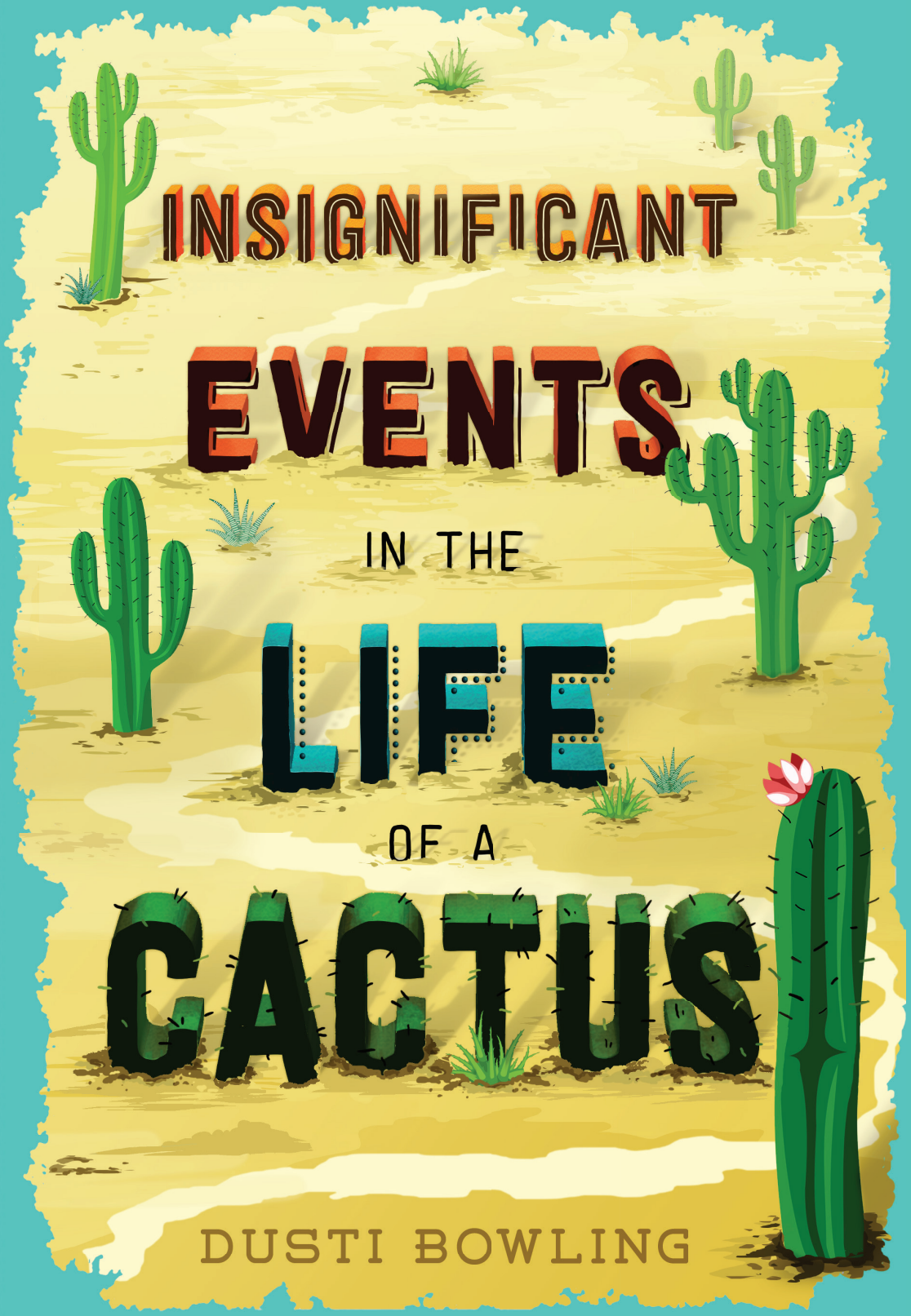
DENVER ARTS & VENUES PRESENTS

ADVENTURE GUIDE

YOUTH ONE BOOK ONE DENVER 2018 SUMMER SELECTION



TONS OF **FUN ACTIVITIES** INSIDE!

