **Grades dropping in school**
-  **Mood swings**

## Tools and Strategies to Navigate Big Feelings:

-  **Journal about your feelings**
-  **Exercise**
-  **Express through creative outlets, like music or art**
-  **Spend time with your loved ones**
-  **Explore Soluna:**  
Free platform for Californians ages 13-25, regardless of insurance coverage
-  **Explore BrightLife Kids:**  
Free platform for Californians ages 0-12 and their parents/caregivers, regardless of insurance coverage

## Download today

to access free tools, resources, peer communities, and 1:1 coaching with highly qualified mental health coaches.



App brought to you by CalHOPE.org

**soluna**

**BrightLife Kids**

**DHCS**  
CALIFORNIA DEPARTMENT OF  
HEALTH CARE SERVICES



Brought to you by



United Way of  
Northern California



Please say you saw it in North State Parent magazine. This helps us grow!

www.northstateparent.com • June/July 2025



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](mailto:pn@northstateparent.com).

# 空手 SENSEI BERNIE KELLY

Bernie Kelly didn't know he liked teaching, but he did know he liked karate. So when, in his 20s, his karate teacher Pat Haley offered him free karate lessons in exchange for teaching younger students, Bernie decided to give it a try. "Pat really opened up a world to me," Bernie says, reflecting how that teaching experience led him out of carpentry and into teaching middle and high school for 24 years. It also led him to, in 2015, open Kelly's Martial Arts, his own dojo in Cottonwood. In the past 10 years, the dojo has doubled in space and flourished in student attendance, blossoming into the dojo Bernie had dreamed of.

**A POWERFUL COMBINATION OF KNOWLEDGE, HISTORY, COMMUNITY, SKILLS AND EXPERIENCE**

The last decade has also refined Bernie's approach to martial arts instruction. "I thought I was a good teacher when I first started," Bernie says, "but now I actually know what teaching is all about and I think about it differently." This different perspective comes from uniting his personal history, his Native American heritage and community, and his degree in health psychology. "It's all those experiences after 30 years coming together so that I can help people utilize the tool of karate to improve themselves and better their lives," Bernie says.

Grant Watkins and his two children are examples of how Bernie's skills and experience can indeed better people's lives. About four years ago, on something of a whim, Grant enrolled his son and daughter, who were then 10 and 8, in Bernie's karate classes. "They just fell in love with it," Grant says. He witnessed his children gain self-confidence, which then translated into more social confidence, resulting in both of his children becoming more active with their peers and more comfortable with making new friends. Spending time at the dojo connects the family with a supportive community. At the same time, the individual nature of karate builds "resilience and grit to just keep going, even though it's hard," Grant says.

Grant doesn't just speak as a casual observer; his children's immediate enthusiasm inspired him to enroll in karate lessons at Kelly's Martial Arts as well. The results, he says, were "life-changing for my kids, but for me as well. I became more confident, more physically fit, more mentally resilient. And it's because of Bernie."

**BUILDING RELATIONSHIPS IS KEY**

Rich Hall, who met Bernie while they were both public school teachers, has seen this same type of transformation with many of Bernie's students. "Bernie can take the quietest kids and they all of a sudden realize they are somebody special and that they are being recognized as somebody special – it's just something that Bernie has always had the ability to do." Rich adds that Bernie was an early pioneer of project-based learning. This hands-on approach to learning gives students tangible examples of how they can do more than they think they can do and is one of Bernie's tactics for helping draw kids out of their shells.

Jeneil Morrentino, who taught seventh grade alongside Bernie, says that he has a gift for being able to "see people for who they are. It's like he sees their spirit and their intentions all the time. I think that's why his students love him." As Jeneil watched Bernie's teaching approach, it changed her own priorities in teaching. "Working with Bernie helped me become a better teacher because I realized it didn't have to be so regimented," she says. "The teaching part will come, but the important part is building relationships with kids." Jeneil describes Bernie's sense of humor, unique skill for affirming students and bringing out the best in them and ability to help other teachers find the positives when their work becomes discouraging.

**PROVIDING SUPPORT TO OVERCOME LIFE'S STRUGGLES**

Finding the positive is an intentional choice for Bernie. "The world is a tough place," he says, "and I think it's that way by design. We are born in blood,

sweat and tears; the first moments of our breath and our coming into this physical realm are harsh. And then we get a good meal and a hug and we're content. And I think that's the rule for us being here: face the harshness and learn to find contentment. I want to give all my students plenty of opportunities to struggle with support so they can overcome the struggle."

One of Bernie's own supporters for life's struggles is his wife, Kirsten. While Bernie readily admits their 36-year marriage hasn't been entirely smooth sailing, he describes her with great affection as "one of the most complete humans I know. She's so humble, she doesn't recognize her impact. I'm visible in my impact; I'm outgoing and assertive and she's internal and quiet and introverted. She's bedrock; you could build schools and companies around her, and she just makes everybody a better player."

Bernie and Kirsten have two adult daughters, Jordan and Paige. In his spare time, Bernie participates in Native American ceremonies, carries a medicine bundle from a South American tradition, and does health and wellness seminars. He has traveled to Japan five times to receive awards and grow in his own karate skills, recognizing there is always room to grow because, as he says, "Karate is a lifestyle." Thanks to Bernie, the karate lifestyle is more available to kids and families in the North State, building mental strength, physical muscle and community cohesion for all ages and stages of life. ■

Kelly's Martial Arts Dojo  
20633 Gas Point Rd. Suite H, Cottonwood, CA, 96022  
(530) 410-2263 [www.kellys-martialarts.net](http://www.kellys-martialarts.net)



Jenna Christophersen is a Chico native who loves her community and can never get quite enough of the arts. She supports fostering creativity in any venue, especially as a part of young people's daily lives.



Sensei Bernie Kelly brings out the best in students of all ages.  
Photos courtesy of Bernie Kelly.



# LEARN ABOUT & CELEBRATE JUNETEENTH AS A FAMILY

The holiday popped up on the calendar almost as suddenly as my children asked what it was. I had that mom moment when I realized I had two choices: I could choose to dismiss the question and move on or I could admit that I didn't know and suggest we find out more. It can be hard when children ask about something that we don't know a lot about. The good news is that it's the perfect way to connect and learn about something together. Try these ideas to help your family understand and recognize the importance of Juneteenth.

## WHAT IS JUNETEENTH AND WHY DOES IT MATTER?

Juneteenth celebrates the freedom of enslaved African Americans in the United States. Despite the Emancipation Proclamation freeing slaves January 1, 1863, it took over two years for the decree to free slaves in the Confederate state of Texas. Freedom finally came June 19, 1865, when some 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved Black people in the state were free by executive decree. This day came to be known as 'Juneteenth' by the newly freed people in Texas.

Juneteenth became a holiday the following year. While Juneteenth was just added as a federal holiday in 2021, it is considered the oldest African American holiday in the United States. The name Juneteenth is a combination of the words June and nineteenth. This holiday offers opportunities to consider what freedom looks like in our world. We can use Juneteenth as a way to look back, understand how far we've come, the work still to be done and look forward to continuing the work of ensuring freedom for generations to come.

## HOW DO WE CELEBRATE JUNETEENTH?

The most important way you can celebrate this holiday, regardless of your race, is by showing honor and respect. Learning about Black culture, supporting Black organizations and fostering an atmosphere of learning are the best places to start.

**LEARN THROUGH BOOKS:** This is always a great place for families to start learning more together. It provides a culturally and age-appropriate way for everyone to learn more.

Start with books such as:

- *Juneteenth* by Vaunda Micheaux Nelson
- *All Different Now: Juneteenth, the First Day of Freedom* by Angela Johnson
- *Juneteenth for Mazie* by Floyd Cooper

Beyond the holiday itself, choose books that highlight the Black experience and Black culture to help your family better understand what the celebration represents. Even exploring the Emancipation Proclamation speech and music such as freedom songs will create a more vivid understanding for children. The Smithsonian website has an excellent synopsis of the historical legacy of Juneteenth.

**HAVE A RED COOKOUT:** Celebrating outdoors represents freedom. The key to the foods you choose may be to step outside of your comfort zone. Red foods like watermelon, red velvet cake, strawberry pie and even hot sauce on Juneteenth often symbolize resilience and strength, while foods like brisket, beans and bread round out the celebration menu. This is a great way to have fun with everything from meat to spicy tea!

**SHOW SUPPORT:** Juneteenth serves as an important reminder of our nation's history. Supporting Black-owned organizations and businesses is a wonderful way to continue the work that started so many years ago. Whether you shop in a local Black-owned business or send a donation online, this type of support is a tangible way to link arms for the prosperity and freedom Juneteenth represents.

**SAY IT:** Wish Black friends and family a Happy Juneteenth as you celebrate and recognize the holiday. This simple phrase goes a long way in fostering respect. "The easiest way to wish someone a Happy Juneteenth is by messaging them and wishing them a fulfilled day," advises author and UNICEF Youth Advocate

Alliyah Logan. "Similar to Black History Month and other important anniversaries to Black Americans, it is important to acknowledge it as an American holiday, even if you do not celebrate it."

**KEEP WORKING:** The best way we can all work to celebrate Juneteenth is to keep doing the work needed for racial freedom in the United States and beyond. Have honest and respectful conversations about racial issues (even when it feels difficult), seek to learn more about races other than your own and be part of a solution of healing and hope as we move forward. ■



Rebecca Hastings is a former teacher who is passionate about authenticity, faith, and family. She has been featured on sites such as The Washington Post and Parents and her books are available on Amazon.

## CELEBRATE JUNETEENTH IN THE NORTH STATE

All are welcome to join in these North State Juneteenth celebrations!

### JUNETEENTH: A FREEDOM CELEBRATION

JUNE 18, 3-7PM, BEL AIRE PARK, WEED

Music, gospel hymns, games for all ages, poetry readings, farmers market, free ice cream, prizes and more!

### JUNETEENTH SPONSORED BY THE OROVILLE AFRICAN AMERICAN FAMILY AND CULTURAL CENTER

JUNE 14, 3-7PM, MLK PARK, OROVILLE.

Vendors, barbecue, live music, games for kids, raffles, free hats and t-shirts, information and resources. [aafcc-oroVille.org](http://aafcc-oroVille.org)

### BUILDING LEADERS, ADVOCATES, & COMMUNITY CONNECTIONS JUNETEENTH CELEBRATION

JUNE 19, 3-8PM, DEGARMO PARK, CHICO

Live music and performances, exhibits by local artists, vendors and information booths. Enjoy delicious food and support amazing Black-owned businesses.





## How One Local Dad is Advocating for Inclusion in the North State and Beyond

When Anderson resident Jordan Heberlein learned his daughter Brooklynn would be born with Down Syndrome, he had no idea how deeply it would transform his life, not only as a father, but as an advocate. His parenting journey, from the early stages of uncertainty to his involvement in the special needs community today, shaped and continues to guide how he shows up for his daughter and other families who are walking a similar path.

### CONFRONTING GRIEF AND OVERCOMING STEREOTYPES

Receiving a diagnosis for your child always comes with a rollercoaster of emotions – some of which are expected and others that catch you completely off guard. Jordan remembers spending those early days focusing on staying upbeat and making sure his wife, Caitlin, was OK. It wasn't until later that he realized he was grieving, which is a very common and natural emotion for parents of children with disabilities. "I was masking some of the feelings I had about it, and once I was able to learn that, I could get through it," he says.

One of Jordan's early challenges was confronting the stereotypes he didn't even realize he held. When he first learned Brooklynn would be born with Down Syndrome, he found comfort in the familiar notion that people with Down Syndrome are "always happy." But as Brooklynn grew and her personality took shape, that belief didn't hold up. "Sure, Brooklynn is happy, but there are times she is not happy," he says, pointing out that she, like anyone else, experiences a full range of emotions. Letting go of that stereotype was a turning point – not just in how he related to his daughter, but in how he began to understand and advocate for the broader disability community.

### BUILDING CONNECTIONS AND AN INCLUSIVE COMMUNITY

Jordan says the best piece of advice he can give to parents with a newly diagnosed child is to get connected to other families whose child has a similar diagnosis. Whether through a local group, an established organization or an online space, connecting with others who are going through the same experiences helps ease the isolation and provides real-life support from people who truly understand.

The Heberlein family became involved with the Down Syndrome Diagnosis Network (DSDN) ([dsdiagnosisnetwork.org](http://dsdiagnosisnetwork.org)) shortly after Brooklynn was born nine years ago. Looking for connection and support, Jordan joined their group specifically for fathers and describes it as "life changing." Today, he helps organize and lead their annual Rockin' Dad Retreats.

Jordan and his family are also making a difference in their own community. He and Caitlin oversee the North State region's Challenger Little League ([littleleague.org/play-little-league/challenger](http://littleleague.org/play-little-league/challenger))-an adaptive baseball program designed for children with physical and intellectual disabilities. The league is about more than just playing ball; it's about building inclusion and connection. They

incorporate inclusive practices like pairing athletes with "buddies" – peers who offer support with hitting, throwing or catching. But more importantly, Jordan says, it's an opportunity to create real relationships and shift how kids see one another.

### HELPING FAMILIES NAVIGATE A NEW DIAGNOSIS

Jordan's advocacy extends to his professional life. He now works with the Family Wellness Program through the Shasta County Office of Education in partnership with Far Northern Regional Center ([farnorthernrc.org](http://farnorthernrc.org)). The program supports families who are either in the process of getting a diagnosis for their child or have recently received one. Over 12 weeks, parents attend family-style dinners, connect with other families and participate in guided conversations around topics like grief, emotional resilience and positive relationships. For many of the families, "it's the first time that they don't have to advocate for the value of their kid, because all of us in there have a child with a disability and we get it," Jordan says.

The program also includes sibling support, offering a space for children to process their emotions and help them understand why their brother or sister may need extra time and attention from their parents. "Navigating those feelings in a healthy way is critical for them to know that their parents don't love them any less," Jordan says. At home, he and Caitlin are open with their other two children about Brooklynn's disability and why certain aspects of life might look different for her. "My kids are Brooklynn's biggest supporters and it's beautiful," he said. Still, they make a point to remind her siblings that support doesn't mean doing everything for her, highlighting the balance between encouragement and fostering independence.

### TRUSTING YOUR INSTINCTS & ADVOCATING FOR YOUR CHILD

Jordan encourages parents who've just received a diagnosis for their child to give themselves grace, avoid comparisons and prioritize self-care, no matter what it looks like. For him, it's baseball. That "two hours is where nothing else in the world matters besides that game," he says. For others, it might be something as simple as "a half-hour of watching your favorite TV show after your child goes to bed." Whatever the outlet, he says, the key is to carve out time to recharge.

For friends and extended family, Jordan acknowledges that people often want to help but sometimes aren't sure how. His advice? "Just being there, listening and understanding" makes a big difference. He also encourages loved ones to ask questions rather than rely on assumptions – they'll learn more and it strengthens relationships. ■



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.





**LIGHTS, CAMERA, DANCE**

PERFORMANCE JUNE 21, 2025  
6 PM • REDDING CIVIC AUDITORIUM

Visit our neighbors at  
**DANCE DEPOT**  
REDDING  
For all your dancewear needs

REGISTER ONLINE!  
LIMITED SPOTS AVAILABLE

**SUMMER 3-DAY DANCE CAMPS:**  
July 8-10; July 15-17; or July 22-24  
**BALLET INTENSIVE:**  
3 Weeks - July 8-24

**Join Our Dance Family!**  
TAP • JAZZ • BALLET • LYRICAL  
HIP-HOP • BROADWAY • ACROBATICS  
AUGUST DANCE INTENSIVES  
FOR INTERMEDIATE & ADVANCED LEVELS

2225 Larkspur Ln., Redding • (530) 275-9618 • [dancedepotfamily.com](http://dancedepotfamily.com)

PIZZA • PASTA • GRILL

**CHARLEW'S**  
TAP HOUSE  
SHASTA COUNTY, CA

**AMERICA'S BEST RESTAURANTS**

Family owned and operated.  
Ready to welcome you with  
Italian comfort food, pizza,  
pasta and more!

Restaurant dining and Event catering – Call us for more info.

(530) 378-1110 • 1901 CA-273, ANDERSON • [CHARLEWS.COM](http://CHARLEWS.COM)

WHAT THE WORLD NEEDS NOW

**RESPECT  
COURAGE  
KINDNESS**

**AZAD'S**  
MARTIAL ARTS CENTER

EARLY BIRD DISCOUNTS!

**ENROLL NOW**  
For Summer  
Registration  
by going to  
our website.

[AzadsMartialArts.com](http://AzadsMartialArts.com)

[azadsmartialarts](https://www.facebook.com/azadsmartialarts)

**6 RIVERS RAFTING**

**Junior Guide Camp & River Safety Training**  
**June 27-30, 2025**  
Youth Ages 11-17 • No Experience Necessary  
Hands-on training • Free Camping • Equipment Provided

Tripadvisor Travellers' Choice Awards

TRINITY RIVER • KLAMATH RIVER • SALMON RIVER  
SACRAMENTO RIVER • EEL RIVER • SMITH RIVER

Six Rivers Rafting is a company committed to social and ecological sustainability. We pride ourselves on providing not just a river trip, but a river experience! From cliff jumping, exciting whitewater rapids, a waterfall hike, and long leisurely emerald green pools to swim in... the Trinity River has it all!

**ARE YOU READY FOR A WHITEWATER EXPERIENCE LIKE NO OTHER?**

**6 RIVERS DAILY RIVER TRIPS**  
**FULL DAY WITH LUNCH**  
**HALF DAY WITH SNACK**  
**SCENIC CLASS I OR II**  
**GUIDED KAYAK TRIPS**

**6 RIVERS SPECIALTIES**

- Overnight River Trips (1, 2 or 3 nights)
- Team Building
- Guide School
- Class IV & V Trips
- Sunset Float w/Dinner

707-599-4221 • [sixriversrafting@gmail.com](mailto:sixriversrafting@gmail.com)  
[www.sixriversrafting.com](http://www.sixriversrafting.com)



# North State Parent celebrates Dads in Business...

Men who have worked hard to build a business and a community. Many chose to become entrepreneurs so they could set their own schedules to spend time with their families and be good role models to their children. These dads take their kids to work, show them the ropes, teach them the value and rewards of hard work and persistence. They place high value on family time and join North State Parent in investing in and strengthening their communities.

