

SAVE THE DATE! KCFM's 23rd ANNUAL SUMMER CAMP & ADVENTURE FAIR IS APRIL 11

Free copies for schools & businesses (661) 861-4939 www.kerncountyfamily.com



kern county **Family** free magazine

FEBRUARY 2019

Brotherly LOVE

Raising Boys
without
Rivalry

Sweet Treats
To Make with Kids

plus: do naps make kids smarter? p.10 heavenly hot chocolate spots p.16
choosing the perfect camp p.20 when should kids apologize? p.18



What moves you?

Exploration.

There is adventure around every corner, if you're willing to look for it. The new Kern Transit isn't just about being convenient and affordable—it's about exploring. It's about venturing into unfamiliar territory. It's about discovering new things in a place you thought you knew completely.

Kern Transit isn't just about taking you where you need to go—it's about taking you where you want to be.



OWNER/PUBLISHER

Lisajo Peterson Radon

EDITOR Lisajo Peterson Radon

ART DIRECTOR Pam Huber

COPY EDITOR

Diane Sill

CONTRIBUTING WRITERS

Christa Melnyk Hines

Christina Katz • Michael E. Kirk, PhD

Cheryl McGuire • Andrea Rose

Sandi Schwartz • Vaun Thygerson

ADVERTISING INQUIRIES

Cheryl Porter

(661) 861-4939

DISTRIBUTION INQUIRIES

(661) 861-4939

MAIN OFFICE & MAILING ADDRESS

1400 Easton Dr., Suite 112

Bakersfield, CA 93309

(661) 861-4939

Fax (661) 861-4930

WEB

www.kerncountyfamily.com

E-MAIL

kcfm@kerncountyfamily.com



Kern County Family Magazine is published twelve times a year by Skyline Publishing & Event Promotions of Kern County

Kern County Family Magazine is available free at more than 700 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets. Subscriptions by mail are \$17 per year and must include a check:

KERN COUNTY FAMILY MAGAZINE
1400 EASTON DR., SUITE 112
BAKERSFIELD, CA 93309

Deadline for advertising and calendar information is the 10th of the month preceding.

Kern County Family Magazine welcomes story ideas and unsolicited materials. Send inquiries to the address listed above. Kern County Family Magazine reserves the right to refuse any advertising for any reason. The opinions expressed by contributors or writers do not necessarily reflect the opinions of this paper. Distribution of this paper does not constitute an endorsement of information, products, or services. Neither the advertisers nor the publishers will be responsible for misinformation, typographical errors, omissions, etc. herein contained. ©2019 by Kern County Family Magazine and Skyline Publishing. All rights reserved. No portion of Kern County Family Magazine may be reproduced without the written consent of the publishers.

MEMBERS OF



Read us online: www.kerncountyfamily.com and follow us: www.facebook.com/kerncountyfamilymagazine/



12 Brotherly Love

Thanks to the Alvidrez brothers, Sebastian Paul Henry, age 14, and Maxwell Christian Andrew, age 11, by gracing our cover and proving that brotherly love does exist. The two brothers have always been close and they enjoy watching movies and playing video games, basketball, and baseball together.

Even though they have their own preferences and interests, the two remain the best of friends. No matter how different two brothers can be, there are ways to foster growth and promote friendly competition. Turn to Christa Melnyk Hine's article, "Raising Boys & Teaching Them to be Good Brothers," to find out how to make brotherly love possible. **Photos by Gary Bunk.**



10

Health Feature: Do Naps Make Kids Smarter?



16

Local: 7 Heavenly Hot Chocolate Spots



14

YCDI: Celebrate with your Valentine at Home

PLUS

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



- 4 Dear Reader:** Happy New Year!
- 6 Refrigerator Door:** Local Voices, News & Trends
- 8 Vital Signs:** Healthy News to Use
- 15 YCDI:** Chocolate Treats to Make With Kids
- 18 Dr. Kirk:** When Should Children Apologize?
- 19 Humor@Home:** 5 Things Only a Mother Would Say on Valentine's Day
- 20 2019 Camp Guide:** Choosing the Perfect Camp for Each Child
- 23 Happenings™:** Calendar of Local Events
- 29** Worship Guide
- 30** Family Shopper
- 34 Activity Corner:** Sudoku, Word Find & More

dear reader



Vaun Thygerson,
Contributing Writer

My house has been all abuzz with a dozen roses, a tuxedo, chocolate, and decadent desserts, which makes sense because it's the month of Valentine's Day, but these accoutrements are actually due to high school formal season. My freshman son and his date recently attended Liberty High School's Winter Formal with a group of friends. My daughter, who graduated in 2017, went to a lot of school dances and the stress in helping a girl versus a boy get ready for the dance are quite different, but both require a lot of work and planning.

First of all, renting his gorgeous all-black Marc Jacobs tuxedo was an experience all on its own; and it cost about the same price I paid for some of my daughter's fancy dresses. He was measured on Saturday for a Wednesday afternoon pick up. We beat the rush for pick up on Wednesday, scooting in just in front of an influx of moms and sons. It was fun to watch the lobby full of boys, who had come straight from school in jeans and hoodies, try on their tuxedos and transform into elegant young men one by one. My son looked especially handsome! (And, I'm not just saying that because he's my son... wink, wink).

That Saturday, dressed in the perfect tux and holding a bouquet of roses for his beautiful date, my son was ready for the big dance at Rabobank Theater with the theme, "Old Hollywood." Their group took fun pictures, ate a fancy dinner, danced the night away, and had an after-party with all kinds of delicious desserts. They had a fun night and celebrated a rite of passage for teenagers that has been around since the late 19th century.

Speaking of boys, thanks to Sebastian Alvidrez, age 14, and Max Alvidrez, age 11, handsome brothers that grace our cover this month. While the brothers have a lot of differences—Max loves to play football while Sebastian would rather watch it than play it; Max has an incredible singing voice and Sebastian

does not sing; and Sebastian likes to build things while Max loves to read—they've always found they have more in common than not. In the article, "Raising Boys & Teaching Them to be Good Brothers," by Christa Melnyk Hines, she gives some tips on how to set a positive set of examples to nurture their relationship. She says one of the best things you can do to turn boys into gentlemen is to be a positive role model. To find out what else she recommends, turn to page 12 and read her advice.

For a fun perspective on Valentine's Day, you can check out the Humor@Home article, "5 Things Only a Mom Would Say on Valentine's Day," by Cheryl Maguire. She writes about how this holiday has changed since her single days. Thanks to her kids who have brought magical night creatures, adorable Valentine's Day inspired t-shirts, and potty training poems into her life. Valentine's Day isn't like it was when she was single, but she wouldn't have it any other way.

Calling all writers! KCFM wants you to submit your funny stories!

Most of you moms or dads reading the Humor at Home article can relate to life's challenges and changes since you had children that Tracie Grimes so uniquely wrote for all these years. KCFM has decided to let you, our fabulous readers, tell the stories that you have. Send a 600-word submission to lj@kerncountyfamily.com with the subject line: "Humor at Home" and you could be published in an upcoming issue. Can't wait to read your hilarity and craziness that comes with being a parent.

February is such a fun month filled with roses and chocolate where we get to shower those we love with red, heart-eyed emojis and real-life smooches. This time of year is perfect for formal season! Whether you have a son or a daughter, or both, enjoy this momentous occasion because these are the pictures and memories that will fill up your scrapbooks.

Wishing you a Happy Valentine's Day!

Kern County Public Works

SPECIAL WASTE FACILITIES

Bakersfield

4951 Standard St.

Wednesday – Saturday

8 AM – 4 PM

Mojave

17035 Finin St.

1st Saturday of January,
March, May, July,
September, & November

9 AM – 12 PM

Ridgecrest

3301 W. Bowman Rd.

2nd & 4th Saturday
of Each Month
10 AM – 1 PM



Automotive Products
Batteries (Home & Auto)
Cleaning Products
Medications

Fluorescent Bulbs
HOME Generated Sharps
Paint & Paint Products
Pesticides & Weed Killers
Pool Chemicals & more

NO Leaking Containers
Label ALL Containers
Do NOT Mix Wastes

Businesses Must Be Eligible
(see rules online)
& Call To Make An Appointment

Transport no more than 15 gallons or 125 lbs. of waste per trip (no containers over 5 gallons)

For more information call (661) 862-8900 or visit us on the web at www.kernpublicworks.com

Surprise Your Valentine!

Call **Lemonade Locks**
Wig & Gift Boutique!

We carry a fabulous selection of wigs and hairpieces. We take pride in our personalized, one-on-one service and we are experienced in fitting, altering and trimming your wig to meet your needs. We've also recently expanded our boutique to include beautiful hats, scarves, accessories and gift items.

We are located on the 2nd Floor of the AIS Cancer Center.
Appointments Required for Wig Fittings



The Melissa Wig

2620 Chester Avenue, 2nd Floor
Bakersfield, CA 93301
(661) 549-WIGS (9447)
www.lemonadelocks.com

Public Welcome
Please Call for Appointment
Hours: Monday-Friday 8:30a - 4:30p
Gift Certificates Available.



Families Grow Healthy with WIC



WIC Offers

- Classes on healthy & easy breakfast ideas, tips for picky eaters, first foods for infants and breastfeeding education
- Lactation Consultants, Registered Dietitians and Nutritionists available
- Vouchers for Healthy Foods

You may qualify for WIC if you

- Are pregnant or have a child under 5 years of age
- Have CalFresh, Medi-Cal or Calworks (Cash Aid)
- A family of 4 earning up to \$45,510 a year

WEEKEND AND EVENING HOURS AVAILABLE

WALK-IN'S & FOSTER FAMILIES WELCOME!



This institution is an equal opportunity provider

Locations in:

Bakersfield • Delano • McFarland • Lake Isabella
Taft • Lamont • Arvin • Frazier Park

CONNECT WITH US  <https://clnicasieravista.org/Departments/introduction/WIC.html>  661-862-5422



Sunrise Natural Medicine

LICENSED NATUROPATHIC DOCTORS

Live Well, Be Well... Naturally



Pamela Colby, ND



Derek Lawrence, ND

661-379-6933

DON'T WAIT - CALL TODAY!

We treat people, not diseases, which means that we're interested in YOU.



2101 17th St., Bakersfield, CA 93301
www.SunriseNaturalMedicine.com



Now Offering In-Office General Anesthesia Appointments



Purdy Pediatric Dentistry

Precious Smiles Deserve Special Care

Purdy Pediatric Dentistry has been providing dental services for the children of Kern County, since 2001. We have a very caring and compassionate staff that is dedicated to providing the best dental care for each child.

By making dental appointments fun, we encourage kids to develop good dental hygiene habits for a lifetime of healthy teeth!

Purdy Pediatric Dentistry
5397 Truxtun Avenue
Bakersfield, CA 93309

661-832-5530
www.purdypediatricdentistry.com



A Chocolate Affair

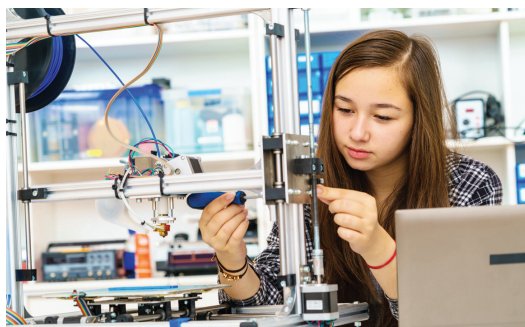
Join the United Way of Kern County Women United to celebrate chocolate in all its forms for a good cause on Saturday, March 2, at 6 p.m. at the Petroleum Club. The evening, "A Chocolate Affair," will help support early childhood development programs by providing books and resources to families with young children so parents can be their first teacher. In addition to chocolate, the night will include champagne, hors d'oeuvres, live music, a silent auction, and much more.



For more information, please visit uwkern.org.

REVS-UP Program

The School of Natural Science, Mathematics, and Engineering at California State University, Bakersfield (CSUB) is now accepting applications through February 22 for its REVS-UP program funded by Chevron Corporation.



This program is geared towards high school students and intends to increase interest in science and mathematics careers. It offers hands-on research experiences for teams in biology, mathematics,

and physics. All research projects will take place June 3 through June 27 in the research laboratories at CSUB. Please email stem@csub.edu with questions about the program.

For an application, please visit www.csub.edu/revsup.

The New Girl Scouts Cookie is Gluten-Free

This year the Girl Scouts of America will debut a new cookie, Caramel Chocolate Chip, and it's gluten-free. The new cookie is chewy and "features rich caramel, semi-sweet chocolate chips, and a hint of sea salt. This cookie is one of two gluten-free options that the Girl Scouts will be selling: Toffee-tastic, a buttery cookie with sweet and crunchy golden toffee bits. Don't worry, all of your favorite cookies like Thin Mints and S'Mores will be kept in the lineup.

To find out where to buy these enormously popular and delicious cookies, visit www.girlscoutscs.org.

Aera Energy Donates \$280,000 to Boys & Girls Clubs of Kern County

Boys & Girls Clubs of Kern County will receive a new roof and rooftop solar panels for the Armstrong Youth Center, thanks to a recent donation of \$280,000 from Aera Energy.



Photo courtesy Boys & Girls Clubs of Kern County

This investment will stop the leaks that close down part of the center during the rainy season as well as help the clubs save over \$60,000 per year on utility costs. The contractors for the project will be Wilson Brothers Roofing and Streamline Solar. Roof renovation is expected to begin by April 2019 and solar installation should be completed by August 2019.

