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# kern county **Family** free ne

JULY 2018



**HAPPY**  
4<sup>th</sup> *of* **JULY!**  
Local Fireworks pg. 21

**KIND**  
*Girls*  
**MAKE STRONG**  
**WOMEN**

Ava, Isla Belle & Kaela Wilstead

**16** BACK TO  
SCHOOL  
**TRADITIONS**  
To Start This Year

*plus:* where to enjoy national ice cream month p.31  
summer safety tips p.19 red, white & blue popsicles p.15



# Touchdown!

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**MEMBERS OF**



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Kind Girls,  
Strong Women

Meet pint-sized philanthropists Isla Belle, Kaela, and Ava Wilstead

Cover and article photos by April Massirio, www.aprilcophoto.com



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16 Traditions to Start This Year



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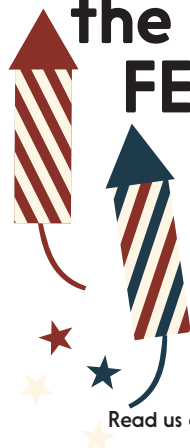


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**Humor@Home**  
That's So Embarrassing!

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Don't miss the **FUN**, the **FEATURES**, and the **FACTS!**



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dear reader



Vaun Thygerson,  
Contributing Writer

"Some kids are smarter than you. Some kids have cooler clothes than you. Some kids are better at sports than you. It doesn't matter. You have YOUR thing too. Be the kid who can get along. Be the kid who is generous. Be the kid who is happy for other people. Be the kid who does the right thing. Be the nice kid," -Bryan Skavnak

I have to give a shout out to Bakersfield parents – you are raising KIND kids. I have been impressed with the level of kindness I have seen shown by children lately. I know they learn this from the example of the adults in their lives. The Bakersfield community has a reputation for giving and it's showing in the compassion of our youth.



Recently, my friend and I took two carloads of wild, crazy boys to the beach. There were two moms and 11 boys; and it was a fun day of sun and sand. On our way back to Bakersfield, we stopped at In-n-Out for dinner. While I was sitting down to eat, I saw my son and two of his friends heading to the parking lot. I went to see what they were doing and one of the boys had used his own money to buy a homeless man two cheeseburgers because he was holding a sign that said he was hungry. I was so impressed that without any prompting from an adult, these 12-year-old boys helped someone who needed it in the midst of a fun-filled, chaotic day.

I was on my way to this month's cover photo shoot when a darling lemonade stand caught my eye. I stopped to buy a treat and I met eight-year-old Madilynn, who was selling lemonade, cupcakes, and other delicious items and she gives all her proceeds to Kern County's Wounded Heroes Fund. Her mom told me she does this lemonade stand quite often because she really likes to help others in the community. How impressive!

KCFM's cover features three beautiful girls, Kaela, age 13, Ava, age 11, and Isla Belle, age 9, who know the meaning of giving back to their community with the motto, "Kind Girls make Strong Women." They have started a kindness movement that has spread globally and helped many non-profit organizations in the process. And, in return, their giving has inspired others to give also. To read their amazing story, "Kind Girls, Strong Women," written by Christina Ruiz, turn to page 10. Also, thanks to April Massirio of April & Co. Photographers for the gorgeous photos of these kind girls.



For this month's dose of laughter, Tracie Grimes writes in her Humor at Home article, "That's SO Embarrassing!" how easy it is for us moms to embarrass our offspring. She says she has decided to embrace the award of "The World's Most Embarrassing Mom." In fact, she has decided to help others get in on the running. To see her top ten creative ideas that parents can do to make their children turn beet red, turn to page 16.

On page 12, Pam Molnar writes how the years seem to pick up speed as your child gets older. One minute they are getting on the bus for Kindergarten and in the blink of an eye, they are walking across the stage at their high school graduation. In "16 Back to School Traditions to Start this Year," she says don't let those years go by in a blur. Capture the first day of school with a tradition or two the kids will look forward to every year.

July is a month full of patriotic parties, sunshine, and pool and beach days. Even in the midst of all the summertime fun, find those moments to teach compassion and show your children the importance of being the nice kid. Kindness is a movement that begets kindness. It's contagious!



Have a Happy 4th of July!

## Do You Have Hazardous Waste? ... DON'T TOSS IT! The Kern County Special Waste Facility is the Solution!

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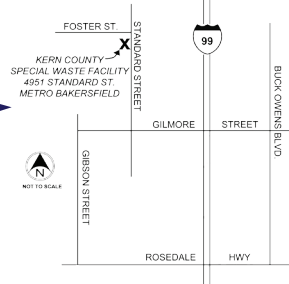
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## Sangera Subaru Makes Donation to NOR Meals on Wheels



Sangera Subaru recently made a donation of more than \$39,000 to the North of the River Recreation and Park District (NOR) Meals on Wheels program as a result of another successful Share the Love Campaign. This donation is one of the largest in Share the Love history thanks to the generosity of the local community.

The NOR Meals on Wheels program provides hot nutritious meals to homebound seniors 250 days a year.

The Share the Love Campaign is a cornerstone of Subaru's commitment to give back to the community at both a national and local level. In the past ten years, Subaru has donated over \$75 million nationally to charitable organizations. Locally, Sangera Subaru has chosen NOR Meals on Wheels as their hometown charity since 2015.

## Ronald McDonald House Expanding

The Bakersfield Ronald McDonald House recently broke ground to begin its expansion project to better serve families in the future. Located on the campus of Bakersfield Memorial Hospital, the new expansion will include a 100 percent capacity increase from three guest rooms to six guest rooms, a napping room, and many other amenities the current house does not offer.



photo: KCFM

"The existing Bakersfield Ronald McDonald House has certainly served families these last nine years, but the need is much greater now and we need to keep pace with our growing community," says Capital Campaign Chairman George Culver.

Since 2009, the Bakersfield Ronald McDonald House has provided comfort, care, and support to more than 2,500 children and families while keeping families close to each other and the care they need. **For more information and to make a donation to help fund this expansion, please visit [www.rmhcsc.org](http://www.rmhcsc.org).**

## K-12 Catholic Education Scholarship Opportunity

Application season to apply for a scholarship to attend a local Catholic school is open to the community for the 2018-2019 school year. The Peter Anthony Catholic Education Scholarship at Kern Community Foundation accepts applications for K-12 students now through July 31, 2018.

"The Peter Anthony Catholic Education Fund is a wonderful example of people in the community coming together to support a cause that they care about," says Foundation President and CEO Kristen Beall. "As a result of their efforts, 13 students received financial assistance to attend local Catholic schools in the 2017-18 school year. We look to help even more students in 2018-19, the scholarship's second year, and welcome student applications until July 31."

This opportunity is open to students/families who fulfill the following criteria:

- Active and practicing Catholics as verified by the parish pastor;
- Demonstrate financial need as verified by Kern Community Foundation;
- Attend or plan to enroll in a Western Association of Schools and Colleges (WASC)-accredited K-12 Catholic school in Kern County; and
- Complete the Peter Anthony Catholic Education Scholarship application through Kern Community Foundation with all materials by the deadline of July 31, 2018.

**To apply, please visit [www.kernfoundation.org/scholarships](http://www.kernfoundation.org/scholarships), then click on the "Apply Here" button.**



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### Flies & Floats

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### A Gentle Float

Baby Spring Float Sun Canopy (\$19.99, ages 9-24 months, <http://www.swimways.com>) provides a stable and gentle ride in the pool. Additional features include a removable sun canopy with UPF 50+ sun protection, see-through mesh sides, fabric-covered inflation and a soft mesh seat with secure leg holes and a mesh play space for splashing and playing with toys.



### Creative Play

Pop-Oh-Ver Stove and Counter Top Sets (\$39.95, ages 3+, <http://www.kangaroomfg.com/categories/pop-oh-ver>) is a clever brand of durable and detailed kitchen play sets that assemble in a few minutes over a sturdy household chair. The Pop-oh-ver Stove Set brings an exciting new twist to pretend kitchen play and is made from canvas-like material with realistic oven, stovetop, and microwave detailing.



### Test Your Brain Skills

SmartGames IQ Stars (\$9.99, ages 6+, [www.SmartGamesUSA.com](http://www.SmartGamesUSA.com)) will put your brain skills to the test. Can you place the 7 stellar puzzle pieces on the grid? Reach for the stars and solve the 120 challenges, from easy to expert. Comes in a compact size game board with lid, making it great for travel!



KERN COUNTY FAMILY MAGAZINE'S 2018

# PET PHOTO CONTEST



Is your kitty doggone adorable? Should your pooch be in pictures?  
We are sniffing out the cutest pets in Kern County!

Snap a picture of your pet—dog, cat, ferret, parakeet, horse...  
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Voting for your favorite pet photos begins July 15.

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[www.CommuteKern.org](http://www.CommuteKern.org)

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## Toddlers Who Watch a Lot of TV Struggle as Teens

The 'screen-time' debate is one we hear a lot about as parents of younger children. When is it safe for them to start watching TV? How much is too much time? Does it hurt their eyes? Will it result in them being overweight? There are endless reports and studies on this topic. A recently published study has added a new element to the discussion. Will too much TV during young childhood negatively impact them as a teen? And what are those impacts?

The results indicate that there is indeed a negative impact and it is big and seen in their dietary habits, weight, and even the behaviors as teens.

As a society, we are spending more and more time in front of electronic devices. While many parents do try to limit the time spent, the inclusion of more electronics throughout the house makes this challenging. It's estimated that about 50% of children watch some sort of screen for almost 2 hours every day and even 1 out of every 3 infants in the United States has a television in their bedroom.

What is the problem with too much screen time for toddlers? First, it's a sedentary activity – both physically and mentally. Too much television may disrupt development in the toddler brain. It's also been shown to set kids up for wanting to do easier activities – both physically and mentally, later in life. Multiple studies have shown that toddlers who spend more time in front of electronics are at risk for having weight issues and higher body mass index (BMI) than other children entering the first grade. And that negative physical impact increases as they age. It was in response to these types of findings that the American Academy of Pediatrics reduced the television viewing guidelines to no more than one hour per day for children ages 2-5.

There's not really much disagreement that too much screen time has negative impacts, but there was little research to indicate what happens later in life for kids that watch too much TV as toddlers. So, a Canadian team of researchers decided to study the long-term impacts, particularly school performance and dietary choices.



Linda Pagani led the study from the Université de Montréal in Canada. They accessed data on about 2,000 children born in Quebec from 1997-1998 collected by the Quebec Longitudinal Study of Child Development. These children had been followed since they were five months old. The study relied on reports from parents documenting their television habits as children. At 13, they began to self-report dietary choices and behavior at school. The study mentions that this group of children is ideal to study because they were born prior to the age of smartphones and tablets and there were no real guidelines on screen time.