## Dad in Business



Watershed Schoolhouse in Chico was inspired by a gap Brendan saw in the standard school curriculum. Place-based education, community-building, personal development and rites of passage were almost entirely absent. Watershed Schoolhouse aims to bridge this gap, while also covering the basics of standard curriculum.

Watershed gives room for creativity and the ability to respond to educational opportunities that arise in the moment. Brendan also gets to spend a lot of time with his son, who is enrolled in the school.



[watershedschoolhouse.org](http://watershedschoolhouse.org)



*Brendan Sloan Clarke*

Watershed Schoolhouse  
**IN BUSINESS SINCE 2024**



## Dad in Business



*Jose Trejo*

360 Junk Haulers LLC  
**IN BUSINESS SINCE 2024**



Jose had a job that required him to be out of town four days a week. He was inspired to start his own business by his desire to work from home so he could make his own schedule and spend more time with his family. His research revealed that there was a need in the community for a junk removal service and he felt it was the perfect fit for him. He loves the freedom of owning his own business and works long hours to provide professional customer service to his clients.

"Balancing family and work is definitely a battle that I am fighting every day," Jose says. "I try to make sure to block out time for important events and just try to disconnect and be with the family those days."

21821 Riverside Avenue, Red Bluff • (530)763-7688 • [360junkhaulersllc.com](http://360junkhaulersllc.com)

## Dad in Business



*Thomas Harpham*

Bricks & Minifigs Redding  
**IN BUSINESS SINCE 2024**



Thomas was inspired to start his business by LEGO® lovers of the North State. There was nothing like Bricks & Minifigs Redding north of Chico before he opened his store in February 2024. Thomas wanted to bring something unique to the North State that would elevate the people's quality of life.

Thomas loves seeing the joy and excitement people experience when they shop at the store. He says, "We may sell LEGO, but our business is people"

"I have an amazing team that I can trust to run my business to my standards when I am not there. This gives me the flexibility to maintain a healthy work/family life balance."

60 Hartnell Avenue, Redding • (530)255-8112



## Dad in Business



Brian's outdoor business is the product of a lifetime of hard work and his determination to offer the premier hunting experience on the West Coast,

Running his own business allows Brian the freedom to make every day one he's proud of and the opportunity to introduce the great outdoors to customers and campers alike.

He is blessed that his family works alongside him to run both the hunting outfit and the youth summer camp and employing California youth who go on to become outdoor professionals themselves.



*Brian Riley*

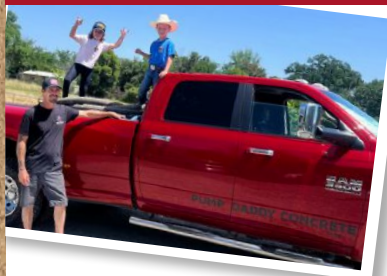
Red Bank Outfitters and Red Bank Outdoor Academy  
**IN BUSINESS SINCE 1995**

1887 Red Bank Road, Red Bluff • (530)529-9435  
[redbankhunting.com](http://redbankhunting.com) • [redbankoutdooracademy.com](http://redbankoutdooracademy.com)

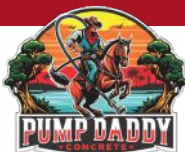


We invite you to read about these remarkable, loving, entrepreneurial fathers who are consciously shaping the lives of future generations!

## Dad in Business



**Dominick Jawler**  
Pump Daddy Concrete LLC  
**IN BUSINESS SINCE 2022**



Dominick spent years working long hours out of town and he and his wife, Ashley, realized the only way to build a life close to home was to create their own opportunity. He saw a gap in their local market for concrete pumping, took a leap of faith and bought their first pump so he could build a home business. The business has blossomed and now, Pump Daddy isn't just a service—it's a blessing. Their family's way of life that blends hard work, humor and pride into everyday life. It has allowed them to stay local, stay together and work toward a shared goal as a family.

22280 Brent Road, Red Bluff • (925) 206-6285 • [pumpdaddyconcretelife.com](http://pumpdaddyconcretelife.com)

## Dad in Business



Mike always loved coffee. A friend gave him a home coffee roaster and from there his hobby turned into a passion. He studied under a seasoned master roaster and grew into a business owner. Mike truly appreciates family, friends and teachers who have made Has Beans a success.

"As a company, we focus on roasting REALLY good coffee, community and work-life balance," Mike says. "I hire exceptional people, which allows me to focus on my role. When things run smoothly, I can dedicate more time to my family, crew and customers and we've been happy with the balance we've achieved." Find Has Beans' fresh roasts at your favorite local grocer, online or on Humboldt Ave.

1078 Humboldt Avenue, Chico • (530) 332-9645  
[HasBeans.com](http://HasBeans.com)



**Mike Boyd**  
**IN BUSINESS SINCE 2022**  
**Has Beans Coffee and Tea Company**  
**Retail-Wholesale est. 1976**

## Dad in Business



**OMEGA  
MORTGAGE  
GROUP**



I learned at an early age that I was good at sales and very good with numbers, so mortgage finance is a perfect fit for me. Add the personal relationship aspect to it and it has really become the only career I could ever see myself doing.

**Jody Bartley**  
**Omega Mortgage Group**  
**SERVING RED BLUFF SINCE 2003**

I am responsible for assisting my clients with making the largest financial acquisition they will ever make in their lives and helping them create the foundation for building generational wealth and stability. Buying a home is much more than merely a financial transaction. It starts with building a long-term relationship. I really enjoy getting to know my clients and becoming friends with them.



My position allows for flexibility so that I can volunteer and help support my community through Red Bluff Rotary, the Red Bluff-Tehama Chamber of Commerce and the Tehama County Association of Realtors. Through these organizations I've been fortunate to build life-long friendships and have a significant impact on the lives in this community.

Modern technological advancements allow me the opportunity to efficiently conduct my business from anywhere in the world. Although this can be a blessing and a curse, I am able to shut it down when necessary to enjoy time with my family. There are times that I'm working from early in the morning until late at night and even on weekends, but it's all worth it in the end when I'm able to enjoy time away from work with family.

The best advice I have ever received is that your life might not be perfect but it's your life and it is what you make of it. Live your life to the fullest and enjoy every moment of it along the way.



340 Hickory Street, Red Bluff • (530) 520-5805  
[omglending.com/officers/jody-bartley](http://omglending.com/officers/jody-bartley)



# SUMMER CAMPS & EPIC MEMORIES

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!







## Azad's Martial Arts Summer Camps

### DAY CAMPS

azadsmartialarts.com/classes/summer-camp

(530)892-2923

313 Walnut St #150, Chico

**Ages:** 3-17

**Costs:** \$255/week (May 1-May 20)

Last Minute Enrollment: \$275/week (May 21-July 20)

**Nerf Camp** | June 2 & 23 & July 21 | 8am-12pm

**Ninja Camp** | June 9 & July 7 | 8am-12pm

**Gladiator Camp** | June 16 & July 14 | 8am-12pm

Your child will enjoy high-quality martial arts and personal training for all ages and experience levels and a wide range of games and activities each day, both indoor and outdoor. While the entire week is packed with fun activities, lessons and team-building exercises developed by Grandmaster Azad, 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.



## Forebay Aquatic Summer Camp

### DAY CAMPS

forebayaquaticcenter.com

(530)774-7934

North Forebay State Recreation Area, 930 Garden Drive, Oroville.

**Ages:** 7-14.

**Sessions:** June 9 - August 8.

**Cost:** \$185 Half day / \$285 Full Day

Learn to master kayaking, orienteering and stand-up paddle boarding in a safe and exciting environment. Play games to learn about local wildlife, learn lifelong skills and work on team-building activities. A new guest each week, like the local fire department, state park rangers, bird or fish experts and more, teach campers in-depth specific subject knowledge.



## CARD Camps

### DAY CAMPS

chicorec.gov

(530)895-4711

**Cost:** Varies

**Sessions:** July-Aug. Check website for dates and times.

**CARD Sports Camp** | Ages 3-15 | This is the perfect opportunity for your player to better their skills and try something new. Experience skill-building each week in the morning and a variety of activities in the afternoon. Inclusive environment encourages each participant to make new friends.

**Camp Chico Creek** | Ages 5-11 | Provides outdoor exploration, builds friendships and promotes a love for nature. Enjoy hands-on natural science labs, up-close animal visits, nature walks, arts and crafts, building tree forts, swimming in Big Chico Creek and camp BBQ's every Friday. Includes guest speakers and afternoon stations with options such as yoga, talent shows, dance parties and water games.

**Camp Chi-Da-Ca** | Ages 4-11 | Introduce your child to the great outdoors. Kids can't help but have fun, get dirty and come home worn out from all the activity that takes place in Hooker Oak Park by upper Bidwell Park. Sing camp songs, go on nature hikes, play games and cool off in the water.

**Summertime Delight** | Ages 5-11 | Predominantly indoor camp with activities ranging from games, swimming, kids' clubs, sports, crafts and weekly movies and Field Trips



## Chico Creek Dance

### DAY CAMPS

chicocreekdance.com

(530)961-3509

1144 W 1st Street, Chico

**Art in Nature** | Ages 7-11 | June 30-July 3 | 9am-1pm | \$175

This unique camp combines the beauty of nature with the magic of art, offering kids the chance to create stunning works of art inspired by the world around them.

**Disney-Pixar Art Camp** | Ages 5-11 | July 7-11 | 9am-1pm | \$175

Campers dive deep into the magical world of Disney and Pixar to develop their own unique artistic skills while exploring the process behind these amazing films.

**"Leap" Ballet Dance Camp** | Ages 5-11 | June 16-20 | 9am-1pm | \$175

Embark on a magical journey of creativity, determination and grace, all while learning the fundamentals of ballet and building the skills needed to become a wonderful dancer.

**Studio Ghibli Art Camp** | Ages 8-13 | June 23-27 | 9am-1pm | \$175

Explore the magic of animation, storytelling and illustration, inspired by the breathtaking art and rich imagination of Studio Ghibli films.

**Wicked "Defying Gravity" Dance Camp** | Ages 4-11 | June 9-13 | 9am-1pm | \$175

Move and groove to the soundtrack of Wicked! Kids will learn a mix of styles from jazz to contemporary and even a little bit of street dance.

## Youth Camp at Chico Racquet Club

### DAY CAMPS

chicoracquetclub.com/summer-camps

(530)895-1881

Chico Racquet Club, 1629 Manzanita Ave, Chico

**Ages:** 4-16

**Sessions:** Mon-Fri, June 9-Aug 15, 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!





## Dance & Gymnastic Camps at Kinetics Academy of Dance & Gymnastics

### DAY CAMPS

kineticsacademyofdance.com/summer-camps-classes  
(530)345-2505

627 Broadway Street, Suite 100, Chico  
office@KineticsAcademyofDance.com

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 to accelerated ballet classes - toddlers to teens - choose from a variety of camps for your child to enjoy a musical and active summer.

**TikTok Time (Hip Hop) Dance Camp** | Ages 6-12 | June 16-19 | 12:15-2:45pm | \$165

**Unicorn Fairy Ballet** | Ages 4-8 | Aug. 11-14 | 12:15-2:45pm | \$165

**A Wickedly Good Time Dance Camp** | Ages 5-12 | July 21-24 | 12:15-2:45pm | \$165

**Ballet Accelerated Intensive Training Camp** | Ages 7-16 | July 7-10 | 12:15-2:45pm | \$165

**Princess Ball & Tea Party** | Ages 4-9 | June 23-26 | 12:15-2:45pm | \$165

**Summer Dance Pass** | Ages 3.5-5, 5-7 & 8-16 | Check website for times and session details | \$188  
Session: June 16 - August 16. Check website for times and session details.

**Dance Team Preview** - | Ages 6-15  
Session 1: July 14-17 | 12:15-2:45pm, focus - ballet, lyrical and jazz. Session 2: Aug. 4-7 | 12:15-2:45pm, focus - hip hop, tap and musical theater | \$150 per session

**Dance & Gymnastics Camp** | Ages 4 - 12 | July 28-31 | 12-2:30pm | \$165

**Hand Sewing & Flow Arts Camp** | Ages 7-15 | July 28-31 | 12:15-2:45pm | \$165 + \$20 supply fee.

**Aerial Arts & Circus Camp** | Ages 6-16 | June 20 or July 11 | 12:30-3pm | \$55. Aug. 11-14 | 12-2:30pm | \$175

**Tumble Warriors** | June 21 - Aug. 16 | Ages 4-7, 2:30-2:30pm | Ages 7-10, 12:30-3:30pm | \$160.

**Gymnastics Camp** | Ages 5-12 | June 23-26 & July 7-10 | 12-2:30pm | \$170 per session.

**Ninja Fun Camp** | Ages 4-8 | June 23 - July 3 | 12-2:30pm | \$165 per session

**Cheer Camp** | Ages 6-15 | June 16 - 19 & July 14 - 17 | 12-2:30pm | \$170 per session

**Stunts & Jumps Clinic** | Ages 6-15 | June 27 & Aug. 8 | 12:30-3pm | \$49 per session.

**Back Handspring Clinic** | Ages 6-16 | July 18 & July 25 | 12:30-2:30pm | \$45 per session.

**Gymnastics Level 2 (Beyond Basics) Camp** | Ages 6-15 | July 21-24 | 12-2:30pm | \$170

**Gymnastics OPEN GYM** | June 16, July 21 & Aug. 18 | Toddlers 9am - 10:30am, Ages 6-12 10:30am - 12pm | \$15 per day.



## Artist's Playground

### DAY CAMPS

tennant.lori@gmail.com for information and registration  
(530) 521-6786

Paradise Art Center, 5564 Almond St., Paradise.

**Ages:** 7-14.

**Sessions:** Tuesday-Friday 9:00-1:00pm

July 1-4 Drawing & Composition Studio

July 8-11 Ceramics Studio #1

July 15-18 Mosaic & Collage Studio

July 21-25 Ceramics Studio #2

July 29-August 1 Print Making & Graphics Studio

August 5-8 Painting Studio

**Cost:** \$180 per week

Each week will introduce a different artistic medium and students will be free to find their own unique learning process and expression as well as have structured project and instruction. All materials will be provided.



## Museum Summer Camp

### DAY CAMPS

csuchico.edu/anthmuseum/family/family-programming.shtml

(530)898-5397

Valene L. Smith Museum of Anthropology, Chico State University

anthromuseum@csuchico.edu

**Ages:** 5-11

**Sessions:** July 14- 24, 8:30-12:30

**Cost:** \$150 per week

**Out of this World- Our Solar System and Beyond** | July 14 -17

Travel within and beyond our solar system to investigate planets, moons, asteroids and constellations.

**Toothless and Stich: Misfit Heroes Who Bring Us Together** | July 21 - 24

Explore Viking and Hawaiian cultures through the eyes of Toothless the dragon and Stich the E.T. Discover the plants and animals of their lands and learn how each one finds the courage to belong.



## North State Ballet

### DAY CAMPS

northstateballet.com

(530) 774-2364

2400 Notre Dame Blvd., Chico

**Tutus, Tendus & Twirls**

Ages: ages 3-5

Session: June 30-July 2, 9:30-11:30am

Cost: \$125

Three days of dance fun for our tiniest friends, designed to give students a chance to dance and express themselves in a positive and developmentally appropriate environment. Ballet, tap and acrobatic dance. Must be 3 years of age by Oct. 1, 2024.

**Dance Playground** | Ages: 4-8 | June 9-11, June 30-July 2 & July 21-23 | 10:30am-1:00pm | \$150

An all-styles dance camp designed to expose the young student to the joy of dance. Classes in ballet, jazz, lyrical, tap, hip hop and acrobatic dance. Age is determined by Oct. 1, 2024.

**Trainee Readiness Camp** | Ages: 7+ | June 30-July 2, 12:30-3:00pm | \$200

A week of teaching, mentorship and classes to prepare and/or further your dancer's readiness for our highest level training program at North State Ballet. Ballet, lyrical, jazz and acrobatic dance as well as strength and flexibility classes specific to dancers.

**Junior & Intermediate Technique Intensive** | Ages: 9+ | June 30-July 3, 3:30-6:30pm | \$275/week, \$80/day  
Intensive for the junior - intermediate dance student to further develop and push their technical and artistic aspirations in a positive, high level environment. Ballet, contemporary, flexibility and strength, pointe, jazz, acrobatic dance and more!

**Ballet & Contemporary Intensive**

Ages: 8+ | July 28-August 1 | full day advanced/pre-professional program, half day junior/intermediate program | Inquire for specific cost

Elevate your technical and artistic aspirations! With esteemed NSB faculty as well as internationally acclaimed guest master faculty, students will have the opportunity to grow and learn in a positive, high-level environment. Ballet, contemporary, pointe, variations, strength and flexibility, choreography, improvisation, seminar classes and more!

**Acrobatic Dance Intensive Series**

Ages 7+ | Fridays, June 13, 20 & 27 | Advanced: 10:00am-12:00pm, Intermediate: 11:30am-1:30pm, Beginning: 1:00-3:00pm | Cost varies per level

Dancers in each level will focus on developing acrobatic skills starting from a strong foundation moving through more advanced skill level as the student is ready.