About the Book

"Whoa! What happened to your arms?" Aven Green gets that question a lot. She loves to tell people that she lost her arms in an alligator wrestling match, or a wildfire in Tanzania, but the truth is she was born without them. And when her parents take a job running Stagecoach Pass, a rundown western theme park in Arizona, Aven moves with them across the country knowing that she'll have to answer the question over and over again.

Her new life takes an unexpected turn when she bonds with Connor, a classmate who also feels isolated because of his own disability, and they discover a room at Stagecoach Pass that holds bigger secrets than Aven ever could have imagined.

It's hard to solve a mystery, help a friend, and face your worst fears. But Aven's about to discover she can do it all . . . even without arms.

Source: dustibowling.com. All photos in this guide are courtesy of Dusti Bowling, except where noted.

ABOUT THE AUTHOR

Dusti Bowling grew up in Scottsdale, Arizona, where, as her family will tell you, she always had her nose in a book. But it wasn't until after starting down a couple of different career paths that Dusti realized her true passion was writing. She currently lives in Carefree, Arizona with her husband, three daughters, one bobcat, a pack of coyotes, a couple of chuckwallas, several rattlesnakes, and a few herds of javelina.

5 FUN FACTS ABOUT DUSTI BOWLING

1. She loves punk rock!
2. She can speak German.
3. She has parachuted off a mountain!
4. She has won hula-hooping, bubblegum bubble blowing and whale-riding contests, though the whale was technically a whale-shaped raft.
5. When she was ten years old, she once saved a baby bunny in the desert from being eaten by a snake by hitting the snake with a stick.

WELCOME!

Now in its seventh year, the Youth One Book, One Denver reading program is a citywide, shared reading adventure just for kids. Pick up a copy of this year's book, *Insignificant Events in the Life of a Cactus* by Dusti Bowling and join in the fun!

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For Learning About Tourette Syndrome

HOW TO USE YOUR ACTIVITY BOOK

1. Complete activities in any order and at any time while reading the book.
2. Keep track of the activities you complete (to the left) and the minutes you read (below).
3. Throughout the summer, don't forget to check the Youth One Book, One Denver calendar at **ARTSANDVENUES.COM/YOBOD** for upcoming free events!

ACTIVITIES ARE MORE FUN TOGETHER!

Reading, doing science experiments, visiting websites and exploring our city can be a wonderful adventure for you and your family! It's very important that you ***participate in these activities with a parent, guardian or another trusted adult.*** Not only is it safer, but activities are also more fun when you have someone to share them with!

MY MINUTES OF READING

HOUR 1	HOUR 2	HOUR 3	HOUR 4	HOUR 5	HOUR 6
15 MIN	1 HR, 15 MIN	2 HR, 15 MIN	3 HR, 15 MIN	4 HR, 15 MIN	5 HR, 15 MIN
30 MIN	1 HR, 30 MIN	2 HR, 30 MIN	3 HR, 30 MIN	4 HR, 30 MIN	5 HR, 30 MIN
45 MIN	1 HR, 45 MIN	2 HR, 45 MIN	3 HR, 45 MIN	4 HR, 45 MIN	5 HR, 45 MIN
1 HOUR	2 HOURS	3 HOURS	4 HOURS	5 HOURS	6 HOURS

STEM EXPLORER

COMPLETE 1 OR MORE ACTIVIES in this section and **LOG** your success on the **ACTIVITY LOG ON PAGE 1.**

DESERT ADAPTATIONS

In the Arizona desert, plants and animals have adapted to survive high temperatures and dry conditions. Try this simple science experiment to discover one way cacti thrive in harsh conditions. Wet 3 pieces of paper towel with water. Lay 1 of the paper towels flat on a cookie sheet. Roll up the 2nd piece of paper towel and secure it with a paper clip. Put the 3rd piece of paper towel on top of a piece of waxed paper that is the same size as the paper towel. The waxed paper will act like the waxy coating on the skin of a cactus. Roll up the paper towel and waxed paper together and secure with a paper clip. Place the 2 rolls on the cookie sheet. Leave all 3 paper towels for 24 hours then check them again. What do you notice about each paper towel? Which one was still damp? Learn more about cacti online or at the library.

DID YOU KNOW?

Denver is known as the "Mile High City" because its elevation is 1 mile (5,280 feet) above sea level.

