

# This Month in OC READ

JULY 2023

## Literacy Fact:

Research has uncovered that creative writing is similar to athletics at the neurological level. After studying both professional athletes and professional writers, it was determined that both had similar brain patterns during their respective activities.



## Contact Us:

[readoc@occr.ocgov.com](mailto:readoc@occr.ocgov.com)

714-566-3070

Mon - Thurs 10 AM to 7 PM

Fri - Sat 9 AM to 5 PM

## FAMILY LITERACY DAY

Thank you to the OC Read participants who turned out to Family Literacy Day last month! We had a great time at the Costa Mesa Donald Dungan library, dancing to songs performed live by Kids Imagine Nation, hopping through the Story Walk, and writing a never-ending story on giant Post-Its! There was so much to do at Family Literacy Day, and we are glad you were able to join us.

This year, we were lucky enough to have author Chris Grabenstein stop by to chat about his book, *The Smartest Kid in the Universe #3: Evil Genius*. Kids who attended were able to meet Mr. Grabenstein and have him sign a free copy of the book.





## Beyond Boundaries Tutoring (BBT)

**Friday, July 14 @ 8:30 AM**

**Virtual Event**

**To be notified about upcoming BBTs, fill out this form:**  
**[forms.office.com/g/CVqUHLg8Nt](https://forms.office.com/g/CVqUHLg8Nt)**

Join OC Read staff for a discussion about retention. How do we make lessons "stick"? How do we achieve skill mastery without endless drills? OC Read staff will share a packet of alternative lesson activities with attendees, but the majority of the discussion will be driven by you and your fellow tutors!

## Device Advice

**Monday through Saturday during regular business hours**

**In-person and Virtual Meetings are available**

**Call OC Read to schedule an appointment**

Device Advice is available to all OC Read tutors, regardless of your meeting status! If you have a tech question, call our office and speak to one of our librarians to schedule a Device Advice appointment.



Share your recipe!

Have a favorite dish you like to cook? Send in your recipe to be featured in the OC Read newsletter.



# Mixed Berries and Banana Smoothie

SERVINGS: 1 TO 2

TOTAL PREP/COOKING TIME: 10 MINS

## Ingredients

1 cup frozen mixed berries  
3/4 cup orange juice  
1/4 cup low-fat vanilla yogurt  
1 frozen ripe banana  
1 tsp honey

## Directions

Combine the berries, orange juice, yogurt, banana, and honey in a blender and puree until smooth.

If you are using a blender where the blending cup inverts onto the blender/blades, be sure to put your heaviest ingredients in first, that way they weigh down the lighter ingredients.

**Health Tip:** Smoothies can help us increase our fiber intake! The United States Department of Agriculture recommends 25 to 38 grams of fiber a day, but the average American is estimated to only take in about 16 grams a day. Because smoothies are loaded with fruits and vegetables, they also tend to be loaded with fiber. Having adequate fiber intake helps lower your cholesterol levels, control blood sugar, and, according to some studies, live longer.



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### News For You

**Friday, July 28 @ 8:30 AM**  
**Virtual Event**  
**To RSVP, contact OC Read**

Join OC Read staff for a 1-hour casual tutoring session where we'll read and discuss the *News For You* article "At 89, Japanese Man Is the Oldest Surfer in the World".

You will not be asked to read the article out loud in front of the group. OC Read staff will read the story while you echo the words! Follow along as closely as you can to build your fluency, and be prepared to walk away with some new vocabulary words!

Link to article: [newsforyouonline.com/at-89-japanese-man-is-the-oldest-surfer-in-the-world](https://newsforyouonline.com/at-89-japanese-man-is-the-oldest-surfer-in-the-world)

**Password: 0d1d44**

Learners and tutors are welcome to attend together or separately.



These events are open to the public.



## 2023 Summer Reading Program: Find Your Voice

**June 12 – July 31, 2023**

This summer, OC Public Libraries is offering a reading challenge, in-branch programming, grab & go craft kits, author events, reading lists, special incentives/opportunity drawings and, at select branch locations, Lunch at the Library. Participate in our weekly scavenger hunts and activities, return each week for something new to find!