The results of the study were published in the journal *Preventive Medicine* and indicated that excessive time watching television as a young child was associated with later risks of being overweight, poor eating habits, skipping breakfast, and lower engagement in school. For children age two, each additional hour of TV resulted in a significantly worse diet high in fast foods, energy drinks, sweet and salty desserts, and sugary drinks. Their level of effort, ambition, and performance rates in the first year of high school was lower.

According to Pagani, "This study tells us that overindulgent lifestyle habits begin in early childhood and seem to persist throughout the life course. An effortless existence creates health risks."

Why does watching TV affect children like this? The hypothesis is that toddlers learn to be sedentary and it doesn't encourage the child to make any effort. They tend to grow up preferring activities of leisure, that don't require much effort. The biggest negative impact is the risk of obesity later in life and problems from not getting any cardiovascular fitness.

As noted by the research team, parents often use electronic devices as a way to preoccupy children, reward them, or distract them. But the problem with this, according to Prof. Pagani, is that it teaches children to learn quiet "idling" when they could be learning self-control. As they grow, they will want distraction rather than having to make a cognitive effort. "Rewarding distraction and low mental effort through entertainment will later influence a young person's commitment to school and perseverance in their studies."

In order to ensure healthy neuro and physical development, setting your children up for better health and success as they grow older, the researchers agree with the recommendation of limiting screen time for children ages 2-5 to no more than one hour.

## Childproof the Childproof Medicine Bottle

By Kern County Family Magazine

The Safe Rx Locking Pill Bottle is designed to help keep prescription and OTC medication safe at home or on the go. It was designed for security and affordability, and tested for child-resistance and to be senior-friendly. Easily opened with a 4-digit combination (pre-set on the lock before it ships to you), it will help keep toddlers, kids, teens, and visitors from accessing your medication.

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- Prevents pilfering, and tamper-evident.
- Easy to use pre-set 4-digit combination lock code.
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The Safe Rx Locking Pill Bottle can be found online at [amazon.com](https://www.amazon.com) in two colors and sizes (\$9.99, \$14.99).



## Just Nine Days Without Sugar Improved Kids' Health

It's hard to keep sugar out of our kids' diet without making a concerted effort these days. Sugar is added to just about everything. But it's also really bad for children, and not just because it causes cavities.

The average toddler in the U.S. consumes 12 teaspoons of sugar a day, and the American Heart Association reports the average 4-to 8-year-old consumes 21 teaspoons daily. But an adult woman should only be consuming six or less teaspoons of sugar daily and an adult man should be limited to nine teaspoons daily! Our children are consuming double to triple what adults should each day.

Sugar is often hidden in foods we'd never suspect. Most of us recognize a soda will have high levels (8+ teaspoons) but you'd probably be surprised to learn that one slice of whole wheat bread has over 5 grams of sugar (1 tsp). The 'healthy snack' of yogurt that we give to our kids is one of the worst offenders. Check out the sugar content in yogurt next time you're at the store. A typical fruit-flavored yogurt has 19 grams of sugar (over 4 tsps) and 11 of that is added! A small cup of fruit cocktail – in light syrup – contains 13.93 grams (3+ teaspoons) of sugar. Most popular spaghetti sauces have more than 10 grams of sugar per serving.

It's surprising how much sugar is in the food we think is healthy. We probably think we're doing a great job when we send our child to school with a lunch of peanut butter and jelly on whole wheat bread, a cup of applesauce, and fruit punch. We've covered protein, fiber, fruit. Healthy lunch, right? The nutrients are there, but a lunch consisting of these items also has 76 grams of sugar. 16 teaspoons. And that's just in their lunch!

So what's the big deal? The problem is more than just hyperactivity caused by sugar. Sugar causes over eating, because it triggers your hunger hormones, convincing them you haven't eaten. Sugar leads to higher blood pressure, cholesterol, and blood sugars. Sugar overwhelms the liver and the liver will turn the excess directly into fat. All of these factors lead to heart disease, diabetes, and other health issues. The Centers for Disease Control have linked consuming too much sugar with increased risk of cardiovascular disease. That's a pretty big deal, especially when we note our children are consuming 3 to 6 times their sugar limit every day.

A recent study of children showed that just nine days without processed sugar in their diets saw lower blood pressure, cholesterol, and blood sugar.

The study, conducted at Touro University, examined the effects of removing only the processed sugars from the diet of 43 obese Latino and black children who already had high blood pressure, too much fat in their livers, and high cholesterol. They kept the calorie intake the same. In just nine days without processed sugar, many of these harmful health conditions were improving.

Additionally, the kids reported feeling fuller than normal, despite similar calorie levels, and on average lost 2 pounds each. The researchers said they'd never seen such an effective reversal on health issues in such a short amount of time.



### Tips to limit/reduce sugar

- Limit desserts to once or twice a week.
- Don't drink sugary drinks, juice, and soda
- Skip the fast food and make food at home from scratch
- Eat more fruit and veggies
- Don't eat processed foods or foods made with white flour
- Don't replace high sugar foods with sugar substitutes – those are just as bad!
- Read labels on everything and choose foods that don't list sugar as a main ingredient

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Isla Belle, Kaela, and Ava Wilstead's creations can be found at [kindgirlsmakestrongwomen.com](http://kindgirlsmakestrongwomen.com). (Below) The sisters with their German Shepard pup, Sherlock. Photos by April Massirio.

# KIND Girls Strong WOMEN

By Christina I. Ruiz

With no shortage of problems in the world, sisters Kaela, Ava, and Isla Belle decided to take action. In the course of a family conversation about some of the issues that children face today, the girls were quick to wonder why people can't simply be kind first, before acting. Being kind—it seemed a simple concept that people have been forgetting.

The Wilstead sisters were moved to promote social reform in the form of a kindness revolution. For the better part of a year, the three sisters have spearheaded a crusade to inspire kindness and raise awareness for various charities in Kern County. Kaela, an incoming 8th grader, Ava, a soon to be 7th grader, and Isla Belle, heading into 4th grade, have piloted a budding t-shirt empire. Their purpose was simply to spread their slogan, "Kind Girls Make Strong Women" and raise funds through t-shirt, sweat shirt, and tank top sales to reinvest in local charities.

The Wilstead sisters are committed to the hard work and responsibility of this project, but only after completing their daily household chores. Kaela and Ava, both former class presidents, and Isla Belle, an advanced student herself, are no strangers to responsibility. The girls created social media accounts and an online website to both sell and promote the apparel. Their mom, Clarissa Wilstead, says she was thrilled when online t-shirt sales started to come in from all over. In fact, sales have been made throughout the United States and as far away as London, England. The success of the girls' endeavor is something Clarissa says she struggles to explain without getting emotional.

The Wilstead family chooses a charity quarterly on which to focus their efforts, sponsoring families at Christmas, helping local animal shelters, and working with a local school. Supporters can give generously, knowing that 100 percent of the proceeds go directly into one of their chosen donation funds. In addition to online sales, the family hosts community vendor events

right in their own backyard, allowing various local businesses and charities to support their cause while exposing Bakersfield locals to other amazing organizations. The Kind Girls Make Strong Women team can also be found throughout town at various pop up shops. Their vendor booth can't be missed, with these three larger than life personalities shining at the forefront. There is no doubt that these three sisters will be, in the words of their mother, "a force for good in the world."

*"When you give, it makes others want to give,"*

-Clarissa Wilstead

Keep an eye out for these pint-sized philanthropists at a pop up shop near you. The Kind Girls Make Strong Women movement is growing quickly; if you'd like to be a part of the kindness revolution, visit their website at [www.kindgirlsmakestrongwomen.com](http://www.kindgirlsmakestrongwomen.com) and follow their cause via both Facebook and Instagram. Chances are you'll find a quick video update produced by none other than sister Ava Wilstead herself.

As Clarissa points out, "when you give, it makes others want to give." With thousands of dollars in recorded donations, the kindness revolution is certainly making an impact in our community and making others want to give as well.







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  2. RiverLakes Church Mon.-Thurs. 8:30-3:30
  3. Mail in registration, make copy and mail in before each deadline from web site

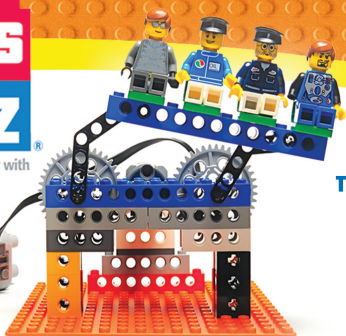
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## Back to School Traditions to Start this Year

By Pam Molnar

The years seem to pick up speed as your child gets older. One minute they are getting on the bus for Kindergarten and in the blink of an eye, they are walking across the stage at their high school graduation. Don't let those years go by in a blur. Capture the first day of school with a tradition the kids will look forward to every year.

### Freeze a Memory

- 1. Drive to your local high school a few days before school starts. Capture a picture of your child standing by the marquee or in front of the building near the front door. You can also catch a picture of your child gazing up at the school while wearing his backpack. Taken every year, this makes a great collage of photos to display at their high school graduation party.
- 2. Every year before school starts, purchase a Time magazine and a People magazine. Have him pose with the covers to show what was in the news that year.
- 3. Buy a t-shirt from the high school spirit store in an adult size. Take a picture of the child wearing the shirt with her backpack on the ground next to her. It is a great way to show how she and her choice of backpacks change over the years.
- 4. Pose your student standing next to mom or dad in front of the house. Bring enough books for your child to stand on until he is as tall as his parent. As the years go by and your child grows, the child will need less and less books to stand on. In his high school pictures, mom might be the one standing on the books.

- 5. Don't forget to get a picture of mom and dad on the first day of school. Capture mom's tears as the bus drives away and don't miss mom and dad high fiving as the last child leaves the house.

### Cook Up Something Good

- 6. The night before school starts, bake a round loaf of bread and place a clean penny in the dough before it bakes. Before dinner, have all the kids hold on to a piece of the bread and break it off. The one that gets the penny will have extra good luck this year at school.
- 7. Start the day off right with a special breakfast. Choose a traditional breakfast of eggs and toast, whip up a smoothie for a light and healthy meal or lighten the mood with something silly like cookie cutter pancakes with whipped cream.
- 8. Shop with your child before school starts and let him choose a special back to school lunch. Go beyond the sandwich to find yogurt parfaits, fruit pizza or ham and cheese kabobs. Don't forget a note from mom and a Hershey's kiss.
- 9. When your child comes home from school, he will want to tell you all about his teacher, his classes and his day. Prepare a special after school snack like an ice cream sundae bar.