For more information, visit www.bgclubsofkerncounty.org.

Heart of the Country

Garden Pathways presents Heart of the Country on Thursday, February 7 at 6:00 p.m. at Buck Owens' Crystal Palace, 2800 Buck Owens Blvd. The event will feature the music of Jimmy Wayne, award-winning Nashville recording artist, NY Times best-selling author, and foster care advocate. Stan Ellis and Stampede Band and Amy Adams & The Rising Stars will also perform.



Proceeds will benefit Garden Pathways' mentoring and education programs for at-risk and low-income families and youth.

For ticket information, please call 661-633-9133 or visit www.gardenpathways.org.

1.7

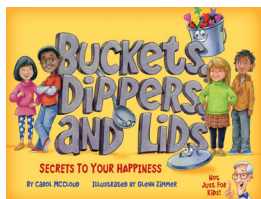


The amount, in billions, that is spent on candy for Valentine's Day.

According to the National Retail Federation.



PRODUCTS YOU'LL LOVE

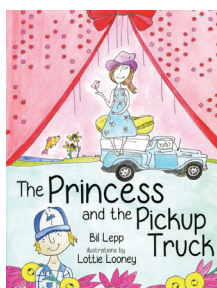


Fill Up on Happy

Help kids grow their understanding of kindness, self-control, resilience, empathy and forgiveness with *Buckets, Dippers, and Lids: Secrets to Your Happiness* (\$10.95, ages 7+).

On-the-Go Buddy

zooby Car and Home Baby Monitor (\$169.97, infanttech.com) is a portable and plush car and home monitor. Keep an eye on baby even in a rear-facing car seat with two-way audio.

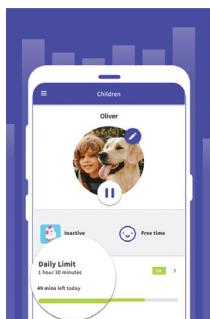


Rough & Tumble Royalty

The Princess and the Pickup Truck (\$15.95, leppstorytelling.com, ages 5-10) is an Appalachian retelling of The Princess and the Pea and perfect for princesses who prefer hiking boots. Bright and eclectic illustrations add to the charm.

Nap Time

SnoozeShade (\$89.99, amazon.com) is a soft, safe, stretchy breathable mesh canopy for playards. Mom-invented and great for distraction-free napping.



Take a Digital Break

Gain a better understanding of your kids' digital use with Screen Time Parental Control (\$4.99/per month, screentimelabs.com). Features a pause button, allowing parents to use their own smartphone to "pause" their child's device remotely. The app also allows children to earn more screen time by doing specific tasks or chores. Parents can also set daily screen time limits and block certain apps at specific times of day.

Sweet Dreams

With Nanit Plus (\$279, nanit.com) both you and your little one can sleep like a baby. The monitor's overhead HD camera tracks everything happening in your baby's crib (sleep patterns, parent visits, room conditions) and then provides personalized guidance to help achieve optimal sleep.



image via nanit.com

Kern County Superintendent of Schools

Office of Mary C. Barlow ...advocates for children

19TH ANNUAL
KERN COUNTY

Teacher Recruitment Fair

Saturday, February 23, 2019

8 a.m. – 12:00 p.m.

Larry E. Reider Education Center

2000 K Street, Bakersfield

2019-2020 Anticipated Positions

- Multiple Subject
- Single Subject
- Special Education
- Speech Pathologist
- Occupational Therapist
- School Nurse

Recruiting **FULLY CREDENTIALLED TEACHERS, INTERNS and CAREER TECHNICAL EDUCATION TEACHERS.**

Also: Recruiting substitutes and holders of Bachelor's degrees or higher.

CTE TEACHING CREDENTIAL REQUIREMENTS: Three years of experience directly related to the industry sector and a high school diploma or equivalency.

Online pre-registration deadline: February 15, 2019.
Onsite registration: February 23, 2019, at 11:00 a.m.

<https://trf.kern.org>

Pre-registered applicants will be admitted to the event at their scheduled times. Non-registered attendees should arrive at 11:00 a.m. Admittance will be determined by occupancy at 11:30 a.m.

Give Kids A Smile

February is National Children's Dental Health Month and you can help children receive free oral health services. Through the ADA Foundation's Give Kids A Smile program, more than 5.5 million underserved children have received free oral health services provided by donors and volunteers.

To participate in this year's campaign, visit www.adafoundation.org/en/give-kids-a-smile.



Many Teens Ponder Suicide

Suicide is the second leading cause of adolescent death, yet a recent study published in "Pediatrics" found many parents fail to realize their teenagers have had suicide cross their minds.

In the study "Parent-Adolescent Agreement About Adolescents' Suicidal Thoughts," researchers interviewed 5,137 adolescents 11-17 years old and their parents, who were recruited through a community-based pediatric health network in Philadelphia. The teens were asked, "Have you ever thought about killing yourself?" and "Have you ever thought a lot about death or dying?"

Recurrent thoughts of death or dying, while not necessarily suicidal ideation, are associated with elevated distress and listed as a symptom of major depressive disorder. Parents responded to the same questions about their adolescents' lifetime suicidal thoughts and thoughts about death.

A recent study found many parents fail to realize their teenagers have had suicide cross their minds.

Half of parents surveyed were unaware of their teenagers' thoughts of killing themselves, and more than 75 percent were unaware of their teens' recurrent thoughts of death.

The authors suggest that, because many teens at risk of suicide may go undetected, pediatricians adopt a multi-informant approach to suicide screening.

One in 40 U.S. Children Have an ASD Diagnosis, According to Parents

A recent study indicates the number of children on the autism spectrum may be higher than thought, according to the American Academy of Pediatrics.

Using the most recent national data from the 2016 National Survey of Children's Health, a nationally-representative survey of 50,212 children focused on the health and well-being of children aged 0-17 years, researchers from the Health Resources and Services Administration's Maternal and Child Health Bureau, the Centers for Disease Control and Prevention, Harvard, Drexel and George Washington Universities have estimated that parents of 1 in 40 U.S. children reported their child had autism spectrum disorder.

In the study, "The Prevalence of Parent-Reported Autism Spectrum Disorder among US Children," the authors note that differences in published estimates of ASD prevalence likely reflect the fact that studies have used different sampling methods, focused on different age ranges and have been conducted during different time frames.

The researchers report that 27 percent of U.S. children with ASD took medication for ASD-related symptoms and 64 percent received behavioral treatment. However, they also found that parents of children with ASD were 44 percent more likely to report problems getting mental health treatment, versus children with other emotional, behavioral or developmental disorders.

Twenty-three percent were less likely to report their child having a medical home and 24 percent less likely to receive help with care coordination. The authors conclude that their findings show that children with ASD face many challenges, including gaining needed access to a variety of treatment options, and that they particularly need referrals and care coordination to improve their long-term outcomes.

Data Shows Rise in E-Cigarette Use Among Youth

There's been a rise in e-cigarette use among youth, according to the 2018 National Youth Tobacco Survey. New data from the National Youth Tobacco survey show the number of teenagers using e-cigarettes almost doubling in just the last year.

"America's youth are facing a public health crisis that threatens an entire generation — skyrocketing use of nicotine products, brought on by access to flavored products in particular," said Alex Azar, U.S. Health and Human Services secretary. "Use of these products, including e-cigarettes, menthol cigarettes, and cigars, put our youth at risk for a lifetime of nicotine addiction."

The data also shows that kids not only choose flavored products more often than adults do, but also that flavors are a major reason they use these products in the first place. Flavors increase the likelihood of kids progressing from experimentation to regular use, and a portion of them will go on to use combustible tobacco products, with the huge added dangers of tobacco-related disease.

"E-cigarettes present an important, potentially life-saving opportunity to help currently addicted adult smokers quit combustible cigarettes, but in trying to build this off-ramp from a deadly addiction, we cannot let e-cigarettes become an on-ramp for kids to enter a lifetime of nicotine addiction and tobacco use," Azar said.

FDA's enforcement efforts and policy framework would restrict access to most flavored e-cigarettes and limit the chances of youth beginning to use these products, while ensuring the products are available to adult smokers as an alternative to combustible cigarettes.

"Our obligation at HHS is always to the public health, and we believe FDA's goals strike the right public health balance in addressing the multifaceted challenge we have before us today," Azar said.



Healthy Eating or Eating Disorder?

Anorexia is the third most common chronic disease among young people, after asthma and Type 1 diabetes. According to reports, when researchers followed a group of 496 adolescent



girls for 8 years, until they were 20, they found 5 percent of the girls met criteria for anorexia, bulimia or binge eating disorder and 13 percent of the girls suffered from some type of eating disorder by age 20.

National Eating Disorders Awareness Week is Feb. 26-March 4. If you are concerned about your child's eating habits, contact your pediatrician or call the National Eating Disorders helpline at 800-931-2237.



Clean Your Phone! By Metro Creative

The most germ-added item in your home may not be the toilet or the kitchen sponge. Mobile phones pick up bacteria wherever they go. In addition, users touch their phones an average of 47 times a day according to the national average determined by a Deloitte research survey, introducing new contaminants to the device each time they do so.

Researchers at the University of Arizona found that cell phones carry 10 times more bacteria than many toilet seats, and there may be as many as 17,000 bacterial gene copies on the average high-schooler's phone.

Encourage your teens (and remind yourself!) to wash hands before use and to try to keep the phone away from areas that may be vulnerable to germs, such as bathrooms.

Wear Red for Women

Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute. But it doesn't affect all women alike, and the warning signs for women aren't the same as in men. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health for this very reason.



National Wear Red Day is Friday, Feb. 1. For more information, visit www.goredforwomen.org.



One Good
CHOICE Today... Can **CHANGE**
Your Tomorrow!



800-391-2000
kernfamilyhealthcare.com



Do Naps Make Kids Smarter?

By Sandi Schwartz

When my children were infants and toddlers, nap time was a sacred part of the day – mainly because it gave me a much-needed break. I scheduled meals, playdates, mommy and me classes, and errands around their naps. I dealt with plenty of pushback from friends and relatives for sticking to this schedule. They didn't understand why I had to leave early or arrive late to some events. Deep down I knew that it was best for my children – they needed that nap or they'd be cranky, which would ultimately lead to chaos later in the day. But another secret to my napping obsession was that I had read how naps can actually make kids smarter. What parent doesn't want to do everything possible to help their kid get ahead in life, right?

The Science Of Napping

The study that caught my attention was released in 2010 by University of Arizona. It found that babies who nap are more likely to show an advanced level of learning known as “abstraction.” This is the ability to identify a pattern in information. Naps actually help the brain retain new information more effectively, allowing infants to learn more about their surroundings. During this study, researchers played the same phrase from a made-up language to 48 15-month-olds over and over again until they were familiar with it. Testing showed that toddlers who slept within four to eight hours of hearing the phrase displayed more abstract learning. This was not the case for children who did not take a nap within the same time frame. Why does this happen? Infants have mostly REM sleep, which involves intense dreaming as a result of heightened brain activity. Children need to experience REM sleep within a reasonable amount of time after learning new information in order to process it. If they don't sleep within four to eight hours, they will not be able to retain as much information.

Over the last several years, additional studies have continued to link napping with better memory and other learning skills. In 2012, scientists at the University of Colorado Boulder investigated the effects of naps on cognitive responses in two- and three-year-olds. They found that children who did not nap consistently did not learn and solve problems as well as those who napped.

Next, the University of Massachusetts Amherst released findings in 2013 that showed how a midday nap plays a crucial role in improving memory and learning in preschoolers. This boost was not found after a night of sleep if kids did not have a daytime nap. The researchers studied more than 40 preschoolers at six different schools. They conducted two different experiments: the first one focused on a memory game and the second one involved observing brain activity of children during nap time. In the first experiment, children played a memory matching game using various pictures very similar to the Memory board game we play with our kids. Every child learned the game at the same time in the morning. Researchers then split the children into two groups. One group took naps lasting an average of 75 minutes and the other group stayed awake. Then the children were asked to play the memory game again. They found that daytime naps were associated with significantly greater memory recall. Skipping the nap led to a 10 percent decrease in the children's accuracy in the memory game. Also, the children who performed best on the memory game had consistent daytime naps.

Scientists believe that memories are processed during sleep in a way that makes it easier for the brain to access and retrieve information later. In order to make room for new memories, the brain continues to work while we sleep, processing what we learn into long-term storage to free up space for new information. To confirm the findings from the first experiment, researchers

then observed brain activity of a different group of preschool children while they napped. They found an increase in the density of sleep spindles, which are bursts of electrical activity in the brain believed to play a role in long-term memory. Researchers determined that an increase in sleep spindle density of kids who napped was linked to better memory skills.

Finally, in 2015 researchers from the University of Sheffield in the United Kingdom reported a link between infant napping and memory skills. After studying over 200 young children, they concluded that daytime naps of 30 minutes or more help infants retain and remember new behaviors. They tested whether daytime sleep after learning helped babies remember new skills more effectively. The study focused on 216 healthy six- to 12-month-old infants. The children were shown how to remove and manipulate a mitten from a hand puppet and were given the opportunity to demonstrate these actions after four and 24 hours. Half of the babies slept within four hours of learning, while the rest either had no sleep or napped for fewer than 30 minutes. Only the infants who napped after the learning activity remembered what they learned, while those who did not nap showed no evidence of remembering the new behavior. In a nutshell, they found that those who sleep after learning are able to grasp the information better. Therefore, the researchers suggest that the best time to learn may be just before kids go to sleep.



