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magazine

MARCH 2019

Double
the
Crazy
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FUN!

with Reagan & Reese
Antonioni

LUCKY
Saint
Patrick's
Day
IDEAS

**Overnight
Summer
Camp**

**Helping Kids Find
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plus: spring forward & stay sane with Daylight Saving Time tips p.10
fairy garden magic p.21 taking mommy & me outdoors p.14

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Lisajo Peterson Radon

EDITOR Lisajo Peterson Radon

ART DIRECTOR Pam Huber

COPY EDITOR

Diane Sill

CONTRIBUTING WRITERS

Tiffany Doerr Guerzon
Michael E. Kirk, PhD • Andrea Rose
Sandi Schwartz • Vaun Thygeron
Julie Willis

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



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MEMBERS OF



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Cover Story: Twins Find Their "Pot of Gold" in Fun Hairdos. Reagan (left) and Reese (right) Antonioni love taking Crazy Hair Day to the extreme! Read more about these creative sisters on page 12! **Photography by** **Carlie Shea.** @carliesheaphotography



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dear reader



Vaun Thygerson,
Contributing Writer

When my kids were younger, I loved getting them ready for themed school days. We'd plan out their outfits, sometimes buy new pajamas, and always make sure they celebrated school spirit by participating in the day's fun activities. One year, when my youngest was in kindergarten, we got up extra early to fix his hair for crazy hair day. We used gel, hairspray, and a lot of teasing to make his white-blond hair stand up straight in a messy Mohawk. When we got to school, I started looking around and noticed nobody had participated in this day. I thought to myself, "This is weird. Why aren't

the kids sporting crazy hairdos?" I shared my observation with my son's kindergarten teacher and she looked at me and said in a very deadpan tone, "Today is sports day!"

Oops! MOM FAIL! I looked around the room and then it hit me: almost every student was wearing some kind of jersey showing off their favorite sport and/or team. I felt like I had fallen into social quicksand. I looked at my son—who was so excited about his hair—and just prayed he would be okay with the mix up. Thank goodness he was born to be the center of attention and he was thrilled to be the only one in the class with crazy hair. And, the real bonus was that we got to redo the do the next day! He wore his Bakersfield Condors jersey with his Mohawk the next day as to not miss out on that day, either.

Speaking of crazy hair days...check out the article, "Identical Twins Find Their 'Pot of Gold' in Hairdos," on page 12. This month's adorable cover twins, Reese and Reagan Antonioni, are sixth graders at American Elementary and cre-

ate creative and unique masterpieces in their hair for themed school days. For March, they decked out their hair with all things green and St. Patrick's Day. Thanks to the Antonioni family, Seven Oaks Country Club, and Carlie Shea Photography for making KCFM's cover one of the best—and craziest!—yet.

In addition to this month's lucky holiday, you can also look forward to Daylight Savings Time on March 10. This day is the harder of the two clock adjustments, because you feel like you get an hour less of sleep and for little ones it can really disrupt their bedtime routine. But, the trade-off is daylight lasts longer. To find out how you can help your kids adjust, turn to the article, "Spring Forward, Stay Sane: A Sleep Expert's Guide to DST," on page 10.

In this month's Humor at Home article, "Shopping Shenanigans" on page 16, local mom of two Julie Willis writes about a time she watched in awe as another mom successfully wrangled five kids at a store. As a parent who doesn't like to shop with her own kids, Julie wanted to take notes from this super-mom about her strategies.

If your children have themed school days coming up, make sure you have noted the right ones for the right days. And, don't forget to wear green on March 17th! This day of Irish luck has a blessing to go along with it too: "May the wings of the butterfly kiss the sun. And find your shoulder to light on. To bring you luck, happiness and riches, today, tomorrow and beyond."

It may even be a lucky day to take your kids shopping—they might behave!

Happy Saint Patrick's Day, and Happy Spring!

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Village Flea at Kern County Museum

The Kern County Museum will host their 2nd Annual Village Flea on Sunday, March 31, from 8 a.m. to 4 p.m. This family-friendly event will feature vendors of true antiques, art, collectibles, vintage clothing and home furnishings, and local artisan goods. There will also be local musicians, food, and much more. General admission is \$5. Children 12 and under are free.



For more information and vendor registration, please contact Nicole Bolinger at **661-437-3330** or visit kerncountymuseum.org/villagefleaevent.

Kern Federal Credit Union (KFCU) changes name to Strata Credit Union

The Greater Bakersfield Chamber of Commerce and the Kern County Hispanic Chamber of Commerce along with Strata Credit Union leadership recently hosted a ribbon cutting ceremony at the Strata Credit Union Downtown branch located at 1717 Truxtun Avenue. The ribbon cutting event kicked off a year-long 70th anniversary celebration that includes the launch of “70 Wishes,” Strata Credit Union’s goal to fulfill 70 wishes for those in need in Kern County.

“We wanted to do something special in celebration of our 70th anniversary that encompasses the foundational philosophy of the credit union movement,” said KFCU CEO, Brandon Ivie. “Credit Unions have always been about “people helping people.” With the help of our community, we will grant a total of 70 wishes for individuals or organizations that are in need right here in our community whose wishes will be submitted by someone on their behalf.”

Photo: Clearwest Productions, Brandon West



For more information about Strata Credit Union’s “70 Wishes,” how you can submit a wish on behalf of someone in need, or for wish submission locations, please visit www.stratacu.org/70-wishes.

Bakersfield Donut Run

Calling all donut lovers! Now is your chance to run a 5K or 2K for donuts on Saturday, March 9, at California State University Bakersfield. Sponsored by Krispy Kreme Doughnuts, each participant will receive donuts and a t-shirt, and finishers will receive a custom donut finishers medal. As an extra incentive to finish the route, donut holes will

be given out to runners and walkers on the course.

For more information, please visit www.runsignup.com.



Writers of Kern Spring Conference

The Writers of Kern (WOK) Spring Conference will feature two headliners, Adam Berg and Amy Friedman, on Saturday, March 16, from 8 a.m. to 3 p.m. at Hodel’s Country Dining, 5917 Knudsen Drive. Guest speakers include Adam Berg- actor, screen writer, novelist,

and co-founder of JK Studios, and Amy Friedman- author, teacher, and Pops the Club founder. The day will include writing workshops, professional head shots, and its Annual Pitch Perfect Contest. You do not have to be a WOK member to attend. **Purchase tickets at www.writersofkern.com/events.**



Bakersfield Amazing Race 2019

Brains battle brawn at the Bakersfield Amazing Race on Saturday, March 23, from 9:30 a.m. to 1:30 p.m. starting and finishing at Wall Street Alley in downtown Bakersfield. Teams of 2-4 people solve clever clues and face fun challenges, all while navigating the urban landscape via foot. It’s a scavenger hunt, with all the thrills of the amazing race, mixed in with trivial pursuit, throw in a mini road race, and add a dash of cat-and-mouse.

As part of CitySolve Fundraiser, each registration makes a donation to Stewards, a local non-profit serving men, women, and children with disabilities. The first-place team will win \$400. To register, please visit www.eventbrite.com.



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Monkey See, Monkey Do

Parents need to set a good example in buckling up when they climb into a vehicle. When a driver doesn't buckle up, their young passengers are also likely to be unrestrained, according to a recent study released by the American Academy of Pediatrics. "Factors Associated With Unrestrained Young Passengers in Motor Vehicle Crashes" analyzed federal data on crashes between 2011 and 2015 that involved a passenger under age 19 in the vehicle.

Compared to drivers who were wearing their seat belts during a crash, those who were not buckled in the event of a crash had a higher probability of having an unrestrained passenger across all passenger age groups.

Motor vehicle crashes are the leading cause of unintentional injury death among children and teens in the United States, and unrestrained child passengers are at significant risk of crash-related injury. Study authors said their data showing the strong link between driver and passenger seat restraint use provide further evidence that policies targeting unrestrained drivers are needed.

These include primary seat belt laws that let police officers ticket a driver for not wearing a seat belt, without any other traffic offense taking place. Currently, 34 states, including California, have primary seat belt laws.