### Watch Them Grow

- 10. On the first day of school, measure your child from head to toe with a piece of string cut to his height. Put the string in an envelope and mark it with the date. At the end of the year, measure him again and see how much he grew this year.

- 11. Plant a tree in celebration of your child starting kindergarten. Every year, take a picture of your child in front of the tree and watch them both grow.
- 12. Make a back to school flag out of white cloth to hang in front of the house. Every year, add your children's hand prints using different color paints. Include the date and their age to create a treasure that you look forward to showing off every year.
- 13. Make concrete stepping stones with your child's foot print and the date. Let your child decorate and add the stones to your yard to create a wonderful memory garden.

### Celebrate

- 14. Have a back to school bash. This is a great way to reconnect with all the kids you did not get to see over the summer. Rent a large slip and slide or a bounce castle, cook up some hot dogs and pass out the popsicles. Enjoy one last hoorah before school starts.
- 15. Your teens and tweens will be happy with an evening bonfire to mourn the end of summer. Bring out the speakers and let them plug in their own music. Provide a fire, plenty of snacks and enough seating for everyone.
- 16. Don't forget a party for the moms. A first day of school potluck breakfast is a great opportunity for the moms to celebrate the return to routine.

*Pam Molnar is a freelance writer and mother of three. This is her 15th new school year as a parent.*





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# BACK TO SCHOOL GUIDE

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## 4th of July Popsicles

By Pam Huber

Kids will do just about anything for a popsicle. My kids, especially. Finish their dinner? Check. Clean up the living room? Check. Get along for longer than 10 minutes at a time? Well...that's yet to be proven. But no matter what, the promise of a popsicle puts them on their best behavior. The problem with store-bought popsicles, however, is that they can be expensive and loaded with nasty stuff like added sugar and food coloring.



Ezra, 6, and Austin, 2, getting along with the help of their very favorite summer treat

So, going through as many as we do in the summer, we knew we should try a better way—and now we make them ourselves.

Homemade popsicles just require freezer-safe popsicle molds (you can find them at Target or most grocery stores, and there are a gazillion options on Amazon), and can be as easy as using straight orange juice. My boys are partial to berry-heavy and vanilla yogurt smoothie popsicles, though, so we decided to create a "fancy" July 4th popsicle

using local berries that are suddenly in season. The result got a resounding, "YUM!" from the boys, and only required a couple of extra (easy) steps.

Celebrate your independence from store-bought pops! Happy 4th of July!

### Red, White & Blue-Berry Popsicles

Makes 6-8 popsicles | Active Time: 15 minutes

#### Ingredients:

- 2 handfuls of washed blueberries
- 4-5 strawberries, green tops removed and quartered
- One handful raspberries
- About 1/2 cup Greek vanilla yogurt
- Orange juice (we like a mango or pineapple blend)

#### Directions

1. In a small food processor or blender, blend the blueberries with about 1/4 cup of orange juice until smooth. Carefully pour a bit into each popsicle mold, filling it roughly 1/3 full. Try not to let it drip down the inside of the mold.
2. Place the molds in the freezer for about 30 minutes.
3. Combine the yogurt with enough juice to make it thin enough to pour—some brands are already thin, while others may need a few tablespoons added.
4. Pull the molds from the freezer, and carefully pour a layer of yogurt mix over the blueberries. Make this layer about the same height as the blueberry one, so the mold is a little more than half full. Place back in freezer for another 30 minutes.
5. In the food processor or blender, mix the strawberries and raspberries with about 1/4 cup of orange juice until smooth.
6. Pull the molds out of the freezer again, and fill each up with the strawberry mixture. Make sure to leave enough space at the top (at least a 1/4 inch or so) to allow them to expand as they freeze. Gently insert the popsicle sticks in, and return to the freezer for at least 6 hours or overnight until fully frozen.



Photos courtesy of Pam Huber

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humor@home by tracie grimes .....

## That's SO Embarrassing!



I remember the first time one of my kids asked me to drop her off a block away from the destination. I felt a steely cold sharpness run straight through my heart. It didn't hurt quite so much when one of my other kids told me not to play any music I liked when there were people in the house. But when my kid suggested that I needed to change my outfit because I was too old to wear it, and it was the most embarrassing thing in the world that I even thought I could wear it, my pain turned to anger.

"Oh really," I said thinking back on moments like when a store owner asked me to "please stop your children from licking the glass" and the mountains of money we spent on tips in restaurants (which we referred to as "damage deposits"). Perhaps the most vivid mortifying moment, however, was the time two of my daughters ducked under a public table and came up chewing gum. Neither my husband nor myself had given them gum. Ew.

So now I am an embarrassment to them. Well, my little lovelies, I've decided to embrace this new title of The World's Most Embarrassing Mom. You ain't seen nothin' yet! You think it is embarrassing when I sing with Barry Manilow as I'm driving you and your little friends to dinner?

Ok, my sweet darlings, the time has come for Mommy to even the playing field. I did a little research and came up with a few zingers that will have you wishing you had never mocked me by saying, "Mom, you're so embarrassing! Nobody says that anymore," or "Geez, Mom, do you have to talk to my friends when I'm not in the room? It's so embarrassing!"

### Here are the top ten creative ideas on ways parents can embarrass their kids I found in my research:

1. Come up with a cute pet name, like "Smoochie Face," and only use that name in public.
2. Always, and I repeat, always, crank up music you know they will hate and roll down the windows when you see your children's friends. Extra credit if you sing loudly and off-key.
3. Anyone over 30 is obviously a ridiculous dancer and knows the activity should be avoided in public at all costs. However, this is one of the things that will most embarrass your little honeybuns. Make sure it's a dance from another century, like "The Robot" or "The Sprinkler."
4. Extra credit for belly dancing.
5. Just as you are sitting down for a movie, ask very loudly and clearly, "Do you need to sit on the potty chair?"
6. Tell a joke in front of their friends.
7. Label their clothing with hearts and kissy lips around their names.
8. Shower them in constant kisses whenever you are in public.
9. Hint that you have had sex at some point in your life.
10. Breathe.

Use these ideas sparingly, and as tempting as it may be, do not use them all at once. Turnabout is fair play, but remember that you will need them to take care of you when you're old.



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*Marcos Rodríguez*



# Finding Balance

## Dealing with the marital challenges that come with raising a child with special needs



Sandy was confused, bewildered and most significantly, emotionally drained. Her husband and children's father has seemingly withdrawn from the family and pretends his absence is not an issue.

They have a special needs child in the house and the marriage is being impacted by the new and dramatic issues brought forth by that child. Is it possible that while dealing with the must-dos of caring for a special needs child, the fairytale marriage

can maintain itself and survive when confronted by the physical imbalances, the medical finances involved and the 24-hour needs, medical appointments and expectations to care for the child?

Sandy was left at home to care for the child while her husband went off to work. She was uncertain how to deal with the intense amount of stress she was feeling and just knew that it was consuming the household.

She felt as if she was left alone to deal with the changing reality of their once picture-perfect marriage into one of doctor visits, late nights with little sleep, arguments and ongoing visits to the pharmacy for medicines. She quickly began to see how her relationship with her husband could possibly collapse under the enormous strain of parenting such a child.

It seems that Sandy was putting so much time into caring for her child, that she and her husband seemed to forget about their marriage. Eventually, finances, self-esteem, lack of a social life, recreation and their future planning all took a backseat to caring for their child.

As a couple, they felt tested every day. They began to recognize that they both felt a loss of control over their child's issues and that it would take time to adapt and then accept. There are however, some things that can be done to continue to take care of one another in the marriage while continuing to deal with the day-to-day stresses.

**Be sure to make time for one another.** Being able to spend some form of quiet time with your spouse on a regular basis can allow for the ongoing sense of intimacy you had already developed.

Whether you both are sitting on the patio having a glass of wine for a brief period or leaving the house for your monthly date night, continuing to care for one another is essential.

**Share the responsibilities.** One parent doesn't have to-and shouldn't-do everything alone! Sharing the responsibilities with one another allows each parent to have a chance for a break and enhances the sense that, as parents, you are a team.

When your partner takes care of a chore, give her the credit for doing so. So what if you could have done it better? It is done!

**Use your support system and ask for help.** Whether it is friends or family, asking for a little assistance will make all the difference in managing the everyday tasks. You can repay their kindness with a casserole at their doorstep later.

**Practice forgiveness and never blame one another.** There is often the pent-up feelings that occur within families with special needs that result in wanting to find someone or something to blame. And all too easily that blame may be focused on your partner.

**Resist that tendency to point fingers.** Blaming and assigning fault is ineffective, while forgiving each other allows you both to move forward. It is a difficult thing to do, to keep quiet about your feelings such as wanting to point blame, but resist it. It will be worth it tomorrow. Seek professional help for your marriage if necessary.

**Continue with your hobbies.** Allow for your own excursions, whether you head off to the book store for a quick read or take a walk or just go sit in the sun. Time by yourself can allow for emotional cleansing and is essential as you move through ongoing difficult times. It takes time to reach acceptance and a willingness to adapt. One of the main challenges that a disability or illness places on marriage is to find a healthy balance of dependence and independence with one another.

Your special needs child loves you and you love him. Yet it is so important for you both, as partners, to discuss what you each need and how you are feeling about it all. Talk about how your lives have changed emotionally and on a regular daily basis. Seek one another out when feeling sad or emotionally drained. Be sure to always respond to your partner in a supportive manner as he will do for you.

Going together through this challenge hand-in-hand will ensure your family's success.

Michael E. Kirk, PhD, a local clinical psychologist, is a father and grandfather who specializes in working with families, adolescents, and children.

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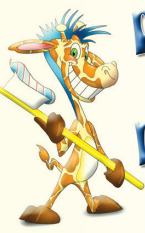


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# Hello Summer: 7 Safety Tips to Avoid Summer Bumpers

By Dignity Health Mercy and Memorial Hospitals

Photo Courtesy of Dignity Health & Shutterstock

From sunny days by the pool to family vacations in the great outdoors, summer is for making memories and having fun. It's also when some injuries or illnesses may be more common. Dignity Health Mercy and Memorial Hospitals wants you to stay safe by following these tips.

## 1. Pack sunscreen.

Ouch! Sunburned skin hurts, and it increases the risk of cancer. So before you head outside, grab some sunscreen and apply it to exposed skin. Use sunscreen with broad-spectrum protection and a sun protection factor (SPF) of at least 30. Reapply every two hours or sooner if you swim or sweat. Kids older than 6 months need sunscreen, too (read the label to apply it safely). And everyone—especially babies—should stay in the shade whenever possible.

