



Strengthening CALAVERAS Families
Growing great kids.



“Parent Coaching Series”

Facilitated by
Heather O’Brophy, MFT, MSW
Thursdays, Feb. 16, 23, & March 1st, 2012
9:00-11:00am
Lake Tulloch Bible Church
3556 Spangler Lane #3
Copperopolis
Child care not available for this series




“Getting the Best of Stress”

Facilitated by
Carol Vance, LMFT
Tuesday, Feb. 28, 2012
5:30-7:00pm
Calaveras Office of Education
185 S. Main St.
Angels Camp
**Co-sponsored with the Calaveras Community Advisory Committee*
Child care available

A light snack will be provided
Certificates of Participation Available
Call now to register.
Space is limited.

NO COST!
For Calaveras families with children ages birth to 18 years old.
Childcare for ages 3-12 and light meals often provided.
Check the calendar for dates and topics at:
www.first5calaveras.org
or www.pccalaveras.org

Sponsored by:
FIRST 5 CALAVERAS
PREVENT CHILD ABUSE COUNCIL CALAVERAS
Funded through a Calaveras County Behavioral Health Services-Mental Health Services Act grant



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batches of beans and meat for just \$5; children under age 10 taste for free. If the weather holds, it might

be a heck of an afternoon in the sun; this picturesque town square is worth a stop no matter the season.

Senior project opens Sonora’s doors

Remember all those school projects you either loved or hated? Creating a model-sized mission in fourth grade or doing a science experiment in high school? My parents still tease me for the time I interviewed a few boys from a water polo team – Speedos and all – for a Modesto Bee article in high school. My mom even took pictures.

Luck for me, Sonora High School student Avery Wilson’s senior project doesn’t involve Speedos, at least as far as I know. But it does involve a lot of memories in the making.

On Saturday, Wilson will host Seeking Sonora, a localized version of popular television reality shows like “The Amazing Race,” without the television part, of course. People of all ages can sign up in advance or at the race, in which teams of two receive clues to find checkpoints where they must take photos or perform dares; it’s intended as a fun version of a scavenger hunt that Wilson said will give people a chance to get to know Sonora better.

“This race is like no other,” Wilson said. “You don’t have to be athletic or in the best shape to compete. It is a race where smarts can beat speed and all that’s needed is a camera, either digital or on a phone. The race is also for any age, which is rare. It is the most fun when a family has multiple teams and they see who can figure out the clues first. And if someone is still not persuaded, then remember all the money goes toward a good cause and will be greatly appreciated.”

Wilson hopes to gain enough sponsors to cover the costs for materials and shirts so that all proceeds from the event can go to The Hole in the Wall Gang, an organization that sends kids with life-threatening diseases to summer camp.

“Normally, attending summer camp and having that childhood experience is difficult for kids with medical needs, but this camp ensures all the normal camp activities along with the children’s medical needs being taken care of and looked

after,” Wilson said. “Every year, children from all over the U.S. attend this camp with their families. I chose this organization because I wanted to help the youth in the country with life-threatening diseases enjoy life and to have the equal opportunities that I had growing up and going to summer camp.”

Wilson said she discovered the organization when she saw it supporting triathlons her father had entered. She also had the idea for using the event as her senior project after her father competed in a similar event called The Urban Dare. In order to graduate from Sonora High, every senior must complete an exit project that includes a research paper, a presentation in front of teachers and the execution of the project itself.

According to Wilson, the project has to be a stretch for the student, not something that can be easily done; but other than that, the project can be anything the student wishes.

“Planning for this event has taken more than I thought it would,” Wilson admitted. “I have printed flyers and registration forms, which I have placed in businesses downtown to be picked up. I have also had to organize volunteers and come up with the different clues and tasks for the race, as well as ordering T-shirts and bib numbers.”

But Wilson is up for the task. A high achiever, she serves as the president of the California Scholarship Federation Club at Sonora High and she has strong involvement in the school’s varsity girls water polo and swim teams, as well as doing community service throughout town and balancing all her activities with her advance-placement classes and family. She hopes to become an occupational therapist and plans to attend Dominican University of California in the fall.

Send your Tuolumne County events to Harmony Wheeler at hwheeler@sierralodestar.com and mtaylor@sierralodestar.com.

Would-be cooks can contact Linda Stefanick at (866) 276-4235 to sign up to compete. I’d imagine that many are pondering their recipes like Headley Lamar, who said his “mind is aglow with whirling, transient nodes of thought careening through a cosmic vapor of invention.”

Inventing a cosmic vapor; now there’s a weekend event! Bring your own Beano.

Reach Mike Taylor at mtaylor@sierralodestar.com.

Tuolumne Talk

Harmony Wheeler



Seeking Sonora

WHEN:
11:45 a.m. to 3:30 p.m. Saturday

WHERE:
Courthouse Square,
Washington Street,
Sonora

TICKETS:
\$20 per person or \$40 per team at Sonora Sports and Fitness Center, Sierra Nevada Adventure Co., JT Cycles or Sonora Used Books in Sonora

MORE INFO:
Avery Wilson at seekingsonora@yahoo.com