TORNADO IN A BOTTLE

When Connor learns that Aven used to live in Kansas, he asks if she has seen a tornado. She replies that she has and that her house, like many homes in the region of the United States known as "tornado alley," had an underground storm cellar where her family could shelter during a tornado warning. A tornado is a spinning column of air that touches both the cloud and the earth. You can make a tornado-like spinning vortex of water in a bottle using two soda bottles, a washer, duct tape, dish soap, food coloring and water. First, fill one bottle 2/3 full of water and add a few drops of dish soap and food coloring. Next, place a washer on the mouth of the bottle with the water. Line up the opening of the second soda bottle with the opening of the first bottle and connect the bottles by tightly wrapping them with duct tape. To create a vortex, quickly turn your bottle over so the bottle containing the water is on the top and swirl it around in a circular motion. You should see a tornado-like vortex as the water moves through the washer from the top bottle to the one on the bottom.

MILE HIGH SUNSET WALK

Aven often takes a walk in the evening when the sun is starting to set. Invite your family for a one-mile walk to admire a "Mile High" sunset. Use Google maps to print a map of your neighborhood. Next, use a pencil to mark a route that is about one mile long. Essential Info: Most city blocks in Denver are 266 feet by 400 feet and there are 5,280 feet in a mile.

INSPIRED ARTIST

COMPLETE 1 OR MORE ACTIVIES in this section and **LOG** your success on the **ACTIVITY LOG ON PAGE 1.**

ART ANOTHER WAY

In art class, Aven holds her paintbrush with her toes. Try painting or drawing using parts of your body other than your hands. Can you draw a stick figure with a marker in your teeth? Or paint a rainbow using your elbow? Or bring a landscape to life with your toes?

THEME PARK DESIGNER

When her parents take a job running Stagecoach Pass, a rundown Western theme park in Arizona, Aven discovers that living in a theme park has some drawbacks, but also the opportunity for adventure. Using a large piece of paper and markers or colored pencils create a map of your dream theme park. What would the theme be? Would there be rides? Would there be animals? What would the restaurants serve?

UNIQUELY YOU

When people meet Aven, they often notice her limb difference first, but just like everyone, there's so much more to her than her physical appearance. What are the many layers that make you, YOU? Start with a sheet of construction paper. Next, cut out seven rectangles of different sizes from colorful paper. Use a glue stick to glue one side of the smallest rectangular pieces of paper to the center of the construction paper. Open the flap like a door and write something unique about yourself under the flap. Glue the next largest rectangular piece of paper on top of the first flap to create a second flap. Write a different unique fact under that flap. Repeat this process until you've glued all 7 pieces to create a series of layered flaps. Write your name on the top flap. Invite friends and family to flip through the flaps and learn more about your unique talents, interests and personality.

Make Your Own Super "Sand"!

WHAT YOU'LL NEED

8 cups flour

1 cup baby oil

1 packet powdered drink mix for scent and color (optional)

WHAT TO DO

1. Mix the flour, oil and drink mix (if desired) together in a bowl with your hands until well mixed.
2. Play and create!
3. Store your moldable sand in an airtight container.
4. If your sand seems a bit dry when you open up your container again, add a couple tablespoons of water.

BOOK NOMAD

COMPLETE 1 OR MORE ACTIVIES in this section and **LOG** your success on the **ACTIVITY LOG ON PAGE 1.**

TAKE A DEEP DIVE

By late fall, Aven has read every single tarantula book in her school's library, the Phoenix library and a box she found in the storage shed at Stagecoach Pass. Become an expert on an animal that interests you by using a variety of resources including books, magazines, audio recordings, photographs or videos. Share your top five most fascinating facts about this animal with your family at dinnertime.

Images courtesy of the Buffalo Bill Museum and Grave, Denver, Colorado

E-READ

For Aven, using an e-reader for books is a revelation—no more cumbersome pages; she can just slide her toe across the screen! Find out what e-books are all about and check one out at **DENVERLIBRARY.ORG**. Perhaps try one of the titles mentioned in *Insignificant Events in the Life of a Cactus* like Jules Verne's *Journey to the Center of the Earth*.

DO YOU KNOW BILL?

Stagecoach Pass offers a western show featuring a cowboy gunfight, but the most famous wild west exhibition in American history was "Buffalo Bill's Wild West." Created in the 1880s by William F. "Buffalo Bill" Cody, these exhibitions featured real cowboys and cowgirls demonstrating bronco riding, roping and other skills that would later become part of the rodeos we know today. Buffalo Bill visited Denver many times and performed here more than 35 times. Learn more about Buffalo Bill's fascinating life and explore online photos at **BUFFALOBILL.ORG**.

