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## Celebrate "Healthy Kids Day" at Lake Elizabeth



By Miriam G. Mazliach  
Photos By Miriam G. Mazliach

Looking for a day of free fun-filled activities and helpful information for children and families? Then get to "Healthy Kids Day" on Saturday, April 11, at Central Park in Fremont.

Enjoy performers and entertainment, free raffles, vendor giveaways, jump houses, arts and crafts, as well as information and referral booths for children's and family services.

Healthy Kids Day is sponsored by YMCA Fremont/Newark, Ohlone College-Early Childhood Studies Department, Mission Valley Regional Occupational Program, and Kidango.

"This event is celebrated by the YMCA nationwide, to promote healthy lifestyles to the community by providing resources and different creative options on how to live healthier," according to Deepa Mehta, associate program director for the Fremont/Newark branch. YMCA is one of the largest youth organizations in the world.

Kidango will have a booth featuring children's activities and information about their services. Staff members will perform a puppet show on the stage during the event.

"We thought it made sense to have one larger event to raise awareness in our community and to allow families to learn about all the resources available in our area," explains Leigh Corrigan-Owens, development and communications assistant manager at Kidango.

Students from the Careers in Education class at Mission Valley ROP will staff an information table and work with children on art projects. Shepherd says they enjoy participating in Healthy Kids Day and interacting with the children.

Ariane DeLeon, 17, is volunteering for the second year. "It's fun to help and I like seeing little kids happy. My future goal is to become an early childhood teacher."

"I enjoy being hands-on with the kids," adds classmate Timba Niweigha, 17. "It's a lot of fun and I hope to be a Child Psychologist."

Classroom instructor Janay Sheperd says, "To see families having a completely free day of entertainment is wonderful, especially in these difficult economic times."

Early Childhood Studies Department at Ohlone College will disseminate information to students and educators who may be interested in this academic pathway.

"All young children deserve high quality learning experiences, developmentally appropriate for the age and stage of the child. Children learn best through play-based programs," asserts Professional Development Coordinator Janice Fonteno.

Don't miss out on a day of free family entertainment while learning about the many organizations that serve children in our community.

### Entertainment Schedule:

10 a.m. Nothing Short of Tragic band  
10:30 a.m. Top Flight Gymnastics Demonstration  
10:45 a.m. Nothing Short of Tragic  
11 a.m. Proclamation by Fremont Mayor Bob Wasserman  
11:20 a.m. Campfire songs by YMCA Executive Director and staff  
11:40 a.m. Harmony & Me Music Interactive Demonstration  
12:10 p.m. Ballet Folklorico Dance by Flor de Mexico  
12:30 p.m. Nothing Short of Tragic  
1:10 p.m. Nothing Short of Tragic

Healthy Kids Day  
Saturday, April 11  
10 a.m. - 2 p.m.  
Performance Pavilion

Central Park, Fremont

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