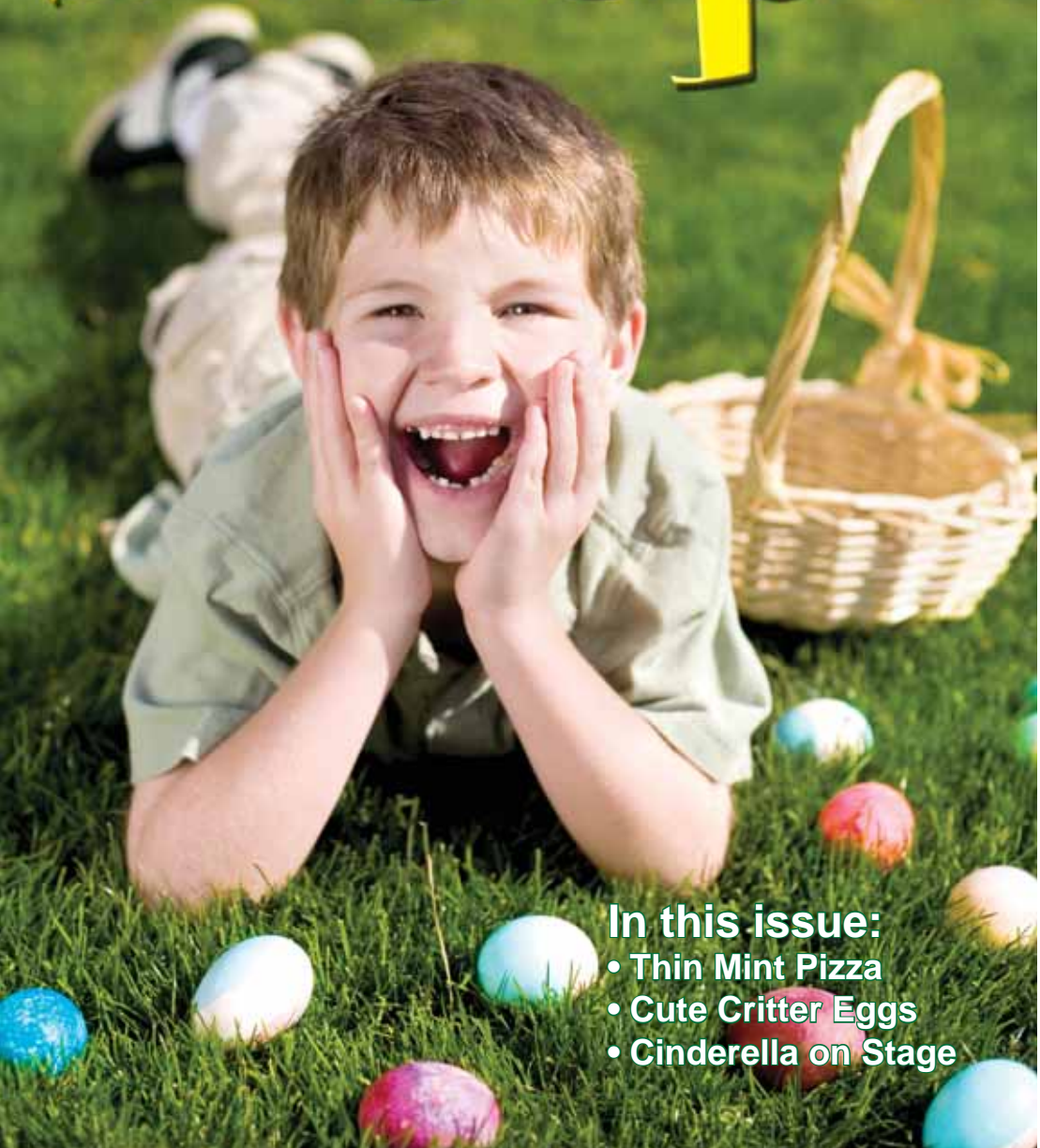


March 2008



Scoop!



In this issue:

- Thin Mint Pizza
- Cute Critter Eggs
- Cinderella on Stage



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The Queen of Cookies

Girl Scout Cookies® are big business. An estimated \$700 million in revenue will be generated this year from the sale of nearly 200 million boxes of cookies. Wow! That's a lot of Thin Mints.