## 2. No helmet, no ride.

Summer is a great time for the whole family to go bike riding. But it's important that everyone wears a helmet—including Mom and Dad. This simple step can help prevent devastating head

injuries. Some kids love to wear helmets. Others not so much. But parents should insist on them, no matter how short the ride or how strong the protest. Kids may be less likely to resist wearing a helmet if they can pick one they like.

## 3. Watch kids around water.

Never take your eyes off little ones near water—not even for a minute. Kids can drown in the time it takes you to answer a text message or engage in some other brief distraction.

## 4. Don't swim alone.

No one should swim alone, including adults. Remember that kids need close supervision even at public pools where lifeguards are on duty.

## 5. Wear a life jacket while boating.

Hanging out on a boat this summer is a great way to keep cool but don't forget to put on a life jacket. Drowning is the cause of most boating-related deaths.

## 6. Keep food safe.

Backyard barbecues, family potlucks, and picnics in the park are always fun but food poisoning can happen more easily in the summer because higher temps can make foodborne bacteria grow quickly.

### To help prevent foodborne illness, especially during picnics and cookouts:

- Never eat food that's been left out for longer than two hours—or longer than one hour on 90-degree or hotter days.
- Place picnic perishables in a cooler with ice or frozen gel packs. Keeping foods at 40 degrees or below prevents bacterial growth.
- Don't spread germs. When grilling, use separate utensils and dishes for raw and cooked foods.
- Clean fresh fruits and veggies with running tap water before putting them in the cooler or before eating. This includes produce with skin or rinds you don't eat, like melons or mangoes.
- Remind everyone to wash their hands before and after handling food.

## 7. Beware of bugs.

Some mosquitoes and ticks can spread serious diseases like West Nile virus, Zika virus or Lyme disease. Prevent mosquito and tick bites by using an insect repellent on your skin that contains DEET. But treat outdoor gear and clothing with insect repellent that contains permethrin.

Always read the label to make sure you use all insect repellents correctly.

### When hiking, it's also a good idea to:

- Skip the shorts. Wear pants and long-sleeved shirts whenever possible.
- After hiking, check your clothes, hair and skin for ticks.

Accidents and illnesses happen, especially during the summer months. With three emergency rooms in Bakersfield and the Robert A Grimm Children's Pavilion for Emergency Services, you have a place to go where you can get fast medical help any time of the year.

Visit [dignityhealth.org/bakersfield](http://dignityhealth.org/bakersfield) to learn more about emergency care at Mercy and Memorial Hospitals, including our InQuicker online waiting service for the ER.

Sources: American Academy of Dermatology; American College of Emergency Physicians; American Red Cross; Centers for Disease Control and Prevention; U.S. Food and Drug Administration.

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# KERN COUNTY FAMILY MAGAZINE

*daily happenings*

## THE BEST LOCAL CALENDAR OF EVENTS!

Our printed version of the calendar has been edited for space.  
For more details about these events or activities not listed please visit

[www.kerncountyfamily.com](http://www.kerncountyfamily.com)

### JULY 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### Sunday July 1

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

**BEALE PARK BAND CONCERTS:** Enjoy a relaxing summer evening. 7:00 PM - 9:00 PM 326-3866

**HAGGIN OAKS FARMERS MARKET:** 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

**KIDSLIFE:** Where the Bible and fun come together! 13701 Stockdale Hwy. 10:30 AM - 11:30 AM 588-2268

**SENSORY SENSITIVE SUNDAYS AT CHUCK E. CHEESE:** Early entry with minimal crowds. 397-7855

### Monday, July 2

**4 and 5 READY TO STRIVE / LITTLE LEARNERS:** Get your child ready for kindergarten. 661-392-2054 Mon-Thur

**KERN COUNTY MUSEUM SUMMER CAMP:** Embark on a summer full of fun. 7:30AM-5:30PM 437-3330 Mon-Fri

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center 869-2320

### International U.F.O. Day



**ACTING COURSES FOR CHILDREN:** Professional classes are Mon-Fri 322-2800

**C.A.L.M. SENIOR DISCOVERY DAY:** 872-2256

**COUNTRY LINE DANCING:** 392-2010

**FAMILY STORYTIME AT MOJAVE LIBRARY:** Celebrate reading by enjoying stories, songs & craft! 11:30 AM 824-2243

**GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY**

**SINGERS:** Open to all men who enjoy singing. 871-6268

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** DreamCenter Bakersfield. 326-1907

**KNITTING 101 AT SHAFTER LIBRARY:** 11:30 AM 746-2156

**SEWING CLASS:** 246-7144

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 2:30 PM 746-2156

**THE CHRISTIAN JOURNEY:** Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave. 7:30 pm. 575-680-2212

**BUENA VISTA MUSEUM SUMMER SCIENCE CAMP:** Offering a variety of Science sessions. Mon-Thur. 324-6350

**FAMILY STORYTIME AT WASCO LIBRARY:** Enjoy stories, songs, rhymes, and fun for the whole family. 2:00 PM

### Tuesday, July 3

**AWESOME ART:** Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** Bakersfield Art Center 869-2320

**BLOCKS FOR THE BRAVE:** Give back to our Veterans by making quilts. 805-712-1323

**CHILDREN'S POETRY OPEN MIC:** Children share their original poetry. 868-0701

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Enjoy stories, songs, rhymes and fun for the whole family. 3:30 PM 746-2156

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Greenfield Resource Center. 837-3720

**LUNCH AT THE DELANO LIBRARY:** Children, ages 2-18 FREE. Tues. - Thur. 11:30 AM - 12:30 PM 725-1078

**PATHFINDERS & ADVENTURERS:** A program for children. 871-5000

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Stories, songs, and rhymes for your 3 to 5 year old. 868-0701

**QUILTING:** Learn a new hobby or just enjoy quilting with friends. 8:30 AM -11:30 AM 392-2010

**RANCH SORTING:** Equine event with cattle. 325-4206

**DO THE MATH:** Math help for grades 4-12. Every Tues. & Wed., Tutors are available. 3:30-5:30pm 636-4357

**MOPS - CALVARY BIBLE CHURCH:** Meeting the needs of every mother of preschoolers. 327-5921

**PROJECT LINUS BLANKET MAKING:** Provide love and warmth to children with items created by volunteers. 549-4967

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave. 7:30 pm 575-680-2212

**2 BUCK TUESDAY:** \$2 per skater and \$2 skate rental. 415 Ming Avenue, 6:30 PM - 8:30 PM 661-831-5567

**JUGGLING FUN AT DELANO LIBRARY:** Discover the art of juggling! 2:00 PM 725-1078

**YOUTH GROUP:** at St. Paul's 2216 17th St. (Between B St. and C St.) 6:30 PM - 8:00 PM 719-360-6878

### Wednesday, July 4

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. 833-4345

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**CRAFT CORNER AT BEALE MEMORIAL LIBRARY:** Adults enjoy crafts and conversation. 868-0701

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Bakersfield Art Center. 869-2320

**HAPPY BELLY CLASS: STRESS-MANAGEMENT AND FOOD COMBO THEORY:** 808-0811



**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** For kids 4-12! 342-2078

**LUNCH AT THE MCFARLAND LIBRARY:** Children, ages 2-18 FREE. Wed. - Thur. 11:30 AM - 12:30 PM 725-1078

**OPEN BARREL RACING PRACTICE:** Bring your horse. 325-4206

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800

**SPINNING TALES:** Join the fun and listen to a story. 392-2029/392-2054

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 3:00 PM 746-2156

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, songs, and fun with your 18mo.-2 yrs. old. 868-0701



**MOMnext - OLIVE KNOLLS NAZARENE CHURCH:** A group for mothers of school-age kids. 399-3303

**UKULELE JAM AT FRAZIER PARK LIBRARY:** Bring your own ukulele. 5:00 PM - 7:00 PM 245-1267

**WASCO FARMER'S MARKET KICK-OFF:** Come out to a street fair as we welcome the summer market. 758-7206

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 575-680-2212

**ALL AMERICAN 5K:** The 5K begins and ends at Phillip Marx Central Park in Tehachapi. 6:00 AM 822-3228

**ANNUAL TEHACHAPI WIENER RUN:** Dachshunds compete for top dog. East E Street, Tehachapi 8:30 AM 822-2200

**BAD BULLS PROFESSIONAL BULL RIDING:** 416 Dennison Road, Tehachapi 4:00 557-7336

## Thursday, July 5

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 588-8931

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 869-2320

**FAMILY STORYTIME AT MCFARLAND LIBRARY:** Enjoy stories, songs, rhymes and fun. 3:30P 746-2156

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Arvin. 326-1907

**LEGO CLUB MANIA AT SHAFTER LIBRARY:** Unleash your creative side! 5:30 PM 746-2156

**ROPING PRACTICE:** Spectators welcome. 325-4206

**SQUARE DANCING CLASSES:** 301-2808

**STEAM ACTIVITIES CLUB AT SHAFTER LIBRARY:** Join us for science experiments and related Science, Technology, Engineering, Art and Mathematics topics. 3:00 PM 746-2156

**WORD POETRY/OPEN MIC NIGHT:** 703-6911

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave. 7:30 PM. 575-680-2212.

**TUTUS & BOW TIES AT DELANO LIBRARY:** Tweens and teens create tutus and bow ties. 4:00 PM 725-1078

## Friday, July 6

**BIKE ARVIN:** Make new friends, ride your bike with us. 854-3577

**BILINGUAL STORYTIME AT MCFARLAND LIBRARY:** English and Spanish speakers enjoy a bilingual storytime. 3:00 PM

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** FRIDAY AND SATURDAY from 6:30 - 9:30 pm

**FAMILY STORYTIME AT WASCO LIBRARY:** Enjoy stories, songs, rhymes, and fun for the whole family. 2:00 PM

**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

**LIVE MUSIC:** Listening to some live music Fri-Sat 703-6911

**OPEN ART STUDIO:** Short on Studio Space? Bring your latest project and supplies to the Bakersfield Art Center! Beginners to advanced-just enjoy the company of other artists. 869-9320

**FIRST FRIDAY ART WALK:** Join the Arts Council of Kern the First Friday of every month for the Downtown ArtWalk, a family friendly arts event that showcases our best artists. 5:00 PM - 9:00 PM 324-9000

**FIRST FRIDAY CRUISE NIGHTS:** Bring a chair and some friends and watch as cars cruise downtown Taft. 765-2165

**FREE FRIDAY AT BMOA:** BMOA offers FREE admission with extended hours until 8PM. 323-7219

**TEEN NIGHTS IN TAFT:** Come bowl, play in the gym or just hang out with friends. Grades 6-12 invited. 765-6677

**YOGA IN THE GARDEN:** Samsara Wellness Center has joined with BMOA to offer free yoga sessions. 323-7219

**BOOKS IN MOTION AT MOJAVE LIBRARY:** "The Lion and the Mouse" by Mojave Movement and Arts. Event will be held at The Veterans Building (Across the street from the library.) 1:00 PM 824-2243

**MOVIES IN THE CANYON AT WIND WOLVES:** Reservations must be made two weeks in advance. 8:00PM-10:00PM 858-1115

**WILD CHILD ADVENTURES - BUBBLE FUN AT MOJAVE LIBRARY:** Bubbles in all shapes and sizes! 11:00AM 824-2243

# INDEPENDENCE DAY

## Local 4th of July Firework Shows

### BAKERSFIELD- SATURDAY, JUNE 30

**Kern County Raceway** Park's "Salute to America" Fireworks Spectacular will be held on Saturday, June 30 with gates opening at 5:30 and racing beginning at 7:00 p.m.