What Parents Can Do

Now that we know from several studies that naps enhance our children's ability to learn and retain information, what changes can we make in how we parent?

Train your kids to nap from the very beginning. In order to get your children used to napping, set a routine for them from a very young age.

Make naps a priority. Don't succumb to peer pressure when friends and family give you a hard time about your children's naps. Build naps into your family's schedule and gently explain to people the importance of your children taking that break during the day to recharge their batteries.

Choose daycares and preschools that include nap time. In order for young children to function and learn at the optimal level, they really need a nap even while at school. Many schools are eliminating naps to make room for more curriculum. If your school doesn't include a time for napping, consider sharing the science with them about the educational benefits of naps.

Read before nap time. The research shows that children grasp material better just before they fall asleep, so try to make a habit of reading to them before nap time as long as they aren't too cranky.

RESTAURANT • CATERING • BANQUET HALL
COCONUTJOES.COM

*Baby Me Simply Me
Boutique*



*Baby, Children's
and Women
Clothing,
Accessories and Gifts*



4021 calloway Dr.
661-588-2775

Mention this ad and receive 10% off your purchase.

WIN

on

WEDNESDAYS!

Subscribe to our newsletter and you could win contests, prizes, toys, tickets, and more...EVERY Wednesday!

www.kerncountyfamily.com

Brotherly LOVE

Raising Boys &
Teaching Them to
be Good Brothers

By Christa Melnyk Hines, Photos by Gary Bunk

Do your boys prefer to duke it out rather than talk it out? Raising brothers to work out conflict respectfully despite wildly different personalities or fierce competitive streaks can prove challenging. But set a positive example, and you'll find that nurturing brotherly love isn't impossible!

Encourage healthy competition. The good news is sibling rivalry is normal. To keep competition good natured, avoid labeling and comparing one child to the other. Encourage your sons to compete against themselves instead of each other.

"Teach them that it's not about whether you are better than anyone else. It's whether you are doing better than you were at the beginning of the year or at the beginning of the season," says child psychologist Dr. Jane Sosland, who is also a mom to three children, twin sons, ages 18, and a daughter, age 15.

If your son expresses sadness or frustration over a loss, acknowledge the disappointment. "We all feel disappointment. Validate how he feels without trying to convince him that the way he feels is wrong," Sosland says.

Inspire cooperation. "Parenting boys is a lot of fun," says Jenny Brandt, an early education childhood professional, and a mom of two boys, ages 3 1/2 and 2. "Whether they are wrestling in the living room or helping me cook dinner, they bring a different perspective to my life which I greatly appreciate."

Brandt says she and her husband started early teaching their sons to cooperate by defining how to play nicely. "We encourage them to use their words, offer another toy to use, and take turns," she says.

Build empathy. Brandt fosters empathy between her boys by teaching them to acknowledge each other's feelings. She might say to her older son, Rhett, that Hank looks sad and involve him in finding ways to make his brother feel better.

"Rhett, now on his own, notices that Hank is sad and he'll say: 'Hank, do you want me to sing your favorite song?'" she says.





Left and above: Local brothers Sebastian (14) and Max (11) Alvidrez prove that brotherly love definitely exists!

Reinforce the positive. Describe what respectful behavior looks like. For example, if one child answers a question from his brother with a grunt, explain that to show respect he must answer the question.

"You can say: 'I don't want to talk about it right now.' Just as long as the response is something civil," Sosland says.

Identify times when your children are most likely to squabble, such as when they are tired and hungry. When the car ride home from school became a sibling battleground, Sosland started a program where her kids earned a poker chip for mutual respect and cooperation. In order to attain the reward of a special outing, her kids had to work as a team to compile an equal number of chips.

Stop bullying behavior. While it is important to give your children space to solve conflicts, intervene if one child is hurting the other, physically or emotionally. Separate your kids and tell the offender that he can rejoin the family when he agrees to treat his brother kindly.

Role model. Many of us share the funny or frustrating things our kids do with friends and extended family members. But Brandt says this behavior may inadvertently teach our kids that it's acceptable to portray family members in a negative light in front of others. Make a family rule that you won't embarrass or say negative things about each other in front of people outside of the family. Instead make it a habit to point out the positive things each person does. You and your partner can also model a respectful relationship to your children through your treatment of each other. Celebrate each other's wins and empathize with each other's frustrations and losses.

Over time, your sons will learn that their brotherhood is unlike any other bond. By honoring and respecting each other's differences, their friendship will last a lifetime.

Freelance writer, Christa Melnyk Hines, and her husband are the parents of two close-knit brothers, 11 and 13, who are keen on aggravating each other (and their parents). Christa is the author of *Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World*.

Looking for great parenting books for dealing with boys? Check out these resources:



"Siblings Without Rivalry"
by Adele Faber and Elaine Mazlish

"The Kazdin Method for Parenting the
Defiant Child" by Allan Kazdin

"Raising Boys: Why Boys are Different
—and How to Help Them Become
Happy and Well-Balanced Men"
by Steve Biddulph

"Bringing Up Boys" by Dr. James
Dobson

you can do it

Romantic films to watch together this Valentine's Day

By Metro News Service



Celebrate AT HOME! Put the kids to bed (or better yet, send them to grandma's house), cuddle up with your love, cue the streaming video service and enjoy a romantic film for Valentine's Day.

Couples celebrate Valentine's Day in many different ways. For some, the idea of dinner out followed by a stroll arm-in-arm seems the epitome of romance, while others may want to go out dancing or engage in a favorite hobby.

Valentine's Day also can be a romantic endeavor if a couple chooses to spend time at one with each other watching a romantic movie. The following are a handful of love-inspired movies that can add a special something to Valentine's Day festivities.

The Notebook: Author Nicholas Sparks has a way of taking the everyday experiences in a person's life and making them relatable and heartbreaking in a pluck-at-your-heartstrings sort of way. His novel "The Notebook" won the hearts of many and seemed a natural to be adapted to film. Starring Ryan Gosling and Rachel McAdams, the movie illustrates how love can last through the years and even survive an Alzheimer's diagnosis.

The Proposal: In order to remain in the country, a demanding New York-based book editor (Sandra Bullock) asks her brow-beaten assistant (Ryan Reynolds) to marry her. Their relationship involves a trip to Alaska to meet his family.

An Affair to Remember: Romantic melodramatic master Cary Grant falls in love with Deborah Kerr aboard a cruise ship while they are traveling with other people. They agree to meet at the top of the Empire State Building in six months if they have ended their relationships and are ready to commit to each other. Grant makes it to the rendezvous spot, but an injured Kerr never shows as Grant assumes she has rejected the proposal.

Say Anything: In pursuit of a woman he believes is out of his social league, Lloyd Dobler (John Cusack) creates hope for the underdog in us all. The movie inspired teens to raise their boom box radios over their heads and blast romantic tunes to illustrate their love.

The Wedding Singer: This quirky movie about a wedding singer who falls for a banquet waitress highlights the importance of loving each other for what makes you unique.

Once: Attraction between the main characters comes by way of creative musical collaboration. Music proves to be an aphrodisiac, making the film and the song "Falling Slowly" from its score so popular. This romantic tale helped take the film from the big screen to the Broadway stage.

West Side Story: "West Side Story" is yet another homage to "Romeo and Juliet." But the film made Shakespeare's tragic love story relatable to audiences of the 1960s.

My Best Friend's Wedding: Julianne (Julia Roberts) is called on to be the "best man" for her friend's (Dermot Mulroney) wedding. Only when the wedding planning is underway does Julianne realize she is in love with her friend and needs to get him to fall for her instead.

Never Been Kissed: A reporter goes undercover at a high school to discover something controversial and ends up being the subject of her story when she falls in love with her English teacher.

Harold and Maude: A man in his twenties and a much older woman begin a romantic relationship and challenge social norms along the way.

Annie Hall: Winner of four Academy Awards, "Annie Hall" follows a comedian who is trying to maintain his relationship with a woman.

Bridget Jones' Diary: A modern adaptation of "Pride and Prejudice," the movie tells the tale of a self-conscious woman who finds love in a man that seems to be her polar opposite.

Ten Things I Hate About You: Filmmakers reinvented "The Taming of the Shrew" in this teen comedy starring Julia Stiles and Heath Ledger.

Casablanca: No romantic movie list would be complete without this wartime drama. Humphrey Bogart and Ingrid Bergman are in top form in this movie of chance meetings.

The Princess Bride: Girl meets boy, girl detests boy, girl truly loves boy, and then girl loses boy. This fairy tale shares the purity of true love and happily ever after.

For The Love Of Cooking Together: *Chocolate Treats* To Make With Your Kids

By Christina Katz

Nothing comforts quite like chocolate. Whether someone in your brood is celebrating a special occasion or trying to bounce back from a tough day, these five chocolate recipes are sure to make the whole family beam.

Teach your kids to make these quick and easy recipes and they might surprise you with chocolate concoctions of their own some day. Only one thing is certain: none of these treats will stick around your kitchen for very long!

Best Brownies Ever (They Will Change Your Life)

These decadent brownies are amazing slightly cooled from the oven with a scoop of vanilla bean ice cream on top.

Directions

1. Preheat the oven to 325 degrees. Butter and flour an 8-inch square baking pan.
2. In small saucepan, place **4 ounces chopped unsweetened chocolate** on top of **2 sticks of butter**. Stir until melted over low heat. If you use a microwave, take care not to splatter or scorch mixture.
3. Place **2 cups sugar** into medium mixing bowl. Pour in chocolate-butter mixture and mix well. Add **4 large eggs** and **2 teaspoons vanilla** and blend well.
4. Sift **½ cup of flour** over the mixture and fold in gently, taking care to not over-mix.
5. Pour mixture into baking pan and bake for 30 – 40 minutes. For gooey brownies, bake until a toothpick inserted into the center of the pan comes out clean. For cakier brownies, bake five minutes longer.



Garnish with chocolate sauce, whipped cream or frost with chocolate or vanilla frosting. They will be clamoring for more!

Simple Chocolate Sauce

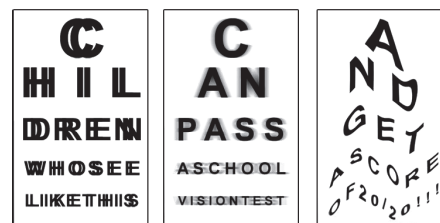
Drizzle this chocolate sauce over ice cream, brownies, or bananas, then store the rest in a microwavable container for next time. Keeps for two weeks.

Directions

1. Whisk together **¾ cup white sugar**, **1 & ½ tablespoons flour**, and **½ cup cocoa powder** in a small mixing bowl to remove lumps.
2. Heat **1 & ¼ cups milk**, **2 tablespoons butter**, and **½ teaspoon vanilla** in a saucepan over medium heat until butter melts.
3. Gradually whisk dry ingredients into milk mixture, then increase heat to medium-high and simmer mixture. Cook for 6 minutes stirring constantly. Remove from heat and whisk in a **pinch of salt**. Try it on all your favorite desserts!



Pediatric and Rehabilitation Optometry



Infants

Well baby vision checks starting at 8-10 months Eyeturns, Lazy eyes

Children

Achieving Best Vision for School Readiness
Vision Related Reading Disabilities
Poor Tracking, Misreading, Can't remember the same word on the next page, and Reversals

Adults and Children

Vision Rehabilitation Post Stroke, Post Brain Injury, Neurologically Challenged, Autism Spectrum, Cortical Vision Impairment

Dr. Penelope S. Suter,

Board Certified in Vision Development and Vision Therapy

661-869-2010

5300 California Ave. #210, Bakersfield, CA

Meet us at www.drsutervision.com



LAW OFFICES OF SYLVIA LOPEZ
A PROFESSIONAL LAW CORPORATION

Sylvia Lopez & Marcos Rodríguez
ATTORNEYS AT LAW



**AUTO ACCIDENT
INJURY?**

**Call your Local
Home Town Attorneys!**

661-324-5911

Hablamos Español

315 Truxtun Ave
Bakersfield, CA 93301
www.lopezlaw.net
mrodriguez@lopezlaw.net

7 Heavenly Hot Chocolate Spots in Bakersfield

By Vaun Thygerson



Clockwise from top left: Barnes and Noble (Snickerdoodle Hot Chocolate), Broken Yolk Café, Moo Creamery (Marshmallow Hot Chocolate). All photos by LJ Radon.

On a cold February day or night, you can gather up a few couples, your best girlfriends, or family members, and warm up with a perfectly steamed cup of hot chocolate. Anytime is a good time to share a cup of chocolatey goodness and friendship! KCFM scoured the town to find the seven best places for a cup of cocoa:

1 Moo Creamery
4885 Truxton Avenue #B, Bakersfield
www.moocreamery.com

2 Café Smitten
909 18th St, Bakersfield
cafesmitten.com

3 Barnes and Noble Café
4001 California Ave, Bakersfield
www.barnesandnoble.com/h/cafe

4 Sweet Surrender
6439 Ming Ave, Bakersfield
www.sweetsurrenderbakery.com

5 Broken Yolk Café
Two Bakersfield locations:
3300 Buena Vista Rd.
7919 E. Brundage Lane
www.thebrokenyolkcafe.com

6 Dagny's Coffee Co.
1600 20th Street, Bakersfield
www.dagnyscoffe.com

7 Farmacy Café at the Padre Hotel
1702 18th Street, Bakersfield
www.thepadrehotel.com



Oranges • Grapefruit • Tangerines

this month's
U-PIC
at



Murray Family Farms
Bakersfield, California

Find out more at: MurrayFamilyFarms.com
6700 Beale Road • Bakersfield, CA 93307
661.330.0100

9425 Rosedale Hwy.
Bakersfield, CA 93312
(661) 587-8437



6801 White Ln.
Bakersfield, CA 93309
(661) 847-9955

For Catering Call: 661 • 549 • 3473



BANQUET & EVENT CENTER
661-563-2739
6720 Schirra Ct. Bakersfield, CA 93313



**ALL AGES BREWPUB
STAND UP COMEDY
LIVE MUSIC
PRIVATE EVENTS**

**AWARD
WINNING BEERS**

**SHAKE UP YOUR WEEK
AT TEMBLOR**
WWW.TEMBLORBREWING.COM

**FREE
REGULAR WEDGE** Tax Included
with purchase of a large pizza at regular price

 **CLICK RUSTYSPIZZA.COM
FOR EASY ONLINE ORDERING!**
call **835-5555**

**COUPON #101
EXPIRES: 2/28/19**

*Coupon Must Be Presented to Receive Discount. Not Valid with Other Coupons. One Coupon per Offer. \$10.00 Minimum on All Deliveries. Limited Delivery Area. Delivery Charge Extra.