That's also a lot of hard work and dedication from volunteers, most of whom are moms. To put their roles in perspective, consider this:

There are 2.7 million Girl Scouts in the U.S. today. To achieve 200 million boxes in total sales, each Girl Scout must sell, on average, 70 boxes of those tasty treats. A typical troop has 12 girls. That translates to 840 boxes sold per troop. At \$4 per box, gross sales per troop would be about \$3,400 – revenue that is collected in the form of quarters, single dollar bills and small checks. Unless you've been intimately involved in projects of this scope (and Boy Scout popcorn volunteers know all about this, too!), you might not have considered just how all of this get done.

Enter the Cookie Mom. She is, quite simply, a volunteer from heaven. If a troop and a Cookie Mom are lucky, more than one mom can be recruited to share this job. In addition to attending special training sessions, Cookie Moms are responsible for every aspect of cookie sales, from the initial sales training of the girls in her troop to managing the process of collecting order forms, tallying sales, counting money, picking up and distributing cookies to the girls, and reserving a location, time and "girl power" for booth sales. It's still not over. Many cookie moms are also responsible for depositing money into their troop's account and ordering, picking up and distributing incentive prizes to her Scouts.

Cookie Moms (and Dads!) are the backbone of the Girl Scout Cookie sales effort. This month, when you see those cute little Scout faces outside of Nob Hill or Safeway selling cookies, take time to find a mom standing with them.

And give that woman a well-deserved hug!

Lori McDonnal
Editor



In this Scoop!

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For information on advertising opportunities, contact Kim Georgalos (831) 595-6943.



MBayKids would like to thank each of the following contributors for sharing their **Scoop!** with us this month:

Laurie Bend - *Sweet Stuff*

Laurie is a mom, community volunteer, Girl Scout leader and small business owner. As a mother of three, she loves to test out recipes on her kids so she can pass them on to **Scoop!** readers.



Corina DuBois - *MamaPreneur*

Corina DuBois is a successful MamaPreneur and has created the Celebrate Mama!™ event series and online resources. Corina has a background in public relations, is a mama to two boys with her third son due in the spring.



Pierre LaMothe, M.D., FAAP - *House Calls*

Dr. LaMothe has practiced pediatrics at Monterey Peninsula Pediatric Medical Group for 20 years. He and his wife have two sons ages 17 and 20 years old.



Susan Oros, M.A. - *Special Needs*

Susan is cofounder and vice president of Special Kids Crusade and mother of three, with an 11 yr. old son with Down Syndrome, an 8 yr. old daughter with autism and a 6 yr. old son who is typically developing.



Sherry Pasquariello - *Homeschooling*

Sherry is a former apparel buyer for The Pebble Beach Company who left her job in 2000 to be a full-time mom. She has been homeschooling her daughter since 2005.



Carol Richmond - *Happenings*

Carol is owner of the Carmel Academy of Performing Arts and founder of Dance Kids of Monterey County, a not-for-profit youth dance and theatre performing arts organization.



Julie Sutliff - *Arts & Crafts*

Julie has a "craft room" in her home that is dedicated solely to the creation of all things "arts & crafty." Julie enjoys sharing her love of crafts with her husband and 11 year old daughter - and with MBayKids **Scoop!**




Cute Critter Eggs

by Julie Sutliff

Gather up your kids and make some **Cute Critter Eggs** this Easter! They are so fun to make! Directions for crafting a bunny and chick are below. For directions on making a mouse and a pig, visit www.MBayKids.com/crafts.asp.

You'll need:

- Plastic Easter eggs
- Googly eyes and craft pom poms
- Glue gun with hot melt glue
- Sharpie® marker
- Scissors
- Pink pipe cleaners
- Construction paper and/or felt pieces



BUNNY

1. Begin with a white egg. Glue four ¾-inch white pom poms to egg for its feet. Glue one 10 mm pink pom pom to the round end of the egg for its tail. Let dry.

2. For the face, glue eyes at pointy end of egg.

3. Using either felt or construction paper, cut out rabbit ears. Slightly bend the bottom of ear to adhere glue to the egg. Cut out a small triangle for nose (or use marker). Glue on nose and ears and let dry.

4. Use Sharpie® to draw mouth and whiskers.

CHICK

1. Use a yellow plastic egg. With pointed end up, glue two 1-inch yellow pom poms to front bottom round end of egg so it will stand. Let dry.