For more information about various events, visit: [ocpl.org/summer2023](https://ocpl.org/summer2023)

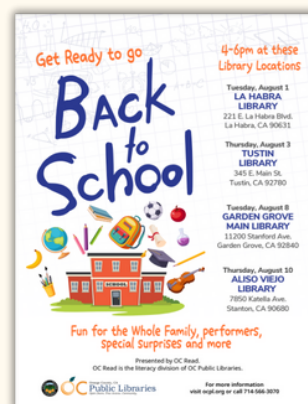
## Back to School

**Coming soon in August**

Celebrate the start of the school year with fun activities and special surprises! Join us for Back to School events from 4 PM to 6 PM at:

- La Habra Library – August 1
- Tustin Library – August 3
- Garden Grove Main Library – August 8
- Aliso Viejo Library – August 10

Click the picture  
to see the flyer





## READING PRACTICE

Read the article, "Experts See Star Swallow Planet" on *News For You*, then complete the following exercises for a full reading skills workout.

Article: [newsforyouonline.com/experts-see-star-swallow-planet](http://newsforyouonline.com/experts-see-star-swallow-planet)

**Password: 0d1d44**

**SUBHEADS ARE SMALL HEADLINES THAT DIVIDE INFORMATION IN A STORY. FOR EACH PIECE OF INFORMATION BELOW, CIRCLE THE SUBHEAD OF THE SECTION WHERE YOU CAN FIND THE INFORMATION.**

1. One day, our sun will start to die.

- a. A Sun-Eat-Planet World
- b. A Fast Feast
- c. Unhappy Meal

2. The star that was seen eating a planet was near a group of stars known as Aquila.

- a. A Sun-Eat-Planet World
- b. A Fast Feast
- c. Unhappy Meal

3. Earth is the third-closest planet to the sun.

- a. A Sun-Eat-Planet World
- b. A Fast Feast
- c. Unhappy Meal

4. As solar systems age, sun-like stars run out of energy to burn.

- a. A Sun-Eat-Planet World
- b. A Fast Feast
- c. Unhappy Meal

5. The star was about 10 billion years old when it ate the planet.

- a. A Sun-Eat-Planet World
- b. A Fast Feast
- c. Unhappy Meal

### DISCUSSION QUESTIONS

Would you travel to space if you could? Why or why not?

What is something new you learned from this story?



# Word Game

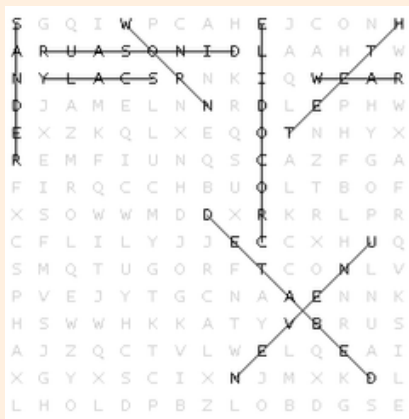
The words in this crossword come from [FreeRice.com](https://www.freerice.com). FreeRice is an online game where you can challenge your word knowledge. Each correct answer on FreeRice supports the World Food Programme's fight to end world hunger.

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

blend  
predict  
sequence

forecast  
reveal  
series

mix  
rug  
uncover



## LAST MONTH'S WORD GAME ANSWERS

dinosaur  
debated  
crocodile  
teeth  
wear

worn  
sander  
uneven  
scaly

## LAST MONTH'S READING PRACTICE ANSWER KEY

Match each number with the correct description from the story.

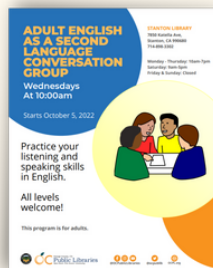
1. b
2. c
3. e
4. d
5. a

## MORE PROGRAMS FROM OC PUBLIC LIBRARIES



### Career Online High School

Earn your high school diploma by taking classes online during times that are convenient for you. For more information, click on the flyer, or visit [ocpl.org/page/career-online-high-school](http://ocpl.org/page/career-online-high-school).



### English Conversation Clubs

Join one of OC Public Libraries' many ESL conversation clubs. These clubs are a fun way to meet new people, learn new words, and share your skills. Contact OC Read to find out if there is an English conversation club at a branch near you.