## SonForce Kids

### DAY CAMPS

CCChico.com/sdc

(530)487-0446

Calvary Chapel Chico, 1888 Springfield Drive

**Ages:** 4-12.

**Sessions:** July 14-18 & July 28-Aug. 1

**Cost:** \$90 pre session.

Calling ALL Special Agents! The SonForce Kids agents gather on a satellite orbiting high above the Earth to prepare for their daily missions and learn the catchy SonForce songs! Explore all five rooms: Teaching, Game, Craft, Application and Memory. Registration includes a T-shirt, daily lunches, snacks and crafts.



## Terrain Park Climbing Center Youth Summer Camp

### DAY CAMP

terrainparkclimbingcenter.com/youth-programs-chico

(530)809-0796

Terrain Park Climbing Center, 931 W 5th Street, Chico.

**Ages:** 8-13.

**Sessions:** June 9 – Aug. 14, Mon-Thurs, 9am-12pm

**Cost:** \$250, \$215 each if siblings sign up together

Our youth summer camp is geared towards providing young climbers an environment where they can have fun and grow as a climber. The youth summer camp is a great way for young climbers to connect with other young climbers on a weekly basis.



## Redding Recreation

### DAY CAMPS

secure.rec1.com/CA/redding-recreation/catalog

(530) 225-4095

**Camp Bayside** | Ages 8-12 | 8am to 5:30pm | \$123-\$205

Caldwell Recreation Center, 56 Quartz Hill Rd, Redding.

Everyday Heroes: June 11-13

Pirates of the Caribbean: June 16-20

Rainforest Adventures: June 23 – 27

Creative Campers: June 30-July 3 | Water Olympics: July 7-11

Raiders of the Lost Artifact: July 14-18 | Wind and Sea: July 21-25

Survivor: July 28 – Aug. 1 | Treasure Hunters: Aug 4 – 6

Offers an aquatic-focused camp, provides daily swim time at the Redding Aquatic Center. Learn to kayak and paddleboard. Under lifeguard supervision, includes weekly field trips to Whiskeytown where campers go sailing, kayaking and paddle boarding.

**Camp Quest** | Ages 9-13 | 8am to 5:30pm | \$123-\$205

Caldwell Recreation Center, 56 Quartz Hill Rd, Redding.

Fear Factor: June 11 - 13 | Harry Potter: June 16 – 20

Mission Impossible: June 23- 27 | Survivor: June 30- July 3

All Ball: July 7 - 11 | Mad Science: July 14 - 18

Everyday Heroes: July 21- 24 | Extreme Sports: July 28-Aug 1

Amazing Race: Aug. 4 – 6

Geared towards older youth who enjoy high octane activities, self-challenges, exploration and imagination in weekly themed-based activities. Each week includes two swim days at the Aquatic Center and local weekly field trips.

### Camp Eureka

Caldwell Recreation Center, 56 Quartz Hill Rd, Redding.

Ages 10-12 | 8am to 5:30pm | \$123-\$205

STEM: June 11 - 13 | Harry Potter: June 16 – 20

Atlantis: June 23 - 27 | Natural Wonders: June 30 – July 3

Water World: July 7 -11 | Everyday Heroes: July 14 – 18

Inventor's Workshop: July 21- 24 | Nailed It: July 28 – Aug 1

End of Summer Splash: Aug. 4 – 6

If you enjoy S.T.E.M., innovation, art and have an inquisitive mind this camp is for you! Explore the world through hands-on activities, learning from career professionals, games and more! Local weekly field trips around Redding and two weekly swim days at the Aquatic Center.

### Camp Shasta Lake

Camp Shasta Lake, 4620 Vallecito Street, Shasta Lake.

Ages 6-12 | 7:30am to 5:30pm | \$155

Sports Extravaganza: July 7 -11 | Makers Week: July 14-18

Kids Who Game: July 21- 25

Under the Big Top - Carnival Week: July 28 – Aug. 1

Offers a fun, well-rounded experience where our campers get to do some of everything.

### Summer of Fun Preschool Camp

Enterprise Community Room, 4000 Victor Ave , Redding.

Ages 3-5 | 8am to 12pm

Everyday Heroes: June 16 – 19 | All About Me: June 23- 26

Weather All Around: June 30-July 3 | Little Picasso: July 7 -10

Dynamite Dinosaurs: July 14 – 17

Summer preschool camps designed for fun and learning. Teachers are Redding Recreation staff, trained in child development and dedicated to helping children enjoy the discovery of play, learning and social interaction in a safe, positive environment.



## Camp Curiosity

### DAY CAMP

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

Acton Academy Redding, 2960 Hartnell Avenue

**Ages:** 6-12.

**Session:** June 16 - July 11, 8:30am - 1pm.

**Cost:** \$40 - \$595

Provides a variety of activities for learners to choose from, including theatre, coding & robotics, arts & crafts, outdoor play, gym sports, engineering challenges, 3D printing, stop-motion animation, group games and so much more. New challenges are introduced each week. 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.



## Serene Ranch Horse Camp

### DAY CAMP

(530) 440-1808

Serene Ranch, 3871 Rancho Estates Road, Cottonwood.

**Ages:** 4-18

**Sessions:** Running all summer long. Day camps and week camps available.

**Cost:** \$60-\$400

Kids learn horse care, horsemanship and riding, while building confidence, communication and teamwork. Our lessons foster life skills, self-esteem and lasting friendships—all in a safe, supportive and fun-filled ranch environment. Check us out on Facebook.





## Dance Depot 3-Day Camps & Ballet Intensive

### DAY CAMP

dancedepotfamily.com

(530)275-9618

2225 Larkspur Lane, Redding.

Ages 18 months (Mommy or Daddy & ME) - Adult.

### Sessions:

3 Day Camps, July 8-10, 15-17 & 22-24

3 Week Ballet Intensive (Tues & Thurs mornings) July 8-24 Intermediate/Advanced Levels.

Check website in June for times.

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

Classes offer a variety of dance styles including ballet, lyrical jazz, acrobatics, tap, hip-hop and more, along with Mommy or Daddy and ME classes. Students will be able to jump in and dance with us for just 3 days or for 1-3 weeks. Don't miss out on this unforgettable summer experience for your child! Register online starting in June or give us a call.



## 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 16-Aug 1, 9am-4pm

**Cost:** \$225 for members and \$250 for nonmembers. Participate in various science activities, crafts, games and more. We encourage interactive and hands-on learning that builds on prior knowledge. 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. Campers will have opportunities to attend Turtle Bay programs, visit the Parrot Playhouse, enjoy the playgrounds and explore our exhibitions, gardens and more.



## Library Summer Reading Program

shastalibraries.org/summer-reading

**Ages:** All ages

**Cost:** Free

Sign-ups online and in-person begin May 15 at any Shasta Public Libraries location in Anderson, Burney or Redding. A great way to keep the mind active during the summer break while having fun with friends and family at the library. Designed to encourage children, teens and adults to read during the summer months, the program aims to foster a love for reading, improve literacy skills and provide a fun way to engage with books and stories. Participants set individual reading goals. Rewards such as bookmarks, certificates, or small prizes for reaching reading milestones. Events and activities include storytimes, crafts and themed programs.



## Redding Ballet Theatre's Summer Dance Academy

### DAY CAMP

thereddingartsproject.com

(530)245-1019

The Redding Arts Project, 1726 Market Street, Redding

**Ages:** 4 - Adult.

**Session:** June 16 - July 25.

**Cost:** \$75-\$550

Join Redding Ballet Theatre for our exciting Summer Dance Academy at The Redding Arts Project, where dancers of all ages and skill levels are immersed in a dynamic and enriching training experience. Our program offers a diverse range of classes, including ballet, jazz, lyrical, contemporary, acrobatics, Pilates and choreography, along with the opportunity to learn classical ballet variations. With an experienced lineup of guest teachers and instructors, dancers will refine their technique, explore new styles and grow in a fun, supportive environment. Sessions range from one-week camps to a full six-week experience.



## Summer Theatre Academy - High School Musical

### DAY CAMPS

thereddingartsproject.com

(530)245-1019

The Redding Arts Project, 1726 Market Street, Redding

**Ages:** 10-21.

**Session:** June 16 - July 25, M-Th, 9 am - 1pm.

**Cost:** \$500-\$550

The Redding Arts Project and Redding Theatre Company's Summer Theatre Academy is dedicated to training youth and young adults in the performing arts, fostering creativity, confidence and teamwork in a fun and supportive environment. Through engaging workshops and hands-on experience, students develop their skills in acting, singing and dancing while building lasting friendships and unforgettable memories. The program culminates in an exciting full-scale production of High School Musical, where participants showcase their talents on stage for the community to enjoy. Tuition includes six-week camp, T-shirt and recording of the show.



## Shasta Rock Club Summer Camps

### DAY CAMP

shastarockclub.com • (530)691-4505

Youth Climbing Camp, 2325 Athens Avenue, Redding.

**Ages:** 6-18.

**Sessions:** Youth Climbing Camp | Ages 6-12 |

June 9 - 13, June 23 - 27 & July 7 - 11

Teen Climbing Camp | Ages 12-18 | July 14 - 18.

**Cost:** \$275 first child | \$225 additional child

Offers a fun and challenging climbing experience where kids build confidence, problem-solving skills and teamwork. Learn climbing techniques, play engaging games and tackle exciting challenges in a supportive environment. No experience needed—just a sense of adventure and a desire to climb!





**Redding City Ballet**  
**DAY CAMPS**  
reddingcityballet.org/classes  
(530)709-1205  
Redding City Ballet, 935 Locust Street

**Children's Basic Week**  
**Ages:** 8-12.  
**Session:** July 7-11  
Basic Ballet 9:30-1am  
Basic Tap 11-11:45am  
**Cost:** \$68 - \$130  
Introduce your child to the joy of dance through a fun and focused introduction to both ballet and tap. Classes designed for beginners help build coordination, rhythm and confidence in a supportive environment.

**Intermediate/Advanced Ballet Intensive**  
**Ages:** 10+, prior experience required.  
**Session:** July 14-18  
Intermediate Ballet 9am - 12pm  
Advanced Ballet 12:30 - 3:30pm  
(Placement auditions are held June 23).  
**Cost:** \$220  
Ballet Intensive for intermediate and advanced dancers. Focused program challenges technique, strength and artistry through ballet classes, pointe, conditioning and more.

**Little Dancers Week**  
**Ages:** 2.5-7.  
**Session:** July 21-25  
Pre-Ballet 9:30 - 10:15am (age 2.5-4)  
Intro to Ballet 10:30 - 11:15am (age 5-7).  
**Cost:** \$68  
A playful introduction to dance! Little Pre-ballet and intro to ballet classes designed to spark imagination, build coordination and inspire a love for movement. Perfect for first-time dancers in a fun, welcoming setting.



**YMCA Camp McCumber**  
**RESIDENT CAMPS**  
<https://www.sfymca.org/blog/camp-mccumber-where-youth-shine>  
(530) 246-9622  
Camp McCumber  
35440 McCumber Lake Rd , Shingletown  
**Ages:** Open to everyone born between 1/1/2010 and 12/13/2017.

**Session 1:**  
June 15, 2025 - June 21, 2025

**Session 2:**  
July 13, 2025 - July 19, 2025.

**Cost:** \$750.00 - \$770.00  
For over 50 years, YMCA Camp McCumber Resident Camp has been a summer staple for North State youth. At YMCA Camp McCumber, we make sure youth have opportunities for positive growth and development. We do this through an outdoor environment that is happy, safe, and educational, with activities that will promote youth learning respect for their fellow campers, for their own abilities, and for nature. There are activities that will reach everyone's interests, such as canoeing, fishing, arts & crafts, sports, archery, cabin-bonding, day hikes, campfire, water fun, and more. No one is left out or behind.



**Youth Fishing Camp**  
**DAY CAMPS**  
(530)598-6872  
Siskiyou County Fisheries, Yreka  
**Ages:** 10-17  
**Session:** June 17-20  
7am-12pm  
**Cost:** \$250  
All gear is provided • Pick up to be determined.  
We'll be fishing at local lakes & rivers.  
Learn the basics of fishing, gain valuable outdoor skills, build confidence and self-reliance, enjoy the fresh air and and make new friends!  
Participants 16 and older must have a valid fishing license.







Horse Powered Reading® - Powerful Readers Summer Camp

DAY CAMPS

[majorsplace.org/horse-powered-reading](http://majorsplace.org/horse-powered-reading)  
(530)853-1028

Willow Creek Ranch, 30022 Willow Creek Ranch Rd, McCloud.

**Ages:** 5-14.

**Session:** June 23-26, 9am-12pm. Snack provided.

**Cost:** \$350 - Scholarships available to cover 100% of cost, contact us for more information

The program helps children increase confidence, promote self-efficacy, foster connections, learn valuable reading skills and carry new skills into the regular classroom. Interacting with horses, children engage in activities and games that help promote phonemic awareness, decoding, vocabulary, fluency and comprehension, integrating social-emotional learning with academics, allowing students to see and experience reading with their entire mind, body and emotions. There is NO RIDING in this program. Students interact with horses from the ground, while using toys and props to identify obstacles and learn five critical reading skills, all while engaging in activities to make learning fun!



Whitewater Summer Camp

RESIDENTIAL CAMP

[riverdancers.com/trip/whitewater-camp-for-teenagers](http://riverdancers.com/trip/whitewater-camp-for-teenagers)  
(530)918-8610

**Ages:** 13-17

**Sessions:** July 17-20

**Cost:** \$750

River Dancers teams up with CoCreative Coaching to provide 3 nights and 3 days of adventure on the Lower Klamath River for teenagers from 13-17. A fully immersive experience. Learn about indigenous cultures, river ecology and geology and environmental issues relating to rivers with special focus on the Klamath region. Swim rapids, learn to guide a whitewater raft and kayak and help with cooking and camp life. Some Class III rapids with plenty of time in between to frolic in the river. Camp alongside the shore each night, hang out, tell stories and sleep under endless starry nights.



Kidder Creek Camps

RESIDENTIAL CAMP

[www.kiddercreek.org](http://www.kiddercreek.org)  
2700 S Kidder Creek Rd., Etna  
(480)748-8585

**Ages:** 7-18

**Sessions:** June 8-13, June 15-20, June 22-27, June 29-July 4, July 6-11, July 13-18, July 20-25, July 27-Aug 1, Aug 3-8

**Cost:** \$649-\$1,359

We offer a wide variety of overnight Christian adventure camps all summer long, including Mountain Bike Camp, White-Water Rafting Camp, Ranch Camp, Wilderness Camps, Family Adventure Camp, and more. Join us for the best week of your summer, where you will grow closer to God, make new friends, and create memories that last a lifetime.



Regenerative Arts Day Camp (RAD Camp)

DAY CAMPS

[radlearningcenter.org](http://radlearningcenter.org)  
(207)458-8247

**Ages:** 3-12

**Sessions:** June 17-Aug 15, Tues – Fri, 9:30am-2:30pm

**Cost:** \$50-\$65 a day

Children will take part in natural and recycled arts & crafts and spend each day learning and tending to their own kids' garden. Mornings start with music and movement, organic cooking, nature studies, interactive games and many forms of earth friendly arts and crafts. With a 6 to 1 child to instructor ratio, children will feel independent and safely have freedom to create. Email [ilanna\\_d@yahoo.com](mailto:ilanna_d@yahoo.com) or sign up on the website to enroll



Boys and Girls Club of Greater Shasta Summer Camps

DAY CAMPS

[Bgcgreatershasta.org](http://Bgcgreatershasta.org)  
(530)220-7623

601 E. Alma Street, Mount Shasta

**Ages:** K-8th grade

**Sessions:**

June 23-27: BGCA week

June 30-July: 4 Art Week

July 7-11: STEM week

July 21-25: Sports week

July 28-Aug 1: Music week

Aug 4-8: Water week

STEM, arts & crafts, and social recreation that tie into each week's specific theme—plus additional theme-specific programming. Lunch provided daily! We're committed to making our programs accessible. Financial assistance is available and BGCBS will work with you to ensure that cost is not a barrier for eligible families.







**Kelly Martial Arts Camps**

**DAY CAMPS**

kellys-martialarts.net  
(530)410-2263  
Kelly's Martial Arts  
20633 Gas Point Rd Suite H  
Cottonwood.

**Battle and Combat Class**

Ages 11-14 | July 14-July 18  
10am-12pm

**Cost:** \$200  
Offers an immersive experience where you will craft four of your own weapons, hone your weapon skills and train in individual and small group tactics and strategies.

**Martial Arts for Sports Class**

Ages 14-18 | June 23-27  
10 am to 12pm

**Cost:** \$200  
(Camp \$150, Individual first aid kit \$50)  
Experience the dynamic world of Martial Arts for Sports. Focus on enhancing athletic performance through specialized training in footwork, hand fighting, body positioning and structural stability. Explore how to safely navigate falls and collisions. Integrates principles of sports medicine to treat injuries and prevent injuries. Participants will take home an Individual first aid kit.

**Self Defense for High School - Females only**

Ages 14-18 | July 28-Aug.1  
10am-12pm

**Cost:** \$100  
Our Self Defense for High School program equips young women with essential skills to handle conflict confidently. Learn effective practical techniques in verbal defense, striking, grappling and escapes.

**Dance & Acrobatics Classes with Flare!**

**DAY CAMPS**

igniteyourflare.com/contact-us  
(530) 255-4180  
446 Walnut St, Red Bluff.

**Ages:** 3+  
**Sessions:** Mon-Wed, June 9-25 - 4:15-8:15pm.  
**Cost:** \$63-\$487  
Acro, ballet, Broadway musical theatre, hip-hop, jazz and tap. Build strength and confidence and have a blast in a supportive, high-energy environment. All levels welcome!



**Red Bank Outdoor Academy**

**RESIDENTIAL CAMPS**

(530) 529-9435  
Red Bank Ale & Quail/Red Bank Outfitters/Red Bank Ranch, 18875 Red Bank Road, Red Bluff.