2. Use orange construction paper or felt to make wings and beak. Fold paper in half and cut out a shaped pair of wings and a beak along folded edge. (See photo at top of page.) Glue folded edge of wings to side of egg; glue folded edge of beak to front of face and let dry.

3. Glue eyes to front face of egg.

Supplies: At Wal-Mart, we found Creative Hands® Googly Eyes, 80 pieces for \$0.97. At Beverly's, we found Bits & Pieces® pom poms at \$0.49 per pack, Fibre Craft® Pipe Cleaners, 25 pieces for \$0.89, Art Set® construction paper, 50 sheets for \$2.99, felt sheets for \$0.20 each.



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The Heart of "Special Kids Crusade"

by Susan Oros, M.A.

My mother used to tell me that there is nothing as close to God's love here on earth as a mother's love. I saw the truth of these words when I became a mother myself. Out of this love, I, with

a group of talented and inspired parents, have taken a leap of faith and created *Special Kids Crusade*. On March 6, 2007, we officially launched our organization and became a California nonprofit corporation. In celebration of our first anniversary, I wanted to take a moment to describe the heart that moves us to build a future for our children.

Last month, I wrote briefly about the heart-wrenching reality of raising a developmentally disabled child to live in some form of a supported living situation. I know parents experience joy with his or her developmentally disabled child but I also know that there is heartache. I have come to believe, though, that deep spiritual passion flows out of this love, joy and pain. *Special Kids Crusade* is born from this depth; a passion to help our children not just today but long after we're gone. Perhaps it is an effort to take care of our children from the grave.

The mission of *Special Kids Crusade* is to develop resources, raise awareness and provide support. During our first year, we received our 501(c)(3) nonprofit status (in June 2007) and had our first dinner auction with 150 guests and over 180 auction items. In our mission to develop resources, *Special Kids Crusade* has secured a start-up grant from the San Andreas Regional Center (SARC) to develop an inclusion program within the Boys and Girls Clubs of Monterey County (BGCMC). The program is currently projected to open in January of 2009. *Special Kids Crusade* also assumed responsibility for adaptive basketball from the City of Pacific Grove. This program enrolled 25 developmentally disabled youth and had volunteers from the Naval Postgraduate School, Tucci Learning Solutions, and the Oak Street Youth Group (comprised of Monterey High students and sponsored by the Baha'i Faith of Monterey). The sessions were held at the BGCMC, Seaside location for eight weeks. Many of our children are not able to participate in regular sports programs but physical activity is vital to their overall health.

In our mission to raise awareness, *Special Kids Crusade* walked in the Good Old Days Parade in Pacific Grove last April and, in collaboration with the Monterey County Office of Education's (MCOE) Special Education Local Planning Area (SELPA), conducted an awareness training with the staff of BGCMC.

Continued on page 15

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Celebrate this MamaPreneur!

by Corina DuBois

Carri Hanson - Stroller Strides
www.strollerstrides.net/monterey

Carri Hanson is the new owner of **Stroller Strides Monterey**, a business that offers total body workout for moms with kids in strollers. She is a local mom to 1-year-old Dylan and recently also took on another "baby": the successful Stroller Strides fitness franchise from previous owners who were moving away.



"I've always known I wanted to be a stay-at-home mom, but what I didn't expect is that I would actually miss working once I was at home," says Carri. "I missed being challenged intellectually. I didn't want to necessarily go back to work, but I was looking for something a little more stimulating than changing diapers and reciting nursery rhymes. I knew that the conventional 9 to 5 schedule wouldn't work for me and that I would have to find something that would be flexible with taking care of a baby."

While Carri didn't imagine she would become a fitness professional after working as a financial analyst and project manager, the promise of a balance between career and motherhood provided a strong pull to change paths. "When the opportunity to take over Stroller Strides came along, I realized that it was really possible to have a baby and a business and to do something you love -- all in one!"

But even a dream job can require extra effort, especially when raising a small child in your home office. "The hardest part about being a mom and working from home is finding the time to get your work done. The day seems to go by so fast when you're taking care of a baby. I normally try to get work done at night after Dylan's in bed, or on the weekends when my husband can occupy my son."