DID YOU KNOW?

Buffalo Bill is buried near Denver at Lookout Mountain Park. According to his friends and family, he wanted to be buried somewhere overlooking the Great Plains where he spent so much of his life. There's now a museum there with artifacts from his life and shows.

YOUR OWN DESERT LANDSCAPE

» ◦ IN BLOOM! ◦ «

COLOR, CUT, FOLD AND CONSTRUCT THREE CACTI FROM ARIZONA'S DESERT

Denver Botanic Gardens is home to more than 27,900 plants from around the world. The Mordecai Children's Garden is a magical, 3-acre oasis that provides a unique opportunity for kids to experience the plant life and natural environment of six different ecosystems in Colorado. There is a creek to splash in, cave to explore, suspended bridge and many plants you can touch and smell. Come visit!

SCFD FREE DAYS

AT DENVER BOTANIC GARDENS

YORK STREET

Tuesday, June 5, 2018
Thursday, July 19, 2018
Wednesday, Aug. 29, 2018

CHATFIELD FARMS

Tuesday, June 5, 2018
Tuesday, July 3, 2018
Tuesday, Aug. 7, 2018

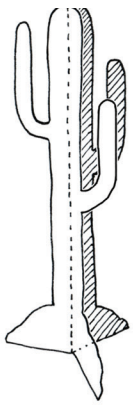
PLAINS CONSERVATION CENTER

Wednesday, June 13, 2018
Saturday, July 14, 2018
Tuesday, Aug. 7, 2018

SCHOOL OF
BOTANICAL ART AND ILLUSTRATION
AT DENVER BOTANIC GARDENS

DIRECTIONS

1. Color in your cacti first. Cacti are many tones of green. Saguaro flowers are white with yellow centers, Senita flowers are pink, and Prickly Pear flowers come in many colors!
2. Each cactus has three parts. Cut out each part along its outer edge.
3. Fold all three pieces lengthwise in half, color side IN, along the central trunk (it's really called a stem). There is a dotted line on the Part 1 pieces that show this lengthwise fold.
4. Some gardeners might need help with this step. Apply glue (a gluestick is best) on the backs of the "trunks". The "arms" do not need glue – they will NOT be glued to the other arms. The three parts will stand as shown below. Line up the bottom edges. Stand up and "plant" your piece of Arizona desert in a favorite spot to enjoy!



SAGUARO CARNEGIEA GIGANTEA

Saguaros are often four stories tall, sometimes eight! They grow very slowly, taking ten years to grow an inch and about fifty years to grow arms.

SAGUARO BACK PART 1 OF 3

SENITA LOPHOCEREUS SCHOTTI

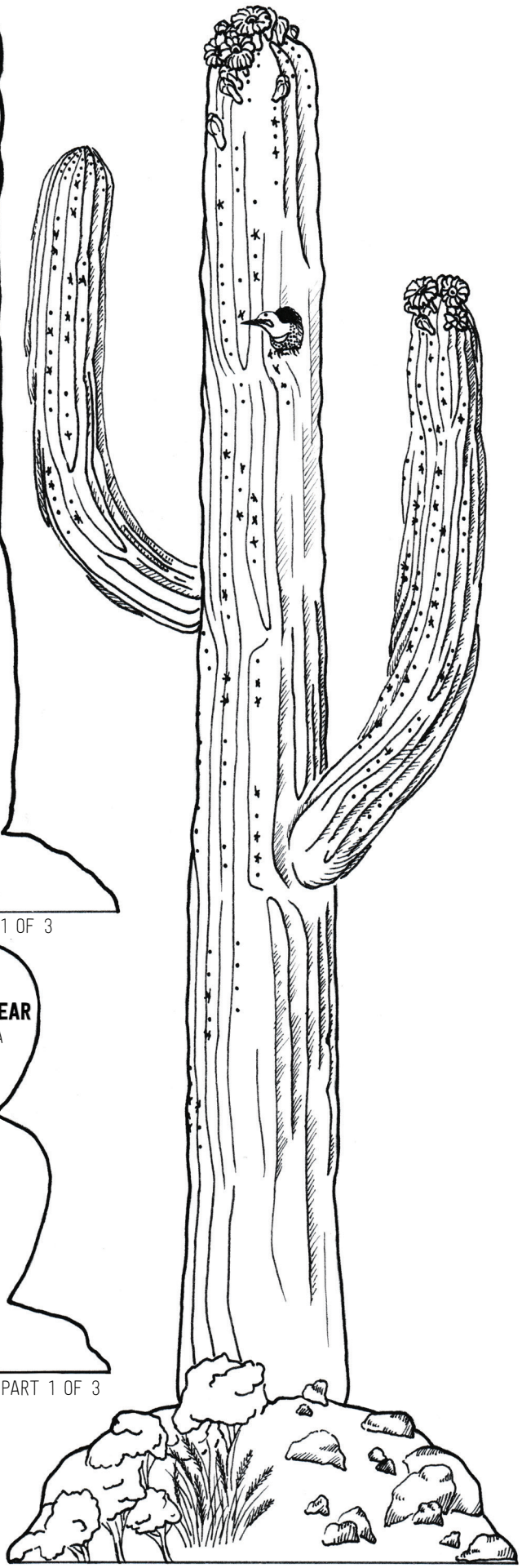
The Senita is also called the Old Man Cactus because of its wild gray spines on its "head". Its beautiful pink flowers are only open at night.