Buckle Up - Your Kids Are Watching!
When a driver doesn't buckle up, their young passengers are more likely to be unrestrained.

HPV Vaccine Effective, Parents Not to Worry

A new study finds evidence that the cancer-preventing vaccine to protect against human papillomavirus (HPV) has been effective in a community setting in offering protection against strains of the virus and in offering herd protection since it was introduced 11 years ago.

The study released by the American Academy of Pediatrics, "Human Papillomavirus Vaccine Effectiveness and Herd Protection in Young Women," examined trends in HPV in the Cincinnati area from 2006 to 2017.

Researchers from Cincinnati Children's Hospital analyzed information gathered from 1,580 women ages 13-26 who were sexually experienced and enrolled in four different studies. The study noted significant decreases in various strains of HPV among women who were vaccinated with the 4-valent and 9-valent HPV vaccine types. The study also found that the prevalence of 4-valent and 9-valent vaccine-types of HPV decreased signifi-

cantly among unvaccinated women, which suggested herd protection or community immunity. The authors suggest further research is needed to examine trends in the 9-valent vaccine-type HPV after higher rates of vaccination are achieved. HPV infections may cause genital warts and cancers, and in women, may cause cervical, vaginal, vulvar, anal and oropharyngeal cancers. In men, infection may cause anal, penile and oropharyngeal cancers.

A similar study, however, surveyed parents who were hesitant about getting the HPV vaccine for their children. The study sought to identify the most effective ways for physicians to address parent hesitancy about the vaccine, by conducting a national online video-messaging experiment.

Researchers surveyed 1,196 parents of at least one child age 9-17 who either had not initiated the HPV vaccine series or had received only the first dose. The experiment evaluated 28 messages pertaining to seven common topics about HPV vaccination, four of which related to lack of knowledge (such as what diseases are prevented by the vaccine) and three related to concerns (such as safety and side effects).

Researchers found that messages that referred to cancer prevention worked well among both parents of unvaccinated and vaccinated children. They also found that health care providers may need to prepare to engage in longer discussions about HPV vaccine when parents express concerns. The study provides examples of research-tested brief messages that providers could use as a starting point when addressing hesitant parents' questions or concerns about the HPV vaccine.



Hug More, Stress Less!

By Family Features

Whether circumstances are good or bad, exciting or stressful, there are several simple ways to improve emotional and mental fitness.

As one example, sharing a hug with a loved one has been found to boost immune system responses, help fight disease and increase overall health, according to an article published by "The Guardian." Hugs increase serotonin,



which is the body's natural antidepressant, can be a natural sleep aid and help reduce stress and anxiety.

However, according to the article, hugs are on the decline. Among the reasons for this decline in hugging are busy schedules and the prevalence of technology extending the workday into time spent at home. It can be hard to focus on personal connections when work follows you home in your pocket. At times, it seems there are stronger connections to mobile devices than family members sitting in the same room.

There is a simple solution, though. You can get back to showing love through the simple act of hugging. In the spirit of reducing stress and giving meaningful, memorable hugs, consider these tips:

Keep it real.

Avoid superficial hugs or giving a hug just out of habit. Instead, try focusing on the hug and giving it with purpose, as an expression of friendship. Squeeze hard, but not too hard.

Take a breath.

Once you are in the hug, pause for a moment and breathe. Just one breath. This is where you have the chance to squeeze a little longer. Go ahead and be a little vulnerable. In the moment, remember who you are hugging and why you are hugging him or her. This is a moment when the healing power of the hug can shine through, and a hug or squeeze is a sign of affection and trust.

Let it go.

Be sensitive to the movements of the person you are hugging and be willing to be the first to let go. Leave the embrace with a smile on your face, even in the hardest moments of life. Always let the person you are letting go of know you are happy.



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Spring Forward, Stay Sane: A Sleep Expert's Guide to DST

Don't be sleepless this spring. Here's expert advice to keep Daylight Saving Time from ruining your child's sleep routine.

By Malia Jacobson



Got little ones at home? Chances are, you're not a fan of "spring forward," the annual Daylight Saving Time ritual that throws off bedtime for kids from coast to coast.

This year, clocks jump ahead on Sunday, March 10. When the clock moves forward in the spring, the most common complaint from parents is that kids won't go to bed "on time." It's not hard to understand why: When the clock reads 8:00 pm, your child's body thinks that it's 7:00. When 9:00 or 10:00 pm rolls around and kids still aren't tired, parents get understandably grumpy.

It's not just bedtime that gets wonky: Many parents find that DST throws off kids' wake times and nap times, too. An hour's worth of time change is a lot for little bodies to handle, akin to jet lag for a baby or toddler. Some particularly sensitive kids (or those who are already overtired to begin with) can take days—or weeks—to adapt to the new time shown on the clock.

Want to help your little one take the time change in stride? Here's how to "spring forward" without missing a beat. (For simplicity, this example uses a 7:00 am wake-up and a 7:00 pm bedtime. Kids wake and go to bed at different times, so adjust as needed for your family's needs.)

Rise and shine

The key to helping your child fall asleep at his normal bedtime on clock-change day is waking him up earlier that morning, and for a few mornings preceding the change. Here's why: If he sleeps until his body's regular wake-up time (say, 7:00 am) on clock-change day, the clock will read 8:00. If you try to put him to bed that night at 7:00 pm, his regular bedtime, only 11 hours have elapsed since he woke up, and he's not likely to be tired enough to go to sleep.

This is especially true if he slept a bit later than normal that morning. DST occurs on a weekend, so many parents allow children to sleep later than normal. During the rest of the year, sleeping in up to an hour on weekends isn't a big problem, but when you add the time change, things can quickly go awry.

Planning ahead

The best way to avoid any sleep disruption: Plan in advance. Beginning two to three days before the change, begin waking your child 30 minutes earlier in the morning, and putting her to bed 30 minutes earlier at night. For babies and young children who still nap, make corresponding adjustments to naps by moving them 30 minutes earlier as well. In this example, that would mean waking your child at 6:30 am and putting her to bed at 6:30 pm. (This may sound like an extremely early bedtime, but remember, it's only for a couple of days.)

On the morning of DST, wake your child at his normal wakeup time. If he normally wakes at 7:00 am standard time, wake him at 7:00 daylight saving time. (This will actually be 6:00 am, according to his body clock, but you've prepped him for this change already with a couple days of early wake-ups.) Offer nap(s) at the normal times. No need to make adjustments here. Having woken up at 7:00 am, he'll be ready for sleep at his normal bedtime.

Last-minute help

Starting last-minute? No time to prep your child a couple of days before the time change? No problem. Just remember to wake your child at her normal wake-up time (not the adjusted time) on clock-change day. If she normally wakes at 7:00 am, get her up at 7:00 am—her body will still think it's 6:00 am, so she'll probably still be snoozing, and she'll be tired, because she "lost" an hour of sleep. But she will be ready to snooze at her regular bedtime that night. And you won't have a wide-awake kid bouncing off the walls while you're trying to watch Weekend Update on DVR.

Daylight Saving Time, done!

*Malia Jacobson is a sleep coach, an award-winning journalist specializing in health and family topics, and a mom of three. Her latest book is *Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades*.*




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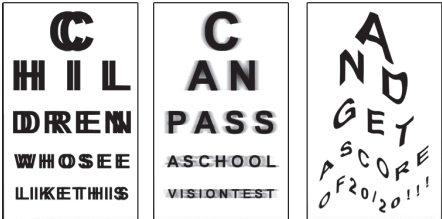
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Twins Find Their "Pot of Gold" in Fun Hairdos

Crazy Hair Day Becomes Creative Outlet for Antonioni Sisters

By Vaun Thygeron

Identical twins Reese and Reagan Antonioni are sixth graders at American Elementary School, and you can't miss their cuteness on a regular school day. But, on Crazy Hair Day their extravagant and unique creations really stand out. This year for St. Patrick's Day, Reese's hair is sprayed green with felt and lighted shamrocks adorning it. Reagan's hair features a braided rainbow crown that extends into pigtails with white, puffy clouds and, of course, a coveted pot of gold.