**Old Woolworth Building
Vintage Collectibles, Antiques**

Mon-Sat 10-5, Sun 12-5

**Woolworth's Diner
"Original 50's
Luncheonette"**
(closes at 4)

1400 19th St,
Downtown
661-323-8048

The Original  Since 1967

**BREAKFAST
Brunch & Lunch**

**HELLO NEIGHBOR
25% OFF ANY* ENTREE**

*Valid for 25% off a breakfast or lunch entree. Limit 1 entree per coupon. Not valid on weekends, holidays, or with any other coupons, specials, or alcoholic beverages. Not valid for private groups, catering, deliveries, or merchandise items. Valid only at Bakersfield locations.

BAKERSFIELD
3300 Buena Vista Road
661.695.9655
7919 E. Brundage Lane
661.432.7089

**BYC FAVORITE
Golden State Benedict**



   THEBROKENYOLKCAFE.COM



**Hodel's
COUNTRY DINING**
A Local "Flavorite" since 1967

Breakfast • Lunch • Dinner
Sunday Brunch
Meetings • Banquets • Catering

6AM - 9PM Mon - Sat, 7:30AM - 9PM Sunday



50 Years
1967 - 2017
KERN COUNTY'S BEST BUFFET

www.Hodels.com



5917 Knudsen Dr. Fwy 99 & Olive Drive
661-399-3341

When Should Children Apologize?

Susan smacks her brother hard on the head as she walks into the kitchen. Mother says, "Susan, you apologize to your brother this instant. I dislike that type of behavior in our house. Say you're sorry!" Susan looks over toward her brother, glares at him and under a pretense of apologizing, says, with rolling eyes and a negative attitude, "I'mmmm Sooo Sooorrryyy." Mother, satisfied having observed her daughter's counterfeit reparations being performed, returns to her earlier task. Brother glares at his sister, as his head still hurts and he does not have the same sense of a resolution as does Mother. Sister ambles out of the kitchen.

Brother later complains to Mother that "She is always hitting me and all you ever have her do is say that she's sorry. You know that she doesn't mean it." Brother waits by Mother, hopefully anticipating some level of an affirmative response from her. She hesitates from her task, looks up at brother and reports, "What do you want, Teddy? She said that she is sorry. Let it go. She's your sister." Teddy walks off in a huff, feeling nothing is resolved with his sister's shenanigans and as if his mother just does not get it. He grumbles, "I just keep getting hit. Let's see how my sister likes it when I hit her next time." Mother continues with her task believing that all is well, yet her son feels neglected, hurt, and unsettled.

Later, Teddy is destroying some art work in his sister's room. Pieces are lying around messily on the floor. Mother happens to walk by and notice the situation. "Teddy," she scolds, "What are you doing? Those are your sister's favorite drawings!" She grabs Teddy by the arm and escorts him out of the room, marches him to his room, and tells him, "You stay in your room until I say otherwise. I can't believe what you've done to your sister," and she angrily walks off. Teddy remains in his room, continuing to seethe at his mother's seeming inability to understand his frustration with her and his sister. Later, Mother chats with the local Catholic priest about how her children are not getting along, and she notes that, "Teddy seems to be getting angrier by the day." The priest suggests that there may be more to this issue and recommends that mother consult with a local psychologist specializing in families and children. Mother does attend such an appointment later in the week and realizes that, while she thought Teddy was the problem at the house, she herself is the main contributor by allowing Sister to get away with her hurtful behaviors and disingenuous apologies to her brother. Mother walks



to her car with a smile following the consultation, knowing what to do to help restore harmony to her home.

Mother is in the kitchen and brother Teddy is sitting at the table completing homework. Sister enters and, while demanding something from Mother, hits her brother forcefully on the back of his head with her book. Mother looks up, being more attentive now to the situation, and walks over to Teddy to check that he is unhurt. She suggests that he come get something to eat for a snack and returns to her earlier task. Sister, again, demands some form of action by her mother, "Can I Pleasssee get a ride over to Sandra's house, now, MOTHER!" Mother ignores her daughter's request, but quietly states, while continuing to focus on her present task, "If my wonderful daughter wants a ride anywhere from her mother, she must stop hitting my wonderful son." Sister, feigning exasperation says, "What? I didn't hit him that hard. Come on!" Mother remains steadfast in her offered consequence, basically ignoring Sister, who finally walks off in a huff.

Eventually, as Mother continues to practice her applied behavioral consequences for her daughter, daughter begins to realize the consequences are undesirable and her problematic behaviors begin to disappear. Mother and Father plainly appear unwilling to help her out unless she behaves well within the home. Brother feels better as the program seems to have encouraged sister to cease the pummeling she often gave him. Empathy is a learned behavior, but not all catch on to it. Allowing for consequences, rather than sanctioning false apologies, allows for improvement within the family. Meaning, everyone feels better overall.

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

New Patients Welcome! Kindergarten Exam!!!



**New Patient Exam
\$49⁰⁰**
NOT VALID FOR PERIODONTAL TREATMENT
Includes X-rays, Office Visit & Cleaning

OPEN SATURDAYS
2 Bakersfield Locations to Serve You
El Dentista Habla Español
Most Insurance Accepted
Medi-Cal for Families or Medi-Cal Program
Midtown Family Dentistry

**JustforKidsDentistry**
4000 Stockdale Hwy., Suite H
327-7668

**861-0577**
OPEN 6 DAYS A WEEK

2427 "H" Street
Enrollment available on site



Need Money? Credit Problems?
Call Dan Today!!
FREE Appraisal & Loan Quote
on Home or Income Property!

**\$\$ Loans \$\$**
Daniel Cook

EQUITY 1 LOANS 661-330-2222
www.equity1loans.com
CA Bureau Real Estate Broker #00707520

5 Things Only a Mother Would Say On Valentine's Day

By Cheryl Maguire

On Valentine's Day, long before your mom days, you probably dined by candlelight in some swanky restaurant. Once you gave birth to those sweet little munchkins, your meal is more likely to involve baby spit up or chicken nuggets. Besides the lack of romantic dining experience, you may also find yourself saying the following:

1. "Thank God this holiday doesn't entail elves, fairies, leprechauns or any other magical night creatures."

I'm not sure who came up with the brilliant idea of having "magical night creatures" but I can guarantee it wasn't a mom. At night moms are counting down the seconds until she can go to sleep. The last thing on a mom's mind is remembering to move an elf, retrieve a tooth, or paint green leprechaun footprints on the floor. Plus, who would want to create a "leprechaun mess" knowing they will have to clean it up later—definitely not a mom! We have enough messes we already clean daily. So, please, don't create a magical "Cupid" that comes in the night. We already have more magic than Harry Potter at our house—thanks, but no thanks.

2. "I just need about ten more hours on Pinterest to find the perfect Valentine's Day craft, cupcake, and card."

Pinterest is a black hole that will suck all of the hours out of your day. Just when you think you've found the perfect craft, cupcake or card to replicate for the twenty-five kids in your child's class, you will see another one and then another one, and before you know it the whole day is gone and you still haven't picked up a glue gun or spatula.

3. "I know you already have five Valentine's Day t-shirts but I couldn't resist buying another one. I mean what other time can you wear a shirt that says, 'Love-a-saurus' with an adorable red dinosaur on it?"

Valentine's Day kid shirts are adorable. And, let's face it, your teen isn't going to let you dress them up in a "Love-a-saurus" shirt, so I'm going to dress them up in as many as I can while I still can. Some of my favorites besides "Love-a-saurus" are "More Spice than Sugar," "I Choo-Choo-Choose You," and "You Have a Pizza My Heart."

4. "Rose are red, Violets are blue, I'll give you some candy if you go number 2—in the potty this time."

Oh, the joys of potty training on Valentine's Day! Enough said.

5. "I think a fair cut of your Valentine's Day school candy would be half since I wrote all 25 of your Valentine Cards."

Not only do you have to write each kid's name on the Valentine card, but then you have to lick each envelope and put candy in or a sticker on it. If you are lucky enough to have three kids, that is seventy-five cards in one night since, of course, you waited until the night before to do this "work." Surely this warrants at least half of the candy take if not more—actually 60/40 is probably a fairer cut. Once that Hershey kiss starts melting in your mouth, that hand cramp will be a distant memory—until next year.

Bio: Cheryl Maguire holds a Master of Counseling Psychology degree. The married mother (of twins and a daughter) has been published in Parents Magazine, Upworthy, Chicken Soup for the Soul: Count Your Blessings, and Your Teen Magazine. You can find her on Twitter @CherylMaguire05

CALLING ALL WRITERS!
Have something funny and relatable to say about parenting? KCFM is now accepting Humor@Home submissions. See page 3 for details!



Harmony Road Music School
ENROLL NOW FOR WINTER SEMESTER!

- Music & Movement Classes (Ages 16m - 4 yrs.)
- Group Piano Classes (Ages 4 1/2 - Adult)

(661) 665-8228 • 5381 Truxtun Ave.
(1 block East of Mohawk St.)
www.HARMONYROADBAKERSFIELD.com



BAKERSFIELD MUSIC THEATRE SUMMER WORKSHOP 2019
To be held at Stars Theatre Restaurant!

What's Included:

- Acting, singing, and dancing training taught by experienced performers and educators!
- Full scale Broadway-style production!
- T-shirt, group photo, and headshots

Dates and Show Titles Coming Soon!

For more information: (661) 325-6100 | bmtstars.com

Join the FUN at Trinity Preschool!



Monday-Friday 6:30am-6:00pm
Half days & Full days available
Ages 2yrs-6yrs (non-potty trained welcome)
Snacks and Lunch Provided

(661) 665-7713
11300 Campus Park Dr
Bakersfield, CA 93311
www.trinitybaketersfield.com
LIC #153810005

Country Christian School

661-589-4703
Grades K-8 • www.cc-school.net

Start Your Child's Education With A Good Foundation

FOUNDED ON THE ROCK JESUS CHRIST!

2416 Dean Avenue
Bakersfield, CA 93312



Inspired & Informed: Choosing The Perfect Camp For Each Child In The Family

By Christina Katz

A mistake parents can make when choosing a camp is confusing their child's needs with their own needs. If you want your child to be happy at camp, focus on who he or she is rather than on who you were as a camper. Your goal is to create a harmonious relationship between each of your children and the camp experience, not for your child to follow in your well-worn hiking boots.

If going to camp is an option for your child, that's wonderful. But don't force camp on a child who is terrified of the idea. At the same time, feel free to plant the seed in your children's minds from an early age that when they are ready for camp it will be a fun, life-enhancing adventure. If older siblings or friends of the family have gone to camp and enjoyed the experience, younger siblings may be eager to go. But if your child is not enthusiastic, feel free to wait until your child feels brave enough to make the leap.

Camp Considerations

Feel free to share your camp experiences and what you got out of them with your kids, and invite others in the family to do the same. At the same time, communicate clearly your understanding that your child is not you, and that you like and respect the person your child is. Sending a child to camp to correct things about them is backwards. The person who needs to change their attitude in this scenario is the parent, not the child.

If you have worries or concerns about your child, don't send your child to camp to address those feelings. Find someone you can talk to so you can learn to accept your children for who they are and meet their range of needs. Kids who are secure in their own skin thrive at camp, whereas kids who are insecure and anxious may flounder.

A Range Of Choices

Sending kids to camp may have been your idea, but in order for kids to feel good about the adventure, they need to buy, as well. The first question to ask yourself is, which types of camp are best suited to your child's physical, emotional, and mental needs? Would day camp or overnight camp be the better choice at this developmental stage? If choosing overnight camp, would your child prefer to be close or far from home? Also consider the mission and style of the camp. Would your child prefer to rough it for a week in the White Mountains or stay in a cozy, family-style camp with modern amenities closer to home?

Parents may need to let go of the idea that what was good for them as children is good for their kids. What was good for you as a child may traumatize a sensitive child or a child with special needs. Strive to meet your kids where they are. Parents may experience some grieving in letting go of preconceived notions of sharing similar experiences with their children. But try to leave the past in the past, so you can make the healthiest choices for your family in the present.

For example, if you were a rugged and athletic child, these traits may have been widely admired, as they usually are. If your family of origin had a bias against sensitive or artsy kids, you will want to be aware of a possible unconscious

What if you are different from your child in even more profound ways than personality? Would you even be likely to choose the same camps? Probably not, and this is perfectly okay.

tendency in yourself. You may also need to steel your mind against what others think about who your child is. You are not taking a poll. This is not the 1950's or even the 1980's. Try to view the camp landscape through the eyes of each child instead of through the eyes of others from an outdated point of view.