SENITA BACK PART 1 OF 3

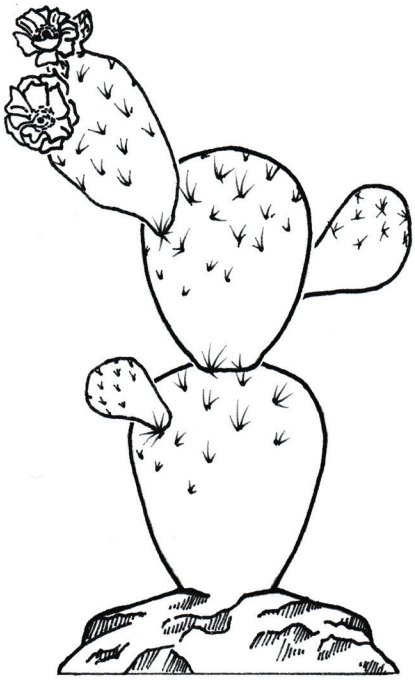
PRICKLY PEAR
OPUNTIA

You can eat both the green paddles, which are vegetables, and the brightly colored fruit!

PRICKLY PEAR BACK PART 1 OF 3

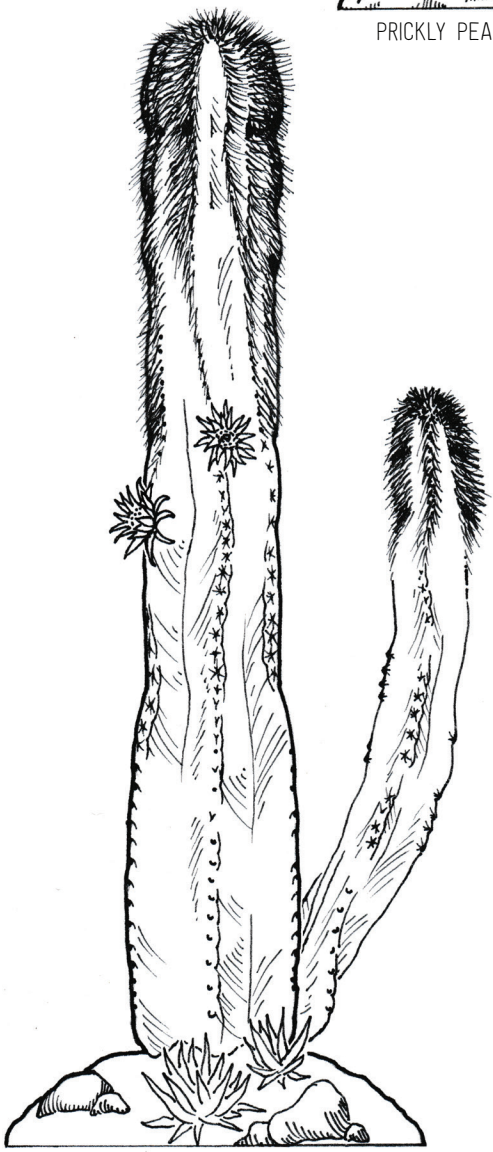


SAGUARO PART 2 OF 3

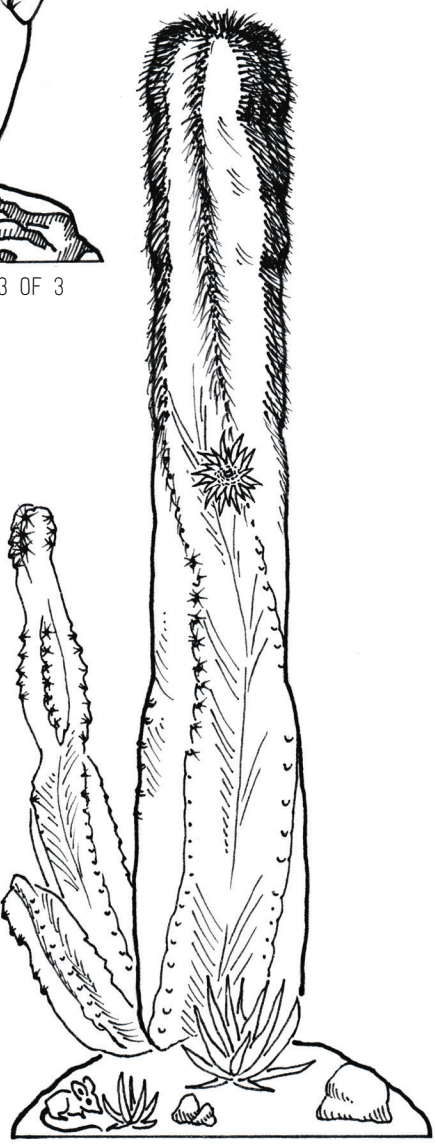


PRICKLY PEAR PART 2 OF 3

PRICKLY PEAR PART 3 OF 3



SENITA PART 2 OF 3



SENITA PART 3 OF 3

SEGUARO PART 3 OF 3

ILLUSTRATIONS AND ACTIVITY BY M. FENIAK

FUN FACTS ABOUT THE SAGUARO CACTUS

- The name saguaro is pronounced "suh-wahr-oh."
- Saguaros are the largest cactus species in the United States and can grow more than 40 feet tall.
- A typical saguaro can live between 100-200 years.
- A fully-grown saguaro can weigh between 3200-4800 pounds - that's the about the weight of the average car!
- Saguaros have a special root system to make the most of every drop of rain. The cactus has a single "taproot" (a large, central root that grows directly downward) that grows deep into the ground to access water that's stored underground, while the rest of its roots grow just a few inches from the surface to collect rainwater before it evaporates in the desert's dry climate.
- It's against the law in Arizona to harm a saguaro cactus and landowners must get a special permit for any construction that will affect a living plant.