Carri's advice for other moms looking to meld motherhood and business is this: "Doing nothing is the biggest mistake you can make. The longer you procrastinate or wait to take action on something, the harder it gets. It's normally that first step, first phone call, or first idea that is the hardest to start. But once you set the process in motion, everything else will fall in place."

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SPRING FUN!

See puzzle solutions on page 14.



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

Springtime Fun Word Search

- | | |
|-----------|-------------|
| AIRPLANE | GRASSHOPPER |
| ANTS | GREEN |
| BASKET | HONEYBEE |
| BEEBLE | INCHWORM |
| BUTTERFLY | LADYBUGS |
| DAISY | MARCH |
| DRAGONFLY | SKY |
| EGGS | SPRING |
| FLOWERS | SUN |
| GRASS | |



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Do you know?
What are the most popular
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varieties, in order of sales?

Answer on page 14.

We're Homeschoolers, Not Hermits!

Addressing the Socialization Stigma of Homeschooling

by Sherry Pasquariello



As the homeschooling parent of an only child, I have often had people express concerns over whether or not my daughter was getting enough “socialization” because she is not in a traditional school environment. Merriam Webster defines “social” as: “of or relating to human society, the interaction of the individual and the group; tending to form cooperative and interdependent relationships with others of one’s kind.” Encyclopedia Britannica states, “According to most social scientists, ‘socialization’ essentially represents the whole process of learning

throughout the life course and is a central influence on the behaviour, beliefs, and actions of adults as well as of children.” I believe that social skills are first learned at home. Children observe early on how families interact and treat one another, and how they interact with others outside of their family. They are taught family values and the common courtesies such as saying “please” and “thank you,” and waiting their turn. Most children already have many social skills before they reach school age.

Most any book on homeschooling will address the issue of socialization. Type in “homeschooling socialization” on your internet browser and there are literally thousands of entries on the subject. It is, indeed, a common question. In an article titled “Life is Not a Number 2 Pencil” on About.com, Lisa Cabello calls it the “S” word. She and her husband homeschool, but she is also a preschool teacher who works with school age children in the afternoon. Lisa contends that traditional school is often a less than ideal place to learn positive social skills. Unfortunately, there are a lot of things that children in traditional schools have to deal with today that weren’t there a generation or more ago. Gang violence wasn’t something that I personally had to deal with in school, but there were occasional “bullies” and peer pressure to try smoking, drinking, or even drugs. I do remember the cliques and labels put on kids that were dependent on how they dressed or their level of intelligence, which definitely created social gaps.

In another About.com article entitled, “Socialization - The Home School Advantage,” author Eric Jacobs, who was homeschooled through ninth grade, writes about how he was often asked questions like, “Do you have any friends?” and “Do you ever get to play with any other kids?” For some reason, people equate going to traditional school with making friends and having other kids to play with! When I went to school, I don’t remember a lot of “play” time and, although I did have a couple of friends in my class from year to year, the majority of my friends who I did things with socially were either from my neighborhood, or from extracurricular activities in which I participated. Even as an adult working outside of the home, I can only recall a couple of people I did social things with. Being put in a room with a bunch of other people isn’t, by itself, a “social” situation.

Next month I’ll share some comments from local homeschoolers on the subject of “socialization.”

Childhood Obesity: The Facts

by Pierre LaMothe, M.D.

This is the first of a two-part series addressing the issue of obesity in children. This month’s article talks about the health concerns associated with overweight children and how parents can determine if their child is at risk for obesity. Next month, I’ll address what parents can do to help their children avoid obesity.

Childhood obesity is a serious health concern in our country. The latest government survey (2003-2004) indicates that 17.1% of children and adolescents ages 2 – 19 (over 12 and a half million kids!) are overweight. Overweight children and adolescents are at risk for health problems such as diabetes, heart and respiratory diseases, orthopedic problems, increased risk of cancer, increased social pressures and a shorter life expectancy.

Overweight children and adolescents are more likely to become obese adults. One study found that approximately 80% of children who were overweight as 10 to 15 year olds were obese as 25 year-old adults. Another study found that adulthood obesity is likely to be more severe if a child is found to be overweight before the age of 8.

What metabolic differences cause obesity? Overweight children do not have a “slower metabolism” than thin children. They have a **higher insulin level**. Insulin is the big trouble maker for both children and adults.