What if you are different from your child in even more profound ways than personality? What if the two of you have very little in common? Would you both crave the same types of camp experiences? Would you even be likely to choose the same camps? Probably not, and this is perfectly okay.

Be Respectful

Children know intuitively when they are liked and accepted. They also know when parts of them are disliked or rejected. To look at a child and compare him or her to your childhood self or to siblings or peers is disrespectful and hurtful. To really see your child and accept him or her means loving and respecting your child as is. Each child is an individual with so much to offer the world. If you choose the best camp for your child, you can relax knowing the folks in charge will see the value in your child. When you recognize the value in your child, others see it, too.

Trying to force a child to be more like you, when the child is not you, may seem harmless and common in our society, but there is a cost. A child can feel when she is being criticized, so even if you are trying to bring the two of you closer together by putting your child through paces you were put through as a kid, your child may feel used and unacknowledged.

You cannot send a child who is not like you to camp and get a version of yourself back. Not only does camp not work this way, life doesn't work this way. Take a good, long look at each of your children. Resist the urge to see them as a version of yourself. None of them are you. There will never be another you in the whole wide world. Once you see, understand, and accept each of your children, then you can work together to choose the perfect camp for each of them.

Types Of Camps

This list breaks types of camps down into the most basic types. Camps can become much more specialized as you explore within categories, so this list is just to help you get started considering your options.

Day	Technology	Co-ed
Overnight	Arts	Family
Sports	Wilderness	Religious
Education	Girls	Traditional
Leadership	Boys	Specialized

Author, journalist, and writing coach Christina Katz has learned that seeing kids as the individuals they truly are always pays off in the long run. She also knows it can be a mistake to do what everyone else is doing, even if that's what the child wants in the short run.



Building Healthy Bodies AND Minds.

A preschool built on 30+ years of excellence in athletic education.



THE AKU EXPERIENCE:

- KINDER READINESS
- GYMNASTICS
- CREATIVE MOVEMENT
- MARTIAL ARTS
- SPANISH & FRENCH
- NINJA ZONE
- GARDENING
- ART & MUSIC



START HERE
SUCCEED ANYWHERE

ENROLL NOW BEFORE CLASSES ARE FULL!

www.AKSC.com | 3622 Allen Rd | 661.589.2100

BAKERSFIELD SWIM ACADEMY



Swimming Lessons for All Ages

Enquire Today about Summer Swim Team!

- Lessons for Toddlers to Adults
- Classes Morning and Evening • Small Class Sizes
- Open Swim 12-2p.m - Mon to Fri
 - Retail Store on Premises
- Private Birthday Parties available

Indoor pool Heated to 90°
all Year Round!



661-615-6530 • From Infants to Olympians!

3311 Allen Road • Bakersfield, CA 93314 • www.bakersfieldswimacademy.com



Kern County Family Magazine's 23rd Annual **SUMMER CAMP & ADVENTURE FAIR**



ADMISSION
FREE!
PARKING

Activities for Every Budget:

Outdoor Adventures
Academic Enrichment
Sports Camps
Art & Theater Programs
Music & Dance Camps
STEAM
Language Learning
Programs for Special
Needs Children

SAVE THE DATE FOR

The Area's **ONLY** Regional Camp Fair!

Thursday, April 11 2:00-6:30pm

Westside Church of Christ Gymnasium
7300 Stockdale Hwy, Bakersfield

NOW ACCEPTING VENDOR APPLICATIONS!
Call 861-4939 or email kcfm@kerncountyfamily.com
for pricing and more info!

www.kerncountyfamily.com • (661) 861-4939



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

February 2017

Friday, February 1

FIRST FRIDAY ART WALK: A family friendly event that showcases our best artists. 5:00 PM - 9:00 PM 324-9000

FIRST FRIDAY CRUISE NIGHTS: Watch classic cars cruise downtown Taft. 765-2165

FREE FRIDAY AT BMOA: In participation with downtown Bakersfield's First Friday events. 1930 R St. 323-7219

TEEN NIGHTS IN TAFT: The first Friday of every month is Teen Night! 765-6677

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

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

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY Join us to create the craft of the month. 868-0701

LIVE MUSIC: Join us for some great live music! Friday/Saturday 703-6911

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

TODDLER TIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, rhymes & fun. 664-7716

VENGA CUENTOS Y CRAFTS AT BEALE LIBRARY: Bilingual fun. 3:00 PM 868-0701

COLOR ME HAPPY AT HOLLO-WAY-GONZALES LIBRARY: Join us to color and relax. 9:00 AM - 5:00 PM 861-2083

STORYTIME & CRAFT AT WASCO LIBRARY: Join us for stories, music, and a craft. 3:30 PM - 5PM 758-2114

Saturday, February 2

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

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

MATH CLINIC AT BEALE LIBRARY: Learn math or get assistance with your math homework. 2:00 PM - 4:00 PM 868-0701



QUILTERS AND CROCHETERS:

Meet the needs of those who request a special handmade item. 398-1971

STORYTIME AT BARNES & NOBLE: Storytelling time for children and families. 631-2575

BAKERSFIELD SYMPHONY ORCHESTRA: FROM LONDON TO L.A.: A very special program as we welcome the Concertmaster of the L.A. Philharmonic, Martin Chalifour, performing Bruch's beautiful Violin Concerto No. 1. The program ends with Haydn's last London Symphony No. 104. TICKET PRICES: \$20/\$30/\$35/\$45. 7:30 PM 323-7928

COLOR ME HAPPY AT BEALE LIBRARY: Stressed out! Join the coloring craze. 868-0701

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

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Read stories. 664-7716

LEGO CLUB MANIA! AT NORTHEAST LIBRARY: Build anything you can imagine! 1:00 PM - 3:00 PM. 661-393-6431

MOVIE TIME AT WASCO LIBRARY: Join us for Movie Time. Refreshment provided. 12PM - 4PM. 758-2114

PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY: 868-0701

ROCK & MINERAL SALE AT BUENA VISTA MUSEUM: Looking for a unique, beautiful Gift for Valentine's Day or just want to add to your personal collection. Our annual sale is the place to come! 10:00 AM - 4:00 PM 324-6350 Saturday - Sunday

VOLUNTEER ORIENTATION AT BEALE LIBRARY: Volunteer orientation and training. 10:00 AM 868-0701

Sunday, February 3

SENSORY SENSITIVE SUNDAYS: Early entry with minimal crowds at Chuck E. Cheese. 3760 Ming Avenue 397-7855

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

RUSSIAN GRAND BALLET PRESENTS SWAN LAKE AT THE BAKERSFIELD FOX THEATER: Swan Lake, based on Russian folklore and German legend, follows a heroic young prince as he works to free the beautiful swan maiden from an evil spell. With music by Tchaikovsky. 12:00 324-1369



Monday, February 4

4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

ACTING COURSES FOR CHILDREN: Monday -Friday 322-2800

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

FEBRUARY '19

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		

COUNTRY LINE DANCING: 392-2010

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

TINKERGARTEN: Tinkergarten provides high-quality early childhood learning. 9AM - 10:30AM 809-1879

VALENTINE WORD SEARCH AT WASCO LIBRARY: Join us in our Valentine Word Search. 3:30 PM - 5:00 PM 758-2114

Tuesday, February 5

AWESOME ART: Free for children under 5 yrs. 392-2029/392-2054

DO THE MATH: Math help for students grades 4-12. Tuesday and Wednesday 3:30-5:30pm 636-HELP

FREE ACTING CLASS: For children. 322-2800

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

LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys will hold FREE informational workshops. 868-0701

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

FEBRUARY 2019 *daily happenings*

QUILTING: Learn a new hobby or just enjoy quilting with friends. 392-2010

CARD GAME FUN AT WASCO LIBRARY: Come play your favorite card game. 758-2114

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

Wednesday, February 6
ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Crafts and conversation. 5PM - 7PM 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 6:00 PM 833-4345

CHESS CLUB AT SOUTHWEST LIBRARY: Come play a game of chess. 4:00 PM 664-7716

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

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

PATHFINDERS AND ADVENTURERS: Hillcrest Seventh Day Adventist Church. 6:30 PM - 8:00 PM 871-5000

ROLLERAMA-WEST BARGAIN SKATE NIGHT: \$6 with free skate rental! 589-7555

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

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

TODDLER TIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 868-0701

UKULELE JAM AT FRAZIER PARK LIBRARY: Join the strumming fun! 5:00 PM - 7:00 PM 245-1267

COLOR ME HAPPY AT HOLLOWAY-GONZALES LIBRARY: Join us to color and relax. 9:00 AM - 5:00 PM 861-2083

CHESS CLUB AT HOLLOWAY-GONZALES LIBRARY: Come play a game of chess. 3:30 PM - 5:00 PM 861-2083

FAMILY STORYTIME AT HOLLOWAY-GONZALES LIBRARY: Celebrate reading. 2:30 PM - 3:30 PM 861-2083

LEGO CLUB MANIA AT HOLLOWAY-GONZALES LIBRARY: It's a LEGO free-for-all. 9:00 AM - 5:00 PM 861-2083

SEW-N-SEW AT WASCO LIBRARY: Join us in making felt hearts for Valentine's. 1:00 PM - 2:30 PM 758-2114

VALENTINE'S CRAFTERNOON AT HOLLOWAY-GONZALES LIBRARY: Craft a Valentine. 3:00 PM - 4:00 PM 861-2083

Thursday, February 7
FREE ACTING CLASS: For children 5-17 years old. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

FLIX BEFORE 6 AT SOUTHWEST LIBRARY: Enjoy a G or PG film. 4:30 PM 664-7716

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

KNIT & CROCHET: Come join us for some fun! Yarn provided. 2400 Kenwood Rd. 871-5236

LEGO CLUB AT BEALE LIBRARY: Come join us! 868-0701

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

COLOR ME HAPPY AT WASCO LIBRARY: Come have fun and de-stress. 4:00 PM - 6:00 PM 758-2114

BOOK SALE AT SOUTHWEST LIBRARY: 11:00 AM - 7:00 PM through February 13, 2019. 664-7716

Friday, February 8

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

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

KIDS GET CRAFTY AT BEALE LIBRARY: Get creative! 868-0701

LIVE MUSIC: Join us for some great live music! Friday/Saturday 703-6911

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

TODDLER TIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, rhymes & fun. 664-7716

VENGA CUENTOS Y CRAFTS AT BEALE LIBRARY: Bilingual fun. 3:00 PM 868-0701

COLOR ME HAPPY AT HOLLOWAY-GONZALES LIBRARY: Join us to color and relax. 9:00 AM - 5:00 PM 861-2083

CHESS CLUB AT HOLLOWAY-GONZALES LIBRARY: Come play a game of chess. 3:30 PM-5 PM 861-2083

FATHER DAUGHTER DANCE AT RIVERLAKES COMMUNITY CHURCH: Taking our daughters on a date and spending quality time with them strengthens our relationships. Please bring a dessert or snack. 6:00 PM - 9:00 PM 619-8811

LEGO CLUB AT BEALE LIBRARY: Come join us! 868-0701

STORYTIME & CRAFT AT WASCO LIBRARY: Join us for Valentine stories, and a craft. 3:30 PM - 5 PM 758-2114

Saturday, February 9
FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

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

MATH CLINIC AT BEALE LIBRARY: Learn math or get assistance with your math homework. 2:00 PM - 4:00 PM 868.0701

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

STORYTIME AT BARNES & NOBLE: Storytelling time for children and families. 631-2575

FREE DAY at the MARTURANGO MUSEUM: FREE admission on the second Saturday of each month. 760-375-6900

SAN JOAQUIN VALLEY LAPIDARY SOCIETY: Learn wire wrapping, beading and more. 861-9102

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

YOKUTS PARK 2, 3, AND 5 MILE FUN RUNS: Come out for this FREE event, and stay for the snacks afterward. 7:00 AM

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Read stories. 664-7716

VOLUNTEER ORIENTATION AT BEALE LIBRARY: Volunteer orientation and training for the Library. 10:00 AM 868-0701

2ND SATURDAY FILM SERIES AT BEALE MEMORIAL LIBRARY: 868-0701

UKULELE CLUB AT BEALE LIBRARY: Join us for a rousing good time at this Uku-Nanny! 868-0701

Sunday, February 10
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



STORIES ON THE SIDEWALK

Saturday, Feb. 9th: Featuring some of Bakersfield's most famous and influential historical characters. Stories on the Sidewalk will be a fun, educational walk through history, where colorful and amazing characters from Kern County's past come alive on the streets of Bakersfield. This walking tour features eleven stops in downtown Bakersfield, with a different actor at each stop. Wear comfortable walking shoes and enjoy these exciting stories of Kern's rich history, told in riveting, locally written dramatic presentations and performed by local actors. (Not recommended for children under 8). Tickets: \$5.00. 1330 Truxtun Avenue, Suite B, 11AM - 3PM 324-9000

TINKERGARTEN: Tinkergarten provides high-quality early childhood learning. 9:00 AM - 10:30 AM 809-1879

VOLUNTEER DAYS AT WIND WOLVES: Our volunteer events are fun and rewarding. 858-1115

Monday, February 11

4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

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

COUNTRY LINE DANCING: 392-2010

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

MOVIE TIME AT WASCO LIBRARY: Join us for Movie Time. Refreshment provided. 12:00 PM - 4:00 PM. 758-2114

