Child Health & Disability Prevention Program

Celebrate Summer 2010

Prevent Bug Bites!

Mosquitos can spread disease. Use approved insect repellent that contains:

- * 20% Deet
- * Picaridem
- * IR3535



To prevent mosquito bites:

- * Dump out any standing water near your home
- * Wear light colored clothing, especially outdoors.
- * Stay inside during dusk and dawn
- * Use mosquito repellent 🦰

Health Corner

LEAD CAN HURT YOUR CHILD

Most children who are poisoned by lead <u>Do Not</u> <u>Look or Act Sick</u>

These are some symptoms you might see:

Nausea	Anemia
Constipation	Weight Loss
Inability to Sleep	Irritability
Dizziness	Headache

A blood test is the only way to know the blood lead level (BLL).

FREE Health Exams

Uninsured or lack preventive care insurance?

CHDP provides FREE health exams: Call 225-5122 or 800-300-5122 to find out if you qualify.

FREE Community & Cultural Events

Shasta District Fair Freedom

June 19-22 Wednesday is Dollar Day & Kids Day-everyone 13 & over \$1 and 12 & under are free.

www.shastadistrictfairandeventc enter.com

Mosquito Serenade Community Concerts

June 5 - August 21 Wednesdays

6 p.m.

Anderson River Park 378-6656

www.ci.anderson.ca.us/ mosquitoserenade info.asp

Anderson Fireworks

Tuesday July 3rd
Gates open at 4 p.m.
Concert at 7:30 p.m., and then fireworks at 10 p.m.
Shasta District Fairgrounds

Freedom Festival Civic Auditorium

July 4th

5 p.m. - Late evening All-day festivities with food vendors, games, live entertainment and fireworks begin after dark.

www.reddingcivic.com

Burney Basin Days

July 4-7th Parade, pancake breakfast, BBQ & firework. Main St., Burney CA 335-2111



Sun Safety

- Wear sunglasses
- Put on a hat
- Slip on a T-shirt or other cover-up
- Wear sunscreen SPF 30 or greater & avoid mid-day sun
- Re-apply sunscreen after swimming or sweating
- Seek shade & drink plenty of water

Enjoy Free Movies in the Park

Keep watch for upcoming movies in the park– movies start at dusk. www.enjoymoviesinthepark.



Recreation and Trails

FREE National Park Days

Come experience the national parks. Free admission at National Parks. August 25, Sept. 28, and Nov 11, Veterans Day.

www.nps.gov

Take a walk on the Sundial Bridge at Turtle Bay

Take a walk on the trail, extends along both sides of the Sacramento River. www.visitredding.com

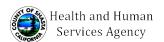
Shasta Dam Tour

com

FREE guided tour of the dam and power plant. Tour the inside of the dam, learn the history, purpose and construction. Tours 7 days a week at 9 a.m., 11 a.m., 1, and 3 p.m. 275-4463

Free Fishing Days

July 6, and August 31. Try fishing on free days for adults and children. www.wildlife.ca.gov



Summer Camps

Summer preschool camp at the Martin Luther King Jr. Center provides fun and learning. The teachers are trained in child development and dedicated to helping children enjoy the discovery of play, learning and social interaction in a safe, positive environment. Lunch is included. 225-4095 www.cityofredding.org

Redding School District Summer Camp held at Cypress Elementary June 11-July 26, 7:15 a.m.-5:30 p.m. Weekly field trips to Waterworks Park call 410-4101

Don't forget the Free Summer Lunch Program call 225-0200





Enterprise Park

Kids Kingdom (4300 Victor Ave.)

Playgrounds

Open sunrise to sunset year round. Has a volcano water feature for kids!

Redding Aquatic Center

Opens May 25

Age 0-2.....FREE Age 3-15.....\$3.25 Age 16+.....\$3.75 Monday - Thursday 6:45 - 8 p.m. 225-7248 **Waterama** May 24, 5-7 p.m.

Free come learn how to be safe in and around water! Monday - Thursday

6:45 - 8 p.m.

Good Oral Hygiene and regular visits to the dentist will help you maintain healthy teeth and gums.

Proper brushing technique

- Place your toothbrush at a 45-degree angle to the gums.
- Gently move the brush back and forth in short (tooth-wide) strokes.
- Brush to the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up and down strokes

Events at the Library

Babies, Books, & Play Mondays 10:30 a.m.

Read & Sing Story Time Tuesday 10:30 a.m.

Read & Play Story Time Wednesday 3:30 p.m.

Read & Create Story Time Thursdays 3:30 p.m.

Read & Discovery Story Time Fridays 10:30 a.m.

Children's Creativity Hour Saturdays 11:00 a.m.

Tuesdays

6-7:30 p.m.

Mondays 4 -5:30 p.m.

Thursdays 3:30 p.m. 365-7685

Wednesdays

11a.m., 335-4317

Wednesday 11:00 a.m.

www.shastalibraries.org

Farmers' Markets

Redding Market (EBT)

Saturdays

April 6-Dec. 14 7:30 a.m.–12 p.m. Redding City Hall Center 777 Cypress Ave.

Sundays

June 9-Oct. 10 8 a.m.-12 p.m. Turtle Bay Market

Anderson Market (EBT)

Thursdays

June 6-Sept. 26 7:30 a.m.-12:00 p.m. Shasta Outlets parking lot, 1699 Hwy 273 **Burney Market (EBT)**

Wednesdays

June 12-Sept. 25 3:00-6:00 p.m. Burney Sporting Goods Store Burney Sporti Goods Store

Cheesy Pasta with Summer Veggies

4 cups sliced mixed vegetables (zucchini, broccoli, peas) 1 cup chopped tomatoes 8 ozs. whole wheat pasta 11/2 tsp vegetable oil 2 med garlic cloves, minced

½ cup onion, chopped 1 tsp dried Italian seasoning 1/4 tsp salt 1/8 tsp black pepper 1/4 cup parmesan cheese ½ cup shredded mozzarella cheese



Directions:

Wash and slice vegetables, cook pasta; drain and save 1/4 cup of water. Heat oil in a large skillet; add garlic and onion and sauté over medium heat until soft. Add uncooked hard vegetables and cook until soft. Add soft vegetables, Italian seasoning, salt and pepper. Add tomatoes last and cook until warm. Add cooked drained pasta and a little of the pasta water if needed. Add cheeses and stir until melted. Serve immediately. Tip: Add protein with cooked beans, meat, or fish. May use thawed frozen vegetables. Nutrition facts: makes 6-1 1/2 cups servings. Total fat 8g, sodium 240 mg, carb. 35g. www.extension.iataste.edu