**Ages:** 8-16  
**Sessions:**  
June 8-12: Level I  
June 15-19: Level I & II Combo  
June 22-26: Level I & II Combo  
July 6-10: Level II  
July 13-17: Level I & II Combo  
July 20-24: Level I & II Combo.  
**Cost:** \$950 - Partial Scholarships Are Available  
Builds confidence, skills, and respect for the outdoors. A week of archery, fishing, wildlife conservation, firearm safety, and survival training—plus a chance to earn a Hunter Education Certificate. 5 days & 4 nights of hands-on summer fun!

**Six Rivers Rafting Company Junior Guide Camp & River Safety Training**

**RESIDENTIAL CAMP**

SixRiversRafting.com/guide-trainings  
(707)599-4221  
sixriversrafting@gmail.com  
Willow Creek and Junction City

**Ages:** 11-17  
**Session:** June 27-30  
**Cost:** \$600  
Hands-on training. No experience necessary. Free camping. All equipment provided. Tweens and teenagers looking to have fun and learn the basics of guiding a raft and river rescue/safety techniques. Training will include, but isn't limited to: steering a raft with a paddle, using your crew maneuver a raft, reading the river, lines for rapids, eddies, getting unstuck, flipping a raft, hand signals, rescue rope bags.



**R.A.D. Camps**

**DAY CAMPS**

www.radcamps.com  
(541) 204-0440  
USFS Land  
**Ages:** 4-17

**Sessions:** June - August  
**Cost:** \$89-\$99  
Central Oregon's R.A.D. Camps turn rivers, lava flows, and alpine forests into classrooms where kids 4–17 thrive through guided free-play adventures. Daily excursions build resilience, teamwork, and environmental stewardship, embedding “Leave No Trace” values alongside unforgettable memories under the high-desert sun.



# MINER STREET PARK YREKA

## Summer Concert Lineup 2025

**JUNE 13**  
Alcyon Massive  
Hip-Hop, Roots and Reggae

**JUNE 20**  
Simple Dreams  
Linda Rondstadt Tribute

**JULY 11**  
The Gold Souls  
Cosmic Funk and Soul

**JULY 18**  
Rogue Suspects  
80's & 90's Classic Hits

**AUGUST 1**  
Seth Charles Band  
Funk, Soul, & Rock Vibes

**ALL SHOWS START 6:30PM**  
**FREE & ALL Ages**  
**BYOB, Chairs & Blankets**



**WWW.YREKACONCERTS.COM**



# RBOA

RED BANK OUTDOOR ACADEMY

## EDUCATING AND EMPOWERING THE NEXT GENERATION OF OUTDOORSMEN AND WOMEN IN CALIFORNIA

Red Bank Outdoor Academy is a premier youth nonprofit preserving California's hunting heritage through immersive, week-long summer camps. Students gain hands-on experience in:

- Ethical sportsmanship
- Firearm safety
- Wildlife conservation
- Earning their Hunter Education certificate on-site

RBOA equips the next generation of outdoorsmen and women with the skills and values in the field and beyond.

*Summer fun starts at Red Bank!*

**RedBankOutdoorAcademy.com**  
18875 Red Bank Road, Red Bluff  
859 Washington Street #67 Red Bluff, CA 96080 (mailing)  
@RedBankOutdoorAcademy

(925) 550-5774 (MaKenzie Pereira, Camp Director registration & camp questions only)  
(707) 496-2013 Cal Wolverton, Executive Director cell (text preferred) general organization questions only  
(530) 529-9627 onsite landline • June & July only

**BUY, SELL, TRADE** | **BRICKS & MINIFIGS REDDING** | **SETS, MINIFIGS, BRICKS**

# ALL THINGS LEGO®

**60 HARTNELL AVE**  
**REDDING, CA**  
**530-255-8112**



**BOOK A BIRTHDAY PARTY TODAY!**

**bricksandminifigs.com/redding-ca/**

# CLIMB WITH US!

**Rock Climbing Builds:**

- Confidence & Focus
- Problem-Solving Skills
- Coordination & Strength

**SIGN UP NOW FOR SUMMER PROGRAMS!**  
FOR CHILDREN AGES 6 TO 12YRS. JUNE 9-13, 8-11AM,  
JUNE 23-27, 8-11AM & JULY 7-11, 8-11AM

**TEEN SUMMER CAMPS**  
FOR YOUTH AGES 12-18YRS. JULY 14-18, 8-11AM.

**SHASTAROCKCLUB.COM/NSP**

BIRTHDAY PARTIES • FAMILY MEMBERSHIPS • 24-HR CLIMBING GYM

**2325 ATHENS AVE, REDDING • 530-691-4505 • SHASTA ROCK CLUB**

# North State Parent Calendar

Looking for family-friendly activities, date night suggestions, parent education workshops and events? Visit our online calendar.




**northstateparent.com/calendar**

# Unleash Your Child's Potential in the Water!



**EST. 1952**  
**REDDING SWIM TEAM**

**Call us today to learn more about our swimming and swim lesson opportunities.**



**www.ReddingSwimTeam.org • (530) 246-2666**





# WIC is easy!



Use one California WIC Card for all your family's WIC benefits! Get healthy foods, breastfeeding support, nutrition tips, as well as referrals for health care and community services. Some WIC appointments can be done from home.

**YES!**

Newly pregnant individuals, working families, including military and migrant families, are encouraged to apply! WIC welcomes partners, grandparents, foster parents, and guardians who care for eligible children.

**Women, Infants and Children (WIC) is a food and nutrition program for growing families.**

## You may qualify if you:

- Are pregnant, breastfeeding, just had a baby (or recent pregnancy loss); or
- Have a child or care for a child under age 5; and
- Have low-to-medium income or receive Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits; and
- Live in California.

### Butte County WIC

Chico, Oroville & Gridley  
Phone: (530) 552-4025  
Email: [WIC@buttecounty.net](mailto:WIC@buttecounty.net)  
[bit.ly/buttecowic](http://bit.ly/buttecowic)

### Shasta County WIC

Redding, Enterprise, Anderson, Burney, Shasta Lake, McArthur  
Phone: (530) 225-5168  
Text: (888) 424-6499  
Email: [ShastaWIC@shastacounty.gov](mailto:ShastaWIC@shastacounty.gov)  
[www.ShastaWIC.net](http://www.ShastaWIC.net)

### Tehama County WIC

Red Bluff & Corning  
Phone: (530) 527-8791  
Fax: (530) 527-6150  
Email: [wic@tchsa.net](mailto:wic@tchsa.net)

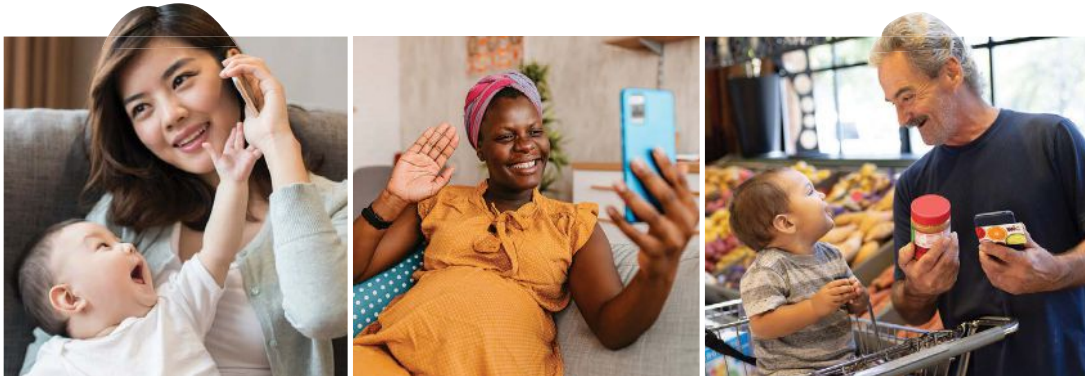
### Siskiyou County WIC

Yreka, Dorris, Dunsmuir, Fort Jones, Weed, Happy Camp, Mount Shasta, Tulelake  
Phone: (530) 841-2170  
Cell: (530) 598-5826  
Email: [siskiyouwic@co.siskiyou.ca.us](mailto:siskiyouwic@co.siskiyou.ca.us)

### Glenn County WIC

Orland & Willows  
Phone: (530) 865-8791  
Text: (888) 422-1622  
Email: [glennwic@countyofglenn.net](mailto:glennwic@countyofglenn.net)

***Online nutrition education is available for some locations***



**California Department of Public Health, California WIC program**  
*This institution is an equal opportunity provider.*  
**1-800-852-5770 | [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov)**



# Siskiyou County News

## The Miracle of Major's Place

With its thousands of acres of scenic open lands and the generous spirit of its residents, the North State is home to several equine-assisted therapy nonprofits offering solace and comfort to people dealing with trauma or anxiety through interaction with these calming, majestic animals. A new jewel among these remarkable ranches is Major's Place, whose innovative programs offer opportunities for miraculous transformations.

### EQUINE HEALING TEAM MEMBERS

Located in South Siskiyou County and named for Major, a beautiful, placid buckskin horse and star of the ranch, Major's Place not only provides a sanctuary for people seeking healing in an outdoor setting, its unique programs are designed to guide children, teens and adults to a greater understanding of themselves and help them find solutions to life challenges. Major, along with his palomino pal Clyde, a former pack horse with a solid, calm presence, "are considered healing team members, just as valuable as the therapists and counselors and equine specialists," says Major's Place founder Anne-Marie Hosler.

### A HORSE'S "MAJOR" INFLUENCE

After earning a degree in Fine Arts and pursuing a corporate career in graphic design, Anne-Marie moved to McCloud in 2019 and opened her own marketing consultancy that same year.

But everything changed when in 2021 when Major came into her life and together, they embarked on a profound (and challenging) healing journey which led to the founding of Major's Place. In preparation for planning and implementing exciting, transformative Major's Place programs, Anne-Marie underwent intensive training to receive certification as an Eagala Equine Specialist and certified Horse-Powered Reading Program facilitator.

The Eagala (Equine Assisted Growth and Learning Association) program is based on the belief that people have the best solutions for themselves when given the opportunity to discover them. Therapy-focused experiences with horses allow clients to explore, problem-solve and overcome challenges.

A unique approach to equine-assisted psychotherapy, it's a "boots on the ground" program - there is no riding involved (clients engage with the horses while standing alongside them, on equal footing).

### EAGALA ETHOS UNDERPINS EQUINE ASSISTED THERAPY AND THERAPEUTIC HORSEMAN PROGRAMS

Equine Assisted Therapy (EAT), conducted in partnership with a licensed professional clinical counselor Dee DeLeon, LPCC, NCC, TMPC, is much like therapy one would receive in an office setting, except with horses. "The horses require folks to get really present," Anne-Marie says. "They are one of the most powerful tools for healing. Because of their size and their presence, people tend to be 'in the moment' and that's where a lot healing can begin. It creates a space for things to move and shift, allowing powerful transformation to take place."

EAT has been found to be specifically helpful for PTSD and anxiety disorders. A recent extensive study by Xi Zhu, of the New York State Psychiatric Institute at the Columbia University Medical Center, and 13 US and international colleagues demonstrated that EAT can cause positive functional and structural changes in the brains of patients with PTSD and showed that EAT was significantly correlated with clinical improvement in symptoms of PTSD. "For anyone for whom traditional therapy might not be working and they just want to be out in nature and try a different approach, EAT might be the answer," Anne-Marie says.

Other programs, such as Therapeutic Horsemanship and Youth Empowerment, provide an opportunity for adults and teens to be with horses, learn how to share space with a horse and how to guide and groom them "at liberty" (off the lead rope). These programs are a cost-effective alternative to EAT for those who are not seeking psychotherapy but want to experience the healing benefits of being with the horses.

### HORSES FACILITATE REMARKABLE READING PROGRAM

The Horse-Powered Reading Program is another marvelously successful program at Major's Place. "So many children struggle with reading," says Linn Tyhurst, board member and trained Horse Powered Reading Program facilitator. "The classroom setting is not always an ideal place to learn to read - sitting at a desk with all this pressure to learn. Children are excited to be with the horses, get to move around outdoors and it makes learning fun and easy for them." Children read to the horses, pet and groom them. They choose labels for parts of horses and are encouraged to find and label parts of Major or Clyde, who stand patiently while labels such as "muzzle" and "withers" are affixed to them by eager small hands.

Studies have shown that through this active, hands-on approach to learning, facilitated by interaction with horses in a relaxed atmosphere, children become







Horse Powered Reading co-facilitator Clyde stands calmly as Ashanti Wallace practices her reading skills by labeling Clyde's parts.



Genesis Wallace loves getting to groom Major after her Horse Powered Reading sessions. Major loves this part, too. *Photographer: Stacey Leigh Mohr*

enthusiastic and confident readers and carry these skills into the regular classroom. “I think it’s an amazing opportunity for the kids,” says proud father Isaiah Warren. His daughters Genesis and Ashanti “are super excited to visit the horses. It certainly changes the mood around the house!”

**EQUINE HELP TRANSFORMS CORPORATE TEAM AND FAMILY DYNAMICS**

Multi-talented program stars Major and Clyde are also great “team builders,” assisting business teams to resolve issues and increase cooperation through a unique Team Building program.

“Teams present a challenge they are trying to overcome or dynamic within their team that they want to work through,” says Anne-Marie. “We can use props, games and prompts to construct what the

problem looks like. What’s magical is that horses, as energetic beings, somehow enter themselves in a way that everyone interprets differently but it seems to start bringing up conversations to help people problem-solve different issues.”

Best of all, families can benefit from horse-facilitated team building through Friends and Family Days. “This is a great setting for families come to work out issues,” says Anne-Marie. “Families have stuff to look at and it’s hard to figure out at home and being here working with the horses can help families to look at difficult family dynamics.”

Supporting community, veterans and first responders Anne-Marie, Linn and fellow board member Sarah Cogle are dedicated to enhancing the well-being of their community. Working with generous donors, they provide scholarships for many of their programs. They

are also hoping to work with Veterans Affairs to offer group counseling sessions. “One of our goals is to offer all our services free to veterans and first responders,” Anne-Marie says.

To support these uniquely transformative, healing programs, go to [majorsplace.org](http://majorsplace.org). They also welcome donations of children’s books, purchases of supplies from their Amazon wish list and mission-focused volunteers to help with ground maintenance. ■



Stacey has loved the calm but mighty spirit of horses all her life and learned to ride western when she was a teen. She enjoyed the serene energy of Clyde and Major so much on her visit to Major’s Place, she didn’t want leave.

**LET US PARTNER WITH YOU TO PERSONALIZE YOUR CHILD’S EDUCATION**

Phoenix Charter Academy College View is a WASC accredited leading provider in TK-12 education. We facilitate a blended, on-site, independent study home school model.

California Distinguished School • Now Accepting Applications for 2025-2026

- Quality Independent Study/On-Site Program
- Enriching Blended Model
- Tutoring, Including Math & Writing
- Shasta College Courses, ROP
- A-G Courses Available
- Digital Media Course
- Community Partnership Services Electives Available
- Environmental Education
- Computer-Based Instruction & Tutorials
- Turtle Bay Docent Program
- A Personalized Learning TK-12 Charter School



*Thank You For Supporting Charter Schools & Parent Choice*



(530) 222-9275 • [WWW.OURPCA.ORG](http://WWW.OURPCA.ORG) • NEW LOCATION: 145 SHASTA VIEW DR., REDDING





# VISIT SISKIYOU COUNTY

shop unique stores, explore natural beauty  
and many year-round outdoor activities.



**In appreciation  
of the beauty  
of the Mount  
Shasta area**

- We build trails
- We help support trail protection & good stewardship
- We work to repair & maintain trails in Siskiyou County.

Join us as a donor or volunteer:  
[mountshasta.trailassociation.org](http://mountshasta.trailassociation.org)




*Visit us!*  
Hours: Thurs-Mon  
10am-4pm  
closed Tues & Weds  
Museum Store  
Books, Postcards  
Jewelry, Toys  
and more!

**SATURDAY SCIENCE EVENTS**

June 21 - "Living Things"  
July 19 - "Volcanoes, Geology, Water"  
Aug 16 - "Magnetism & Electricity"

At the Fish Hatchery • 1 N. Old Stage Road  
[mtshastamuseum.com](http://mtshastamuseum.com)

**BOOK YOUR FAMILY TRIP NOW**



Children as young as age 5

Mt. Shasta, CA • (530) 918-8610  
[riverdancers.com](http://riverdancers.com)

**VIBRANT NURSERY STOCK**



**SPRINGHILL NURSERY & GARDENS**  
mount shasta ca est 1997  
growing roots for generations

- A PEACEFUL PLACE TO BROWSE
- EXCELLENT CUSTOMER SERVICE
- CHECK WEBSITE FOR SUMMER DANCE-WITH-PLANTS EVENTS!

530.926.2565  
1234 Nixon Rd, Mount Shasta  
[springhillnurseryandgardens.com](http://springhillnurseryandgardens.com)



**Berryvale Grocery**

Family-owned and proud to serve our community. From fresh staples to ready meals and picnic favorites, we're here to make your summer easy, delicious, and rooted in local goodness. Come say hi - we'd love to see you!  
8am - 8pm • 7 days a week • 305 S. Mt. Shasta Blvd. (530) 926-1576

BOYS & GIRLS CLUBS OF GREATER SHASTA PRESENTS

**THUNDER ON THE MOUNTAIN 2025**



**CAR SHOW N SHINE**  
MUSIC | FOOD | DRINKS  
FUN FOR THE WHOLE FAMILY!  
SATURDAY, AUGUST 30 | SHASTICE PARK, MOUNT SHASTA, CA

BOYS & GIRLS CLUB GREATER SHASTA PRESENTS

**6 WEEKS OF 2025 SUMMER**

REGISTRATION OPEN NOW!