### KERN RIVER VALLEY- SATURDAY JUNE 30

Spend the day on Saturday, June 30, at the Lake Isabella BBQ Showdown from 10 a.m. to 4 p.m. at **Tank Park** (4776 Lake Isabella Blvd., Lake Isabella). This event features music, bounce houses, contests, games and vendors. Then stay to watch their annual Lake Isabella Fireworks Extravaganza at 9 p.m. at Engineer Point off Lake Isabella.

### SHAFTER- TUESDAY, JULY 3

Annual 3rd of July Fireworks show, sponsored by the Shafter Chamber of Commerce, will be held on the **Shafter High School** football field. Gates open at 6pm. Hamburgers, hot dogs, funnel cakes, sno cones and more will be available for purchase. Fireworks show begins at 8:45pm.

### BAKERSFIELD- WEDNESDAY JULY 4

**Spectrum Ampitheatre and the Park at Riverwalk** will hold its annual 4th of July Celebration on Wednesday, July 4 at 6:00 p.m. Enjoy music from Mento Buru and food and beverages from local vendors with an amazing fireworks display at 9:15.

### WASCO- WEDNESDAY JULY 4

Annual Wasco Fireworks Show at **Baker Park**, 1280 Poplar Avenue on Wednesday, July 4th at 6pm. Snow cones, elotes, street taco vendors and more will be available at this free family event.



**APRIL & CO.**  
*wedding / event / lifestyle*

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**Saturday, July 7**  
**FAMILY STORYTIME AT DELANO LIBRARY:** 725-1078

**FARMERS MARKET:** 3201 F St, 8:00 AM - 12:00 PM

**KIDS YOGA CLASSES:** Kids ages 6-13 will learn Yoga, 374-8693

**LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS:** 9:00 AM - 1:00 PM. (760) 417-9575

**MATH CLINIC AT BEALE MEMORIAL LIBRARY:** Learn math or get assistance. 868-0701

**ONYX FAMILY FARMS:** 9:00 AM - 4:00 PM. (760) 377-7460

**QUILTERS AND CROCHETERS:** Meet the needs of those who request a special handmade item. 398-1971

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center 869-2320

**KIDS' TOOL SAFETY WORKSHOP:** Children learn skills and tool safety. 835-1133, Gosford Rd.; 872-2041, Mount Vernon Ave.; 587-1545, Rosedale Hwy.

**SPAY/NEUTER VOUCHERS AT KERN HUMANE SOCIETY:** Free vouchers given out for dogs and cats. 325-2589

**BUENA VISTA MUSEUM FAMILY DAY:** 2 adults and up to 6 children only \$20. 10:00AM-4:00 PM 324-6350

**BUENA VISTA MUSEUM PRESENTATION:** Just For Kids Science exploration and learning! 10:30 AM - 12:00 PM 324-6350

**RC SAILING:** Bakersfield Model Yacht Club 477-1806

**Sunday, July 8**  
**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

**HAGGIN OAKS FARMERS MARKET:** 8800 Ming Ave, 9:00 AM - 2:00 PM. 334-2033

**KIDSLIFE:** Where the Bible and fun come together! 13701 Stockdale Hwy. 10:30 AM - 11:30 AM 588-2268

**SPIRITUAL CINEMA SUNDAY:** "LION" 2215 Truxtun Ave., 2:00 PM - 5:00 PM 632-5747

**Monday, July 9**  
**4 and 5 READY TO STRIVE / LITTLE LEARNERS:** Get your child

ready for kindergarten. 661-392-2054 Mon-Thurs.

**KERN COUNTY MUSEUM SUMMER CAMP:** Embark on a summer full of fun. 7:30AM-5:30PM 437-3330 Mon-Fri

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday. 322-2800

**C.A.L.M. SENIOR DISCOVERY DAY:** 872-2256

**COLOR ME HAPPY AT MOJAVE LIBRARY:** A relaxing and fun way to socialize. 824-2243

**COUNTRY LINE DANCING:** 392-2010

**GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS:** Open to all men who enjoy singing. 871-6268

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** DreamCenter Bakersfield 326-1907

**KNITTING 101 AT SHAFTER LIBRARY:** 11:30 AM 746-2156

**SEWING CLASS:** 246-7144

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 2:30 PM 746-2156

**THE CHRISTIAN JOURNEY:** Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464

**BUENA VISTA MUSEUM SUMMER SCIENCE CAMP:** Offering a variety of Science sessions. Mon-Thur. 324-6350

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave 7:30 PM 575-680-2212

**STONE SOUP STORY THEATRE AT WASCO LIBRARY:** Experience the magic of interactive storytelling. 2 PM

**Tuesday, July 10**  
**AWESOME ART:** Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** Bakersfield Art Center. 869-2320

**BLOCKS FOR THE BRAVE:** Give back to our Veterans by making quilts. 805-712-1323

**CHILDREN'S POETRY OPEN MIC:** Children share their original poetry. 868-0701

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Enjoy stories, songs, rhymes and fun for the whole family. 3:30 PM 746-2156

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Greenfield Resource Center, 837-3720; Wasco, 327-1907

**LUNCH AT THE DELANO LIBRARY:** Children, ages 2-18 FREE. Tues. - Thur. 11:30 AM - 12:30 PM 725-1078

**MOPS - OLIVE KNOLLS NAZARENE CHURCH:** Meeting the needs of every mother of preschoolers. 399-3303

**MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 588-8931

**PATHFINDERS & ADVENTURERS:** A program for children. 871-5000

**PROJECT LINUS BLANKET MAKING:** Provide love and comfort to children with items created by volunteers. 549-4967

**QUILTING:** Learn a new hobby or just enjoy quilting with friends. 8:30 AM - 11:30 AM. 661-392-2010

Listings of FREE Immunizations

# totshots

**Martha Morgan Head Start**  
**Monday, July 2nd**  
 3811 River Blvd., Bakersfield  
 from 9 a.m. to 2 p.m.

**Wesley Head Start**  
**Tuesday, July 3rd**  
 1314 Oswell Street, Bakersfield  
 from 9 a.m. to 2 p.m.

**Stiern Park**  
**Monday, July 9th**  
 5201 Monitor Street, Bakersfield  
 from 9 a.m. to 2 p.m.

**Sterling Head Start**  
**Tuesday, July 10th**  
 3000 Sterling Road, Bakersfield  
 from 9 a.m. to 2 p.m.

**Kern County Dept. of Human Services**  
**Wednesday, July 11th**  
 100 E. California Avenue,  
 Bakersfield from 9 a.m. to 2 p.m.

**Walmart Supercenter**  
**Monday, July 16th**  
 5075 Gosford Road, Bakersfield  
 from 9 a.m. to 2 p.m.

**Rosamond Head Start**  
**Tuesday, July 17th**  
 2584 Felsite Avenue, Rosamond  
 from 9:30 a.m. to 2 p.m.

**Adventist Health Bakersfield**  
**Wednesday, July 18th**  
 2800 Chester Avenue, Bakersfield  
 from 1 p.m. to 6 p.m.

**NOR Riverview Park**  
**Monday, July 23rd**  
 437 Willow Drive, Bakersfield  
 from 9 a.m. to 2 p.m.

**New Life Church**  
**Wednesday, July 25th**  
 4201 Stine Rd., Bakersfield  
 from 9 a.m. to 2 p.m.

**Vallarta Market**  
**Thursday, July 26th**  
 600 Bear Mountain Blvd., ARVIN  
 from 9:30 a.m. to 2 p.m.

**Blessing Corner**  
**Thursday, July 27th**  
 101 Union Avenue, Bakersfield  
 from 9:30 a.m. to 2:30 p.m.

**Southside Seventh Day Adventist**  
**Sunday, July 29th**  
 1330 3rd Street, Bakersfield  
 from 8 a.m. to 12 p.m.

**Sunrise Villa**  
**Tuesday, July 31st**  
 1600 Poplar Street, WASCO  
 from 9:30 a.m. to 2 p.m.

\*Please note that according to Vaccine for Children (VFC) guidelines, vaccines are FREE of charge to children under the age of 18 who meet one of the following criteria: • No health insurance • Eligible for Medi-Cal (must present Medi-cal card at each visit) • American Indian or Native Alaskan. The mobile unit continues to take its services right to the families who need them the most. No appointment necessary, but immunization cards are required. We may stop registration 30 minutes before closing time. We also offer the Hemoglobin test FREE of charge to children, expecting and post-partum mothers, but require a WIC, school or doctor referral; regardless of health insurance criteria. Please be aware, children under 5 years of age and their siblings will be given priority due to First 5 Kern funding. Mobile Immunization clinics will close for lunch between 11:30 am - 12 pm, except the third Wednesday of the month which will close from 3 pm - 3:30 pm. For more information, call (661) 869-6740.





