

## Camp adventures beckon

Explore what type of camp is best for your child



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BY DOLORES FOX CIARDELLI

Summer is quickly approaching, which means a long vacation when schools let out. How can parents make these months stimulating, productive and fun?

Camps offer wonderful chances for children to explore interests, learn new things and discover their capacity for independence. There are many types of day camps as well as overnight camps, from music to

sports camps or outdoor camps that include hiking and swimming and even horseback riding.

Perhaps the first thing to consider is whether you want a day camp or an overnight camp — for a safe and happy experience for your child with minimum worry for you.

Overnight camps seem to provide the best memories — and the best movies. They give children a taste of freedom and independence while parents know they are with responsible adults. They provide a break for everyone.

For an overnight camp, ask what kind of training the staff receives, the ratio of campers to staff members, about discipline policies, what a typical day is like, and how often the child will be able to contact home.

Ask yourself: Does your child feel comfortable sleeping away from home with friends or relatives? If a camp has a lot of water activities, is your child a good swimmer and comfortable in the water?

Day camps include academic offerings on every subject, from astronomy to robotics, arts, dance and drama. Adventure camps might include backpacking, biking and rock climbing. Check out the offerings in and around Pleasanton.

Technology camps include animation,



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computer programming, digital photograph, film production, and graphic, video game and website design.

There are also camps for children with special needs, a chance for them to be with their peers and enjoy activities geared just for them.

Involve your children when choosing a camp. Have a conversation with them about their interests and what they would like to explore. You might want to search online together for options, which should give you an idea of what they like and their level of enthusiasm.

If you're looking for more of a family experience this summer, put together an experience from the free things that are offered in and around Pleasanton, such as different park and museums. You can tour some places just by asking — try contacting a veterinarian hospital, a grocery store or

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## 4-H members attend agri-science summit

Teens form action plan to cut down on waste, at D.C. event

By DOLORES FOX CIARDELLI

For three dynamic days last month, local 4-H members — Anika and Austin Nicolas of Pleasanton, Cara Rubin of Danville, and Lilliana Wheeler of Livermore — participated in workshops focused on precision agriculture, food and health, animal science, wildlife biology, biobased products and bioenergy.

They were attending the National 4-H Youth Summit on Agri-Science held in Washington, D.C., to address the increasing challenges in the industry.

With support from industry leaders, youths had the opportunity not only to build skills and knowledge, but also to explore careers in the agri-science industry.

“I attended a variety of workshops focusing on food waste and food loss,” Anika Nicolas said. “What upset me the most was a startling statistic: Every 10 seconds, a child dies from hunger.”

“I learned that North America has 5% of the population yet 25% of the world’s food, and I learned that we currently produce enough food to feed the world, yet because of food waste and loss, so many people struggle to eat a meal,” she continued.

The four were on a team tagged Zero Waste, which focused on reducing single-use plastic items — straws, utensils and coffee



CONTRIBUTED PHOTO

4-H members (from left) Anika Nicolas, Austin Nicolas, Lilliana Wheeler and Cara Rubin with their team poster at the National 4-H Youth Summit on Agri-Science held in Washington, D.C.

cups — from going to the landfill.

“With the skills we learned at the summit, we plan to educate our community about this issue,” Anika Nicolas said. ■

## TV30 offering summer camp

Focus is on video, television production at studio

By DOLORES FOX CIARDELLI

Students can get the edge in video production at this year’s TV30 Summer Camp, being held for the 11th year.

“This is the original and only video camp available locally that provides students with a real-life experience in a working television station,” said Melissa Tench-Stevens, executive director at TV30.

The camp is held at the TV30 studio and is aimed at students in grades six to 12 who are thinking of a career in video or television production, giving them an overall picture of the process. The two camp sessions, each 20 hours long, include an introduction to studio production, field production, writing, producing and digital video editing.

“The campers work with our staff and learn to use the professional equipment,” Tench-Stevens said. “The campers produce a TV program that will be broadcast on TV30 and can be seen via Comcast, AT&T U-Verse and all over the world on our website.”

The camp sessions run June 10-14 and



TV30

Carolijn Steele interviews Alameda County District Attorney Nancy O’Malley for a television broadcast as part of last year’s TV30 Summer Camp.

June 24-28, from 9 a.m. to 1 p.m. each day. The fee is \$558 per camper, and registration is limited. For more information, visit tv30.org or call the station at 462-3030. ■

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a baseball stadium for a behind-the-scenes tour.

The Pleasanton library is an excellent stop in the summer with its free programs for young readers. Libraries in nearby cities also offer educational and fun activities in

the summertime.

Once your children are signed up for a camp, talk to them as it approaches about what they are feeling and what they expect. If it is an overnight camp, tell them you are confident they will do well away from home. And whether they are going off for a week or a day, be sure to label jackets, backpacks and anything you don’t want them to lose. ■

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