SERVING GRADES K-8 (ACADEMIC 24/25 YEAR)

JUNE 23-27 • BGCA WEEK  
JUNE 30 - JULY 4 • ART WEEK  
JULY 7 - JULY 11 • STEM WEEK  
JULY 21 - JULY 25 • SPORTS WEEK  
JULY 28 - AUG 1 • MUSIC WEEK  
AUG 4 - 8 • WATER WEEK

\$100 PER WEEK OR \$500 FOR ALL 6!

530-220-7623  
[www.bgcgreaterashasta.org](http://www.bgcgreaterashasta.org)

Mon-Fri  
8am - 4pm  
601 E Alma St.  
Mt. Shasta



# SHOP FROM LOCALS AT SISKIYOU COUNTY FARMERS' MARKETS



**MONDAYS**  
3:30PM-6PM

MOUNT SHASTA  
E. CASTLE ST.  
MAY - OCT.



**WEDNESDAYS**  
3:30PM-6PM

WEED  
BEL AIR PARK  
MAY-SEPT.



**THURSDAYS**  
4PM-6:30PM

DUNSMUIR  
COMMUNITY CTR  
JUNE-SEPT.

**THURSDAYS**  
6PM-8PM

HAPPY CAMP  
GAIL ZINK PARK  
JUNE-SEPT.



**FRIDAYS**  
4PM-6:30PM

YERKA  
MINER ST. PARK  
MAY-OCT.



**SATURDAYS**  
10AM-12PM

ETNA  
514 N HWY 3  
MAY-SEPT.



EVERY WEEK, ALL SUMMER, YOU'LL FIND FRESH PRODUCE, ARTISAN FOODS AND CRAFTS, MUSIC, FUN, AND FRIENDS!  
ALL MARKETS ACCEPT CALFRESH/EBT, AND MOST HAVE BENEFITS LIKE MARKET MATCH AND WIC/SNFMP.

## McLane Maintenance

"One Call We Do It All!"  
Mt. Shasta, CA



Lic# MCO10

Office: 530.926.1282 • Cell: 530.859.2378



[www.siskiyoucrc.org](http://www.siskiyoucrc.org)

### GRANDPARENTS RAISING GRANDCHILDREN

**FREE** Weekly, in-person and online (small group) ongoing support groups. Helpful, friendly, resources shared; non-confrontational. Make new friends! Childcare provided.

### WEED SUMMER FUN CAMP

June 23rd - July 31: Mon-Thurs 9am to 4pm at McCloud Hall at COS Room 103. Includes swimming at the Weed Community Pool. Register through the Family and Community Resource Center of Weed at 530-938-9914. Space is limited/Financial aid available to those who qualify.

### MC CLOUD ONE-DAY CAMPS

Dates: June 25th, July 13th (with a Free Ice-Cream Social at 5pm), July 23rd, August 6th and August 13th. Call the McCloud Comm Resource Center 530-853-1528 for varied times and locations.

### DUNSMUIR COMMUNITY GARDEN

is the place to be for you and your little sprout. Organic gardening, Siskiyou Bee Club, plant, learn and grow together. Meet dates 10-11:30am.



### JOIN OUR FREE PARENT PARTICIPATION PLAYGROUPS ANYTIME!

Bring your child ages 0-6 for a fun, creative and special time together

• **Dunsmuir Community Garden:**  
Tuesdays 10-11:30  
• **Family & Community Resource Center Of Weed:**  
Fridays 10:30am-12pm

• **Mount Shasta Siskiyou Land Trust Garden:**  
Thursdays 10-11:30am  
• **McCloud Community Resource Center with Early HeadStart:**  
Mondays 10:30am-12pm

• **The Montague California Library:**  
Weds 10:30am-12pm  
• **Scott Valley Resource Center:**  
Tuesdays 10:30am-12pm  
• **Yreka Community Resource Center:**  
Mondays 10:30am-12pm

## Regenerative Arts Day Camp presents RAD Camp



*Join Us!*

June 17-Aug 15 • Tues - Fri  
9:30am - 2:30pm • Ages 3-12

207-458-8247

[radlearningcenter@gmail.com](mailto:radlearningcenter@gmail.com)

Activities in arts & crafts, nature, gardening, solar cooking, music, movement and more!

Register today  
[www.RADLearningCenter.org](http://www.RADLearningCenter.org)  
1124 Pine Grove, Mount Shasta





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](http://chicomontessori.com)

ⓓⓈ 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

ⓓⓈⓂ 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](http://palermoschools.org)

ⓓⓈⓂ 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



#### Columbia's Lion Cubs Preschool

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

ⓓⓈⓂ Ages: 2-5 yrs • M-F, 7:30am-5:15pm

Experienced, qualified, nurturing teachers provide for every aspect of your child's preschool experience. 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](http://eesd.net/our-schools/preschool)

Start your EESD school journey! Our licensed preschool programs build confidence, skills and school readiness in a safe, nurturing environment. Free options available for qualifying families – enroll today! Lic# 455403855

#### Kids Interconnections Preschool & TK

4672 Loch Pl. • Shasta Lake City • (530) 227-9191

[kidsinterconnectionspreschool.com](http://kidsinterconnectionspreschool.com)

Ⓜ 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](http://cuesd.com). ⓓⓈⓂ 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](http://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. • Mount Shasta • (530) 241-1036

[shastaheadstart.org](http://shastaheadstart.org)

ⓓⓈⓂ 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

ⓓⓈ 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

#### Trinity Lutheran Early Learning Center

2440 Hilltop Dr. • Redding • (530) 221-6686

[reddingtlc.org](http://reddingtlc.org) [crystal@reddingtlc.org](mailto:crystal@reddingtlc.org)

ⓓⓈ 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](http://westreddingpreschool.net)

DSM 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](http://shasta-headstart.org)

ⓓⓈⓂ 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

ⓓ 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

ⓓⓂ 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



ⓓ = Diapers Accepted  
Ⓢ = Snacks Served  
Ⓜ = Meals Served



# BIRTHING, BABIES & WOMEN'S HEALTH RESOURCES

## MEDI-CAL COVERS DOULAS

AND MEDI-CAL  
MANAGED CARE PLANS

Doulas are non-medical birth professionals who provide social, emotional and physical support, education and advocacy throughout pregnancy, during birth and postpartum.

Insurance Benefit Details:

- ✓ 9 Prenatal Visits
- ✓ Support During Labor & Birth
- ✓ Up To 3 Hours Support After Birth  
And A 3 Hour Postpartum Visit



**FIND A DOULA!** → DHCS DOULA DIRECTORY:

[www.dhcs.ca.gov/provgovpart/Pages/Doula-Services.aspx](http://www.dhcs.ca.gov/provgovpart/Pages/Doula-Services.aspx)



For All Your  
Healthcare  
Needs

Call & Schedule Today!  
**(530) 690-2827**

Two convenient locations, located right off I-5:  
**706 Peach St., Corning**  
**2526 Sister Mary Columbia, Red Bluff**

Shasta Community Health Center  
a California Health Center

## WOMEN'S, BABIES', AND CHILDREN'S CENTER

1000 Placer Street  
Redding, CA 96001

[shastahealth.org](http://shastahealth.org)



Maternity: (530) 225-7480  
Pediatrics: (530) 246-5702  
Vision: (530) 229-5101

Need help with health  
insurance or Medi-Cal?  
**Call us at (530) 229-5117.**  
Se habla espanol.



- Unique & fun Gifts
- Quality Toys
- Adorable Clothing

Shop anytime online  
[dandylions.shop](http://dandylions.shop)

623 Main Street • Red Bluff • 530-527-7755



## PREGNANCY HELP CENTERS

Care Net Pregnancy  
Center Of Paradise  
Licensed Medical Clinic  
(530) 876-1113

Caring For Women Oroville  
(530) 533-8388

Caring for Women Gridley  
(530) 649-2315

**We're Here for You!**



Enloe Health's  
**Trees for  
Babies**

**ENLOE HEALTH**  
MOTHER & BABY  
EDUCATION CENTER

Graduate from one  
of these classes to  
be eligible for a  
tree to honor your  
baby's birth:

- Childbirth Preparation
- Bittie Babies
- Infant/Child CPR
- Understanding  
Grandparenting
- Understanding  
Fatherhood

To learn more, call  
**530-332-3970.**

## Do You Have Concerns About Your Baby's Development?

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



Far Northern  
Regional Center

Call our referral line: (530) 332-1529  
[www.farnorthernrc.org](http://www.farnorthernrc.org)



FREE EXPERT  
POSTPARTUM  
SUPPORT &  
LACTATION  
ADVICE.



BRING YOUR  
BABY, GRAB  
A COOKIE  
& JOIN THE  
CIRCLE

**Milk & Cookies  
Mothers Circle**

2ND & 4TH MONDAYS 1-2:30PM.  
CHOICES YREKA CALL (530) 331-3762

**Choices**

**Pregnant? Parenting? Welcome!**

Supportive friendships, essential  
resources, and kindness.

A place to belong.

530.926.6726 & 530.331.3762

Choices Siskiyou



**ALL PARENTS & CAREGIVERS  
HAVE QUESTIONS,  
HELP ME GROW  
HAS ANSWERS.**



Behavior & Parenting • Developmental Milestones  
FREE Information and helpful referrals

- Shasta County **530-605-2645**  
[helpmegrowshasta.com](http://helpmegrowshasta.com)
- Siskiyou County **530-918-7222**  
[first5siskiyou.org](http://first5siskiyou.org)
- Tehama County **530-528-7324**  
[first5tehama.org](http://first5tehama.org)





# HAPPY GLAMPING

**T**urn the lantern light low and tuck the children in for the night. Snuggle under layers of soft, warm bed linens and let the gentle sighing of the big trees or a murmuring, flowing creek lull you to sleep. After a day of hiking, exploring or just relaxing by the fire pit, a private wall tent provides a cozy camping retreat without lugging all the gear. Beds? Camping? Yes, glamping (glamor + camping) provides an elevated camping option, sleeping in a real bed protected from the elements in a comfortable, rustic accommodation. Glampsites have blossomed in upper Northern California, attracting families, couples and individuals who wish to spend the night nestled in the arms of nature without staking out a tent and burrowing into sleeping bags.

## UNPLUG AND ENJOY NATURE IN COMFORT

Head toward Lassen National Park for rustic glamping in a beautiful setting at Mill Creek. Self-proclaimed former “city mice” Jillian and Joe Hower purchased Tehama County’s Mill Creek Resort in 2017 after moving north from San Diego. They fell in love with the 12-acre property and its magical conifer forest and are excited to welcome families to Mill Creek’s newest addition, a Glamping Village with six glampsites ranging from \$130 to \$180 per night. The resort was established in the 1930s and still offers quaint, updated cabins for rent as well as spacious traditional camp sites, RV sites, a bijou vintage trailer for two and a lodge ready to host weddings, church functions and family reunions. Just an hour’s drive from Red Bluff and 20 minutes from the southwest entrance to Lassen Volcanic National Park, Mill Creek offers visitors easy entree to a remote environment where they can unplug, recharge and reconnect with one another. “We’ve put a lot of heart and soul into the resort,” says Jillian Hower. “It’s our passion to share our land and encourage everyone to get outside, get dirty and find their wild. It’s a very unique experience being deep in the forest - unique family bonding experience.”

## GLAMPING CAN MEAN PACKING LIGHT

Jillian encourages visitors to pack light and take advantage of all the basics included with glampsites. “So many people want the camping experience but don’t have the gear and just want to try it out. We tested the glamping sites by staying in them with our children, then adding amenities that we thought families and individuals would value.”



With comfy cabins and nearby amenities, glamping makes including little ones in outdoor adventures easy.



Glamping provides ample opportunities for play, meditation and relaxation in beautiful, refreshing natural surroundings.







Glamping is perfect for families and children of all ages. Photos provided by Mill Creek Resorts.

Mill Creek Resort is open from mid-May through October and visitors can enjoy nearby Lassen Park, a wander in Mill Creek's meadow, wading or swimming in the creek or simply relaxing by the fire. Heavy, insulated and enclosed canvas tents, some with king size beds and others with twin beds, sleep from two to five people. A luxury sleeping pad can be added to squeeze in an extra person. Propane space heaters are supplied for extra chilly nights. Warm showers and flush toilets are a short walk away at the shower house. Glampers can rent a camping kit with a cookstove, plates and cutlery - just bring your own food. Each site has its own fire pit, perfect for roasting hot dogs and marshmallows. For those that prefer to shop or eat out, restaurants and stores are just 5 miles away.

After a recent visit to Mill Creek, happy glamer Lisa said, "We absolutely loved this glamping site! It worked out great for us leaving really early on our last day to just roll out of bed and go. Also, we probably had the best sleep we've ever had camping. We even asked the owners about the mattress they purchased for it! We would definitely recommend this camping site to friends and family for a wonderful stay."

#### GLAMPING THROUGHOUT THE NORTH STATE

Beyond Mill Creek, glamping adventure hubs are sprinkled throughout the mountains and forests of scenic Northern California. They are available near rivers, lakes, waterfalls and state and national parks. They provide a comfy place to spend the night after enjoying activities like hiking, kayaking, swimming, bird watching, fishing and rock hunting. In addition to the glamping tent experience, options on offer include yurts, tree houses, tiny homes, cottages, cabins and micro cabins. Some intriguing destinations include Lake Siskiyou, Trinity Lake, Burney Falls State Park, Castella near Castle Crags State Park and the magnificent Mount Shasta area.

Online directories can help you find the glamping option that speaks to you and best meets your needs and budget. Start your search with [discoversiskiyou.com/lodgings/outlavin](http://discoversiskiyou.com/lodgings/outlavin), [thedyrt.com](http://thedyrt.com), [glampinghub.com](http://glampinghub.com) or [millcreekresort.net](http://millcreekresort.net). Get ready to pack up the kids, the food and a few luxury items or run away for a quiet adults-only weekend. The amazing sights, sounds and smells of the outdoors are calling. Happy glamping! ■



Deborah Peel is a writer, active hiker, lover of big trees and isolated mountain tops. She's a proud mom to three grown children and a decided dog person. Backpacking is her heart's desire but glamping has just made her "to do" list.

👍 Please say you saw it in North State Parent magazine. This helps us grow!

**LIVE OUTSIDE. PLAY HARD. GET DIRTY. FIND YOUR WILD.**

**Save 10% with promo code NSP10**

**MILL CREEK Resort**

Follow us on Instagram @Millcreekresort

**40271 Hwy 172, Mill Creek • (530) 595-4449 • [millcreekresort.net](http://millcreekresort.net)**

**20-SITE CAMPGROUND**  
**9 VINTAGE CABINS**  
**RETRO RV RENTALS**  
**GLAMPING TENTS**  
**8 SITE RV PARK**  
**RETREAT & WEDDING VENUE**



# National Children's Dental Health Month (NCDHM) Celebrations



**CADLA BURKE,**  
METEER ELEMENTARY SCHOOL

The National Children's Dental Health observances began with a one-day event in Cleveland, Ohio and a one-week event in Akron, Ohio during February 1941. Since then, the concept has grown from a two-city event into a national program. The American Dental Association held the first national observance of Children's Dental Health Day on February 8th, 1949. The single day observance became a weeklong event in 1955. And in 1981, the program was extended to a month-long celebration known today as National Children's Dental Health Month.

In May of 2018, the Tehama County Dental Committee was formed and began collaborating with community partners and local dental providers. Together as a group, we have developed the Community Health Improvement Plan (CHIP) to increase oral health of vulnerable populations in our County. This effort was funded by California Tobacco Proposition 56 through the state Oral Health program.



**ELOISE HANA AND ASHLYNNE KELLY,**  
LINCOLN STREET SCHOOL

For this year's National Children's Dental Health Month, we sent out weekly bulletins to schools and community partners highlighting various preventive strategies (oral health for children, benefits of fluoride varnish for teeth, importance of dental sealants, healthy snacks for healthy teeth). Additionally, we also conducted oral health enrichment story telling events at all Tehama County Libraries. Furthermore, we have hosted an oral health-themed Poster Contest. The contest was open to 5th through 8th grade students in Tehama County. The theme was "Healthy Habits for Healthy Smiles." The winners are **Cadla Burke** from Meteor Elementary school, **Eloise Hana** and **Ashlynn Kelly** from Lincoln Street School.



We recently held an Oral Health Training for the Home Visiting staff in Tehama County, in collaboration with Brenda Meamber, a Dental Hygienist from Northern Valley Indian Health.

The training focused on educating staff about key oral hygiene practices that parents can use to care of their little one's oral hygiene. Topics included the proper use of pacifiers, preventing bottle rot, how and when to floss children's teeth, and the importance of cleaning a child's mouth after breastfeeding.

Staff also received helpful information about the benefits of fluoride varnish and their role in preventing dental caries. It was an insightful session, and we're excited to see this knowledge shared with families in our community.



To learn more about Oral Health, visit our website

<https://www.tehamacohealthservices.net/prevention/oral-health/>





# NCDHM POSTER COMPETITION WINNERS

## Art



ASHLYNNE KELLY,  
LINCOLN STREET SCHOOL



CADLA BURKE,  
METEER ELEMENTARY SCHOOL



ELOISE HANA  
LINCOLN STREET SCHOOL





# 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.

## Tara Ellis

### HELPING PEOPLE FIND THEIR TRUE HOME

For Tara Ellis, “home” has never been just a structure. “It’s a feeling, a foundation and a place of belonging,” Tara shares. “A home is where you connect with your family in the deepest way—your safe place to land at the end of the day.”

Though she always felt a calling toward real estate, building a home with her husband, Brandon, came first. “I stayed home with our two boys, Jake and Ty, when they were young, and then began studying for my real estate license,” she recalls. “Our family’s roots run deep in Tehama County. I’ve been following the market and properties here my whole life. It felt natural to start sharing what I love with others.”

After twelve fulfilling years with Stromer Realty Company, Tara earned her Broker’s license and launched Ellis & Co. – in true Red Bluff style – on rodeo weekend.