Continued on page 15

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Pierre LaMothe, MD, FAAP

Thin Mint Pizza

by Laurie Bend

Girl Scout Cookies® are here! What a perfect time to feature a recipe using America's favorite cookie. I found this recipe on the website of licensed Girl Scout Cookie® baker **ABC Bakers** at www.girlscoutcookiesabc.com and modified it a bit to suit a pie pan preparation. This dessert will disappear soon after comes out of the oven!

Prep time: 10 minutes
Baking time: 24 minutes
Yields: 8-10 servings

RECIPE INGREDIENTS:

1 pkg. (18 oz.) refrigerated chocolate chunk cookie dough
1/2 pkg. (19 cookies) Girl Scout® Thin Mints
1/2 cup white chocolate morsels
Vanilla ice cream, optional



Directions:

1. Preheat oven to 325°F.
2. Press cookie dough evenly in the bottom of an ungreased 10-inch pie pan.
3. Break Thin Mints into halves or thirds; press cookie pieces into dough, covering evenly.
4. Bake 24 minutes or until golden brown.
5. Place white chocolate morsels into a

small bowl. Microwave the morsels on MEDIUM HIGH (70% power) for 40 to 50 seconds or until melted.

With a spoon, drizzle white chocolate stripes over top of pizza.

6. When cool, cut pizza into 8 or 10 wedges. If desired, top each serving with a scoop of ice cream.

For more fun recipes using Girl Scout Cookies®, visit girlscoutcookiesabc.com.



Cinderella

by Carol Richmond
Photos by Gregory Wutke

Let the joy, fun and artistic excellence of a full length ballet be a part of your family experience this March with *Dance Kids of Monterey County's* presentation of **Cinderella: A Full Length Ballet**, a story that children and adults will know well. Dance Kids adds humorous twists for the audience's delight – including stepsisters portrayed by male actors that some audience members might remember seeing from other local productions! They keep the hilarity factor strong, especially for those first time balletomanes. Tiny unicorns pulling the storybook pumpkin carriage, a regal and elegant court scene and incredible dancing from locally trained pre-professional young dancers will keep even the most jaded eyes in the family glued to the stage!



Dance Kids of Monterey County is a nonprofit organization whose mission is to "strengthen character and positively influence children's lives through the performing arts." Each spring, *Dance Kids* produces a full-length ballet on the Monterey Peninsula and it's an opportunity for the program to continue its time-honored custom of passing dance roles from ballerina to ballerina. The ballet variations, handed from the

professional through the eyes of Director Tia Brown, to the pre-professional dancer, offers a unique experience of teaching the steps to the dancer and working through the emotions as any actor might for speaking roles, without words.

"The challenges are doubled for the dancer to become an actor as well," explains Brown. "They know they may be compared to a Disney production, yet each dancer feels the weight of the tradition of the ballet and the honor they carry to the next generation. The young audience member may not know the music from Cinderella isn't Disney music but an exquisite and intricate score from Prokofiev!"

Cinderella: A Full Length Ballet will take place at Monterey Peninsula College's Morgan Stock Stage, located at 980 Fremont Street in Monterey, on Friday, March 28 at 7 pm, Saturday, March 29 at 2 pm and 7 pm and Sunday, March 30 at 2 pm. Just prior to Saturday's 2 pm matinee, little ones can dress the part of Cinderella or the Handsome Prince and share goodies with cast members at a special Cinderella Party.

Ticket prices are \$18 for children 12 and under, \$20 for students, military and seniors (65+) and \$25 for adults. Tickets can be purchased at ticketguys.com. For more information about *Dance Kids of Monterey County*, visit DanceKids.org.





Ms. Arlene Ashurst



Teacher of the Month

Ms. Arlene Ashurst
Seaside Children's Center

"Preschool is really the most important part of education and the teachers deserve recognition because it is not easy," states mother Dawn Mitchell in her winning nomination of **Arlene**

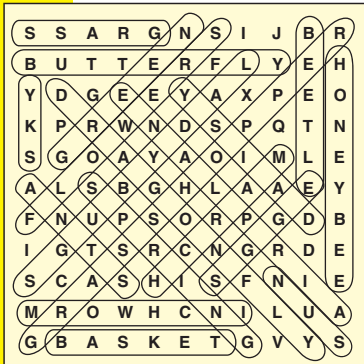
Ashurst for *KWAV's Teacher of the Month*. Dawn is grateful for how well prepared her daughter, Daja, is for kindergarten. "Ms. Arlene taught my daughter above and beyond the basic fundamentals of grade school. She now excels in all subjects! I am so proud of my daughter and of Ms. Arlene."