- When saguaros bloom in late spring and early summer, the blossoms open at night and only live through the following afternoon!
- The saguaro's bloom is Arizona's state flower.
- Saguaros don't always look like the multi-armed cacti we see in images of the American West. Some saguaros never grow arms and are called *spears* and a very small number develop a fan-like structure on top and are called *crested saguaros*.

Learn more about saguaros at the Saguaro National Park website:
WWW.NPS.GOV/SAGU/LEARN/NATURE/SAGUARO_Q_A.HTM

DENVER BOTANIC GARDENS

Echinocereus triglochidiatus var. arizonicus
illustration by Canstance Sayas

WRITE HERE, WRITE NOW

COMPLETE 1 OR MORE ACTIVIES in this section and **LOG** your success on the **ACTIVITY LOG ON PAGE 1.**

BLOG IT

Aven shares her thoughts and advice for others through a blog she calls *Aven's Random Thoughts*. If you had your own blog, what would it be about? Brainstorm a list of possible titles and write out your first post on a computer or a piece of paper. Check with your parents before posting anything online.

SO THAT'S HOW IT HAPPENED

Aven loves to entertain her friends with ridiculous stories about how she lost her arms, even though the truth is that she was simply born without them. Let your imagination run wild as you come up with an outrageous backstory.

HOW I GOT MY NAME:

WHAT'S IN A NAME?