“Nothing changed except our name,” Tara says with a smile. “I have the same wonderful team of realtors, the same location, the same phone

number and the same dedication to serving our clients and our community.”

#### Helping people realize the American Dream

Tara’s journey has been shaped by more than just experience. Her values and vision were deeply influenced by mentors Linda McCay and her husband, Tom—trusted guides who left a lasting mark on her professional and personal life.

“Linda and Tom modeled what it looks like to lead with kindness, to work with integrity, and to treat people with genuine care,” Tara says. “They’ve been a foundational part of my story.”

Carolyn Walker, a longtime client of Tara’s, has seen the difference that early foundation has made in Tara’s work ethic. Carolyn shared, “Tara genuinely cares. She advocates for her clients with integrity, expertise, and heart. Her attention to detail, market knowledge, and professionalism make her a true standout in her field.”

For Tara and her team, real estate is not about transactions—it’s about relationships. “Owning your own home is still the American dream, and dreams deserve patience,” Tara explains. “We walk through homes with our clients, and you can see the possibilities lighting up in their minds. Especially with first-time buyers—it’s magic. You never forget what that moment feels like.”

Co-Owner and Realtor Alexandra Cappello puts it this way: “Home is where life happens—it’s where laughter echoes through the halls, milestones are

celebrated, comfort meets chaos, and peace finds you at the end of a long day. It’s an honor to be invited into such a personal chapter of someone’s life,” she continues. “We’re not just opening doors—we’re opening new beginnings.”

#### Advocating for the Tehama County community

For Tara, Alexandra and their team—Lauren Brown, Brook Dominick, and Sierra Flores—real estate is about more than business. It’s about life. “We’ve written more offers from the sidelines of sports practices than we can count,” Tara laughs. Their deep involvement in Tehama County extends beyond listings and closings.

They are parents, volunteers, and advocates for local businesses—living the life they help others step into. “Tehama county is a jewel and one that is often overlooked,” Tara says. “Our county is full of beautiful and amazing people— not to mention beautiful and amazing properties. We love to market Tehama County as a wonderful place to live —because it is!”

33 ►

Tara and the entire team at Ellis & Co. look forward to showing off the hidden gem – Tehama County.





A place to begin and to return

“Home is where you walk through your darkest and your brightest moments,” Tara says. “It’s the heartbeat of a family—the source of strength and stability as we go out into the world. Being trusted to help people find that place is an honor we never take for granted.”

To learn more visit [ellisandcompany.com](http://ellisandcompany.com), call (530)527-3100 or stop by at 340 Hickory Street, Suite 1 in Red Bluff. ■



One of Kate Hiller’s hobbies is to drive the rural roads of Tehama County, look at properties and wonder what would be said if the ‘walls could talk.’

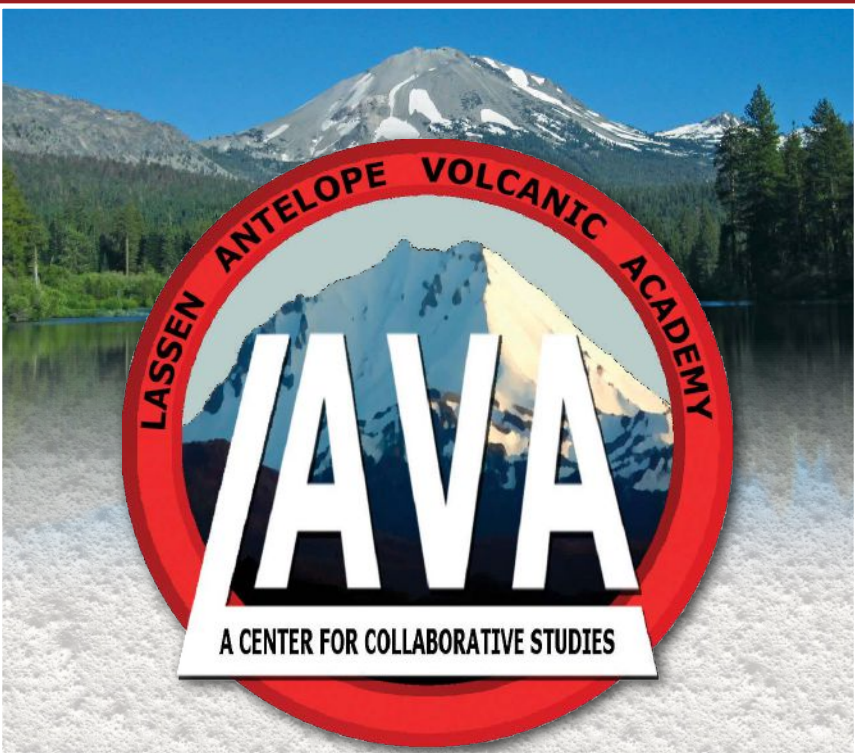


Tara & Alexandra celebrate the opening of Ellis & Co. Photos courtesy of Tara Ellis.



It’s a compliment to both Tara and her husband, Brandon, that their boys, Jake and Ty, are aspiring to careers similar to their parents’.

👍 Please say you saw it in North State Parent magazine. This helps us grow!



# LAVA Charter School

## WHY LAVA?

**Grades 5-8**  
**Flexible scheduling**  
**On and Off Campus Programs Available**  
**STEM Emphasis**  
**Small School Setting**

**Family Atmosphere**  
**Art and STEM Electives**  
**Small Class Sizes**  
**Hands on instruction in Lassen Volcanic National Park**



**Call or email now!**  
**530-727-9495**  
**[jfuller@antelopeschools.org](mailto:jfuller@antelopeschools.org)**



# 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.**

## ACHIEVE CHARTER SCHOOLS

PARADISE TK-8 • CHICO TK-8



where  
everyone  
belongs.



where  
everyone  
is challenged  
and supported.



where  
everyone makes the  
world a better place.

**Our school is committed to a joyful,  
supportive and inclusive learning  
environment.**



Paradise & Chico • (530) 872-4100  
[www.achievecharter.org](http://www.achievecharter.org)

## ANDERSON NEW TECHNOLOGY HIGH SCHOOL

GRADES 8-12

Enroll  
now for  
2025-  
2026



At Anderson New Technology High School, we prepare our students for a successful future. By embedding in our curriculum the soft skills of critical thinking, collaboration, and communication, we develop our students for their future NOW. Our instructional model allows students the flexibility for college classes, internships, community service, jobs and more.



2098 North Street  
Anderson • (530) 365-3100  
[www.anths.org](http://www.anths.org)

## BLUE OAK CHARTER SCHOOL

GRADES TK-8



Schedule  
your tour  
now!

Blue Oak School, serving the community for over 24 years! Your child will experience a completely unique approach to education through the successful implementation of proven Waldorf methodology.

### Offering:

- Art is incorporated in all subjects
- Specialty classes, music, handwork and movement
- Full and half day TK & Kindergarten
- Extended Learning Opportunity Program 1st - 8th grade students.



**BLUE OAK SCHOOL**

450 W. East Avenue  
Chico • (530) 879-7483  
[www.blueoakcharterschool.org](http://www.blueoakcharterschool.org)

## CALIFORNIA HERITAGE YOUTHBUILD ACADEMY

GRADES 9-12 + ADULT EDUCATION



Discover the transformative education at California Heritage YouthBuild Academy (CHYBA), where every student is empowered to achieve success. Our mission focuses on cultivating a collaborative learning environment, preparing young people for lifelong success with respect and love. We offer engaging CTE Career pathways in Culinary Arts and Construction, equipping students with real-world skills for immediate career opportunities after high school. Our blend of on-site and online education, aligned with California State Standards, ensures comprehensive learning experiences under the guidance of dedicated teachers.



8544 Airport Road  
Redding • (530) 378-5254  
[www.chybacharter.com](http://www.chybacharter.com)

## COTTONWOOD CREEK CHARTER

GRADES K-8



Cottonwood Creek Charter School is a California Distinguished School that features a hybrid educational program which combines site-based classes with homeschool. Parents have the option of homeschooling their students or sending them to our site-based classrooms for a more traditional classroom education. Our site-based classes have a class size of 24 students or less and they are held four days week (Mon-Thurs). Friday is a homeschool day for all students.



3425 Brush Street,  
Cottonwood • (530) 347-7200  
[www.cottonwoodcreekcharter.com](http://www.cottonwoodcreekcharter.com)

## EVERGREEN INSTITUTE OF EXCELLENCE

WASC ACCREDITED • GRADES K-12



Enrolling  
Now for the  
25/26  
School  
Year

EIE would like to partner with your family to help your student be college and career ready through our personalized learning model. We offer enrichment classes, community partnerships, High School 2 College option and more. The teamwork that is built among families, community, staff and students exemplifies our exceptional program.



Serving Butte, Glenn, Mendocino, Plumas, Shasta,  
Tehama & Trinity Counties  
19500 Learning Way  
Cottonwood • (530) 377-7850  
<https://eie.evergreenusd.org>



## FOREST RANCH CHARTER SCHOOL

GRADES TK-8



We offer a caring, small school solution for Chico and Forest Ranch families that strikes a balance between high academic expectations and positive social/emotional development. We promote a growth mindset in a multidisciplinary, technology-rich environment that supports differentiated learning, mindfulness and student leadership. Take our FREE bus and elevate your child's education today!



15815 Cedar Creek Road  
Forest Ranch - (530) 891-3154  
[www.forestranchcharter.org](http://www.forestranchcharter.org)

## GOLDEN EAGLE CHARTER SCHOOL

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.



Serving Siskiyou County &  
Castella - (530) 926-5800  
[www.gecs.org](http://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.



2280 6th Street, Oroville  
(530) 532-5848  
[www.HearthstoneSchool.net](http://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  
Paradise - (530) 872-1171  
[www.hometech.org](http://www.hometech.org)

## INSPIRE SCHOOL OF ARTS & SCIENCES

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](http://Inspirechico.org) to learn more, or request a tour of our tuition-free, public charter high school. This is learning, inspired.



335 W. Sacramento Avenue  
Chico - (530) 891-3090  
[www.inspirechico.org](http://www.inspirechico.org)

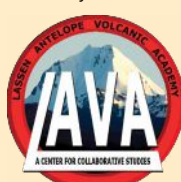
## LASSEN ANTELOPE VOLCANIC ACADEMY

GRADES 5-8



5<sup>TH</sup> GRADE  
SEATS  
AVAILABLE  
NOW!

LAVA Charter, a small 5th to 8th grade school in Red Bluff, offers a rigorous program with small class sizes. Our unique partnership with Lassen Volcanic National Park provides students with more than 10 ranger-led field trips to Lassen National Park every year. In addition to our flexible on campus scheduling we also have an at-home independent study program available for our students. Call today for more information.



1660 Monroe Street  
Red Bluff - (530) 727-9495  
[lava.antelopeschools.org](http://lava.antelopeschools.org)

## LINCOLN STREET SCHOOL

GRADES K-8



Lincoln Street School is committed to helping families connect, learn, and grow. Our independent study follows a homeschooling model where we partner with parents to teach their child at home under the guidance of a credentialed teacher. We meet students where they are at, build character skills, and foster a culture of care. We create an environment where success is personalized and achievable.



Serving 7 North State Counties  
1125 Lincoln Street  
Red Bluff - (530) 528-7301  
[www.lincolnstreetschool.org](http://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.



2301 Balls Ferry Road  
Anderson - (530) 338-1399  
[www.ns-academy.org](http://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.



Serving Siskiyou & Humboldt Counties  
(530) 842-4509 or (707) 629-3634  
[www.nucharters.org](http://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.



Serving Butte, Colusa, Glenn,  
Sutter, Tehama & Yuba Counties  
(530) 897-8877  
[oakbridge.chicousd.org](http://oakbridge.chicousd.org)

## PHOENIX CHARTER ACADEMY COLLEGE VIEW

GRADES K-12



### A California Distinguished School

Phoenix Charter Academy College View offers a chance for students to rise. Our K-12 site-based/independent study homeschool charter in Redding provides educational choice for families who wish to educate their children in a blended educational model.



145 Shasta View Drive,  
Redding • (530) 222-9275  
[www.ourpca.org](http://www.ourpca.org)

## PIVOT NORTH VALLEY

GRADES 6-12



Pivot North Valley is a tuition-free, public charter school. Pivot uses a blended learning model, giving students the flexibility to learn on-site and online.

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](http://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!



955 Inspiration Place  
Redding • (530) 247-6933  
[www.rsarts.org](http://www.rsarts.org)

## SHASTA CHARTER ACADEMY

GRADES 9-12



Join us for amazing on-site classes, Shasta College enrollment, traditional home schooling, high-quality tutoring, and more. We are SUHSD sponsored and WASC accredited. Let's have a great school year together!



307 Park Marina Circle  
Redding • (530) 245-2600  
[www.sca-edu.org](http://www.sca-edu.org)

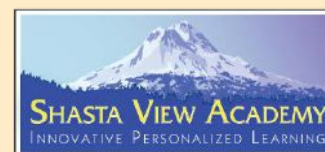
## SHASTA VIEW ACADEMY

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.



Serving Shasta, Modoc, Lassen, Tehama,  
Siskiyou, and Trinity Counties  
675 Shasta View Dr., Redding  
(530) 233-3861 • [shastaview.org](http://shastaview.org)

## SHERWOOD MONTESSORI

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. Call for a school tour!



1010 Cleveland Ave.,  
Chico • (530) 345-6600  
[www.sherwoodmontessori.org](http://www.sherwoodmontessori.org)



## TEHAMA eLEARNING ACADEMY

GRADES 7-12



Tehama eLearning Academy is a WASC accredited independent online charter school, with a 7-12 program, that serves Tehama and the adjacent counties. Students at TeLA complete their coursework online or at the Red Bluff Campus. The school has accredited teachers, a-g programs, credit recovery classes, individual education coursework and onsite electives. We also have an adult education school where adults can earn their High School Diploma or GED.



979 Douglass Street  
Red Bluff • (530) 527-0188  
[www.telacademy.org](http://www.telacademy.org)

## WILDFLOWER OPEN CLASSROOM

GRADES TK-8



Dirty Hands and Belly Laughs!  
Wildflower makes education fun! A fully accredited public charter school, grades TK-8, Wildflower's thematic integrated curriculum offers a unique model of learning for children & adolescents who thrive in hands-on, experiential learning to build individuality, confidence, and a love of learning through creative and meaningful, research-based curriculum. WOC's TK Forest School encapsulates this hands-on learning experience.



2414 Cohasset Road  
Chico • (530) 892-1676  
[www.wildflowerschool.com](http://www.wildflowerschool.com)

## ACADEMICS. NATURE. EQUITY.

Watershed Schoolhouse is a holistic microschool integrating academics, nature connection, justice & equity, and a cultivated inner life.

[watershedschoolhouse.org](http://watershedschoolhouse.org)



Now enrolling in the  
K-4 multiage cohort  
for the '25/26 school  
year. Space is limited.

## BUTTE COLLEGE

### Enroll Now For Fall

[butte.edu/start](http://butte.edu/start)

*Start Here, Go Anywhere.*



JOIN US FOR

## MUSEUM CAMP SUMMER 2025

REGISTER EARLY • CLASSES FILL FAST!

**Out of this World-Our  
Solar System & Beyond**  
**July 14 -17, 2025**

Would you travel to Mars if  
you could? What can earth's  
oceans and volcanos reveal  
about alien life?

VALENE L.  
**SMITH**  
**MUSEUM**  
OF ANTHROPOLOGY  
CALIFORNIA STATE UNIVERSITY, CHICO

*Where fun and learning come together!*

**Toothless and Stich:  
Misfit Heroes Who  
Bring Us Together**  
**July 21- 24, 2025**

Explore Viking and Hawaiian  
cultures through the eyes of  
Toothless the dragon, and Stich the  
E.T. Discover the plants and animals  
of their lands and learn how each  
one finds the courage to belong.

Visit [csuchico.edu/anthmuseum](http://csuchico.edu/anthmuseum) for more information

## Consider a Christian Education

*It is an investment in your child's  
education & eternity.*

### Hope Academy for Personalized Education

At Hope Academy, we recognize every  
child is uniquely created by God, and  
we address learning needs and learning  
differences through personalized  
education. Our TK-8 non-denominational  
Christian program includes small class  
sizes, enrichment courses in the arts and  
sciences, and daily Bible and physical  
education. We also offer after school and  
summer programs. Register now...space  
is limited!



1888 Springfield Dr., Chico • (530) 518-4092 • [chicohopeacademy.com](http://chicohopeacademy.com)

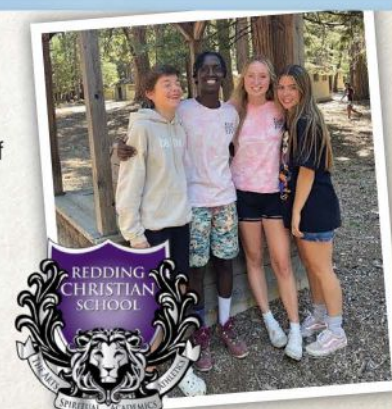
### Redding Christian School

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).

PRESCHOOL THROUGH HIGH SCHOOL,  
LOCATED IN THE BEAUTIFUL NEIGHBORHOOD  
COMMUNITY OF PALO CEDRO

Redding Christian School does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies,  
admissions policies, tuition assistance programs, athletic and other school administered programs, not in the hiring of faculty or administrative staff.