"I think their classmates have really come to look forward to the ideas and styles that they're going to have each Crazy Hair day. There are no awards, but they certainly are two of the kids in their class that put everything into this fun day," says the twins' mom Brooke Antonioni. "We are so proud of their creativity but also their confidence to wear these styles. They truly are artistic representations of their particular preferences and personalities."

These 12-year-olds love dressing up for their school's themed days and next to crazy hair day, their second favorite dress-up day is pajama day. Over the years, the girls have designed some memorable hairdos; in fact, so many masterpieces that Brooke can't decide on her favorite, but she says that each year they "keep getting better and better."

"I really liked the butterfly hair that Reagan sported and also the unicorn hair that Reese wore. The one previous to this (St. Patrick's Day) was also amazing. There was so much detail that went into Reese's coral reef hair and also Reagan's garden hair was unbelievable," she says.

"We are so proud of their creativity but also their confidence to wear these styles. They truly are artistic representations of their particular preferences and personalities."

—Brooke Antonioni

The process of creating their intricate crazy hair styles becomes as much fun as the actual day wearing them to school. It's a great team-building opportunity and the girls learn more about each other. With their parents, Brooke and Brad, and their nanny, Kellyn Ruiz, the girls start brainstorming their ideas and looking on Pinterest and other sites for ideas.

"Kellyn is not only just an amazing person; she is super creative and really helps bring the girls' ideas to life," Brooke says. "The girls absolutely love going to Michael's and other craft stores to shop for all their supplies together. Once they have their ideas, Kellyn will put her all into it and will search the internet and find ways to learn creative braids, such as the butterfly and other great styles."

When Reese and Reagan aren't busy planning for an upcoming themed school day, you can find them playing together with Barbies, Wii games, or on their iPads. But reading is their passion, and they are currently writing a book. "They would read all day long if we let them," Brooke says. "In fact, many nights when we're putting them to bed they ask to read just one more chapter or finish one more page. Quite a good 'problem' to have."

As a family, they spend a lot of time playing cards and dice games together, tennis, pickleball, and especially golf. The girls have been taking golf lessons since they were five years old. Reagan is a lefty and Reese a righty. Their mom says, "It's awesome to see them progress in golf, although I think in no time they will be beating us easily."



Twins Reagan (left) and Reese (right) Antonioni show off their St. Patrick's Day crazy hair creations above, with some of their past masterpieces below. Above photo courtesy Carlie Shea Photography.





One way to celebrate this lucky day is to wear magical creations in your hair, but there are many crafts and activities you can do with your little ones if that's too daunting. St. Patrick's Day is a fun day filled with all things green and a nod to leprechauns. KCFM came up with four ways to make this day a rainbow of fun for your kiddos:

GREEN GOODNESS

Getting your children to eat their "greens" just got a little bit easier thanks to this holiday. Make the day's meals more colorful with green eggs and ham, create a rainbow using fruit and veggies with sliced bananas for the clouds, dip some strawberries or pretzels into green chocolate, make lucky charm treats, or even turn your milk green with food coloring.

LEARN ABOUT IRISH CULTURE

Did you know that Ireland is the only country in the world where their windmills turn in a clockwise direction? Become a Hibernophile – someone who has a love of Ireland and/or Irish culture. You can read a book, watch a movie, listen to music, or dance an Irish dance to learn more about this fascinating country and its culture.

TRY TO TRAP A LEPRECHAUN

On the night before St. Patrick's Day, take a box or laundry basket to make a leprechaun trap with gold and lucky charms inside to entice them to enter. The next morning, I bet the kids find little leprechaun footprints and their treat replaced with a gift.

FIND THE POT OF GOLD AT THE END OF THE RAINBOW

St. Patrick's Day is not complete without rainbows. You can find all kinds of craft ideas for rainbows including a paper plate rainbow with tissue paper streamers and a Pot of Gold Telescope that looks for gold and four-leaf clovers. You can even make a candy rainbow with colorful Twizzlers and Rolos for the gold.



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How to Experience the Many Benefits of Nature Themed Mommy and Me Classes

By Sandi Schwartz



Are you stuck at home with an infant, wondering how to fill your day? Mommy and Me classes are the perfect antidote to any of that stir craziness or loneliness you may be experiencing and offer so many benefits to both you and your baby.

When you start exploring all of the Mommy and Me options out there, you may be overwhelmed by your choices. Your baby will love spending time outdoors with you and other children their age, so consider heading out to a fun Mommy and Me class focused on nature.

Benefits

Besides giving you an opportunity to interact with other moms and meet playmates for your children, Mommy and Me classes provide a wonderful venue for you to learn and play with your baby. This time together builds memories and allows you to bond in a new environment. Being outside surrounded by the beauty of nature will make it all the more special. According to Head Start, spending time playing outdoors is good for infants' and toddlers' health and well-being, and nurtures their intellectual, emotional, social, and physical development.

Some of the known health benefits of children spending time outdoors include:

- Being more physically fit because they engage in activities like crawling, running, and climbing that strengthen their hearts, lungs, and muscles.
- Improving large motor skills.
- Strengthening the immune system.
- Getting a natural dose of vitamin D, which is needed to absorb calcium for healthy teeth and bones.
- Regulating and balancing sleep-wake cycles to improve your child's sleep patterns.
- Reducing stress.

Next, nature Mommy and Me classes can help your children develop important cognitive skills. The natural world offers so many opportunities for discovery, imagination, creativity, problem-solving, and STEM education. It is filled with intriguing sights, sounds, smells, and textures for them to ex-

plore. They can also develop their communication skills and learn concepts like cause and effect and big and small. Finally, they gain spatial awareness as they move their bodies around in different ways and observe the world from different perspectives.

Your time in these classes can also help children develop socially and emotionally. Spending time in nature makes children feel more relaxed and happier overall. They are free to explore, move around, and make noise in ways that they may not be able to do while inside. Engaging in activities like digging a hole in the sand or dirt, watching a bug crawl around, or focusing on the passing clouds above gives children a sense of peace. They can also learn how to be nurturing by caring for plants, trees, animals, and insects. This experience can blossom into kindness as they interact with adults and their peers as well.

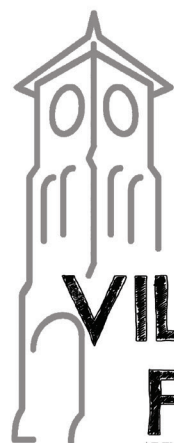
Finally, spending time outside builds their connection to and appreciation for the natural world that they will carry throughout their lives. By exposing our children to nature from this young age, we are planting the seeds so they will grow up to be passionate about protecting the environment.

Types of Activities

Each class will have its own theme and curriculum to help you and your baby connect with and explore nature in a creative, playful way. Some activities to expect in a nature Mommy and Me class include nature crafts, story time with nature books and poems, water play, gardening, nature yoga, sandbox play, hiking, seeing and touching live animals, building with and digging in dirt, watching worms wriggle through the soil, gazing at clouds, and listening to birds sing.

How To Find A Class

Although nature Mommy and Me classes may not be as easy to find as music and gym classes, more and more outdoor education programs are sprouting up all over, because parents and educators are realizing how beneficial spending time outdoors is for the healthy development of young children. You may have to dig around a bit, but look for a class at your local nature centers, science museums, children's gardens, community centers, and houses of worship. You can also check with environmental organizations like Audubon and the Natural Start Alliance that offers a directory of nature-related pre-schools. Look for classes with names like "Nature Babies" or "Mother Nature and Me".