SCIENCE FUN AT WASCO LIBRARY: Join us for our S.T.E.A.M./S.T.E.M. project. 3:30 PM - 5:00 PM 758-2114

SENSORY FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: Friendly screenings in an open environment allow families to enjoy their favorite films in a safe and accepting way where kids are free to get up, move, shout or sing. 4:00 PM 868-0701

Tuesday, February 12

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

FREE ACTING CLASS: For children. 322-2800

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

LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys will hold FREE informational workshops. 868-0701

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

WARMLINE MOM & TODDLER GROUP: All parents are encouraged to bring their children for a fun play session and interact with other moms in the community. 4301 Calloway Dr. 9:00 AM - 11:00 AM. 323-3531

QUILTING: Learn a new hobby or just enjoy quilting with friends. 392-2010

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Will be in Wasco. 327-1907

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


WARMLINE MOM & BABY GROUP: For moms with a baby birth through one year. Great place to meet other moms & get your new mom questions answered. 4301 Calloway Dr. 11:00 AM - 1:00 PM 323-3531

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

BYU YOUNG AMBASSADORS: WELCOME HOME MUSIC REVUE: BYU Young Ambassadors invites you to join in a celebration of home with the group's new musical revue, Welcome Home. Tickets available at: <https://www.eventbrite.com/e/byu-young-ambassadors-bakersfield-ca-tickets-53769888183>. 7:00 PM - 8:30 PM 556-3939

DARK DIAL: HAUNTED RADIO HOUR AT BEALE LIBRARY: Listen to old, eerie radio dramas. 6:00 PM 868-0701

GAME ON AT WASCO LIBRARY: Play with one of the games available at the library. 4:00 PM - 6:00 PM 758-2114

 **KIDS GET CRAFTY: VALENTINES AT SOUTHWEST LIBRARY:** Make a Valentine's craft. 5:00 PM - 6:00 PM 664-7716

PHILOSOPHY FOR KIDS AT SOUTHWEST BRANCH LIBRARY: 664-7716

Wednesday, February 13

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

ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Crafts and conversation. 5:00 PM - 7:00 PM 868-0701

There's Just
TOO MUCH LOCAL FUN
to list on these pages!
View our full calendar of
submitted events online at
kerncountyfamily.com

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 6:00 PM 833-4345

CHESS CLUB AT SOUTHWEST LIBRARY: Come play a game of chess. 4:00 PM 664-7716

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

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

PATHFINDERS AND ADVENTURERS: Hillcrest Seventh Day Adventist Church. 6:30 PM - 8:00 PM 871-5000

ROLLERAMA-WEST BARGAIN SKATE NIGHT: \$6 with free skate rental! 589-7555

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

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

TODDLER TIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 868-0701

COLOR ME HAPPY AT HOLLO-WAY-GONZALES LIBRARY: Join us to color and relax. 9:00 AM - 5:00 PM 861-2083

CHESS CLUB AT HOLLO-WAY-GONZALES LIBRARY: Come play a game of chess. 3:30 PM - 5:00 PM 861-2083

FAMILY STORYTIME AT HOLLO-WAY-GONZALES LIBRARY: Celebrate reading. 2:30 PM - 3:30 PM 861-2083

LEGO CLUB MANIA AT HOLLO-WAY-GONZALES LIBRARY: It's a LEGO free-for-all. 9:00 AM - 5:00 PM 861-2083

ADULTS GET CRAFTY AT WASCO LIBRARY: Join us for cross stitch basics. 1:00 PM - 3:00 PM 758-2114

FEBRUARY 2019 *daily happenings*

T.A.B. AT WASCO LIBRARY: Teens come and give input for library activities. 4:00 PM - 6:00 PM 758-2114

Thursday, February 14

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

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

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

FLIX BEFORE 6 AT SOUTHWEST LIBRARY: Enjoy a G or PG film. 4:30 PM 664-7716

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

KNIT & CROCHET: Come join us for some fun! Yarn provided. 2400 Kenwood Rd. 871-5236

LEGO CLUB AT BEALE LIBRARY: Come join us! 868-0701

ROPING PRACTICE: Spectators welcome. 325-4206


SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

MOPS - VALLEY BAPTIST CHURCH: Dedicated to meeting the needs of every mother of preschoolers. 387-6352

FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: Enjoy watching a movie with your friends and family. 4:00 PM 868-0701

LEGO CLUB AT WASCO LIBRARY: Playing, and inventing with LEGOs is fun for everyone. 4:00 PM - 5:30 PM 758-2114

 **LOVE FOR VETS AT BEALE LIBRARY:** Valentine's Day will be our kick off to our monthly meet up, Veterans Unite. The call to military service is different for all, and each experience leaves an impact that affects each veteran differently. Inviting all military members, past, present and their families to come together to share their experiences. 5:00 PM 868-0701

Friday, February 15

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

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

KIDS GET CRAFTY AT BEALE LIBRARY: Join us to create the craft of the month. 868-0701

LIVE MUSIC: Join us for some great live music! Friday - Saturday 703-6911

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

TODDLER TIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, rhymes & fun. 664-7716

VENGA CUENTOS Y CRAFTS AT BEALE LIBRARY: Bilingual fun. 3:00 PM 868-0701

COLOR ME HAPPY AT HOLLO-WAY-GONZALES LIBRARY: Join us to color and relax. 9:00 AM - 5:00 PM 861-2083

STORYTIME & CRAFT AT WASCO LIBRARY: Join us for stories, rhymes, songs and more! 8:00 AM 758-2114

CHESS CLUB AT HOLLO-WAY-GONZALES LIBRARY: Come play a game of chess. 3:30 PM - 5:00 PM 861-2083

Saturday, February 16
FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

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



Valentine's Day is February 14th! Look for the heart icon to celebrate with love-themed activities around town.

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

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

STORYTIME AT BARNES & NOBLE: Storytelling time for children and families. 631-2575

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Read stories. 664-7716

VOLUNTEER ORIENTATION AT BEALE LIBRARY: Volunteer orientation and training for the Library. 10:00 AM 868-0701

COLOR ME HAPPY AT BEALE MEMORIAL LIBRARY: Stressed out! Join the coloring craze. 868-0701

PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY: 868-0701

WHAT THE KNIT: SOCIAL KNITTING AT SOUTHWEST LIBRARY: 9:00 AM - 12:00 PM 664-7716

Sunday, February 17
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

TINKERGARTEN: Tinkergarten provides high-quality early childhood learning. 9AM - 10:30AM 809-1879

Monday, February 18
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054



ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

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

COUNTRY LINE DANCING: 392-2010

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

Tuesday, February 19
AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

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

FREE ACTING CLASS: For children. 322-2800

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

LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys will hold FREE informational workshops. 868-0701

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

PRESCHOOL STORYTIME AT BEALE LIBRARY: Fun with your 3 to 5 year old. 868-0701

QUILTING: Learn a new hobby or just enjoy quilting with friends. 392-2010

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

PUZZLE MANIA AT WASCO LIBRARY: Join us for puzzle mania fun! 4:00 PM - 6:00 PM 758-2114

Wednesday, February 20
ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Crafts and conversation. 5:00 PM - 7:00 PM 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 6:00 PM 833-4345



62nd ANNUAL WHISKEY FLATS DAYS

Friday, Feb. 15th

Guests step back in time to the days of the Wild West with attractions like a rodeo, parade, carnival rides, a Wild West encampment, line dancing, gold panning, wood carving, staged gunfights and frog jumping contests. There's also live music, an art show, games, and activities for kids! (760) 376-2629 through February 18.

BAKERSFIELD BABES IN BUSINESS: Whether you're launching a start up or looking for new opportunities, networking is an essential part of the game. 1702 18th St. 427-4900

CHESS CLUB AT SOUTHWEST LIBRARY: Come play a game of chess. 4:00 PM 664-7716

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

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

PATHFINDERS AND ADVENTURERS: Hillcrest Seventh Day Adventist Church. 6:30 PM - 8:00 PM 871-5000

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

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

TODDLER TIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 868-0701

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

COLOR ME HAPPY AT HOLLO-WAY-GONZALES LIBRARY: Join us to color and relax. 9:00 AM - 5:00 PM 861-2083

CHESS CLUB AT HOLLO-WAY-GONZALES LIBRARY: Come play a game of chess. 3:30 PM - 5:00 PM 861-2083

FAMILY STORYTIME AT HOLLO-WAY-GONZALES LIBRARY: Celebrate reading. 2:30 PM - 3:30 PM 861-2083

LEGO CLUB MANIA AT HOLLO-WAY-GONZALES LIBRARY: It's a LEGO free-for-all. 9:00 AM - 5:00 PM 861-2083

PLASTIC CANVAS 101 AT WASCO LIBRARY: Learn to work with plastic canvas. 1:00 PM - 2:30 PM 758-2114

STEM ACTIVITIES AT HOLLO-WAY-GONZALES LIBRARY: Join us for science. 3:00 PM - 4:00 PM 861-2083

VITA WORKSHOP AT SOUTHWEST LIBRARY: A free tax workshop. 3:00 PM - 6:00 PM 664-7716

Thursday, February 21
FREE ACTING CLASS: For children 5-17 years old. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

FLIX BEFORE 6 AT SOUTHWEST LIBRARY: Enjoy a G or PG film. 4:30 PM 664-7716

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

KNIT & CROCHET: Come join us for some fun! Yarn provided. 2400 Kenwood Rd. 871-5236

LEGO CLUB AT BEALE LIBRARY: Come join us! 868-0701

MOPS-LAURELGLEN BIBLE CHURCH: Meeting the needs of every mother of preschoolers. 833-2800

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

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

\$2 DAY AT BUENA VISTA MUSEUM: All day, all ages only \$2. 10:00 AM - 4:00 PM 324-6350

CRAFTY TEEN CLUB AT BEALE MEMORIAL LIBRARY: 868-0701

GAME ON AT WASCO LIBRARY: Play games. 4:00 PM - 6:00 PM 758-2114

POV DOCUMENTARY SERIES AT BEALE LIBRARY: This month's film is a PBS documentary. 5:00 PM 868-0701

Friday, February 22
BIKE ARVIN: Make new friends, ride your bike with us. 854-3577

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

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY Join us to create the craft of the month. 868-0701

LIVE MUSIC: Join us for some great live music! Friday - Saturday 703-6911

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

TODDLER TIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, rhymes & fun. 664-7716

VENGA CUENTOS Y CRAFTS AT BEALE LIBRARY: Bilingual fun. 3:00 PM 868-0701

COLOR ME HAPPY AT HOLLO-WAY-GONZALES LIBRARY: Join us to color and relax. 9:00 AM - 5:00 PM 861-2083

STORYTIME & CRAFT AT WASCO LIBRARY: Join us for stories, songs, and more! 3:30 PM - 5:00 PM 758-2114

CHESS CLUB AT HOLLO-WAY-GONZALES LIBRARY: Come play a game of chess. 3:30 PM - 5:00 PM 861-2083

BAKERSFIELD HOME & GARDEN SHOW: With thousands of attendees, the Bakersfield Home Show is the most comprehensive and trusted show in the region. 1142 South P St. 12:00 PM - 7:00 PM 800-655-0655 through February 24.

Saturday, February 23
FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

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

STORYTIME AT BARNES & NOBLE: Storytelling time for children and families. 631-2575

KIDS FREE DAY AT CALM: Last Saturday of the month, kids up to 12 years old are FREE with a paying adult. 872-2256

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Read stories. 664-7716

VOLUNTEER ORIENTATION AT BEALE LIBRARY: Volunteer orientation and training for the Library. 10:00 AM 868-0701

AWESOME SCIENCE EXPERIMENTS AT SOUTHWEST LIBRARY: Learn science experiments. 8:00 AM 664-7716

CHINESE NEW YEAR PERFORMANCE AT BEALE LIBRARY: Chinese dances and skits. 11:00 AM 868-0701

SUBMIT YOUR EVENTS ONLINE!



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.