21945 Old 44 Dr., Palo Cedro • (530) 547-5600 • [www.reddingchristian.com](http://www.reddingchristian.com)



### NORTH STATE PARENT

*calendar*

Looking for family-friendly  
activities and events everyday  
of the week? Visit our online calendar:  
[northstateparent.com/calendar](http://northstateparent.com/calendar)





WEST REDDING  
**PRESCHOOL**  
 THE LEARNING PLACE  
 INFANT • TODDLER  
 KINDERGARTEN READINESS PROGRAMS  
 ENROLLING CHILDREN AGES 6 WEEKS TO 9 YEARS

Lic. #455401406

(530) 243-2225 • westreddingpreschool.net |



Specializing In Child & Adolescent  
 Counseling For Ages 2 & Up  
 Personal & Family Counseling/  
 Psychotherapy  
 Marriage & Family Therapists, Licensed  
 Clinical Social Workers, Psychologists.  
**We Offer Telehealth**

**Creekside  
 COUNSELING**  
 Renewing hope. Changing lives.

1170 Industrial St., Redding • (530) 722-9957 • creeksidecounseling.org



**RIDGELINE**  
 A FULLY LICENSED DAY HEALTH  
 FACILITY WITH SKILLED NURSING.  
 We Are Here For You  
*Ridgeline Pediatric*

Providing nursing, therapeutic,  
 and enrichment activities in a  
 comfortable home-like setting.  
 • Full & Part Time Care Options.  
 • Overnight Respite Care.

New locations to serve your family:

<b>Redding Brittany</b> 4165 Brittany Dr.	<b>Redding Pacific</b> 2760 Pacific Ave.
<b>Redding Chinook</b> 4322 Chinook Dr.	<b>Red Bluff</b> (COMING SOON): 285 Gilmore Rd.

(530) 605-4866 • www.ridgelinepediatric.com



**About  
 rees**

CSLB #1063007

**Expert Tree Removal • Pruning • Stump Grinding**  
 Call for your FREE estimate from one of our ISA Certified Arborists  
**530.343.4533 Chico Area • 530.246.2477 Redding Area**  
 A DIVISION OF NORTH VALLEY ARBOR MANAGEMENT  
**ABOUTTREES.US**



**KOTASIK DAYCARE**  
 Always accepting Tiny Clients!  
 Nurturing Bright Minds!

- Meals/Snacks provided
- Subsidized payment accepted
- M - F 7:30am - 5:30pm
- Ages 2 - 5 years

Call us today! 530-727-9607  
 2 Sutter St. Suite C • Red Bluff, Ca  
 kotasik@greenvillerrancheria.com  
 \*Drop-ins and Diapers OK!\*

Children's Center  
 "Learning through Play"  
 State of California DSS #525407977



**Athletic  
 Horizons**  
 GYMNASIAC CENTER OF CHICO  
 Since 1982

Butte  
 County's  
 Largest  
 Gymnastics  
 Training  
 Center

Junior  
 Olympic  
 Program

**Best  
 of Chico  
 CN&R**  
 2023/2024

National Safety Certified Instructors  
 Low Student to Instructor Ratio  
 Sign Up Anytime!  
**Call 893-4967**  
 415 Otterson Dr. #70, Chico  
 www.athletichorizons.com



INSPIRE • BELIEVE • ACHIEVE  
**Cascade**  
 UNION ELEMENTARY SCHOOL DISTRICT  
 A Bright Start for  
 Your Little One!

Experienced Caring Teachers  
 Play-Based Learning And  
 Early Academic Skills

Looking for a safe, loving, and engaging  
 place for your child to learn and grow?  
 At Meadow Lane Preschool we nurture  
 curiosity, creativity, and confidence  
 through fun, hands-on learning.

**530-378-7030**  
 2770 Balls Ferry Rd., Anderson



**BEYOND  
 THE SMOKE**  
 A New Life Awaits

Don't let the  
 tobacco industry  
 ruin your health!

QR Code

LEAD  
 ssc  
 CALIFORNIA HEALTH  
 COLLABORATIVE





# 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.***





# 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](http://www.farnorthernrc.org)

### 2025 Schedule & Details

#### Redding Markets

**Saturdays**  
April - November  
7:30 AM - 12:00 PM  
December - March  
8:30 AM - 12:00 PM  
Behind Redding City Hall  
777 Cypress Ave

**Sundays**  
May 11th - October 12th  
9:00 AM - 1:00 PM  
800 Sundial Bridge Drive

**Tuesdays**  
Marilyn Miller Market  
June 10th - October 14th  
7:30 AM - 12:00 PM  
Next to Dairy Queen  
1700 Churn Creek Road

EBT gladly accepted at all markets

#### Burney Market

**Wednesdays**  
June 11th - Sept. 24th  
3:00 PM - 6:00 PM  
Burney Sporting Goods  
37427 Highway 299 East

#### Local Foods

Scan for Details

Scan to check out the Local Farms and Food Vendor Listing.

*Eating locally supports our community and our environment.*

#### Farm Club in July!

Kids ages 3-15 will receive **FREE** vouchers to shop for fruits and vegetables during the entire month of July!

Visit the Market Manager's booth for vouchers at SGA market locations on Tuesdays, Wednesdays, and Saturdays in July, while supplies last!

#### Shasta Market Match

**Double Your EBT Food \$**  
Visit the Market Manager's booth to purchase vouchers up to \$15 to put toward your EBT spending. Not redeemable for cash.

**The Original Certified Shasta County Farmer's Market Since 1977**



[reddingfarmersmarkets.com](http://reddingfarmersmarkets.com)



Sometimes we need a moment to pause to improve how we respond. Here are tools you and your child can try together.

Taking deep breaths helps us think more clearly.

Let's try!

1. Smell the flowers  
*Breathe in for 4 seconds*



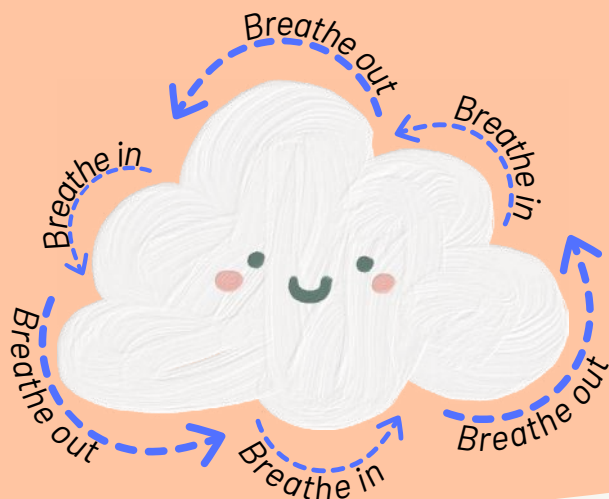
2. Blow out the candles  
*Breathe out for 7 seconds*



Taking deep breaths helps us relax.

Let's try!

Trace the cloud with a finger while you breathe in and out



For more self-regulation tips, visit [ShastaFamilies.org](http://ShastaFamilies.org)



Funding for this resource is provided by the Mental Health Services Act

# TEN REASONS TO TAKE YOUR FAMILY RIVER RAFTING THIS SUMMER



- 10. Working together as a team strengthens family bonds
- 9. Time out in nature (and away from screens) is good for everyone's mental health
- 8. Successfully paddling down a river builds self-confidence.
- 7. Navigating the rapids is exhilarating and empowering

- 6. Kids and adults grow through pushing limits and enjoying new experiences
- 5. Experienced, friendly guides keep you safe and help you maximize your fun
- 4. Observe awesome wildlife in a quiet natural setting
- 3. Splashing in the river is a great way to cool off on a hot day



2. It's perfect summer family adventure

#1 Reason to go rafting this summer:  
**IT'S FUN!!**



"Everyone is always happy 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."  
— Riverdancers owner and river guide Aaron Beverly.



Call for reservations today!

Six Rivers Rafting Company  
[sixriversrafting.com](http://sixriversrafting.com)  
(707) 599-4221

River Dancers  
[riverdancers.com](http://riverdancers.com)  
(530) 918-8610





# KEEPING KIDS SAFE THIS SUMMER, WITH DR. NATE PARKER

School's out and summer provides new opportunities for both adventure and danger. That's why we've reached out to Dr. Nate Parker, medical director of Mercy Medical Center Mt. Shasta's emergency department and father of two, for tips on keeping kids out of the emergency room.

**REMEMBER THAT KIDS WILL BE KIDS**

Some risks are acceptable in the name of summer fun. "I really don't try to discourage them from climbing trees," says Dr. Parker. "I encourage kids to be kids and I don't really mind them getting hurt on the playground. That just happens. It means they're living a good life." He says playground injuries are tough to avoid, but rarely serious, and there are a lot of risks that can be mitigated with some basic precautions.

**KEEPING YOUR KIDS SAFE THIS SUMMER**

"You can really get hurt doing anything. Mountain biking, skiing . . . wearing a helmet in those situations, that's the most important thing." With the rise in popularity of hiking and biking, Dr. Parker is seeing more injuries from these activities. But having the right footwear and protective gear can make a big difference.

Water safety is essential to keeping kids healthy and out of the emergency room. "I'm a huge advocate for swim lessons," Dr. Parker says. And it's best to start as early as possible. He shared an experience with a friend whose children had swim lessons from an early age. "Their 1-year-old fell in the pool. I was rushing as fast as I could."

But his friend stopped him. "Just wait," he was told. Dr. Parker exclaims, "Sure enough, the kid went down face first, rotated around, flipped up and was able to just lay there and fully self-rescue. It was one of the most impressive things I'd ever seen."

**STAYING SAFE TODAY AND IN THE FUTURE**

What's one preventative measure Dr. Parker can't recommend enough? Sunscreen. Because it isn't just tenderness, blistering and peeling you've got to worry about. "It's always repetitive burns that start leading to skin cancer," he reminds us.

**A FLAG ON THE PLAY**

"I think you'll find a lot of doctors will never put their kids in football, just from the amount of serious brain

injuries we see," says Dr. Parker. Concussions lead to permanent brain damage when they stack and can take over a year to heal, so caution is key.

**PREPARING YOUR CURIOUS EXPLORERS FOR THE BACKYARD AND BEYOND**

The North State is ideal for foraging, but this can be dangerous. However, the best advice hasn't changed much over the years. Firstly, stick to what you know. "There are a lot of things that look really similar," Dr. Parker reminds us, so going with what's familiar can keep your kids safe. If you're looking to expand your potential haul, make sure your guidebook isn't AI generated, and definitely seek out local foraging classes. Whether they're foraging or frolicking, teach kids to not eat random berries. And a quick tutorial on

42 ►



**WE HAVE IT ALL**  
**ALL THAT'S MISSING IS YOU!**

YEAR-ROUND LESSONS | CAMP MCCUMBER  
CHILD / TEEN / ADULT LESSONS | PICKLEBALL  
140+ GROUP EXERCISE CLASSES | SENIOR CLASSES  
3X3 BASKETBALL | SHARKS SWIMMING  
CHILD CARE | TODDLER ENRICHMENT | 3 POOLS



how to spot poison oak, ivy and sumac is essential for outdoor play. Since poison oak employs many growing strategies (like vines, woody growth and ground cover, to name a few), it can look like a lot of things. Being able to recognize it can spare you an itchy indoor summer.

### WHEN YOU DON'T NEED TO TAKE YOUR KIDS TO THE ER

For actual emergencies, you should absolutely take your kids to the ER. But not every sniffle means major illness. If your little one is 3 months or under, definitely take them to the hospital for every fever, every time. But what if they're older? Dr. Parker thinks you shouldn't panic. "Viral illnesses don't really need to be seen in the emergency department," he explains. "A fever is your body's natural response to fighting off any infection. And once you get past the age of 6 months, the vast majority of illnesses that children have are just going to be viral infections that run their course." In most cases, he says, no intervention is needed.

### SET UP PRIMARY CARE WITH A DOCTOR YOU TRUST

Making sure your child has a primary care physician (PCP) or pediatrician can give you a direct line to someone who can step in with evaluation, wisdom or even medication, if needed. This resource helps you avoid exposing your already sick kid to whatever is bouncing around a hospital. But when reaching out for medical advice, it's better to explain symptoms and listen to recommendations, rather than insisting on specific care. "There's this big misconception that any time a kid has a viral illness, they need antibiotics. So we get a lot of parents asking for antibiotics, when in fact, antibiotics will actually probably make the situation worse," says Dr. Parker. He says he doesn't worry about fevers under 105 (outside of the newborn phase). Help your pint-sized patient feel better faster with an appropriately dosed children's Motrin or Tylenol while they're immune system goes to work. You

can even administer every three hours, Dr. Parker says, as long as you alternate between the two. Following your PCP's advice for colds and flu will definitely take some pain out of the process, both for parents, both for parents and the kids in their care. So, when should seek medical attention for your sick child? Dr. Parker says, take your child in if their behavior changes greatly, if they're not drinking or peeing as much as they should, if they're highly disoriented or develop a rash. And, of course, any fever of 105 degrees or over or, he reiterates, any fever at all if they're under 3 months

### WHAT ARE OTHER GOOD REASONS TO TAKE YOUR CHILD TO THE ER?

Fevers aren't the only reason people visit seek emergency medical attention. Lacerations, breaks, unresponsiveness and prolonged confusion top the list, along with fear of appendicitis, tetanus, rabies or poison. If you're unsure, don't be a stranger. Better safe than sorry. Dr. Parker understands that fear is the leading reason parents bring kids to the ER and he's happy to provide reassurance. "My favorite conversations are those where I get to tell someone nothing's really wrong," he admits. "I never want to discourage someone from coming into the ER if they have concerns."

Between Mercy Medical Center's impressive resources, quick response and compassionate care, they're a go-to destination for people in need, from up to two hours away. "We are the last safety net, if something is going on." Dr. Parker's team takes his patients' trust and troubles seriously and they're dedicated to providing the best care possible to the community. ■



Bri has been grateful to the kind physicians and healers and wise, experienced parents who've lent their well-earned expertise to guide her through their child's inquisitive early years and all the injuries and illnesses that came in that bumpy but wonderful journey.



Dr. Parker and his daughter, Fiona, explore the great outdoors whenever possible.  
Photographer: Pamela Newman

*discover the savings...*

**TAP. SHOP. EARN.**

**REWARDS**

**ONLY A TAP AWAY**

**SIGN UP NOW!**





Offering embroidery & silkscreening  
plus custom banners, epoxy mugs,  
patches, stickers and more!

530.227.1987  
830 Main St. Red Bluff  
garyspurgeon8@yahoo.com



Shasta Community Health Center  
a california<sup>health</sup> center

*Need help with health insurance?*

**We've got  
you covered!**

- ✓ **FREE** service offered to the community
- ✓ Covered California and Medi-Cal (Medicaid or Partnership HealthPlan)
- ✓ Counselors help with new applications, renewing, troubleshooting, and questions or concerns
- ✓ No pressure, just assistance, so you can make the best choice for you!



Call our Outreach & Enrollment Team at:

**(530) 229-5117**

Or visit:

**www.shastahealth.org/insurance**



My job doesn't end  
when the markets close.

**Alan Foley**  
CFP®, ChFC®, CLU®  
Financial Advisor

**530.528.1328**

2150 Main Street, Suite 1, Red Bluff, CA 96080  
alan.r.foley@ampf.com  
ameripriseadvisors.com/alan.r.foley  
CA Insurance #OB51825 | AR license #226141



Not FDIC OR NCUA Insured | No Financial Institution Guarantee | May Lose Value

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER® and CFP (with plaque design) in the U.S.  
Ameriprise Financial cannot guarantee future financial results.  
Securities offered by Ameriprise Financial Services, LLC. Member FINRA and SIPC.  
© 2025 Ameriprise Financial, Inc. All rights reserved.



Rowell Family Empowerment  
of Northern California, Inc.

Donate: [EmpowerYourFamily.org](https://EmpowerYourFamily.org)

Sponsored by:

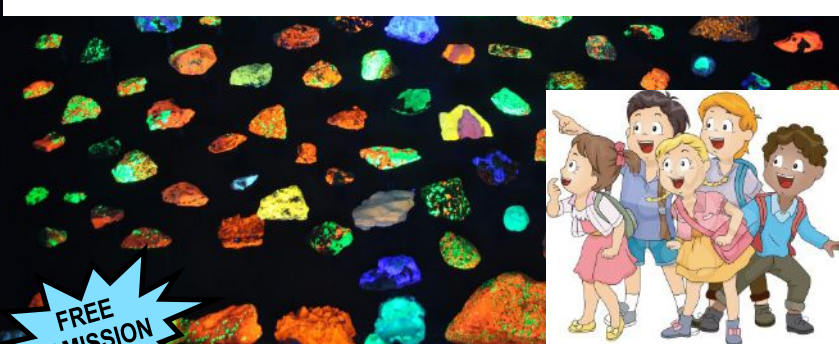


Help us support children with  
disabilities in Northern California!

**GAUMER'S**  
jewelry • museum • lapidary

**Come explore!**

♦ **Rocks, Minerals, Fossils & More!**



**FREE  
ADMISSION**



Open Mon.-Fri. 9:00am-5:00pm

78 Belle Mill Rd / Red Bluff / 530-527-6166



**Free Admission!** [gaumers.com](https://gaumers.com)





# Your Indoor BIRTHDAY PARTY Destination!



Over 10,000 Sq. Ft. Of Trampoline Fun

Come Check Out Our New Obstacle Course!

Private Rooms, Redemption Arcade, Food & Drinks  
Separated Areas For Big Kids & Children Under 42"  
Trampoline Dodgeball, Trapeze Swing & More!

**CHICO 530-433-5557 | REDDING 530-221-1206**



- Safe Fun Environment
- Affordable Pricing
- Ages 5 and up




**Birthday Parties**  
**Private Parties**  
**NERF Parties**  
**Corporate Events**

4506 Panorama Point Road, Anderson, CA  
530-365-1000 [www.airsoft.com](http://www.airsoft.com)

# CHICO'S FAVORITE INDOOR CLIMBING & ADVENTURE CENTER!



Introducing Terrain Park Adventure Center, Chico's newest indoor kids recreation center! Complete with 12 new Auto Belay climbing lanes, a 3 story play structure, and dedicated toddler play area! This is the ultimate Birthday Party destination in Chico! Come by and check us out today!