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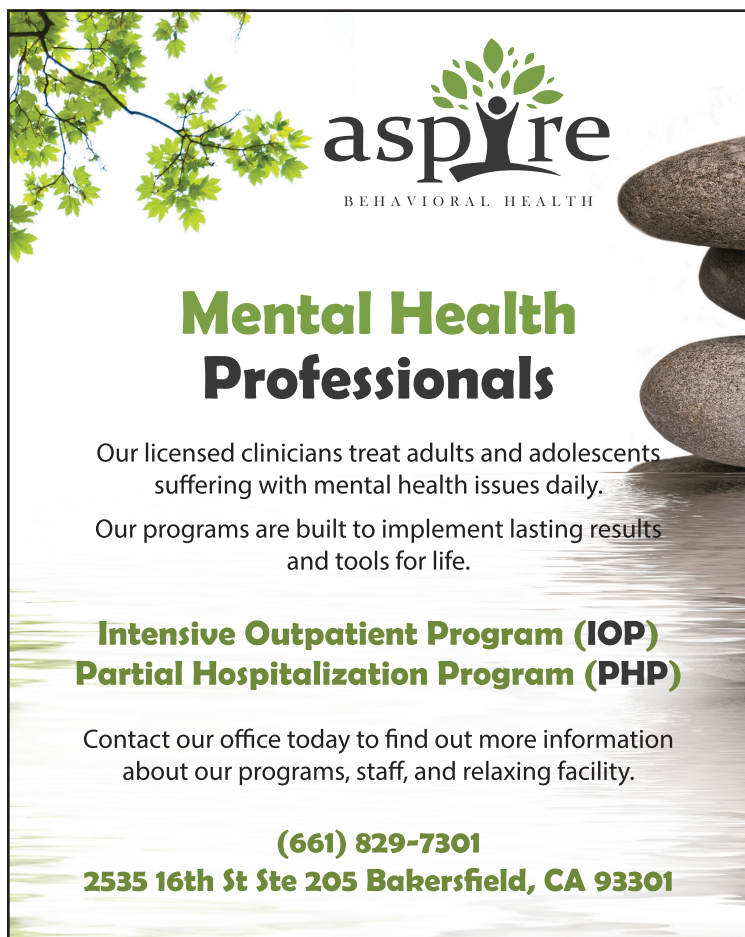
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Shopping Shenanigans

By Julie Willis, Bakersfield Mom of Two

I was out shopping recently when I saw a mom I recognized from my kids' school. She had all five of her kids with her.

I was alone.

I try to avoid taking my kids shopping with me. I'm not that brave. One of my kids is a shopper and wants to examine every single thing and try to figure out how long it will take her to save up enough allowance to buy it. The other one hates shopping and will whine and hang on the cart and generally make the rest of us miserable.

I imagine this mom had one of each of those types of kids. Plus three. More. Kids.

We smiled at each other. I was somewhat embarrassed. I felt like Loser Mom, not brave enough to shop with two, and there she was with five children. I might add that all five of her children appeared to be under the age of eight. She had one in a carrier on her back, one in the cart, and three tagging alongside her. At one point, one of the kids stood up in the top part of the cart, the part where the child is supposed to sit. The mom just smiled, rolled her eyes, picked the kid up, and moved her to a safer place.

I wanted to follow her around and take notes. I just knew she had to have some superpower that skipped over me when superpowers were being given out on Superpower Endowment Day. And I wanted to know what it was.

As I walked past her when I left the store, I let her know that I thought she was amazing. She said, "I don't look like I'm losing my mind?"

"No," I said. "I mean, I can imagine that you might be losing your mind. But, no, it doesn't show."

As for me, taking my kids to the store goes something more like this: I don't know where anything is, so I'm calling my husband to ask him. Meanwhile,



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one of my kids is telling me, "Mom, just ask someone." And I'm explaining that I will ask someone just as soon as I can find someone to ask, while my younger daughter is telling me where it is (and she's usually right). The younger one wants to look at everything and take pictures of it all, and the older one just wants to go home. And then they start fighting with each other. And then someone is on the floor throwing a tantrum, and most likely that person is me.

So, I just tell people that I don't take my kids shopping, because no one has taught them how to properly behave in public—and someone ought to have a word with their parents about it.

But the truth is that I just have this unconventional idea that shopping should be about buying what you need and leaving. Which, apparently, is not at all what it's about. Apparently, according to my kids, shopping is about touching everything, hiding in clothes racks, fighting with your sister, taking pictures of things you are going to buy if you ever save up \$117 (which, at \$2 a week is going to take some time), and whining that you didn't want to come in the first place and can't we just go to Grandma's house now?

And so, until I somehow gain the superpower of Endurance for Putting Up With Shopping Shenanigans, I will continue to shop alone. At least whenever I can get a babysitter. Otherwise, it's Amazon to the rescue.

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We all have children for whom we care. Each of these children comes with particular personality traits, quirks, attitudes, and abilities. And, although they are all so very different as individuals, some truths apply to all children. A child requires the attention of adults in order to be able to visualize who he is actually becoming. Our responses, reactions, attitudes, smiles, frowns, and overall general remarks deeply impact our children's developing lives and sense of self. As parents or caregivers, we are held responsible for the

direction taken by our children. We are the blueprint makers of the children, genetically and emotionally. Our willingness to strive to be better parents or caregivers is our ultimate responsibility toward the success of the child. What does that mean exactly?

Discipline is so often confused with punishment. Discipline consists of how the parent disciplines himself to behave. Children will follow your example, just as they sometimes become teachers, firefighters, doctors, or laborers as their parents have done. Another word for discipline is role modeling. The parent is constantly role modeling for his child in his every day life. The child, viewing your behavior week/month/year after week/month/year, begins to develop an idea of how he can or should behave.

On the other hand, punishment is a harmful tool that people continue to employ completely unaware of the futility of doing so. Punishment does not provide the change in behavior that parents desire to achieve. For example, spanking is an age-old tactic parents continue to employ. It is enough to say that if this tactic actually worked, it would only need to be used one time! Research has shown time and time again that the more children are spanked, or treated roughly, the more they are likely to defy their parents. This leads to children displaying increased levels of aggression and anti-social behavior and, eventually, a myriad of mental health problems.

Since it is the child who developmentally benefits from parent-child interactions, it seems profoundly necessary that these interactions be pleasant. Research indicates that when parents are interacting with their baby or young child, and the parent followed the lead the child presented rather than the parent taking charge, the baby or child stayed on task with the interaction four times longer than children who had distracted (not being attentive to the child) caregivers. Additionally, babies or children with parents who made little effort to focus on what their child was playing with had even shorter attention spans than parents who were even briefly attentive to what the child was doing.

Therefore, if you are being attentive to what your child is doing, he will notice and see value in continuing. As he continues, he learns more about the activity, thus increasing his cognitive abilities. The child gets smarter and learns to develop attention skills. Attention problems, which may or may not begin in infancy, is a phenomena over which parents have tremendous influence. Parent-child interactions are an absolute necessity and should be carried out in a positive, patient, and loving way.

It appears that our children may actually grow up to be the way we create them, as it appears we have an amazing amount of influence over them. Perhaps, we should consider doing our very best and put the child first. Always recognizing the need for the child to have a positive and attentive environment, the child develops a strong and positive sense of self.

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

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How Children Find Their Purpose At Camp

By Sandi Schwartz

We all want our children to be happy and successful. Would you believe that letting them spread their own wings—without us by their side—may be the most effective way to do this? Our job as parents is to give our children the tools they need to go out in the world and discover who they are and what they want to become—their purpose in life. A child can only truly grow if given some freedom and the chance to gain confidence by exploring new ideas and activities.

The Gift Of Sleep Away Camp

What better place for children to begin this process than sleep away camp? Sending children away for camp may seem daunting at first, but if you ask anyone who has spent several weeks bunking with their friends, they will tell you how it positively transformed their life and how lucky they are that their parents gave them that gift.

According to Michael Thompson, a clinical psychologist and author of *Home-sick and Happy, How Time Away from Parents Can Help a Child Grow*, “Parents can sometimes seriously impede their children’s development. As a parent, there are many things you cannot do for your children. You cannot give your child confidence, you cannot pick or manage his or her friendships, you cannot always be his or her advocate/agent/manager/coach. ...and most important, parents have a hard time urging their children to take psychological risks.”

Thompson goes on to explain how sleep away camp succeeds at doing all of these things and how critical it is that children and teens have these experiences. He says that true independence is something parents cannot give their children; they must live it on their own.

Benefits of Sleep Away Camp

There are five invaluable aspects of sleep away camp that can lead children and teens to discovering their purpose:

Confidence

One of the most important benefits of sleep away camp is that children build confidence and self-esteem while living away from their parents. These positive attributes stem from belonging, learning, and contributing. Camps provide many unique opportunities for children to succeed in these three areas: 1) they belong to their sports team and bunk, 2) they learn from trying new activities and making new friends, and 3) they contribute by helping during meals and serving as team leaders.