Ms. Arlene is a Pre-K teacher at *Seaside Children's Center* where she instructs children ages three and a half to five years old. "We teach a planned and emergent curriculum," explains Ms. Arlene. "Our everyday activities are what interest the children. Through play, children are learning. If there's a subject that draws interest, as a teacher I focus on that and create activities."

Ms. Arlene has been creating activities for young children for the past 30 years. What keeps her motivated? "It's the smiles," she says. "I like the smiles and excitement on the children's faces in their greetings or when they accomplish something that they have been working on like writing their name or learning colors, shapes or numbers."

Long after her students have left her nurturing care, Ms. Arlene hopes her students carry fond memories of the fun they had learning with her and she hopes that their learning will help them reach their life goals. "I want them to be able to look back and say, 'I learned that in preschool with Ms. Arlene.'"

Puzzle Solutions (from page 8)



The bunny & egg on the left are different from the bunny & egg on the right in the following ways:

- On the left bunny:** (1) ankle fur missing on right foot, (2) ankle line missing on left foot, (3) eyes are green, (4) mouth is pink, (5) eyelash is missing, (6) eyebrow is missing, (7) line in ear is missing, (8) tail is rounded.
- On the left egg:** (9) third row down is pink, (10) one triangle is pink, (11) row of blue circles instead of diamonds.



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- 25% Thin Mints
- 19% Samoas®/Caramel deLites™
- 13% Peanut Butter Patties®/Tagalongs®
- 11% Peanut Butter Sandwich/Do-si-dos™
- 9% Shortbread/Trefoils

Special Needs - continued from page 6

Community partnerships are an integral part of accomplishing our missions. To provide support, we are actively working on a resource directory due to be published this spring (none currently exists for Monterey County). We have also established a monthly "Mom's Night Out" so that moms can support other moms while having fun.

As individual parents, we can advocate for what exists. However, as a collective heart, we can broaden the options and create innovative opportunities. I'd like to thank the parents and a grandparent who stepped forward to help create *Special Kids Crusade*: Sabrina Manno, Michael Manno, Ilene Candreva, Petula Lee, Nora Lane-Pope, Lilly Reams, Lorrie Laughton and my husband, Carl Oros. Together, we and many other volunteers make the heart of *Special Kids Crusade*. Learn more at www.specialkidscrusade.org.

House Calls - continued from page 11

Insulin is the hormone of plenty. It instructs cells to store energy. Insulin is produced by specialized cells in the pancreas when blood sugar (glucose) rises. Insulin drives glucose into cells where it can be stored as lipid (fat). The higher the insulin level, the more glucose is converted to lipid (fat).

For example, take two people who both need 2,000 calories to perform their daily metabolic functions. Both people eat 2,000 calories. The first person has a normal insulin level, burns 2,000 calories and has a stable weight. The second person has a much higher insulin level than the first. The higher insulin level instructs his body to immediately store 500 of those calories as fat. They still need to do 2,000 calories of work, so the satiety center in their brain tells them to eat another 500 calories. Immediately 125 of those calories are stored as fat, and so on.

Your insulin level is set by three factors: what you eat, how much you exercise, and your parents' insulin levels.

Is my child overweight? Calculate their body mass index (BMI) to answer that question. BMI is weight divided by surface area. If you are shaped like a stick your BMI is low, if you are shaped like a ball, your BMI is high. The formula is: **Weight (lbs) ÷ Height (in) ÷ Height (in) x 703 (conversion factor) = BMI (kg/m2)**.

BMI ranges for children and teens take into account normal differences in body fat between boys and girls and differences in body fat at various ages. This is most easily understood by looking at BMI percentile charts for boys and girls. Visit www.MBayKids.com/HealthyKids.asp to access these charts. Calculate their BMI and plot it on the vertical axis; then find their age on the horizontal axis. If they are between 85% and 95% they are at risk for obesity; if they are over 95% they are obese.

Interestingly, most overweight children usually do not need to lose weight! Learn more about this next month when I'll talk about some very practical ways you can help your children from becoming an obesity statistic.

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