FEBRUARY 2019 *daily happenings*

GOOD SAMARITOTS AT SOUTH-WEST LIBRARY: Children give back to the community. 3:00 PM - 4:00 PM 664-7716

GUIDED NATURE HIKE AT WIND WOLVES - WILDFLOWERS: Join a naturalist for a casual guided hike. Reservations must be made two weeks before the event via our website. 10:00 AM - 12:00 PM 858-1115

UKULELE CLUB AT BEALE LIBRARY: Join us for a rousing good time at this Uku-Nanny! 868-0701

VOLUNTEER DAYS AT WIND WOLVES: Our volunteer events are fun and rewarding. 858-1115

Sunday, February 24
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

TINKERGARTEN: Tinkergarten provides high-quality early childhood learning. 9:00 AM - 10:30 AM 809-1879

Monday, February 25
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

COUNTRY LINE DANCING: 392-2010

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

ART 101 AT WASCO LIBRARY: Come join us for different art projects, all supplies provided. 3:30 PM - 5:00 PM 758-2114

MOVIE TIME AT WASCO LIBRARY: Join us for Movie Time. Refreshment provided. 12:00 PM - 4:00 PM. 758-2114

Tuesday, February 26
AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

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

FREE ACTING CLASS: For children. 322-2800

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

LEGAL HELP CLINIC AT BEALE LIBRARY: Attorneys will hold FREE informational workshops. 868-0701

WARMLINE MOM & TODDLER GROUP: All parents are encouraged to bring their children for a fun play session and interact with other moms in the community. 4301 Calloway Dr. 9:00 AM - 11:00 AM. 323-3531

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

PRESCHOOL STORYTIME AT BEALE LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

QUILTING: Learn a new hobby or just enjoy quilting with friends. 392-2010

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

WARMLINE MOM & BABY GROUP: For moms with a baby birth through one year. Great place to meet other moms & get your new mom questions answered. 4301 Calloway Dr. 11:00 AM - 1:00 PM 323-3531

COLOR ME HAPPY: FAMILY EDITION AT WASCO LIBRARY: Join us for some coloring. 4:00 PM - 6:00 PM 758-2114

PHILOSOPHY FOR KIDS AT SOUTHWEST BRANCH LIBRARY: 664-7716

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

Wednesday, February 27
ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Crafts and conversation. 5:00 PM - 7:00 PM 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 6:00 PM 833-4345

CHESS CLUB AT SOUTHWEST LIBRARY: Come play a game of chess. 4:00 PM 664-7716

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

PATHFINDERS AND ADVENTURERS: Hillcrest Seventh Day Adventist Church. 6:30 PM - 8:00 PM 871-5000

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

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

TODDLER TIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 868-0701

COLOR ME HAPPY AT HOLLO-WAY-GONZALES LIBRARY: Join us to color and relax. 9:00 AM - 5:00 PM 861-2083

CHESS CLUB AT HOLLO-WAY-GONZALES LIBRARY: Come play a game of chess. 3:30 PM - 5:00 PM 861-2083

FAMILY STORYTIME AT HOLLO-WAY-GONZALES LIBRARY: Celebrate reading. 2:30 PM - 3:30 PM 861-2083

LEGO CLUB MANIA AT HOLLO-WAY-GONZALES LIBRARY: It's a LEGO free-for-all. 9:00 AM - 5:00 PM 861-2083

BARKS AND BOOKS AT BEALE LIBRARY: Build your reading skills and enhance your self-esteem by reading aloud to an affectionate furry friend. Ages K-8. Registration Required: 868-0701 Arkelian Children's Room 4:00 PM 868-0701

CINEMA MACABRE: A DATE WITH DRACULA AT BEALE LIBRARY: Join us for a spooky classic film. This month's film is Dracula (1931). The film begins at 6:00 p.m. and doors open at 5:45 p.m. 6:00 PM 868-0701

Listings of FREE Immunizations

totshots

Walgreens
Monday, February 4th
4306 Ming Avenue, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walgreens
Wednesday, February 6th
40 Chester Avenue, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walgreens
Thursday, February 7th
3301 Panama Lane, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Greenfield Family Resource Center
Monday, February 11th
5400 Monitor Street, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Kern County Dept. of Human Services
Wednesday, February 13th
100 E. California Ave, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walmart
Thursday, February 14th
2601 Fashion Plaza, Bakersfield
from 9:00 a.m. to 2:00 p.m.

La Hacienda Market
Tuesday, February 19th
315 James Street, Shafter
From 9:30 a.m. to 2:00 p.m.

Adventist Health Bakersfield
Wednesday, February 20th
2800 Chester Avenue, Bakersfield
from 1:00 p.m. to 6:00 p.m.

NOR Riverview Park
Monday, February 25th
437 Willow Drive, Bakersfield
from 9:00 a.m. to 2:00 p.m.

New Life Church
Wednesday, February 27th
4201 Stine Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

*Please note that according to Vaccines 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.

CROSSWORD CHALLENGE AT WASCO LIBRARY: Join us in our crossword challenge! 3:30 PM - 5:00 PM 758-2114

T.A.B. AT WASCO LIBRARY: Teens come and give input for library activities. 4:00 PM - 6:00 PM 758-2114

Thursday, February 28
FREE ACTING CLASS: For children 5-17 years old. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

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

FLIX BEFORE 6 AT SOUTH-WEST LIBRARY: Enjoy a G or PG film. 4:30 PM 664-7716

IMAGE CLEAR ULTRA-SOUND MOBILE UNIT: Arvin. 326-1907

KNIT & CROCHET: Come join us for some fun! Yarn provided. 2400 Kenwood Rd. 871-5236

LEGO CLUB AT BEALE LIBRARY: Come join us! 868-0701

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

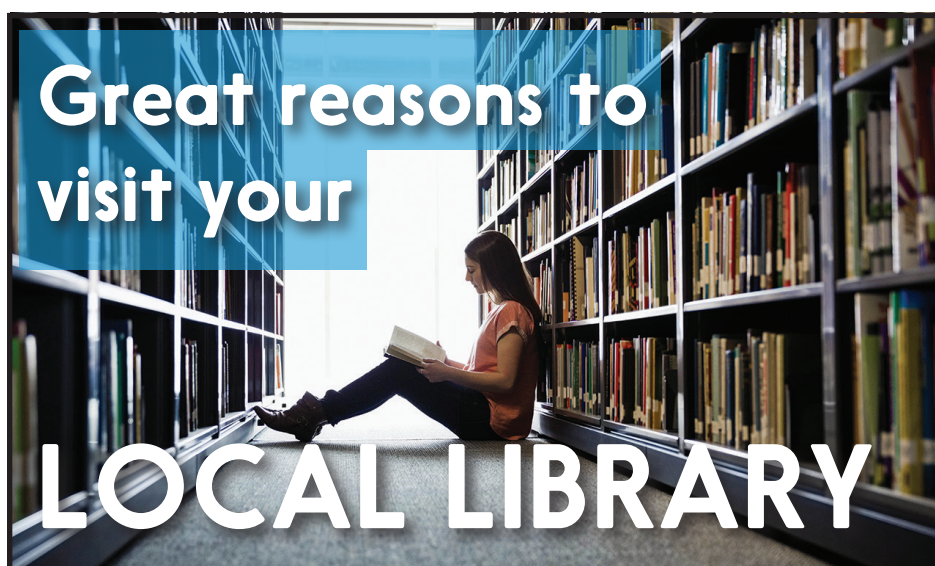
MOPS - VALLEY BAPTIST CHURCH: Meeting the needs of every mother of preschoolers. 387-6352

MOPS - ELIZABETH ANN SECTON CHURCH: Meeting the needs of every mother of preschoolers. 387-6352

CARD GAME FUN AT WASCO LIBRARY: Come play your favorite card game. 758-2114

INTERNATIONAL CINEMA AT BEALE MEMORIAL LIBRARY: 868-0701

OTAKU CLUB AT BEALE MEMORIAL LIBRARY: Anime & Manga Club. 868-0701



Many people have a wonderful resource at their disposal just minutes from their homes. This resource can transport them to distant lands, teach their children valuable lessons and serve as a great place to meet new friends.

So what is this magical place? The local library.

Libraries are filled with books for adults and children. But libraries have even more than books to offer, making them an invaluable resource for the entire community. The following are just a handful of the many great reasons to visit your local library:

Reading may help improve long-term mental health. Young adults and middle-aged men and women who visit their local libraries and check out a good book might decrease their risk for cognitive decline later in life.

Reading can improve your vocabulary, even as you get older.

Libraries provide lots of free entertainment. Libraries are home to thousands of books, but that's not all you can find at your local branch. Newspapers, magazines, CDs, and DVDs are some examples of the forms of entertainment available at local libraries. Better yet, such entertainment is free to card holders.

Libraries offer age-appropriate programs for kids. The scope of kid-friendly programs at your local library is wide and may range from sing-a-long sessions for toddlers to group art programs for preschool-aged children to STEM-based programs for elementary and secondary school students.

The local library is an invaluable resource than can benefit people of all ages.

February Worship Guide

Sponsored by

88.3 Life FM
KAXL

Fellowship Baptist Church

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

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

Awana
Wed-6pm
3ys-12th grades

DISCIPLES CHURCH

THE LETTER OF
JAMES
FAITH AT WORK

Sundays
9:00 & 11:00 AM

4500 Rosedale Lane,
Bakersfield, CA 93314
DisciplesChurch.com

TRINITY
ANGLICAN CHURCH

Father Karl Dietze

Service Times: 8:00 AM & 10:00 AM
Sunday School and Child Care available
during 10:00 service

11300 Campus Park Drive
Bakersfield CA 93311
NW Corner of Buena Vista & Campus Park
661-665-7713
www.trinitybakersfield.com

LESSONS & CLASSES



KARATE LESSONS
Tiger Tots 2-3 yrs old • Tiger Cubs 3-5 yrs old
Karate Kids 5-8 yrs old • All Ages Welcome!
Open 6 Days Per Week

VALENTINE'S DAY SPECIAL!
\$34.99
Includes Uniform, 2 Weeks Lessons

Most students just \$65 per month!
Also serving students with special needs.

For Adults:
• Adults Only Self Defense
• Women's Self Defense Seminar

Students Learn:
• Respect • Self Control
• Discipline

Currently teaching Self Defense to over 90 young women! No belt test fees!

Daytime classes for homeschool children

Golden Tiger Karate
Call 661-345-4371 to enroll today!

GUITAR, ELECTRIC BASS, & UKULELE LESSONS
Beginning & Intermediate

LOU MARINO
661-587-9312
Also electric guitar or bass set ups

<http://marinolounbev.wixsite.com/louslessons>

Free Consultation

Spanish Medical Interpreter Program
\$50 OFF with Ad!
Space is Limited!!!
Classes begin Feb 2019

WORLD LANGUAGES INSTITUTE

661-616-1355
1430 Truxtun Avenue, 5th Fl, Downtown
email: worldlanguagesinstitute@mail.com
www.wlinstitute.com

Other Foreign Languages Offered,
Private, Group & Corp. Classes.

JUNIOR GOLF ACADEMY

The Junior Golf Academy

Register: jgabakersfield.com
REGISTER NOW FOR AFTER SCHOOL SESSIONS.

Space is limited
Call Now! 548-6590

Unique JGA Curriculum
Six Levels of Achievement
Character Development
Par 3 and Course Play
Tournament Prep, Classes
Clubs provided for beginners if needed

Join Now Low Monthly Rates!
Ages 6-17
All abilities welcome

FUN!

jgabakersfield.com
496-3985

HEALTH & BEAUTY

Bridges to Wellness Coalition
Medical Center

Dr. Monica Murphy, MD
Bridges to Wellness Coalition
125 El Tejon, Bakersfield
CA 93308 • 661-473-0308

Let Bridges to Wellness Help You Spring Into Shape
Nutrition and Cooking Classes just in time for Spring 2019!
125 El Tejon, Bakersfield, CA 93308
Every Monday March 4th-April 22nd, 6pm-8pm
Learn How To:

- Set up your kitchen for success, Shop SMART on a budget
- Prepare tasty and nutritious meals, Make better choices
- Improve your wellbeing through nutrition

Register @ Bridges2wellnesscoalition.com by February 20th for free SWAG Bag

Therapeutic Massage for Women

• Prenatal • Postpartum • Pain Relief
• Relaxation • Ease Headache
• Massage Classes

Classes Now Forming!

Schedule Appointments Online!
(661) 383-0378 (txt ok)
www.bakersfieldwomensmassage.com

CHIROPRACTIC CARE
Pediatrics • Asthma • Earaches • Massage • Elderly

Alpha Omega Wellness Center
Dr. David T. Mongold
7950 White Lane #2E, Bakersfield
661-397-6555
www.alphaomega4wellness.com
Corner of White Lane & Gosford

VALENTINES SPECIAL
\$97 New Patient
(Covers Exam, X-Rays, 1st adjustment, & ROF)
Must present coupon. Expires March 15, 2019

innovative eye care
Vision & Eye Health Evaluation for the Family

Cheree Wilhelmsen, O.D.
4903 Calloway Drive, Suite. #101
Bakersfield, CA 93312

Phone: 661-213-3310
Fax: 661-213-3315

Email: info@innovativeec.com
Website: www.innovativeec.com

PEARLS OF HOPE MEDICAL CLINIC
Improving World Health One Person at a Time

SURESH M. ADVANI, M.D., M.P.H.
General Practice
Free Diabetes & Blood Pressure Screening
Labs & X-rays at lowest price, guaranteed

Call in Refills: \$10.00 only
Phone consults: \$30.00 only
All office visits: \$60.00 only
Sports physicals: \$70.00 only
All other physicals: \$120.00 only

We work on a cash basis only. Labs, X-rays, procedure, immunizations, medicines, medical records & paperwork extra.

300 17th St., Bakersfield, CA 93301
661-869-1982
By APPOINTMENT ONLY
Monday-Friday 8am-6pm

ACTIVITY CORNER ANSWERS

p.34

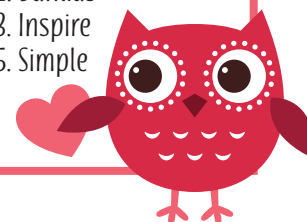
Sudoku:

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

Crossword:

- Across
1. Weddings
 5. Seam
 6. Elixir
 7. Dessert

- Down
1. Weekend
 2. Dahlias
 3. Inspire
 5. Simple



NATIONAL CLASSIFIED ADS

AUTOS WANTED

CARS/TRUCKS WANTED!!! All Makes/Models 2002-2018! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

DONATE YOUR CAR - FAST FREE TOWING 24hr Response - Tax Deduction UNITED BREAST CANCER FOUNDATION Your donation can help save a life! 877-654-3662

EDUCATION

AIRLINE MECHANIC TRAINING - Get FAA Technician certification. Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 866-453-6204

HEALTH & FITNESS

Suffering from an ADDICTION to Alcohol, Opiates, Prescription PainKillers or other DRUGS? There is hope! Call Today to speak with someone who cares. Call NOW 1-855-866-0913

MISCELLANEOUS

AT&T Internet. Get More For Your High-Speed Internet Thing. Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-833-707-0984

ENJOY 100% guaranteed, delivered to-the-door Omaha Steaks! Makes a great Holiday gift! SAVE 75% PLUS get 4 FREE Burgers! Order The Family Gourmet Feast - ONLY \$49.99. Call 1-855-349-0656 mention code 55586TJC or visit www.omahasteaks.com/love13

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-800-508-2824

HEAR AGAIN! Try our hearing aid for just \$75 down and \$50 per month! Call 800-426-4212 and mention 88272 for a risk free trial! FREE SHIPPING!