Camp also provides ways for children to feel a sense of accomplishment. When they succeed, they are empowered and have more confidence when faced with the next challenge. They also learn from their mistakes and failures, which only makes them more resilient in the future. Also, the kind of encouragement kids receive at camp makes it the perfect environment for them to overcome setbacks, try new things, and see improvement. Some camp experiences even allow them to conquer their fears, whether it be learning to swim in a lake or climb a ropes course.

Finally, many children will purposely choose to attend camp where they do not know any other campers when they arrive. This special experience gives them the chance to start fresh and explore who they truly are in a different environment. All of this confidence building brings them closer to figuring out their interests and goals.

Broader Perspective

At camp, children begin to see the world a bit differently. They are away from their comfort zone and exposed to new people and experiences that give them a new, broader perspective. They realize that they are part of something bigger than themselves and their immediate family. They meet people from different backgrounds, locations, and interests. They may participate in community ser-

vice projects that they would have not otherwise had the chance to do. Sleep away camp is so valuable in how it introduces children to new ways of seeing the world and themselves.

Community

Children benefit from being part of the special community found at sleep away camp. It gives them a sense of belonging, which will ultimately improve their ability to cooperate, contribute, and serve their future communities as caring citizens. Campers also gain new social skills from being in a group setting. They must share a room with others, manage chores, resolve conflicts, communicate effectively, and be kind and accommodating to their fellow campers. Being part of a close-knit community can be challenging at times, but children who learn how to adapt and get along with others will benefit for a lifetime.

Peter Scales, Ph.D., a senior fellow with the Search Institute in Minneapolis, says, "Camp activities and group living in a natural environment are the tools used to create camp communities that provide for successful, healthy development...They learn to work together, make choices, take responsibility, develop creative skills, build independence and self-reliance, and gain confidence. All are necessary steps on a child's path to a healthy, productive life."

Skills

Sleep away camp is chock full of unique activities and events that children can't find anywhere else. Going to camp allows them to learn new skills, whether it be in sports, art, or outdoor exploration. Being exposed to so many new programs enhances their knowledge and capabilities, allowing them to get closer to finding what they enjoy most.

Camp also helps children become more independent. They learn how to make their own decisions without parents and teachers always telling them what to do. They are expected to manage daily chores, show up on time to activities, and keep their belongings neat and clean. These are life-long skills that will help them succeed in whatever they do.

Self-Reflection

The school year is a busy time, but camp provides a chance for kids to slow down and listen to their own thoughts. Camp is the perfect environment for self-reflection and meditation because kids unplug and soak in the beautiful nature around them. When kids take a break from television, video games, texting, and surfing online, they become more mindful of their surroundings and their own emotions. They are able to focus on the simple things in life like going for a hike, watching a sunset, singing around the campfire, and talking in depth to their friends.

Camp also provides a time for unstructured play. Campers are encouraged to use their creativity to solve problems and have fun. They learn how to keep busy with activities that have been used for centuries, such as swimming and boating in a lake, woodworking, and theater performances. This carefree living gives them a chance to relax and laugh without the pressures of their hectic, overly-scheduled lives back home. This change of pace can lead to emotional and spiritual growth.



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Why To Sign Up For Music Lessons Along With Your Child

by Sandi Schwartz

An essential part of being the best parent for your child is taking part in activities with them. From attending scout meetings to taking music lessons alongside your child, there are many ways you can bond with them and help build their social skills. Here are a few reasons why you should consider taking music lessons with your child.

Expands Knowledge

Just like learning any other new skill, learning an instrument, whether a violin or a piano, can help you and your child acquire new knowledge together as a team. In some cases, this can even make learning a new instrument easier, promoting healthy social skills for your child. Additionally, it will help your child learn how to play with others.



Creates Family Bonding Time

If you are trying to find a new way to bond with your child, taking music lessons might be the best way for you to do so. Learning a new skill such as playing an instrument is a super fun and easy way to get started! Not only will you be able to enjoy playing the piano, viola, or drums with your child during lessons, but you can also spend time with them at home practicing your instruments.

Builds Up Necessary Social Skills

Not every kid has the easiest time building up their social skills, especially if they have a hard time making friends. However, learning a new instrument with your child can help boost their confidence when meeting with a music teacher on a weekly basis or joining a band or orchestra club at their school. Although your children may not be enthusiastic at first about being more social and becoming a public speaker or performer, practice can help them speak up and have an easier time making friends.

Exposes You to Different Cultures

Another reason why you should consider taking music lessons along with your child is to expose both of you to different cultures. After all, instruments and music come from all around the world; it can be a fun, educational experience to learn the origins of an instrument, how it's made, and the culture it's from. You may be surprised what you will learn and begin to look at instruments and music in a whole new light. This experience can help excite them to learn different languages or customs of another country.

Makes Family Time More Enjoyable

Learning a new instrument is a ton of fun, whether you do it on your own or with your child. Although it can seem incredibly challenging at first, over time you will be able to master your instrument. Plus, what's better than taking on this creative process with the whole family? With all of you learning how to play a new instrument, everyone can help each other out, while also building lasting family bonds. The biggest challenge will be choosing which instrument you want to play together.

There are many reasons why you should consider taking music lessons with your child, from expanding your knowledge to exposing your family to a variety of cultures. Playing music after a long day can be a relaxing and enjoyable addition to your after school activities. Start today by looking for local music teachers in your area and renting or purchasing an instrument from a music store. Before you know it, you and your child are going to be a stellar music duo that will impress your friends and family at your next gathering!



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you can do it

Make Magic Happen in Your Own Backyard with a Fairy Garden

As adults begin tinkering in their gardens at the end of winter, children also can get into the spring gardening spirit. Bring some whimsy to your home with fairy garden!



Fairies tap into the imaginations of children, who may be enticed by fairies' mischievous and/or magical attributes. A desire to capture fairies can inspire a great spring crafting project.

Fairy gardens can be constructed in just about any container, so it's easy to make an enchanting addition to your backyard, patio or child's bedroom.

What You'll Need

Materials will vary depending on each individual project, but some good suggestions include:

- a container, such as a flowerpot, basket, wine barrel, or another vessel that will hold soil
- potting soil
- stones, pebbles and glass baubles
- pea gravel
- small plants, such as clover, moss and succulents
- twigs
- miniature garden accessories and figures

Directions

Begin by filling the container with the soil. Then arrange the plants as desired while still in their individual potting containers to get an idea of the layout. When the design is established, use a spoon or small trowel to plant the greenery.

Now is the time when the whimsy can set in. The child can create a fairy home, a garden, walkways, and much more with natural materials. Many craft stores even sell ceramic and plastic fairy furnishings. Gravel and stones can add color and extra appeal. Some peat moss or trailing Spanish moss can serve as the finishing touches.

Once completed, it's time to wait to see if the fairies will come for a visit!

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KERN COUNTY FAMILY MAGAZINE

daily happenings

THE BEST LOCAL CALENDAR OF EVENTS!

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

www.kerncountyfamily.com

March 2017

Friday, March 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

FIRST FRIDAY AT BMOA: Free admission in participation with downtown Bakersfield's First Friday events. 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



9TH ANNUAL RAY BOEN SPAGHETTI FEED AT STANDARD ELEMENTARY

Sat. March 2nd

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

RODGER'S AND HAMMERSTEIN'S "CINDERELLA" AT STOCKDALE HIGH SCHOOL: Stockdale Drama Department invites you to "Cinderella". Tickets are \$15 for adults, \$10 for students (\$8 with an ASB sticker), and \$8 for seniors 65+ and children 10 and below. We hope to see you there! 7:00 PM - 9:00 PM Friday - Saturday

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Iowa Wild. 7:00 PM - 9:00 PM. 661-324-PUCK

STORYTIME & CRAFT AT WASCO LIBRARY: Join us for stories, music, and a craft. 3:30 PM - 5:00 PM 758-2114

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

Saturday, March 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

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

"SAVE THE CLOCK TOWER!" AT FOX THEATER: A FREE showing of Back to the Future! Instead of an admission fee, we are asking the community to donate. Donations will go toward funding the restoration project. To reserve your tickets, visit the Box Office (Mon-Fri 11:00AM to 5:30PM), 12:00 PM 324-1369

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the San Jose Barracudas. 7:00 PM - 9:00 PM 324-PUCK

BAKERSFIELD MUSEUM OF ART CLASSES AT WASCO LIBRARY: Come join us for art. 4:00 PM - 6:00 PM 758-2114

KIDS' TOOL SAFETY WORKSHOP AT HOME DEPOT: Teaches children do-it-yourself skills and tool safety. Please call for info: 835-1133 Gosford Rd.; 872-2041 Mount Vernon Ave.; 587-1545 Rosedale Hwy.