**RANCH SORTING:** Equine event with cattle. 325-4206

### Wednesday, July 11

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Learn Bible verses and play games. Ages 3 years to Highschool. 833-4345

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**CRAFT CORNER AT BEALE MEMORIAL LIBRARY:** Adults enjoy crafts & conversation. 868-0701

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Bakersfield Art Center. 869-2320

**HAPPY BELLY CLASS: STRESS-MANAGEMENT AND FOOD COMBO THEORY:** 808-0811

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** For kids 4-12! 342-2078

**LEGO CLUB AT MOJAVE LIBRARY:** Design your best LEGO creation. 824-2243

**OPEN BARREL RACING PRACTICE:** Bring your horse. 325-4206

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800

**SPINNING TALES:** Join the fun and listen to a story. 392-2029/392-2054

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 2:30 PM 746-2156

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, songs, and fun with your 18mo.-2 yrs. old. 868-0701

**WASCO FARMER'S MARKET:** 2:00 PM - 6:00 PM 758- 7206

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave. 7:30 PM 575-680-2212

**CRAFTY TEENS AT SHAFTER LIBRARY:** Arts and Crafts help teens experience hands on projects. 4:00 PM 746-2156

**GAME ON! FAMILY FUN! AT MOJAVE LIBRARY:** Family fun board games for all ages. 3:00 PM - 5:30 PM. 824-2243

**LEGO: AROUND THE WORLD AT DELANO LIBRARY:** Build structures from around the world. 2:00 PM - 3:00 PM 725-1078

### Thursday, July 12

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 588-8931

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 869-2320

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Enjoy stories, songs, rhymes and fun for the whole family. 2:00P 746-2156

**FAMILY STORYTIME AT MCFARLAND LIBRARY:** Enjoy stories, songs, rhymes and fun. 3:30P 746-2156

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Arvin. 326-1907

**LEGO CLUB MANIA AT SHAFTER LIBRARY:** Unleash your creative side and design your best! 5:30 PM 746-2156

**MOPS- VALLEY BAPTIST CHURCH:** Meeting the needs of every mother of preschoolers. 387-6352

**ROPING PRACTICE:** Spectators welcome. 325-4206

**SPECIAL FRIENDS, JOYFUL HEARTS:** Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. Other family members are also welcome to join. 6:00 PM - 7:30 PM 665-7815

**SQUARE DANCING CLASSES:** 301-2808

**WORD POETRY/OPEN MIC NIGHT:** 703-6911

**SNACKS FROM AROUND THE WORLD AT DELANO LIBRARY:** Taste different snacks from around the world. 4:00 PM

### Friday, July 13

**BIKE ARVIN:** Make new friends, ride your bike with us. 854-3577

**BILINGUAL STORYTIME AT MCFARLAND LIBRARY:** English and Spanish speakers enjoy a bilingual storytime. 3:00 PM

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** FRIDAY AND SATURDAY from 6:30 - 9:30pm

**FAMILY STORYTIME AT WASCO LIBRARY:** Enjoy stories, songs, rhymes, and fun for the whole family. 2:00 PM

**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

**LIVE MUSIC:** Join us for fun and relaxation while listening to some great live music! Friday and Saturday. 703-6911

**OPEN ART STUDIO:** Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

**AN EVENING WITH CHAD WILLIAMS,** Author of Seal of God: All are welcome to this family event. Admission is free. 10200 Campus Park Dr., 6:00 PM 549-4249

**BACKPACK GIVEAWAY AT MOJAVE LIBRARY:** Sponsored by Dept. of Child Support Services. 3:00 PM 824-2243

**FRIDAY NIGHT AT THE DIRT TRACK:** A-Mods, B-Mods American Stocks, Pro Stocks Western U.S. Midgets 6:00 PM 13500 Raceway Blvd., 835-1264

### Saturday July 14

**FAMILY STORYTIME AT DELANO LIBRARY:** 725-1078

**FARMERS MARKET:** 3201 F St, 8:00 AM - 12:00 PM

**KIDS YOGA CLASSES:** Kids ages 6-13 will learn Yoga, 374-8693

**LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS:** 9:00 AM - 1:00 PM. (760) 417-9575

**ONYX FAMILY FARMS:** 9:00 AM - 4:00 PM. (760) 377-7460

**QUILTERS AND CROCHETERS:** Meet the needs of those who request a special handmade item. 398-1971

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

**FREE DAY at the MARTURANGO MUSEUM:** 760-375-6900

**SECOND SATURDAY AT BIKE BAKERSFIELD:** Stop in for a tune up and lets ride around. 321-9247

**VOLUNTEER ORIENTATION AND TRAINING:** No experience is necessary. M.A.R.E. 589-1877

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 868-0701

**YOKUTS PARK FUN RUN:** Free! Empire Drive, 7:00 AM

**NIGHT HIKE AT WIND WOLVES:** Reservations must be made two weeks in advance. 8PM-10PM 858-1115

**TMRA JUNIOR RODEO:** 416 Dennison Road, Tehachapi 7:30 AM 557-7336

**TWILIGHT AT CALM:** Enjoy the animals during their active dusk hours. 5:00 PM - 8:00 PM 872-2256

### Sunday, July 15

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

**HAGGIN OAKS FARMERS MARKET:** 8800 Ming Ave, Bakersfield, 9:00 AM - 2:00 PM. 334-2033

**KIDSLIFE:** Where the Bible and fun come together! 13701 Stockdale Hwy. 10:30 AM - 11:30 AM 588-2268



**TMRA JUNIOR RODEO:** 416 Dennison Road, Tehachapi 7:30 AM 557-7336

### Monday, July 16

**4 and 5 READY TO STRIVE / LITTLE LEARNERS:** Get your child ready for kindergarten. 661-392-2054 Mon-Thurs.

**KERN COUNTY MUSEUM SUMMER CAMP:** Embark on a summer full of fun. 7:30AM-5:30PM 437-3330 Mon-Fri





## ALL AMERICAN HOT DOG FESTIVAL

**Wednesday, July 4**  
 A grand old-fashioned "All American" Fourth of July with fun for the whole family. Bring your lawn chair and sunscreen and join in our games and the children's parade, listen to music from our own local musicians, and catch the fireworks display at the football stadium or rodeo grounds. Free! 11a-4pm. Philip Marx Central Park, Tehachapi, 661-822-2200



## RESOUND: DRUM CORPS COMPETITION

**Friday, July 20**  
 Sticks will Fly on the 20th of July! The 4th annual RESOUND Drum Corps International competition will bring some of the country's best drum and bugle corps to Bakersfield College's Memorial Stadium. 7:00 PM - 8:30 PM [www.dci.org/events/resound](http://www.dci.org/events/resound)

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday. 322-2800

**C.A.L.M. SENIOR DISCOVERY DAY:** 872-2256

**COLOR ME HAPPY AT MOJAVE LIBRARY:** A relaxing and fun way to socialize. 824-2243

**COUNTRY LINE DANCING:** 392-2010

**FAMILY STORYTIME AT MOJAVE LIBRARY:** Celebrate reading by enjoying stories, songs and craft! 824-2243

**GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS:** Open to all men who enjoy singing. 871-6268

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** DreamCenter Bakersfield. 326-1907

**SEWING CLASS:** 246-7144

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 2:30 PM 746-2156

**THE CHRISTIAN JOURNEY:** Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464

**BUENA VISTA MUSEUM SUMMER SCIENCE CAMP:** Offering a variety of sessions. Mon-Thur. 324-6350

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

## Tuesday, July 17

**AWESOME ART:** Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** Bakersfield Art Center. 869-2320

**BLOCKS FOR THE BRAVE:** Give back to our Veterans by making quilts. 805-712-1323

**CHILDREN'S POETRY OPEN MIC:** Children share their original poetry. 868-0701

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Celebrate reading by enjoying stories, songs and craft! 746-2156

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Greenfield Resource Center. 837-3720

**LUNCH AT THE DELANO LIBRARY:** Children, ages 2-18 FREE. Tues. - Thur. 11:30 AM - 12:30 PM 725-1078

**MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 588-8931

**PATHFINDERS & ADVENTURERS:** A program for children. 871-5000

**QUILTING:** Learn a new hobby or just enjoy quilting with friends. 8:30 AM - 11:30 AM. 661-392-2010

**RANCH SORTING:** Equine event with cattle. 325-4206

**MOPS - CALVARY BIBLE CHURCH:** Meeting the needs of every mother of preschoolers. 327-5921

**PROJECT LINUS BLANKET MAKING:** Provide love and comfort to children with items created by volunteers 549-4967

**DOWNTOWN BOOK WALK:** Walk around downtown Delano and discuss books. 925 10th Ave, 4:00 PM 725-1078

## Wednesday, July 18

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. 833-4345

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Bakersfield Art Center. 869-2320

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Enjoy stories, songs, rhymes and fun for the whole family. 11:30PM 746-2156

**HAPPY BELLY CLASS: STRESS-MANAGEMENT AND FOOD COMBO THEORY:** 808-0811

**BIKE MAINTENANCE AT WILSON LIBRARY:** Free bike maintenance and helmet giveaway. 12:00PM-2:00PM 321-9247

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** For kids 4-12! 342-2078

**OPEN BARREL RACING:** Bring your horse. 325-4206

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 868-0701

**SPINNING TALES:** Join the fun and listen to a story. 392-2029/392-2054

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 2:30 PM 746-2156

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Stories, movement, songs, and fun with your 18mo.-2 yrs. old. 868-0701

**WOMEN'S SELF DEFENSE WORKSHOPS:** Learn to defend yourself. FREE 1921 19th St, 6:00 PM 322-0931

## NATIONAL HOT DOG DAY



## July 18

**MOMnext - OLIVE KNOLLS NAZARENE CHURCH:** A group for mothers of school-age kids. 399-3303

**WASCO FARMER'S MARKET** 748 F St., Wasco, 2:00 PM - 6:00 PM 758-7206

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

**CRAFTERNOON:** Make crafts from around the world! 15555 O Street, Mojave, 2:00 PM. 824-2243

**OMNIPRESENT PUPPET THEATER AT WASCO LIBRARY:** Experience puppetry with an unforgettable show. 2:00 PM

**SLIME SCIENCE AT DELANO LIBRARY:** Learn STEAM skills while creating galaxy slime! 2:00 PM - 3:00 PM 725-1078

**YOUTH GROUP:** at St. Paul's 2216 17th St. (Between B St. and C St.) 6:30 PM - 8:00 PM 719-360-6878

## Thursday, July 19

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 588-8931

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 869-2320

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Enjoy stories, songs, rhymes and fun for the whole family. 2:00P 746-2156



**FAMILY STORYTIME AT MCFARLAND LIBRARY:** Enjoy stories, songs, rhymes and fun. 3:30P 746-2156

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Arvin. 326-1907

**ROPING PRACTICE:** Spectators welcome. 325-4206

**SQUARE DANCING CLASSES:** 301-2808

**STEAM ACTIVITIES CLUB AT SHAFTER LIBRARY:** Join us for science experiments and related Science, Technology, Engineering, Art and Mathematics topics. 3:00 PM 746-2156