- BIRTHDAY PARTIES
- CAMPS • FIELD TRIPS
- DAY PASSES

Open 7 days/week  
visit website or call for times

931 W 5TH ST. CHICO • (530) 809-0796 • [TERRAINPARKCLIMBINGCENTER.COM](http://TERRAINPARKCLIMBINGCENTER.COM)

PLAY • NATURE • EXERCISE • POSITIVE SPACES • GATHERING PLACES • FOREVER



**Parks Make Life Better!**



## REDDING RECREATION

777 Cypress Ave. • 530.225.4095

► [reddingrecreation.org](http://reddingrecreation.org) / E ReddingRecreation

### Redding Recreation Summer Camps: Unleash the Adventure!

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. Campers aged 5-14 are invited to join us from June to early August for a summer of fun and exploration. 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, to name a few.

Secure your spot for a summer of exploration, growth, and lasting memories! Visit [www.reddingrecreation.org](http://www.reddingrecreation.org) today!



## CHICO AREA RECREATION & PARK DISTRICT (CARD)

545 Vallombrosa Ave. • 530.895.4711

► [chicorec.com](http://chicorec.com) / E chicorec

### We're here to help people PLAY!

**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!

**Special events:** Join us at our fun, free community events throughout the year! Stay up to date on all the great events this summer at [chicorec.gov/events](http://chicorec.gov/events).



## SUMMER CLASSES

DROP IN WHEN YOU'RE AVAILABLE, OR REGISTER FOR THE WHOLE SESSION!

MONDAYS IN JUNE	TUESDAYS IN JULY	THURSDAYS ALL SUMMER LONG
Beg/Int Adult Ballet 10-11:30am	Int Ballet 5:30-7pm Pointe Basics 7-7:30pm (By audition only) Int/Adv Lyrical Jazz 7:30-8:30pm	Int/Adv Ballet 5:30-7pm Children's Basic Ballet (age 6-10) 5:30-6:30pm Children's Basic Tap (age 6-10) 6:30-7pm Teen/Adult Basic Ballet 7-8pm Teen/Adult Basic Ballet 8-8:30pm

Whether you're an experienced dancer or trying a class for the first time, there is room for you this summer at Redding City Ballet!

Featuring popular guest teacher Shannon Grant!

Enroll at [reddingcityballet.org/classes](http://reddingcityballet.org/classes)

## SINGLE WEEK CAMPS

CHILDREN'S BASIC WEEK	INTERMEDIATE/ADVANCED BALLET INTENSIVE	CHILDREN'S BASIC WEEK
JULY 7-11 (age 8+) Basic Ballet 9:30-11am Basic Tap 11-11:45am	JULY 14-18 (age 10+) Int Ballet 9am-12pm Adv Ballet 12:30-3:30pm AUDITION REQUIRED FOR LEVEL PLACEMENT. AUDITION WILL BE HELD MONDAY JUNE 23RD 6-7PM	JULY 21-25 Pre-Ballet (age 2.5-4) 9:30-10:15am Intro to Ballet (age 5-7) 10:30-11:15am



# Kids Level Up at Athletic Horizons Gymnastics Center in Chico



The Super Team practices and looks beautiful on the beam - they love gymnastics and want everyone to know it!

When you think of gymnastics, maybe Olympians like Simone Biles, or for those of us from another generation, Cathy Rigby, come to mind – extraordinary young athletes that take gymnastics to the highest level, out of reach of most of us. But young people don’t have to be Olympic stars to reap life-long benefits from participating in gymnastics.

### BENEFITS OF A CHALLENGING SPORT

Gymnastics enhances children’s physical skills such as strength, balance, coordination and flexibility. It has positive impacts on self-esteem and social and cognitive development. “Children learn to have faith in themselves as they work through situations that may be hard or scary,” says Cindy Ferranti, founder and owner of Athletic Horizons Gymnastics Center in Chico.

“Athletic Horizon’s guiding philosophy is family, school, gymnastics in that order,” Cindy says. “You have to get your chores done at home, you have to get the kind of grades and get your homework done that your parents require of you; and then comes gymnastics. From gymnastics, children learn discipline, a good work ethic, how to work through things that are hard, things that are scary. These skills will help them throughout their lives. Gymnastics teaches you a lot about life.”

### DEVELOPING CONFIDENCE FROM A YOUNG AGE

From a small gym on 5th street in 1982 to the present extensive facility at 415 Otterson Drive, Cindy and her team of caring and qualified coaches have guided gymnastic students to not only successfully compete on state, regional and national levels, but to develop skills and confidence that will serve them for the rest of their lives.

“The two team coaches, Anna and Cindy, are great,” says 16-year-old team member Martha Vitoratos. “They both support us throughout our journeys in gymnastics. Anna is always there for us as a coach and as a person. She is great at motivating us to push ourselves in both skill-learning and conditioning. Cindy is really good at giving corrections that make sense. She can phrase things in a way that makes them click for me.”

Cindy emphasizes that the benefits of gymnastics accrue whether you train to compete or just enjoy learning gymnastic skills. At Athletic Horizons, children as young as three years old are introduced to healthy movement through fun and simple exercises with scarves, lummi sticks or balls that help with eye-hand coordination. “Preschool classes are not gymnastics training,” Cindy says. “We use the gymnastic environment to teach children skills like listening, waiting your turn, motor skills and social development.”

### CHILDREN LEVEL UP THROUGH GYMNASTIC CLASSES AND TEAMS

Benefits abound for the over 600 boys and girls who visit the gym each week. Boys can learn balance, coordination, confidence and social skills in gymnastic classes and learn self-control and increase their strength, agility and flexibility in Ninja classes. Girls can take a variety of classes and choose to join the gymnastics team after completing the requisite levels.



Athletic Horizons participates in the USA Gymnastics Junior Olympic Program. To qualify for the gymnastic team, girls progress through levels at their own pace. "There are about 80 skills a child needs to master at each level," Cindy says. "Once they reach the level to qualify for the team, they are invited to join the team." Girls have the option to join the team or stay in pre-team level or tumbling/trampoline.

State, regional and national level competitions provide opportunities for the team to travel throughout the U.S., hone their competitive skills and develop supportive friendships. "I love the good team environment," says Martha. "All of us are friends and since there are few of us in each level, competing together allows us to get to know one another. We celebrate one another's victories and help one another through mental blocks."

Many Athletic Horizon gymnasts have received athletic scholarships to continue their careers in college. "Gymnastics is the basis of all sports," Cindy says. "We've had gymnasts that go on to be pole vaulters, run track, compete in swimming, diving and arial skiing and even become dancers. Emily Azevedo has become an Olympian in bobsledding after years on our competitive team."

### FUNDRAISING AND COMMUNITY SERVICE

To help cover travel expenses and simultaneously teach kids about community service, Athletic Horizons holds a spring and a fall fundraiser. For the spring interclub girls' meet, children in their recreation program learn and perform a routine on every event: vault, bars, beam and floor. Every child in the gym in every age group can participate in the October Olympic Festival held at the gym. A ceremony, torch, flag and Olympic oath make this an exciting and very special event for budding gymnasts.

The public is invited to these two extraordinary fundraising events and admission is a can of food. All food collected is donated to the Chico State Wildcat Food Pantry. A snack bar operated by the parent-run booster club, GRIP, is key to raising funds to ease to cost of traveling to competitions.

### DEVELOPING GOOD EXERCISE HABITS FOR LIFE

But, Cindy says, Olympic training is not the goal or even the main focus of Athletic Horizon coaches. "We are here so children can get a head start on their emotional and physical development. We don't start kids in an Olympic training program to be national champions. It's all about just enjoying moving around. Kids can learn to move at a very young age and enjoy it. Then it will be a habit later in their life."

Another great perk – Athletic Horizons can take out the work and put in the fun for your child's next birthday. They'll set up an age-appropriate obstacle course, do all the prep, clean up and party management. Parents bring food and decorations; the Athletic Horizons staff will take care of the rest.

### GYMNASTICS TEST DRIVE

Are you wondering if your child would be interested in gymnastics? For kids who just want to dip their toe in the gymnastics water, Athletic Horizons has just the ticket. 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 over can come to Open Gym the second and fourth Saturdays of every month, 10-11am, to get a taste of gymnastics.

Cindy's love of the sport is inspiring and contagious, and it permeates all she does for children and in mentoring her coaches. "I was a collegiate gymnast and I did gymnastics as a youngster," she says. "I love gymnastics and love sharing it with children and the coaches that work with our students. It's a difficult sport, but kids that like gymnastics like that kind of challenge. They say that kids who like gymnastics are always chasing another goal. What can I do now? What's next, what's next, what's next? There is always something else to learn."

For more information on classes, teams and fundraising events, go to [athletichorizons.com](http://athletichorizons.com). ■



Girls form lasting friendships, support each other and gain self-confidence on the Athletic Horizons gymnastic team. Photographer: Amber Murray



Athletic Horizons coaches teach young gymnasts to learn perfect form.



Stacey experienced the benefits of exercise and practicing routines when she took dance classes as a child and again as a teen to regain physical strength and grace after a long hospitalization as a young child.





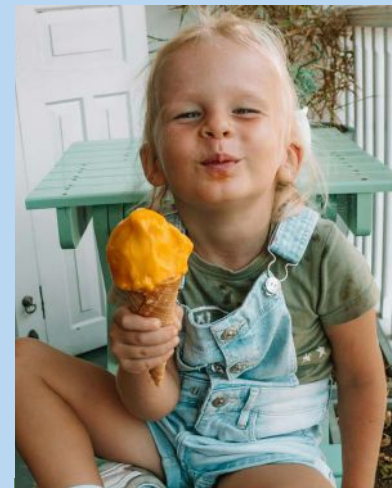
[www.ChicoCommunityBallet.org](http://www.ChicoCommunityBallet.org) | [www.chicocreekdance.com](http://www.chicocreekdance.com)

## CCB CHICO COMMUNITY BALLET

For 43 years, Chico Community Ballet has been the heart of classical ballet in our community. As the only pre-professional ballet company in the region, we provide unmatched training and performance opportunities for aspiring dancers. With a legacy of leadership and excellence, we help young artists take center stage in their own potential.

**Chico Creek Dance Studio** is where young dancers begin their journey. Our 10,000 sq. ft. studio offers fun and engaging classes in Classical Ballet, Contemporary, Jazz, Tap, Hip Hop, Flamenco, and Musicals for all ages and skill levels. With stage performances, recitals, and summer programs, students can explore a variety of dance styles while developing their talents. Visit our website to learn more.

## Enjoy Summer!



## Chico PERFORMANCES Field Trips!



Thank you to all the schools and students who made our 2024-25 field trip season unforgettable! We loved having you and can't wait to welcome you back next school year for more adventures!



## Montessori Schools in Upper California

"Early childhood education is the key to the betterment of society" ~Maria Montessori

### BUTTE COUNTY

#### Chico Montessori Children's House

Director: Sarah Livingston  
Preschool, ages 2 1/2 - 6  
814 Glenn St., Chico  
[chicomontessori.com](http://chicomontessori.com)  
(530) 342-5518 Lic# 0454406630

#### Sherwood Montessori

Director: Michelle Yezbick  
TK-8th grade, public charter school  
1010 Cleveland Ave., Chico  
[sherwoodmontessori.org](http://sherwoodmontessori.org)  
(530) 345-6600

### SHASTA COUNTY

#### Montessori Children's House of Shady Oaks

Director: Julie Helart  
Private learning environment for PreK-6th grade  
1410 Victor Ave., Redding  
[shadyoaksmontessori.com](http://shadyoaksmontessori.com)  
(530) 222-0355 Lic# 455405949



Each school is individually operated.



## FUN BIRTHDAY LOCATIONS TO VISIT IN THE NORTH STATE

To Learn More Visit  
NORTHSTATEPARENT.COM/BIRTHDAYS

- Athletic Horizons
- Athletics Unlimited Red Bluff
- Azad's Martial Arts Center
- Bella Art Works
- Bricks & Minifigs Redding
- Charlew's Tap House
- Chico Creative
- Chico Creek Dance
- Chico Racquet Club
- Flare Dance and Acrobatics
- Forebay Aquatic Center
- Historic Hawes Farms
- Kinetics Academy of Dance & Gymnastics
- Mill Creek Resort
- My Little Teepee Sleepovers
- Rare Air Trampoline Park
- Sensory Innovations
- Shasta Gravity Youth Mountain Bike Adventures
- Shasta Rock Club
- Terrain Park Climbing Center
- The Redding Arts Project
- Turtle Bay Exploration Park
- US Airsoft World

## TRAVEL SMART WITH CALTRANS



Camp drop-offs, family road trips, and back-to-school prep? We've got your roads covered.

Check traffic conditions, road closures, and construction updates all in real-time with QuickMap- your travel companion for every season.

VISIT: [QUICKMAP.DOT.CA.GOV](http://QUICKMAP.DOT.CA.GOV)




## DANCE • CHEER • GYMNASTICS

Kinetics Academy of Dance & Gymnastics

**Classes**  
**Ballet Progression Program**  
**Competition Teams**  
**Parties**  
**Camps**  
**Performances**

Register NOW for fall programs!  
Don't miss out!

Special summer classes and program registration.



**Kinetics**  
ACADEMY OF DANCE & GYMNASTICS

Ages walking through adults  
**530-345-2505** [www.KineticsAcademyofDance.com](http://www.KineticsAcademyofDance.com)  
 Downtown Chico next to Tin Roof Bakery

## IS YOUR HOME SAFE FROM WILDFIRE RISK?

**SERVICES INCLUDE**

- Mastication
- Chipping
- Firebreak construction & maintenance
- Hazard tree removal
- Pile burning
- Lot and right of way clearing
- Wildfire risk assessments



**FIRESTORM**  
WILDLAND FIRE SUPPRESSION, INC.



BEFORE AFTER

"Wanted to send you a quick note of THANKS! After 2 years of you guys working our property, I'm SO GLAD to see our home survived the Carr Fire."  
- Bruce Lutz

**FREE ESTIMATES, CALL TODAY! 530-898-8153**  
**SERVING NORTHERN CALIFORNIA**  
[FIRESTORMFIRE.COM](http://FIRESTORMFIRE.COM) CSLB# 954861





PARADISE UNIFIED  
SCHOOL DISTRICT

## HEALTH & WELLNESS RESOURCE CENTER

COMMUNITY  
ACTIVITY  
CALENDARS

STUDENT & FAMILY  
COUNSELING  
REFERRALS

MEDICAL & MENTAL  
HEALTH SUPPORTS

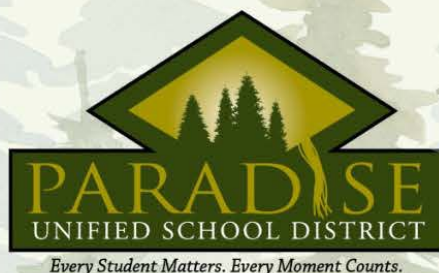
FOOD &  
CLOTHING  
ASSISTANCE

Supporting the success of all students and families within PUSD boundaries by providing resources, breaking down barriers, and promoting overall well-being through the Health and Wellness Resource Center. Connect with us today to see all we offer!

530-872-6412

13835 W. Park Dr.  
Magalia, Ca.

[PUSDwellness.org](http://PUSDwellness.org)



At the Family Center on the Upper Ridge, we offer playgroups, school readiness activities, child development support, assistance with community resources, and real-life support like diapers and child safety supplies. All of our programs and services are available to families on the Magalia Upper Ridge and are free of charge.

530-877-6787

13917 S. Park Dr.  
Magalia, Ca.

### TOGETHER WE THRIVE

Family Center funded by:



[First5Butte.org/family-center](http://First5Butte.org/family-center)

This grant is funded in part by Community Development Block Grant from Housing and Community Development.

POP IN  
PLAYTIME

COLOR  
&  
CHILL

CRAFTERNOON

LITTLE ACORNS  
PLAYGROUP





# DISCOVER STEAMPUNK

A Fantastical Hands-On Adventure

**Turtle Bay Museum**  
**May 24 - Sept 1**

Supported by  
**PACE Engineering**

Additional support by  
**Julia & Dan Cronin**

produced by  
**imagine**

**Lassen Canyon Nursery presents**

## Wings of Summer



**Butterflies!**

**June 14 - August 10**



**Discover a world of wonder at  
Turtle Bay Exploration Park!**

See more programs, exhibits,  
and events at [turtlebay.org](http://turtlebay.org)



**TURTLE BAY**  
**EXPLORATION PARK®**  
Explore, Learn, Play™



Please say you saw it in North State Parent magazine. This helps us grow!

[www.northstateparent.com](http://www.northstateparent.com) • June/July 2025



# GETTING THERE STARTS HERE



Apply Today!  
*Fall* SEMESTER  
BEGINS  
**AUGUST  
18<sup>th</sup>**

go FULL TIME  
*free*  
FOR 2 years

\* Please see our website for additional details and to apply for the program.

We can help you with career training, transfer readiness, financial aid, and job preparation.



**BETTER.JOBS**

A HELPING HAND TO YOUR CAREER

[www.better.jobs](http://www.better.jobs)



## Adult Education

G.E.D or HISET, High School Diploma,  
English as a Second Language (ESL)



## For Working Adults

Career Education Training, ACE - Compressed  
8 Week Classes, BOLD - Bachelor's Through  
Online & Local Degrees



## Noncredit Classes

Tuition-free classes and certificates  
to build foundational skills and more  
for returning adults



## FREE Dental Screening!

Every Tuesday (morning only),  
and Wednesday (morning and  
afternoon), Aug 19 - Dec 17

**Appointments required!**  
**Call today: (530) 339-3608.**

\*Screenings are held to determine patient eligibility for dental hygiene care, and are available at low cost to qualifying general public.



**Shasta College**

[www.shastacollege.edu](http://www.shastacollege.edu)

Shasta College is an equal opportunity educator and employer.



**Your Success  
Starts at Shasta!**

[ShastaCollege.edu/apply](http://ShastaCollege.edu/apply)