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

PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY: 868-0701

ULTIMA THULE DISCOVERY AT BUENA VISTA MUSEUM: NASA/JPL Solar System Ambassador Volunteer; Roberta Parnell will be talking about New Horizon's Ultima Thule Mission in the Kuiper Belt. 10:30 AM - 12:00 PM 324-6350

Sunday, March 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

TINKERGARTEN: Tinkergarten provides high-quality early childhood learning. 3:00 PM - 4:30 PM 809-1879

Monday, March 4

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

MARCH '19

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24	25	26	27	28	29	30
31						

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

TAI CHI AT MERCY: Express meditative movement while experiencing a calm and soothing state of relaxation. Wear loose clothing that allows your joints to bend comfortably and flat shoes, such as sneakers. A \$5.00 donation would be appreciated, but is not required. 8:30 AM - 9:30 AM

COUNTRY LINE DANCING: 392-2010

MOVIE TIME AT WASCO LIBRARY: Fun family movies and popcorn. Everyone is welcome. 3:30 PM - 5:00 PM 758-2114

Tuesday, March 5

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



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

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

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

DO THE MATH: Math help for students grades 4-12. Tuesday and Wednesday 3:30-5:30pm 636-4357

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

GAME ON AT WASCO LIBRARY: Join us playing board games. 4:00 PM - 6:00 PM 758-2114

WORLD FAMOUS 2019 GOOD VIBRATIONS MOTORSPORTS "MARCH MEET" PRESENTED BY LUCAS OIL: Celebrating 61 years of quarter mile drag racing. 33559 Famoso Rd., McFarland, (844) 346-4876 March 5 - 10, 2019

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

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

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

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 STORYTIME AT BARNES & NOBLE: Read a few stories, have a snack, and some coloring. 631-2575

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

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

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

JUICING 101 AT WASCO LIBRARY: Want to learn about juicing? Come join us and see what all the hoopla is about. Juicing with the fruits and vegetables you have on hand. 11:00 AM - 1:00 PM 758-2114

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

Thursday, March 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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

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

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

PUZZLE MANIA AT WASCO LIBRARY: Join us to put puzzles together. 4:00 PM - 6:00 PM 758-2114

RODGER'S AND HAMMERSTEIN'S "CINDERELLA" AT STOCKDALE HIGH SCHOOL: Stockdale Drama Department invites you to "Cinderella." Tickets are \$15 for adults, \$10 for students (\$8 with an ASB sticker), and \$8 for seniors and children under 10. 7:00 PM - 9:00 PM Thursday - Friday

Friday, March 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 great live music! Friday - Saturday 703-6911

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

STORYTIME CAFE: Join us for stories, songs, and activity for your child. 1717 20th St, 9:00 AM 868-0701

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

Saturday, March 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

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

"SHARKTOOTH HILL" PRESENTATION AT BUENA VISTA MUSEUM: Join local geologist Tim Elam for a look at the geology and history of the Sharktooth Hill Bone Bed, a Kern County treasure. 3:00 PM 324-6350

26TH ANNUAL MODEL RAILROAD SHOW AND SALE: Adults, \$8.00, ages 12 & under, Free when accompanied by paying adult; admission good for both days. 1142 South P Street, 10:00 AM - 5:00 PM 496-9514 Saturday - Sunday

2ND SATURDAY FILM SERIES AT BEALE LIBRARY: Families are invited to watch an afternoon movie. Bring your lunch. This month, the film is "Far and Away". (PG-13). Children under 12 must be accompanied by an adult. 12:00 PM 868-0701

48TH ANNUAL "COLLECTORS SHOWCASE" ANTIQUE AND COLLECTIBLES SHOW: "Treasured Heirlooms - Celebrating Family Memories" Vintage quilts, furniture, china, toys, dolls, kitchenware, silver, jewelry, advertising and more. 5917 Knudsen Drive, 10:00 AM - 6:00 PM 399-1140

5TH ANNUAL 6K AND 12K FIELD N DALE FUN RUN: Benefiting the Panorama Vista Preserve habitat restoration and education outreach programs. Runners will receive a wicking t-shirt and raffle ticket. After the run Covenant Coffee will provide breakfast burritos and beverages. Registrations can be made on line at ultrasignup.com. The cost of the run is \$30 before March 1st; late registration will be \$40.

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

LEARNING WITH THE LORAX AT BEALE LIBRARY: Come plant seeds in your own take-home planter and read Dr. Seuss with students from Highland High School to celebrate

Dr. Seuss' birthday. 3:00 PM 868-0701

LIVING HISTORY DAY AT KERN COUNTY MUSEUM: See history come alive. Enjoy tours of some of our popular exhibits and learn about the rich history of Kern County. 1:00 PM - 3:00 PM 437-3330

RODGER AND HAMMERSTEIN'S "CINDERELLA" AT STOCKDALE HIGH SCHOOL: Stockdale Drama Department invites you to "Cinderella". Tickets are \$15 for adults, \$10 for students (\$8 with an ASB sticker), and \$8 for seniors 65+ and children 10 and below. 2:00 PM - 4:00 PM

SAN JOAQUIN VALLEY LAPIDARY SOCIETY: Learn silver smith, 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



8TH ANNUAL BAKERSFIELD FIRE-FIGHTERS FISHING DERBY & PANCAKE BREAKFAST:

Sat. March 9th

There will be over a thousand trout stocked for the event and 25 trophy trout up to 10 lbs. There are 25 tagged fish worth up to \$1000 and the lowest numbered tagged fish caught at the event will win \$1000. 11298 Stockdale Hwy, 6:00 AM - 12:00 PM 808-3865

Sunday, March 10

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

48TH ANNUAL "COLLECTORS SHOWCASE" ANTIQUE AND COLLECTIBLES SHOW: "Treasured Heirlooms - Celebrating Family Memories" 5917 Knudsen Drive, 10:00 AM - 5:00 PM 399-1140

POP GO THE CLASSICS AT HARVEY AUDITORIUM: POP Go The Classics is a six-piece group presenting classical music in a pop format. Tickets: \$35. Adult BCCA season memberships (2 concerts) are \$50. 2:30 PM - 5:00 PM 588-3920

Monday, March 11

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

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

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

TAI CHI AT MERCY: Express meditative movement while experiencing a calm and soothing state of relaxation. Wear loose clothing that allows your joints to bend comfortably and flat shoes, such as sneakers. A \$5.00 donation is appreciated, but is not required. 8:30 AM - 9:30 AM

CHILD ID CARDS AT BPD: Child Identification Card with picture, thumb prints, and other identifying information for children (not a Government Issued ID). FREE! 2:00 PM - 4:30 PM 326-3053

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, March 12

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

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

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

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

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

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

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

A HISTORIC EVENING WITH EVA SCHLOSS AT FOX THEATER: Enter the world of Anne Frank as told by her stepsister and childhood friend. Event is coordinated and sponsored by The Chabad Jewish Community Center of Bakersfield. 6:00 PM 324.1369

LEGO CLUB AT WASCO LIBRARY: Bring your imagination, and build with legos. 4:00 PM - 6:00 PM 758-2114

Wednesday, March 13

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



BAKERSFIELD SYMPHONY ORCHESTRA: MUSICAL NATURES AT RABOBANK

Sat. March 9th

This program proves that music can paint the most beautiful landscapes. We also embark on a new journey with a piece by a young composer from Los Angeles. www.bsonow.org Price: \$20.00 to \$45.00. 7:30 PM