**WORD POETRY/OPEN MIC NIGHT:** 703-6911

**\$2 DOLLAR DAYS AT BUENA VISTA MUSEUM OF NATURAL HISTORY:** All Ages, All Day just \$2 per person. 324-6350

**MOPS-LAURELGLEN BIBLE CHURCH:** Meeting the needs of every mother of preschoolers. 833-2100

**MOPS-THE BRIDGE BIBLE CHURCH:** Meeting the needs of every mother of preschoolers. 587-2010

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

**BOOKS IN MOTION, LITERACY AND DANCE AT DELANO LIBRARY:** 10:30 AM 725-1078

## Friday, July 20

**BIKE ARVIN:** Make new friends, ride your bike with us. 854-3577

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** FRIDAY AND SATURDAY from 6:30 - 9:30 pm

**FAMILY STORYTIME AT WASCO LIBRARY:** Enjoy stories, songs, rhymes, and fun for the whole family. 2:00 PM

**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

**LIVE MUSIC:** Listen to some live music Fri-Sat 703-6911

**OPEN ART STUDIO:** Short on Studio Space? Bring your latest project and

supplies to the Bakersfield Art Center! Beginners to advanced, just enjoy the company of other artists. 869-9320

**FAMILY FRIDAYS AT MERCY HOSPITAL DOWNTOWN:** 2215 Truxtun Ave., 6:00 PM - 8:30 PM 632-5747

**LEGO CLUB MANIA - BILINGUAL AT MCFARLAND LIBRARY:** Design your best LEGO creation. 3:30 PM

**MIDWEST INVITATIONAL BLACK RODEO:** Coming to the Kern County fairgrounds. 8:00 PM - 10:00 PM 447-7147

**ROAMING REPTILES AT MOJAVE LIBRARY:** This is an exciting opportunity to discover reptiles. 11:00 AM 824-2243

**BIKE RODEO AT WILSON LIBRARY:** Learn bike safety and have a blast on your bike. 12:00 PM - 2:00 PM 321-9247

**Saturday, July 21**  
**FAMILY STORYTIME AT DELANO LIBRARY:** 725-1078

**FARMERS MARKET:** 3201 F St, 8:00 AM - 12:00 PM

**KIDS YOGA CLASSES:** Kids ages 6-13 will learn Yoga, 374-8693

**LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS:** 9:00 AM - 1:00 PM. (760) 417-9575

**MATH CLINIC AT BEALE MEMORIAL LIBRARY:** Learn math or get assistance. 868-0701

**ONYX FAMILY FARMS:** 9:00 AM - 4:00 PM. (760) 377-7460

**QUILTERS AND CROCHETERS:** Meet the needs of those who request a special handmade item. 398-1971

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

**TWILIGHT AT CALM:** Enjoy the animals during their active dusk hours. 5:00 PM - 8:00 PM 872-2256

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester 7:30PM. 575-680-2212

**BPD K-9 TRIAL:** Please join us for our annual K-9 Trial, s1001 Truxtun Ave, 8:00 AM - 5:00 PM 637-9876

**RC SAILING:** Bakersfield Model Yacht Club 477-1806



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**NOW OFFERING ACUPUNCTURE SERVICES!**  
Our Licensed Naturopathic Doctors Provide:

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**CONCERTS BY THE FOUNTAIN AT THE MARKETPLACE**

**Every Thursday in July, 7pm-9pm**

**July 5:** R&B Classic Rock with LOST VINYL  
 July 12: Classic Rock with WARFIELD feat. SHERI WARFIELD  
 July 19: Rock and Roll with THE AVIATORS  
 July 26: Dance to your favorites from R&B to Country with THE JOHN HOLLINS BAND  
 themarketplacebakersfield.com



**TROPICAL FAMILY FUN NIGHT**

**Friday, July 27**

Children and adults can play games, swim, zoom down the water slides, and launch off the diving boards! Spin the wheel at the "Rethink Your Drink" and Water Safety Booths to win prizes. \$4 per person or \$13 for groups of 4 (Proper swim attire required to enter pool.) McMurtrey Aquatic Center 6:00 PM - 9:00 PM 852-7430

**Sunday July 22**

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

**HAGGINS OAK FARMERS MARKET:** 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

**KIDSLIFE:** Where the Bible and fun come together! 13701 Stockdale Hwy. 10:30 AM - 11:30 AM 588-2268

**Monday July 23**

**4 and 5 READY TO STRIVE / LITTLE LEARNERS:** Get your child ready for kindergarten. 661-392-2054 Mon-Thur

**KERN COUNTY MUSEUM SUMMER CAMP:** Embark on a summer full of fun. 7:30AM-5:30PM 437-3330 Mon-Fri

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday. 322-2800

**C.A.L.M. SENIOR DISCOVERY DAY:** 872-2256

**COUNTRY LINE DANCING:** 392-2010

**FAMILY STORYTIME AT MOJAVE LIBRARY:** Celebrate reading by enjoying stories, songs & craft! 11:30 AM 824-2243

**GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS:** Open to all men who enjoy singing. 871-6268

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** DreamCenter Bakersfield. 326-1907

**KNITTING 101 AT SHAFTER LIBRARY:** 11:30 AM 746-2156

**SEWING CLASS:** 246-7144

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 2:30 PM 746-2156

**THE CHRISTIAN JOURNEY:** Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464

**BUENA VISTA MUSEUM SUMMER SCIENCE CAMP:** Offering a variety of Science sessions. Mon-Thur. 324-6350

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave:7:30 PM 575-680-2212

**RETHINK YOUR DRINK AT SHAFTER LIBRARY:** How much

sugar is in your drink? Let's find out! 12:00 PM 746-2156

**Tuesday July 24**

**AWESOME ART:** Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** Bakersfield Art Center. 869-2320

**BLOCKS FOR THE BRAVE:** Give back to our Veterans by making quilts. 805-712-1323

**CHILDREN'S POETRY OPEN MIC:** Children share their original poetry. 868-0701

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Celebrate reading by enjoying stories, songs and craft! 746-2156

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Greenfield Resource Center. 837-3720

**LUNCH AT THE DELANO LIBRARY:** Children, ages 2-18 FREE. Tues. - Thur. 11:30 AM - 12:30 PM 725-1078

**MOPS - OLIVE KNOLLS NAZARENE CHURCH:** Meeting the needs of every mother of preschoolers. 399-3303

**MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 588-8931

**PATHFINDERS & ADVENTURERS:** A program for children. 871-5000

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Stories, songs, rhymes, for your 3 to 5 year old. 868-0701

**QUILTING:** Learn a new hobby or just enjoy quilting with friends. 8:30 AM - 11:30 AM. 661-392-2010

**RANCH SORTING:** Equine event with cattle. 325-4206

**PROJECT LINUS BLANKET MAKING:** Provide love and comfort to children with items created by volunteers 549-4967

**Wednesday, July 25**

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Learn Bible verses and play games. Ages 3 years to Highschool. 833-4345

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**CRAFT CORNER AT BEALE MEMORIAL LIBRARY:** Adults enjoy crafts & conversation. 868-0701

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Bakersfield Art Center. 869-2320

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Enjoy stories, songs, rhymes and fun for the whole family. 11:30PM 746-2156

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** For kids 4-12! 342-2078

**LEGO CLUB AT MOJAVE LIBRARY:** Design your best LEGO creation. 824-2243

**OPEN BARREL RACING PRACTICE:** Bring your horse. 325-4206

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800

**SPINNING TALES:** Join the fun and listen to a story. 392-2029/392-2054

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 2:30 PM 746-2156

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, songs, and fun with your 18mo.-2 yrs. old. 868-0701

**WASCO FARMER'S MARKET** 748 F St., Wasco, 2:00 PM - 6:00 PM 758-7206

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

**CRAFTY TEEN CLUB AT BEALE MEMORIAL LIBRARY:** 868-0701

**GAME ON! FAMILY FUN! AT MOJAVE LIBRARY:** Enjoy family fun board games for all. 3:00 PM - 5:30 PM. 824-2243

**STEVE MARTIN'S WORKING WILDLIFE AT WASCO LIBRARY:** Meet movie and TV animal celebrities. 12:00 PM

**Thursday July 26**

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 588-8931

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 869-2320

**FAMILY STORYTIME AT SHAFTER LIBRARY:** Enjoy stories, songs, rhymes and fun for the whole family. 2:00P 746-2156



**FAMILY STORYTIME AT MCFARLAND LIBRARY:** Enjoy stories, songs, rhymes and fun. 3:30P 746-2156

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Arvin. 326-1907

**MOPS- VALLEY BAPTIST CHURCH:** Meeting the needs of every mother of preschoolers. 387-6352

**ROPING PRACTICE:** Spectators welcome. 325-4206

**SPECIAL FRIENDS, JOYFUL HEARTS:** Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 6:00 PM - 7:30 PM 665-7815

**SQUARE DANCING CLASSES:** 301-2808

**STEAM ACTIVITIES CLUB AT SHAFTER LIBRARY:** Join us for science experiments and related Science, Technology, Engineering, Art and Mathematics topics. 3:00 PM 746-2156

**WORD POETRY/OPEN MIC NIGHT:** 703-6911

**MOPS- ST. ELIZABETH ANN SETON CHURCH:** Meeting the needs of every mother of preschoolers. 587-3626

**BAKERSFIELD TRAIN ROBBERS:** Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

**ART AFTER DARK:** 323-7219

**CULTURAL DANCING AT DELANO LIBRARY:** Discover different cultures. 2:00 PM - 3:00 PM 725-1078

## Friday, July 27

**BIKE ARVIN:** Make new friends, ride your bike with us. 854-3577

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** FRIDAY AND SATURDAY from 6:30 - 9:30pm

**FAMILY STORYTIME AT WASCO LIBRARY:** Enjoy stories, songs, rhymes, and fun for the whole family. 2:00 PM

**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

**LIVE MUSIC:** Listen to live music Fri-Sat 703-6911

**OPEN ART STUDIO:** Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

**FULL MOON BIKE RIDE:** Join us for a family-friendly, all-ages cruise starting at Beach Park and following the bike path to the Marketplace. 7:00 PM - 9:00 PM 321-9248

**TEEN BOOK CLUB AT MOJAVE LIBRARY:** Discuss your favorite book. 3:00PM 824-2243

## Saturday, July 28

**FAMILY STORYTIME AT DELANO LIBRARY:** 725-1078

**FARMERS MARKET:** 3201 F St, 8:00 AM - 12:00 PM

**KIDS YOGA CLASSES:** Kids ages 6-13 will learn Yoga, 374-8693

**LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS:** 9:00 AM - 1:00 PM. (760) 417-9575

**ONYX FAMILY FARMS:** 9:00 AM - 4:00 PM. (760) 377-7460

**QUILTERS AND CROCHETERS:** Meet the needs of those who request a special handmade item. 398-1971

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. Saturday and Sunday. 858-1115