Zion's parents named him after a fictional place in the movie *The Matrix*. As he explains to Aven, his parents are big fans of sci-fi films and thought he looked like one of the movie's main characters, Morpheus. Aven's parents call her Sheeb because she acted like the Queen of Sheba as a baby. How did you get your name or nickname? Interview your parents about how they chose your name and write down your unique name story.

CITY SCOUT

COMPLETE 1 OR MORE ACTIVIES in this section and **LOG** your success on the **ACTIVITY LOG ON PAGE 1.**

GOLD FEVER

At Stagecoach Pass, visitors can pan for gold-painted rocks to keep as souvenirs, but it was the discovery of real gold near present-day Denver in 1858-59 that drew thousands of people to Colorado before it had even become a state. In fact, gold dust was found in Cherry Creek, the South Platte River and Little Dry Creek. Try your hand at gold panning and explore Denver's mining history at Grant-Frontier Park (2300 S Platte River Dr.).

How to Pan for Gold

WHAT YOU'LL NEED

A gold panning pan or an old pie plate or skillet pan

River sand

Water

Patience

WHAT TO DO

1. Put about four handfuls of river sand into your pan.
2. While holding the gold pan under water, move the pan in a circular motion so that the lighter materials will be carried out of the gold pan. Remember, gold is heavy, so it will sink!
3. When about half of the river sand is gone, lift the pan out of the water and hold it so that it is slightly tipped. Keep swirling the water, letting the larger rocks and lighter material wash out of the pan.
4. Add more water and keep swirling until your pan is almost empty.
5. Take a look at what's left! You may find tiny garnets, quartz, pyrite and perhaps even a few flecks of gold.

*Safety First! Always bring an adult and only pan for gold in approved locations.

WAYS OF THE WEST

You don't have to travel to Stagecoach Pass to explore life in the old west. Denver was once home to cowboys, fur traders, gunslingers and gold miners. Dive into Colorado's past through online exhibits and videos at **RMPBS.ORG/COLORADOEXPERIENCE** and **HISTORYCOLORADO.ORG/ONLINE-EXHIBITS-DIGITAL-BADGES**, or take a field trip to History Colorado, Four Mile Historic Park, Molly Brown House Museum, Byers-Evans House Museum, Black American West Museum, Buffalo Bill Museum and Grave or Littleton Museum.

COOL PLANTS ON THE BLOCK

Saguaro cacti, like the one Aven visits on her evening walks, are native to southwestern Arizona and parts of Mexico. These tree-like cacti can grow up to 50 feet tall and live for more than 150 years. What trees can be found near your home? Go on a neighborhood walk with a parent and use tree leaf shapes to identify the trees you see.

ELM OAK MAPLE

GINKGO WALNUT ASPEN

BIRCH WHITE ASH PECAN

COMMUNITY BUILDER

COMPLETE 1 OR MORE ACTIVIES in this section and **LOG** your success on the **ACTIVITY LOG ON PAGE 1.**

PEP TALK POSTCARDS

It may take Aven longer to do something than a person who has arms, but her parents have always encouraged her to figure things out for herself and to keep trying even when it's a challenge. Sometimes a little pep talk can make all the difference when facing a tough day or a difficult task. Using index cards or plain paper and markers, create a stack of mini postcards with positive messages like "You've got this!" or "You're capable of anything!" Give your cards away to friends who could use some encouragement.

CHOOSE TO INCLUDE

At first, Aven simply walks by the boy sitting on the sidewalk eating his lunch alone. Later, she stops and says hello. His name is Zion and before long, he's one of Aven's best friends. Who knows, your next friend might be just a "hello" away too! While at camp, in class or on the playground, choose to include someone new today.

SHARE A TALENT

When Aven plays her guitar at the Stagecoach Pass art festival, it brings people together and deepens her friendship with Connor. What talent can you share with others? Can you play an instrument at an elder care facility? Or use your artistic talent to decorate meal bags for those who can't go out? Build community by sharing your unique gifts.

GREAT BOOKS SPARK GREAT CONVERSATIONS

After reading *Insignificant Events in the Life of a Cactus*, use these questions to start a book chat with a friend or family member.