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 STORYTIME AT BARNES & NOBLE: Read a few stories, have a snack, and some coloring. 631-2575

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

POLYNESIAN DANCE CLASSES: Beginner and intermediate Polynesian dance classes for kids and adults. 200 China Grade Loop, 9:00 AM 448-7545

BAKERSFIELD CONDORS AT RABOBANK: Condors take on San Diego. 7:00 PM - 9:00 PM 324-PUCK

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

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

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

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

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

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

Friday, March 15

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

FAMILY FRIDAYS AT MERCY: Art that inspires family bonding. Research shows that experiencing art with loved ones can be very beneficial for child development and family bonding. Children participants must be over the age of 6 and be participating with adult family member. Reservation is required. A \$5.00 donation would be appreciated, but is not required. 10:00 AM - 12:00 PM

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

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

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

BAKERSFIELD MUSEUM OF ART CLASSES AT WASCO LIBRARY: St. Patrick's Day art. 4:00 PM - 6:00 PM 758-2114

FRED HALL CENTRAL VALLEY SPORTS SHOW: Fishing, Hunting, International Travel, Boats and acres of RV's. Adults \$12.00. 1142 South P Street, 12:00 PM - 7:00 PM Friday - Saturday, 12-5 Sunday

Saturday, March 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

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

2019 NASCAR SEASON OPENER: Late Model Twins, Super Stocks, Mods, Hot stocks, Mini dwarfs, Bandoleros, Skid plates. 13500 Raceway Blvd 5:30 PM 835-1264

23RD ANNUAL SUPER CRUISE CAR SHOW: Free to public to see Car Show. \$45 Cost to enter Car Show; Proceeds to benefit the Society for Disabled Children of Kern County.

1142 So. P St., 10:00 AM - 3:00 PM 345-1627

3RD ANNUAL STREETS OF BAKERSFIELD CRUIZ'N SHINE: Over 500 Cars, Trucks, and Motorcycles. Live music, shopping throughout the downtown area, and plenty of places to eat. 21st Street and H Street 7:00 AM 588-7933

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Ontario Reign. 7:00 PM - 9:00 PM 324-PUCK

PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY: 868-0701

WRITERS OF KERN SPRING CONFERENCE: Enjoy a discussion on differences between sitcom ideas, screenplays and plays. Brunch included. Reservations recommended. \$10-\$15. 5917 Knudsen Drive, 8:30 AM 619-3359

Sunday, March 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

Monday, March 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
TAI CHI AT MERCY: Express meditative movement while experiencing a calm and soothing state of relaxation. Wear loose clothing that allows your joints to bend comfortably and flat shoes, such as sneakers. A \$5.00 donation would be appreciated, but is not required. 8:30 AM - 9:30 AM

MOVIE TIME AT WASCO LIBRARY: Fun family movies and popcorn. Everyone is welcome. 3:30 PM - 5:00 PM 758-2114

POLYNESIAN DANCE CLASSES: Beginner and intermediate Polynesian dance classes for kids and adults. 200 China Grade Loop, 9:00 AM 448-7545

Tuesday, March 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

Listings of FREE Immunizations



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

Greenfield Middle School
Thursday, March 7th
1109 Pacheco Rd., Bakersfield
from 8:30 a.m. to 11:30 a.m.

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

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

Walmart Supercenter
Monday, March 18th
5075 Gosford Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

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

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

Vallarta Market
Thursday, March 28th
600 Bear Mountain Blvd., Arvin
From 9:30 a.m. to 2:00 p.m.

Outreach Clinic
Saturday, March 30th
2020 R St., Mill Creek Park, Bakersfield, 9:30 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.

Cirque du Soleil's First-Ever Ice Experience Brings CRYSTAL to Rabobank Arena

By Vaun Thygerson

Watch world-class ice skaters and acrobats explore their new frozen playground with speed and fluidity as they challenge the laws of gravity with never-before-seen acrobatics at Cirque du Soleil's first-ever ice experience, CRYSTAL. This unique arena production showcases synchronized, freestyle and extreme skating alongside circus disciplines such as swinging trapeze, aerial straps and hand-to-hand. CRYSTAL will perform at Rabobank Arena from Wednesday, March 20 through Sunday, March 24 for seven performances only.

Directed by Shana Carroll and Sebastien Soldevila, Crystal, our misfit heroine, takes the audience on an exhilarating tale of self-discovery as she dives into a world of her own imagination. Feel the adrenaline as she soars through this surreal world at high speed to become what she was always destined to be: confident, liberated, and empowered. CRYSTAL invites you to suspend reality and glide into a world that springs to colorful life with astounding visual projections and a soundtrack that seamlessly blends popular music with the signature sound of Cirque du Soleil.

Suitable for all ages, Cirque du Soleil's CRYSTAL is more than just an ice show. It explores the artistic limits of ice for the first time in the company's history. This show fuses circus arts and the world of ice skating and will take the audience on a journey into a surreal world, where figure skating blends with acrobatics and aerial feats.

Combining the two worlds required the performers to learn how to skate, and the skaters had to learn acrobatics. "They had to come out of their comfort zones," says Julie Desmarais, Touring Publicist for CRYSTAL. "The show's juggler had to learn how to skate and then add the discipline of juggling."

"The story is one element people can sometimes relate to. At any point in our lives, we find ourselves feeling a little bit different," Desmarais says. "Through this show you learn that anything is possible. You just need to find your strength within yourself to achieve what you want to achieve."

For more information, please visit www.cirqueclub.com. Tickets are available for purchase online at www.cirquedusoleil.com/crystal.

SHOW SCHEDULE (All Shows at Rabobank Arena)

Wednesday, March 20, at 7:30 pm

Thursday, March 21, at 7:30 pm

Friday, March 22, at 7:30 pm

Saturday, March 23 at 4 pm and 7:30 pm

Sunday, March 24 at 1:30 pm and 4 pm



Photos by Matt Beard

FREE ACTING CLASS: For children. 322-2800

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

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

WORD SEARCH AT WASCO LIBRARY: Do word searches at the library. 4:00 PM - 6:00 PM 758-2114

**Wednesday, March 20
CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

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

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: Have fun listening to a story. 392-2029/392-2054



TODDLER TIME STORYTIME AT BARNES & NOBLE: Stories, snack, and some coloring. 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

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

GOT YARN? AT WASCO LIBRARY: Come do a yarn craft. 1:00 PM - 2:30 PM 758-2114

Thursday, March 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

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

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

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

\$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

Friday, March 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

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

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

THE QUEBE SISTERS: Texas fiddle music. Tickets: \$18.00. 2231 R Street, 7:00 PM. 864-1701

Saturday, March 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

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

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

5TH ANNUAL BUILDING BRIDGES SUPER 70'S 5K/10K FUN RUN AT CALM: A 70's themed 5k/10k fun run! Prizes for best 70's outfit. y Cross Country Team. 8:00 AM - 10:30 AM 342-5528

4TH ANNUAL PEACE CONCERT AT BEALE LIBRARY: Free to the public and all ages. Live concert, dance, and words by local youth honoring legendary peacemakers Mahatma Gandhi, Dr. Martin Luther King, Dala Lama, Cesar Chavez, Dolores Huerta and Malala Yousafzai. 3:00 PM - 4:00 PM 717-1346

POLLINATION CREATION AT KERN COUNTY MUSEUM: Join us for a beautiful afternoon outdoors creating a pollination craft to take home. 1:00 PM - 3:00 PM 437-3330

Sunday, March 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

A CHORUS LINE: A musical capturing the spirit of a Broadway chorus audition. The show features one powerhouse number after another. 1622 19th Street, 2:00 PM - 4:30 PM (866) 568-2846

Monday, March 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

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

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

Tuesday, March 26

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

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

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

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

LEGO CLUB AT WASCO LIBRARY: Have fun building with legos. 4:00 PM - 6:00 PM 758-2114

Wednesday, March 27

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

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


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 STORYTIME AT BARNES & NOBLE: Read a few stories, have a snack, and some coloring. 631-2575

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

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Ontario Reign. 7:00 PM - 9:00 PM. 661-324-PUCK



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.