Unable to work due to injury or illness? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-855-498-6323 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

Start Saving BIG On Medications! Up To 90% Savings from 90DAYMEDS! Over 3500 Medications Available! Prescriptions Req'd. Pharmacy Checker Approved. CALL Today for Your FREE Quote. 844-776-7620

CHILDCARE & EDUCATION

Heaven Sent Preschool & Day Care

Open 6 am - 6 pm Monday thru Friday.

Accepting children from 18 months thru 5 years.

Owner holds a Masters Degree in Child Development with 24 years experience teaching young children.

Tuition includes nutritious meals and snacks, fun & instructional activities, and ABEKA curriculum for 4-5 year olds. Near Bakersfield College. LIC 153910348

661-348-4420

www.heavensentpreschoolanddaycare.com

NO Registration Fee!! (expires 2/28/2019)

ST. PAUL'S CHILD DEVELOPMENT CENTER

Open Monday through Friday 7:00 am to 6:00 pm

Serving Children 4 Months to Six Years Old (Potty Training Included)

We accept "Community Connections" for Child Care

License #: 50403849; License #: 150404959

2216 17th Street Bakersfield, California 93301

(661) 326-0120

www.stpaulsepiscopalbakfield.org

Valentine's Day BY THE NUMBERS

Valentine's Day is one of the most popular days of the year to celebrate. Here's a look at some interesting numbers associated with this day to celebrate the love people have for one another.

400 The year that Pope Gelasius declared February 14 a day to honor St. Valentine.

62 The percentage of adults who say they celebrate the holiday.

58 The number of pounds, in millions, of chocolate bought during Valentine's Day week.

150 The number of cards and gifts, in millions, sent each year for the day of love.

61 Percentage of men who purchase flowers or plants for Valentine's Day.

15 Average cost, in dollars, of a box of chocolates.

8.6 Amount of dollars, in millions, spent on sparkling wine for Valentine's Day, making it the second most popular occasion, after New Year's Eve, to enjoy some bubbly.

2 The ranking of red roses in comparison to other types of flowers gifted.

valley achievement center

SERVING CHILDREN AND ADULTS WITH AUTISM AND OTHER INTELLECTUAL DISABILITIES SINCE 1998

www.autism-vac.org

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

- Autism Spectrum Disorders Seminar #3
- Topic: Surfing Stress & Keeping Your Balance
- Speaker: Dr. Robert Naseef
- Sat., February 23rd, 9am-Noon, Adventist Health, 1524 27th St-2nd Flr.
- Register: www.kernautism.org
- Monthly Autism Support Groups
- February 19 Canyon Hills Church Room #103

EARLY SIGNS OF AUTISM:

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships

SERVICES OFFERED:

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com

2920 H Street, Suite 107, Downtown

f t i

CHILDCARE & EDUCATION

Lil' Explorers Preschool

Where Everyday is an Adventure



We Have Expanded!
NO More Pre-K Waiting List!!!

- Creative Theme-Based Curriculum
- All Meals & Snacks Included
- Potty Training Available



661-665-1200

8800 Harris Road Bakersfield, CA 93311

Call or check website for weekly rates • Lic #153808662; 153808664

661-665-1200 • www.Lil-Explorers.com



Ridgeview Christian Preschool

A FUN, SAFE, CARING ENVIRONMENT

661-834-9796 • 8420 Stine Road
www.ridgeviewchristianpreschool.com

Enrolling Now for Fall!!

Part & Full Time Programs Available Monday-Friday 7am-6pm Ages 2-6 Years

Featuring Amazing Athletes

Now offering after school care for grades TK-6th

License # 153808073 153810035

Hope Christian Preschool

CALL 661-832-2267 TO ENROLL YOUR CHILD!

We Accept Community Connection for Child Care

Call for our enrollment special

Serving Children 2-12 Years
Coming Soon- Toddler Option 18m-2yrs
2801 Hughes Lane • www.bfenaz.com

License #150405435 #150403579

NATIONAL CLASSIFIED ADS

DISH Network \$69.99 For 190 Channels. Add High Speed Internet for ONLY \$14.95/month. Best Technology. Best Value. Smart HD DVR Included. FREE Installation. Some restrictions apply. Call 1-855-837-9146

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-374-0013

DIRECTV & AT&T. 155 Channels & 1000s of Shows/Movies On Demand (w/SELECT Package.) AT&T Internet 99 Percent Reliability. Unlimited Texts to 120 Countries w/AT&T Wireless. Call 4 FREE Quote- 1-855-781-1565

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-877-626-2213 or visit <http://dorranceinfo.com/classified>

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-844-722-7993

HughesNet Satellite Internet - 25mbps starting at \$49.99/mo! FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-800-610-4790

GENERIC VIAGRA and CIALIS! 100 Pills \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-889-5515

Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

Spectrum Triple Play! TV, Internet & Voice for \$29.99 ea. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-855-652-9304

Lung Cancer? Asbestos exposure in industrial, construction, manufacturing jobs, or military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. \$30 billion is set aside for

Quality Early Education For Everyone

MAOF offers Infant & Toddler Care, Preschool, and Child Care & Development Services for children ages 2 to 5 years

Program Highlights

- Free or low cost • Bilingual staff
- Year-Round Program • Nutritious meals • Toilet training

Kern County

MAOF Arvin Early Learning Center Arvin, California LIC# 153808909 • (661) 854-3640	Bakersfield Preschool Bakersfield, Ca. Lic# 153801769 • (661) 328-6921
Cesar Chavez Preschool LIC# 153808652 Delano, CA • (661) 721-2032	La Escuelita ELC (*Serves children ages 1 to 5) LIC# 153808807/08 Delano, CA • (661) 720-9463



Web: www.maof.org Email: earlyed@maof.org

BAKERSFIELD ADVENTIST ACADEMY PRESCHOOL

Extended Day Childcare
Ages 2-5
Strong Academic Program
Reasonable Rates

Nutritious Lunch and Snacks Included

Mon.-Thu. 7 AM – 6 PM • Fri. 7 AM – 4:30 PM
3333 Bernard Street, Bakersfield, CA 93306
661.546.4464 | License #153810033

ASKING FOR HELP
doesn't make you a terrible parent.
It makes you a GREAT one.

For FREE parent-to-parent counseling, contact us:

323-3531
(888) 955-9099

www.e-warmline.org



NATIONAL CLASSIFIED ADS

asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

Cross Country Moving, Long distance Moving Company, out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move 1-800-511-2181

Sleep Apnea Patients - If you have Medicare coverage, call Verus Healthcare to qualify for CPAP supplies for little or no cost in minutes. Home Delivery, Healthy Sleep Guide and More - FREE! Our customer care agents await your call. 1-844-545-9175

SAVE ON YOUR NEXT PRESCRIPTION! World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-855-530-8993 Call Now!

WANTED TO BUY

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

TOP CASH FOR CARS, Any Car/Truck, Running or Not. Call for INSTANT offer: 1-888-417-9150

ADVERTISE to 10 Million Homes across the USA! Place your ad in over 140 community newspapers, with circulation totaling over 10 million homes. Contact Independent Free Papers of America IFPA at danielleburnett-ifpa@live.com or visit our website cadnetads.com for more information

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

PRODUCTS, SERVICES & EVENTS



Bellissima
Medical Aesthetics

Acne Treatments • Fillers • Botox

Laser Hair Removal **\$45/Session**
for first time customers

Evening & Weekend
Appointments Available

661-634-9200
www.bellisimamedical.net

WE'RE MAID FOR THIS

STILL KEEPING IT
FRESH AND CLEAN
FOR OVER 30 YEARS.

- Fully Insured
- Call For A Free Estimate
- Professional Quality, Affordable Price
- 24-Hour Clean Guarantee
- No Contracts.



Save **\$100** \$20 off your first 5 regularly scheduled cleans
Cannot be combined with other offers.
For New Recurring Customers Only

MOLLY MAID.

a neighborly company

Locally Owned and Operated Franchise

Call Us Today For Details. 661-369-7119

<https://www.mollymaid.com/local-house-cleaning/ca/bakersfield.aspx>

Advertise with Us!



Our Readers
Could Be YOUR
Customers!

Call us today for ad
rates and info!

661.861.4939

Family
magazine

PARTY RESOURCES



skate LAND kidskatefree.com

Rediscover the FUN
of Roller Skating at
Skateland!

We Provide.....

- A SAFE Environment
- Good, Clean Fun
- Social/Athletic Skill Building

Register your kids 10 & younger
for our Kids Skate Free Program!

\$20 OFF
Any Booked Party Package
Can't be combined with other offers, expires March 31, 2019

SAVINGS

(661) 831-5567

Skateland
415 Ming Ave., Bakersfield, CA 93307
skatelandbakersfield.com



BATTLEFIELD LIVE

COMBAT LIVEPLAY
ADVENTURE

LASER TAG

- Safe, Interactive Fun for All Ages
- Perfect for Birthday Parties
- Corporate Teambuilding
- Church and School Events
- Indoor/Outdoor Compatible
- Day or Night

READY
AIM
FUN!!!

661-979-1650
www.bliveb.com

WE BRING THE GAME TO YOU



VBI
PAINT & BODY

- Motor Homes
- Trucks
- Cars
- Industrial
- Oilfield
- Sandblasting

1808 Roberts Lane
Bakersfield CA 93308

399-2944

YOUNG SMILE DENTAL CARE

Pediatrics | Cosmetics
Periodontics Root Canal Treatment
Teeth Whitening



Dr. Laimui (Amy) Yeung

- Most PPO Insurance and Medi-Cal Accepted
- Oral Conscious Sedation for Kids
- **White** Fillings for Medi-Cal Kids & Adults
- Immediate Appointments Available
- Open on Weekends

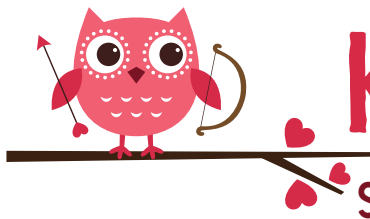
New Patient Special!
Comprehensive Exam & X-Rays
Adults (18+): \$59 Kids: \$49

661-282-8829

4124 Ardmore Ave. 93309

(behind Home Depot at Ming Ave.)

Website: www.youngsmiledentalcares.com



KID'S activity corner

Answers on page 30

Sudoku

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

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!

Color Me!



Word Find

Find the hidden words in the puzzle

ALUMINUM
CAN
DENTS
FRESH

FRUIT
OPEN
PANTRY
PET

SEAL
STACK
STORE
VEGETABLE

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

Crossword Puzzle

1		2		3			4
				5			
6							
7							

ACROSS

1. Lavish parties
5. Where fabrics meet
6. Magical potion
7. Sweet treat

DOWN

1. Saturday & Sunday
2. Type of flowers
3. Motivate
4. Not over the top

2019 ACADIA DENALI



4G Wi-Fi Hotspot

- Sculpted Denali Grille and Chrome Accents
- Lane Change Alert w/ Side Blind Zone Alert
- 8" Diagonal GMC Infotainment System
- Hands-Free Power Liftgate
- 7 Passenger Seating
- 20" Wheels



STARTING MSRP: \$45,500



Acadia Denali combines bold, functional styling with premium details that make it stand out against other mid-size luxury SUVs. The Acadia Denali is a cut above the rest with unsurpassed levels of artistry and tasteful design that stand equal to its performance and functionality. At first glance, it's the style that stands out. A deeper dive reveals the advanced functionality and cutting-edge technology crafted within while performance and handling dynamics help to keep you confidently in control. And as technology has evolved, Acadia Denali's safety features have become more advanced helping you drive with added peace of mind, such as, Available Surround Vision, Lane Change Alert, Front Pedestrian Braking, Following Distance Indicator and more.

Come in and experience the 2019 GMC Acadia Denali for yourself with a test drive at Motor City Buick | GMC in the Bakersfield Auto Mall. Call (661) 412-0443 to schedule your test drive today!

CALL US TODAY FOR CURRENT REBATES & INCENTIVES

FIND US ONLINE



LIKE

Motor City Buick GMC
Motor City Lexus of Bakersfield



FOLLOW

Motor City BJG @motorcitybakersfield
Lexus @motorcitylexus




FOLLOW

MCBuickGMC
MotorCityLexus

3101 PACHECO ROAD • (661) 412-0443 • WWW.MOTORCITYGMC.COM





A lifetime
of learning
starts now.

BABY & TOT CLASSES

Offered in Gymnastics,
Swim, Dance and Yoga.

*Classes starting at just 6
Weeks old and some are free.
Call us for details!*

Start Here. Succeed Anywhere.

Gymnastics • Cheer • Swim • Dance • Martial Arts
Ninja Zone • Yoga • Tumbling & Trampoline • Preschool



www.AKSC.com | 661.589.2100 | NW: 3622 Allen Rd | SW: 4401 Ride St.

Building Healthy Kids since 1984