**KIDS FREE DAYS AT C.A.L.M.:** Kids up to 12 years old are FREE with a paying adult. 872-2256

**TWILIGHT AT CALM:** Enjoy the animals during their active dusk hours. 5:00 PM - 8:00 PM 872-2256

**NIGHT HIKE AT WIND WOLVES:** Reservations must be made two weeks in advance. 8:00 PM - 10:00 PM 858-1115

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 868-0701

## Sunday, July 29th

**HAGGINS OAK FARMERS MARKET:** 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

**KIDSLIFE:** Where the Bible and fun come together! 13701 Stockdale Hwy. 10:30 AM - 11:30 AM 588-2268

## Monday, July 30th

**4 and 5 READY TO STRIVE / LITTLE LEARNERS:** Get your child ready for kindergarten. 661-392-2054 Mon-Thur

**KERN COUNTY MUSEUM SUMMER CAMP:** Embark on a summer full of fun. 7:30AM-5:30PM 437-3330 Mon-Fri

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday. 322-2800

**C.A.L.M. SENIOR DISCOVERY DAY:** 872-2256

**COLOR ME HAPPY AT MOJAVE LIBRARY:** A relaxing and fun way to socialize. 824-2243

**COUNTRY LINE DANCING:** 392-2010

**FAMILY STORYTIME AT MOJAVE LIBRARY:** Celebrate reading by enjoying stories, songs & craft! 11:30 AM 824-2243

**GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS:** Open to all men who enjoy singing. 871-6268

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** DreamCenter Bakersfield. 326-1907

**SEWING CLASS:** 246-7144

**STEAM SCHOLAR CLUB AT SHAFTER LIBRARY:** It's stimulating fun for all ages! 2:30 PM 746-2156

**THE CHRISTIAN JOURNEY:** Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464

**BUENA VISTA MUSEUM SUMMER SCIENCE CAMP:** Offering a variety of Science sessions. Mon-Thur 324-6350

## Tuesday July 31st

**AWESOME ART:** Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** Bakersfield Art Center. 869-2320

**BLOCKS FOR THE BRAVE:** Give back to our Veterans by making quilts. 805-712-1323

**CHILDREN'S POETRY OPEN MIC:** Children share their original poetry. 868-0701

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Greenfield Resource Center. 837-3720

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931

**PATHFINDERS & ADVENTURERS:** A program for children. 871-5000

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Stories, songs, and rhymes, for your 3 to 5 year old. 868-0701

**QUILTING:** Learn a new hobby or just enjoy quilting with friends. 8:30 AM -11:30 AM 392-2010

**RANCH SORTING:** Equine event with cattle. 325-4206

**READY-SET BACK-TO-SCHOOL BACKPACK GIVEAWAY AT SHAFTER LIBRARY:** 12:00 PM 746-2156

**THE MAGIC OF CHRISTOPHER LOPEZ:** Be amazed! DELANO LIBRARY: 2:00 PM - 3:00 PM 725-1078, SHAFTER LIBRARY: 11:00 AM 746-2156




## SEND US YOUR HAPPENINGS

Our daily happenings section is dedicated to bringing the most current events to you, but in order to do so, we need your help! You can submit your calendar events online at kerncountyfamily.com by putting your mouse over Calendar on our website's menu bar and clicking the pull down tab, "Submit Calendar Event." Please submit calendar events by the 10th of each month prior to ensure we have enough time to consider your event. We are happy to have your events as part of our Daily Happenings section and best of all, it's FREE! All events are printed well in advance of distribution each month and are subject to change. Please contact the event coordinator ahead of attendance for dates and times.



*Worship Guide*  
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**TRINITY**  
ANGLICAN CHURCH  
Father Karl Dietze  
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Sunday School and Child Care available during 10:00 AM service  
11300 Campus Park Drive  
Bakersfield CA 93311  
NW Corner of Buena Vista & Campus Park  
661-665-7713  
www.trinitybakersfield.com

**Vacation Bible School**  
Southwest Christian Center July 9-13  
**SHIPWRECKED**  
register online \$5  
www.swcc.us.com  
Nancy 661-342-2078



*Philippians*  
"Contentment: The Key is Content" by Dr. Rick Stedman  
Worship Services: 9:00 & 10:30 a.m.  
Summer Sermon Series  
13701 Stockdale Hwy 661-588-2268 ccvbak.com



## Local Summer Movies!

Enjoy these free or low-cost movies with your family

### REGAL SUMMER MOVIE EXPRESS

\$1.00 Movies All Summer at The Marketplace, 10:00am

#### July 3rd & 4th

"LEGO Movie" • "Alvin & the Chipmunks"

#### July 10th & 11th

"Sing" • "Peanuts Movie"

#### July 17th & 18th

"LEGO Ninjago" • "Ferdinand"

#### July 24th & 25th

"Secret Life of Pets" • "Alvin & the Chipmunks: The Squeakquel"

#### July 31st

"LEGO Batman Movie" • "Trolls"

### SPECTRUM MOVIES IN THE PARK

FREE Movies in the Park! Bring a picnic, chairs, and blankets; enjoy a movie under the stars. Begins at dusk. 326-3866

July 6th, 400 Montclair St: "Despicable Me 3"

July 13th, 7011 Harris Road: "Paddington 2"

July 20th, 8515 Akers Road: "Cars 3"

July 27th, 11200 Stockdale Highway: "Coco"

### FAMILY FLIX BEFORE 6 AT THE LIBRARY

Families can enjoy watching a kid-friendly movie (rated G or PG)

Shafter Library

July 2, 9, 16, 23 & 30, 5:30pm

Wasco Library

July 7 & 30, 12pm

July 11, 16 & 23, 2pm



Fellowship Baptist Church  
3001 Stine Rd  
Bakersfield - CA • 93309  
661-833-4345  
www.myfellowshipbaptist.com  
Rick Prevost, Senior Pastor

ARE YOU LOOKING FOR A CHURCH HOME?...

Sunday  
9:30 am - Bible Studies for all ages (English & Spanish)  
10:45 am - Worship Celebration (English & Spanish)

Wednesday  
6:00 pm - Bible Study & Prayer

**Bakersfield Central SDA Church**  
Pastor Kevin Hart

Saturday Sabbath School  
Classes for All Ages: 9:15am  
Saturday Worship Service:  
10:40am

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www.bakersfieldcentralsda.adventistfaith.org

**DISCIPLES CHURCH**  
BY HIS GRACE FOR HIS GLORY

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**Sudoku:**

9	5	7	4	8	1	2	6	3
2	4	8	3	6	9	1	5	7
6	3	1	5	7	2	4	8	9
1	6	5	9	2	4	3	7	8
4	8	9	6	3	7	5	1	2
3	7	2	8	1	5	6	9	4
7	9	4	2	5	6	8	3	1
5	2	3	1	9	8	7	4	6
8	1	6	7	4	3	9	2	5

**Crossword:**

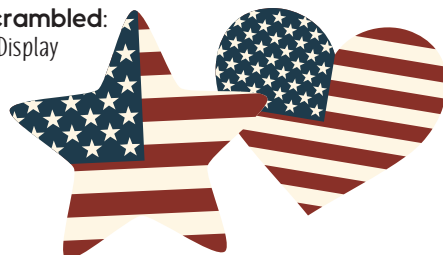
**Across:**

- Disproof
- Are
- Self
- Tastings

**Down**

- Dessert
- Perfect
- Ovation
- Freezes

**Get Scrambled:**  
Firework Display



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**AUTISM SOCIETY**

Improving the Lives of All Affected by Autism

Kern Autism Network

"Autism Society Chapter-Kern Autism Network provides support, awareness, information and education to families and the public throughout Kern County"

**Upcoming Events**

For the New School Year 2018-2019

- Parent Support Groups-Sibling Support Groups-Adults on the Spectrum Support Groups
- Four thematic LEGO Workshops throughout the school year
- Four topic specific Autism Seminars with guest speakers in the autism field, with parent scholarships offered to attend FREE
- Holiday Projects/Events-Thanksgiving, Christmas & Easter
- Community Autism Trainings

The Autism Society-Kern Autism Network, Inc. will be offering these listed items starting back up in the month of August 2018 and ending June 2019.

On behalf of the society, we wish you a wonderful, restful summer break! Contact us via email: [kernaautism@gmail.com](mailto:kernaautism@gmail.com) or visit our website Calendar.



**EARLY SIGNS OF AUTISM: SERVICES OFFERED:**

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships
- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
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# Where to ENJOY National Ice Cream Month

By Vaun Thygeron

Celebrate National Ice Cream month this July with a simple ice cream cone or a decadent hot fudge sundae to cool off on these hot summer days. Bakersfield has many options to choose from when it comes time to indulge in this frozen dessert. KCFM has compiled a list of local favorites where you're sure to find the perfect cold treat to have your taste buds screaming for ice cream!



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The 2018 Walk for Kids raised over \$150,000 for the Bakersfield Ronald McDonald House. For more info, visit [rmhsc.org/bakersfield](http://rmhsc.org/bakersfield)



photos by Kern County Family

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\*The source for the statistics cited on women are as follows: She-Economy; Ms. Smith Marketing; StartUpNation; Clickz; Inc.com; Girl Power Marketing; Catalyst; Forbes

\*\*Source of KC Family Magazine Readership: CVC Audit December 2014

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## Sudoku

9	5		4		1	2	6	3
	4		3					
		1	5	7		4		
1					4	3		8
4	8		6		7		1	
	7							
7					6		3	1
5		3		9		7		
		6				9		

Level: Beginner

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve: the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes.

The more numbers you name, the easier it gets!



## Fireworks Word Find

Find the hidden words in the puzzle

BRIGHT  
CELEBRATE  
CROWD  
EVENING

EXPLODE  
FESTIVAL  
HOLIDAY  
LIGHT

LOUD  
NOISY  
SKY  
SPARKLE

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



## Crossword Puzzle

1			2				3
4							
			5				
6							

### ACROSS

- Feeling hot
- Powder
- Tire pattern
- First day of the week

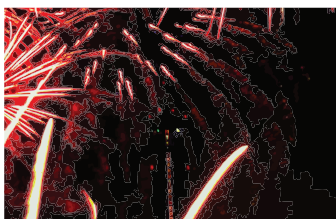
### DOWN

- Male parents
- Happy/Anxious
- Special day

## Get Scrambled

Unscramble the words to discover the phrase

REFOISWRK PYADLSI



Can you guess what the bigger picture is?

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Kids Already Bored?  
EPIC! is the Answer!