MARCH 2019 *daily happenings*

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: Arkelian Children's Room 4:00 PM 868-0701

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

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

Thursday, March 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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

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

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

ROPING PRACTICE: Spectators welcome. 325-4206

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

Friday, March 29

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

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

STORYTIME & CRAFT AT WASCO

LIBRARY: Join us for stories, music, and a craft. 3:30 PM - 5:00 PM 758-2114

Saturday, March 30

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

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

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

BAKERSFIELD CONDORS AT RABOBANK: Condors take on San Jose. 7:00 PM - 9:00 PM. 661-324-PUCK

FESTIVAL FOR PEACE AND NON-VIOLENCE AT CSUB: Community-wide event with live entertainment, food vendors, local talent, and a presentation from Eisha Mason celebrating Mahatma Gandhi's 150th birthday. 10:00 AM - 1:00 PM

KCRP NASCAR WEEKLY RACING SERIES: Super Stocks, Mod Twins, Supermoto, Legends Triple Crown- Race #1, Hot stocks, Bandoleros, Skid plates. 13500 Raceway Blvd, 5:30 PM 835-1264

WEDO ROBOTICS WITH THE ROBO-GIRLS AT KERN COUNTY MUSEUM: Build WeDo robots with the RoboGirls. For ages 5 and older. 1:00 PM - 3:00 PM 437-3330

WORLD PREMIERE: OILDALE AT FOX THEATER: Filmed in Bakersfield (and here at the Fox!), Oildale is a family drama written by Lynn Salt and directed by David Mueller. Proceeds from tickets will go to The Wounded Heroes Fund and the Fox Theater Foundation. \$10.00 - \$50.00. 6:00 PM 324.1369

Sunday, March 31

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

A CHORUS LINE: A musical capturing the spirit of a Broadway chorus audition. The show features one powerhouse number after another. 1622 19th Street, 2:00 PM - 4:30 PM (866) 568-2846

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Sunday

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10:45 am - Worship Celebration (English & Spanish)

5:00 p.m. - Trek/Journey (7th-12th)

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6:00 pm - Bible Study & Prayer

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Power Wheels Recalled

Fisher-Price is recalling about 44,000 Power Wheels Barbie Dream Campers sold exclusively at Walmart from July 2018 through January 2019 for about \$400. The child's ride-on vehicle can continue to run after the foot pedal is released, posing an injury hazard.

This recall involves children's Power Wheels Barbie Dream Campers with model number FRC29 with a grey foot pedal. The recalled ride-on vehicles are hot pink with blue accents and have the Barbie logo printed on the back. They are battery-operated and have a play kitchen, a fold out grill and pretend campfire. The model number is printed on a label under the hood.

Fisher-Price has received 17 reports of the Power Wheels continuing to run after the foot pedal was released. No injuries have been reported.

Families that have a Barbie Dream Camper should immediately take the recalled vehicle away from children, stop using it and contact Fisher-Price for a free repair.



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



Upcoming Events

- **LEGO Workshop: "Star Wars Theme"**
Date: Saturday, March 30th, Time: 10 am- 12:30 pm
Location: Canyon Hills Church, Gym
- **Autism Spectrum Disorders Seminar #4**
Topic: Preventing & Addressing Challenging Behaviors with Autism
Speaker: Dr. Lori Ernsperger, BCBA-D
Saturday, May 4th, 9am-Noon, Adventist Health, 1524- 27th St-2nd Flr.
Register for Workshop/Seminar at: www.kernautism.org
- **Monthly Autism Support Groups**
March 26th, Canyon Hills Church Room #103

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Surprising Facts About Saint Patrick's Day

By Tiffany Doerr Guerzon

On March 17th, you're in danger of getting pinched if you aren't wearing green. But did you know that the color associated with St. Patrick is actually blue? Or that corned beef and cabbage for dinner isn't a holiday tradition in Ireland? Read on for more surprising facts about Saint Patrick and his day.

- St. Patrick is the patron saint of Ireland, known for bringing Christianity to the island, but he wasn't Irish. He was actually born to Roman parents in either Scotland or Wales.
 - Once, St. Patrick's day was celebrated like other religious holidays in Ireland with church services and closed pubs. In the 1970's, the government allowed pubs to reopen on St. Paddy's day, and the imbibing began!
 - St. Patrick was a Catholic priest and his robes were actually blue, not green. The color green became synonymous with St. Patrick's day when shamrocks and the color green were worn as a sign of nationalism in the 1800's.
 - The first St. Patrick's Day parade was held in America, not in Ireland.
 - You won't find corned beef and cabbage on the menu in Ireland for St. Patrick's day. Corned beef became associated with the holiday when Irish immigrants in America popularized the dish.
 - Corned beef doesn't contain corn. It is named for the large pieces of salt—"corns"—that were used to cure the beef.
 - It takes 40 gallons of green dye to color the Chicago river green for St. Patrick's Day.
- So whether you are one of the 80 million people worldwide who claim Irish ancestry or not, raise a glass of green lemonade or beer while remembering St. Patrick and the magic of Ireland.

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p.34

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

Crossword:

Across

- Parties
- Cot
- Insignia
- Reduces

Down

- Patrick
- Rocks
- Parades
- Antic
- Iced

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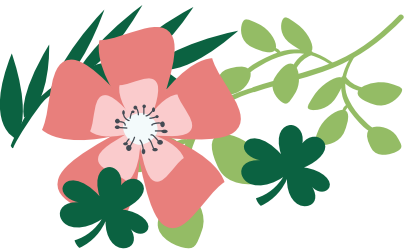
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KID'S activity corner

Answers on page 33

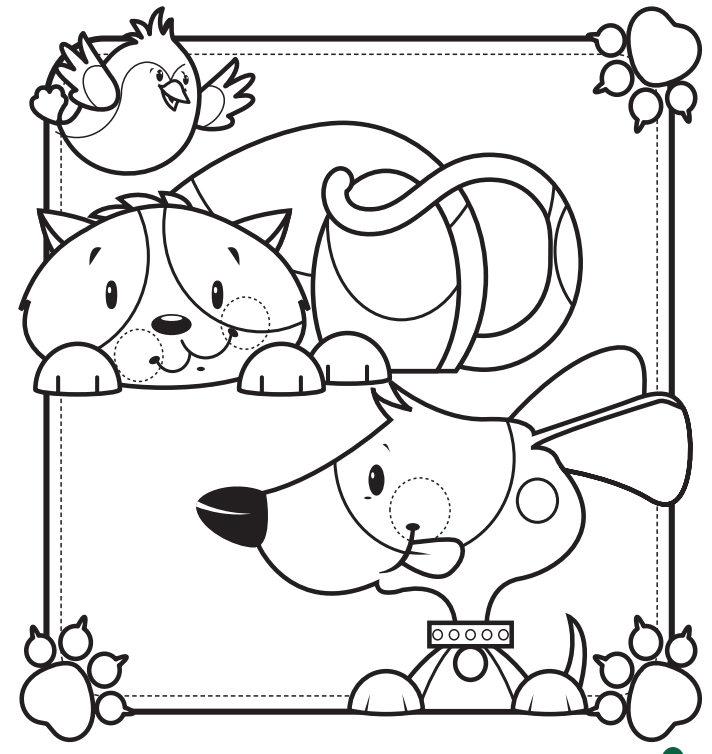
Sudoku

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

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!



Crossword Puzzle

1		2						
								3
		4						
					5			
6			7					
	8							

- ACROSS
- 1. Fun events
 - 4. Portable bed
 - 6. Badge or mark of an organization
 - 8. Makes less

- DOWN
- 1. Man's name
 - 2. Hard, round objects
 - 3. Organized marches
 - 5. Bizarre behavior
 - 7. Served cold

Word Find

Find the hidden words in the puzzle

- | | | |
|----------|---------|-----------|
| BALANCE | FRUIT | NUTRITION |
| CALORIES | HEALTHY | PORTION |
| FATS | LIMIT | PROTEIN |
| FOOD | MEAL | VEGETABLE |

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

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