1. When people first meet Aven, they often notice her limb difference. What else do you know about Aven? What would you like people to know about you? What might this tell you about judging people based on their appearance?
2. Connor has Tourette Syndrome, which causes him make sounds and movements he can't control. These are called "tics." How does Aven respond to his tics? How do other characters in the book respond? What would you do if you met someone like Connor?
3. Think about the title of the book. What does Aven mean when she says her life is an insignificant event in the life of a cactus?
4. Many of Aven's new classmates are curious about her lack of arms. Were there parts of the story that surprised you about what Aven can do with her feet? Are there wonders you still have about the lives of people with limb differences? What do you think your life would be like if you didn't have arms?
5. Why does Zion eat on the sidewalk behind the office by himself? Do you know someone who spends a lot of time alone at school? What might be some ways to include him/her?
6. Compare and contrast your family and the families of Aven, Connor and Zion. In what ways is your family similar? In what ways is it different?
7. What are some of the ways Aven, Connor and Zion support each other as friends? What are some of the ways you support your friends?
8. Compare the attitude of the students at Desert Ridge Middle School toward Aven at the beginning of the book with their attitude toward her at the end of the book. What do you think explains this change? Has there ever been a time in your life when you changed your opinion about someone?
9. In what ways has this book changed how you think about people who are different from you?

CHECK OUT THESE GREAT READS

If you enjoyed reading *Insignificant Events in the Life of a Cactus*, the children's librarians at Denver Public Library think you'll enjoy reading these books too.

EL DEAFO
CECE BELL

OUT OF MY MIND
SHARON DRAPER

FORGET ME NOT
ELLIE TERRY

UNDER THE EGG
LAURA MARX FITZGERALD

CHASING VERMEER
BLUE BALLIETT

THE WILD ROBOT
PETER BROWN

LIAR AND SPY
REBECCA STEAD

A BOY CALLED BAT
ELANA K. ARNOLD

HELLO, UNIVERSE
ERÍN ENTRADA KELLY

CLAYTON BYRD GOES UNDERGROUND
RITA WILLIAMS-GARCIA

BEYOND THE BRIGHT SEA
LAUREN WOLK

WISHTREE
KATHERINE APPLEGATE

THE SHADOW CIPHER
LAURA RUBY

THE FIRST RULE OF PUNK
CELIA C. PÉREZ

FAMILY GAME NIGHT AND OTHER CATASTROPHES
MARY E. LAMBERT

SEE YOU IN THE COSMOS
JACK CHENG

TIC TALK: LIVING WITH TOURETTE SYNDROME, A 9-YEAR-OLD BOY'S STORY IN HIS OWN WORDS
DYLAN PETERS

NOT SO DIFFERENT: WHAT YOU REALLY WANT TO ASK ABOUT HAVING A DISABILITY
SHANE BURCAW

RESOURCES

FOR LEARNING ABOUT LIMB DIFFERENCES

TISHA UNARMED

Tisha Shelton shares videos of how she does everyday tasks without arms.

WWW.YOUTUBE.COM/USER/TISHAUNARMED/VIDEOS

JESSICA COX

Jessica is a motivational speaker, licensed pilot and holds a black belt in martial arts (and she knows how to use nun chucks too!).

WWW.JESSICACOX.COM

TOE TALKS

Tisha Shelton and Jessica Cox team up to host a series of YouTube episodes about life without arms.

WWW.YOUTUBE.COM/USER/RIGHTFOOTEDWOMAN/CHANNELS

FOR LEARNING ABOUT TOURETTE SYNDROME

TOURETTE ASSOCIATION OF AMERICA

WWW.TOURETTE.ORG

"I was a voracious reader when I was a child. From the time I was eight until about thirteen, I was never caught without a book in my hand, and I easily read 2–3 books daily! Some of my favorite books were *Where the Red Fern Grows*, *The Babysitter's Club* series, the *Sweet Valley High* series, and *Nancy Drew*. I also loved scary stories, especially books like *Scary Stories to Tell in the Dark*. Though I loved to read, I didn't really start writing until I was an adult about ten years ago."

DUSTI BOWLING

In order to write **INSIGNIFICANT EVENTS IN THE LIFE OF A CACTUS**, Dusti learned more about life without arms with help from Tisha Shelton and Jessica Cox.

JOIN OTHER YOUTH ONE BOOK, ONE DENVER READERS FOR FUN FREE EVENTS **THROUGHOUT THE SUMMER!**

CHECK OUT THE CALENDAR AT ARTSANDVENUES.COM/YOBOD.

DENVER ARTS & VENUES

STERLING CHILDREN'S BOOKS