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APRIL 2019

WHAT ARE YOUR KIDS DOING THIS Summer?
It's Time to THINK CAMP!

Earth Day
Are You Recycling the **RIGHT** Way?

Easter FUN

Our 2019 Camp Guide Starts on page 14

plus: 10 mom truths about easter *p.33* matzo ball soup *p.25*
the varsity blues scandal *p.10* giving back to the environment *p.36*



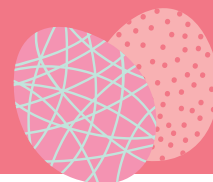
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MEMBERS OF



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It's Time to think Camp!
Join KCFM at the **23rd Annual Summer Camp & Adventure Fair on April 11!**

Learn more on page 7, and then turn to our 2019 Camp Guide starting on page 15 for all things Summer Camp!



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Vaun Thygerson, Contributing Writer

Guess who's all caught up with laundry? Not me... EVER! I don't think this feat will be tackled, especially when you have a few children residing in your household. Laundry is my nemesis and one of the never-ending banes of my existence, even with my husband who does his own laundry. This week my friend posted a meme on Facebook that outlined basic laundry rules that every kid follows. I chuckled as I read it – my children do everything on the list from making sure their underwear is attached to their pants to finding all kinds of junk (aka treasures) in their pockets, after it's gone through the wash and maybe even resulted in a ruined shirt or two.

Probably the most relatable "rule" was how kids seem to put clean clothes into the hamper without any rhyme or reason. My youngest son believes that if an article of clothing touches him or the floor, even for a second, it's dirty. He also thinks that the easiest way to clean his room is to shove everything into his closet or the dirty clothes basket. It's a 24/7 job keeping my family clothed with fresh-scented attire!

To my happiness, I found out that I get to take a break from all things housework related on National No Housework Day, observed annually on April 7. In Vital Signs, on page 8, you can read about how this national holiday was created by Thomas and Ruth Roy at Wellcat.com to give people a break using the social media distinction #NationalNoHouseworkDay. Make sure to hang up all cleaning products and desires to clean, and just relax on this day!

Thanks to Earth Month, when you are cleaning up, make sure you recycle. In the article, "Trash Talk: How to Ride the Recycling Wave," on page 12, An-

drea Rose writes about how important it is to keep up with all the state's new mandatory recycling policies. This article breaks down what to put in the bin and how to handle hazardous waste, but make sure you check your local programs, because every area has different rules.

This month's dose of Humor at Home, in the article, "The Spicy Pickle" on page 22, Julie Willis writes about her therapist-mandated date nights in her family to keep her sanity. She explains how a typical date night can bring unexpected conversation when her husband brings a spicy pickle to dinner. Even though the night was exactly what the doctor ordered and they had a great time, she still couldn't help missing out on her kiddos.

FOUR LAUNDRY RULES EVERY KID FOLLOWS

1. KEEP EVERYTHING INSIDE OUT.
2. MAKE SURE UNDERWEAR IS ATTACHED TO PANTS.
3. DO NOT EMPTY POCKETS!
4. IF IT TOUCHES YOU, EVEN FOR A SECOND, IT'S DIRTY.



Make sure you don't miss out on KCFM's 23rd Annual Summer Camp and Adventure Fair, which will be held on April 11, from 2 to 6:30 p.m., at Westside Church of Christ, 7300 Stockdale Highway. You can find all kinds of unique experiences for your children and meet with camp directors and personnel to answer all of your camp-related questions. In the article, "Choosing the Right Day Camp for Your Child," on 14, author Christa Melnyk Hines gives tips on how to find the right fit for your children's camp experience.

April brings spring and its fantastic break that gives us Earth's renewal and blossoming beauty all around. Don't stress too much about the endless piles of dirty clothes that need to be washed and the mountains of clean clothes that need to be put away, because trust me, they will wait for you. Take a

break and explore this new landscape we have to enjoy!

Can't wait to see you at KCFM's Annual Summer Camp and Adventure Fair on April 11th!

We brought home the Gold!



The Parenting Media Association (PMA) awarded Kern County Family Magazine (and our Art Director Pam Huber) the top gold honor in our circulation category for the design of the October 2018 cover and a silver honor for the Holiday Christmas Song & Activity Book cover.

PMA is a national trade association of regional parenting media companies with magazines, websites, e-newsletters and events, from Boston to Seattle, Minneapolis to Miami, and around the globe to Australia.

Entries were judged by representatives of University of Missouri School of Journalism.

"We strive to bring Kern County parents the best news, information and entertainment in our region," said L.J. Radon, Owner/Publisher, "We are thrilled to be honored with these awards."

The awards were presented during PMA's 2019 annual conference, held in Tampa, Florida in early March 2019.



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Campout Against Cancer

The sixth annual Campout Against Cancer will be held on Friday, April 5, through Saturday, April 6, at the Kaiser Permanente Sports Village, 9001 Ashe Road, to benefit Kern County Cancer Fund. This 24-hour event honors survivors, remembers lost loved ones, and raises funds to improve the quality of life for local cancer patients and their families.

Campout Against Cancer raises support for Kern County patients and 100 percent of the net proceeds will stay local. To find out more about how local patients can benefit from the funds raised at this event, please visit www.kerncountycancerfund.org.

Oh My Squash Plant Sale

Edible Schoolyard Kern County will be hosting its sixth annual Oh My Squash Plant Sale on Saturday, April 6, from 9 a.m. to 1:30 p.m. at 6520 Buena Vista Road. Tour this unique schoolyard, purchase homegrown plants, enjoy crafts, games, and raffles, and taste food prepared by their kitchen team. All of the proceeds from the plant sale will go directly back into the Edible Schoolyard program. Admission is free, but bring your own carts or wagons to haul your plants. For more information, please visit www.esykerncounty.org.



Great American Cleanup

Sign up to be part of the crew that volunteers to Keep Bakersfield Beautiful on Saturday, April 6, from 8 a.m. to 1 p.m. for the Great American Cleanup. April is Earth Month, and on this day many volunteers will be assigned to locations around Bakersfield, where they will clean up litter and illegal dumps or help in community gardens.



Volunteers perform community service from 8 a.m. to 10 a.m. followed by a volunteer appreciation barbecue and awards ceremony, games, and more with Mayor Karen Goh. This event is open to all ages and is eligible for school volunteer requirements. For more information, please visit www.KeepBakersfieldBeautiful.us, or follow them on Facebook or Instagram: [@Keep.Bakersfield.Beautiful](https://www.instagram.com/Keep.Bakersfield.Beautiful).

Dinner at the Derby

Enjoy a fun-filled night at the races at Bakersfield's North Rotary's annual Dinner at the Derby to raise funds for Youth Connection on Friday, April 12, at 6 p.m. at Seven Oaks Country Club. Youth Connection is a non-profit organization supporting at-risk children, ages 6-13, by connecting them to community programs in the hopes of redirecting their lives with positive structure. Services range from after-school activities to one-on-one tutoring to providing sports equipment. For more information, please visit www.facebook.com/kernyouthconnection.

Cones with a Cop

In recognition of Autism Awareness Month, the Kern County Sheriff's Office invites all adults and children with special needs to come enjoy a free custard cone with a deputy at Freddy's Frozen Custard & Steakburgers, 2649 Calloway Drive, on Saturday, April 13, from 10:30 a.m. to 12:30 p.m. KCSO dispatchers will also be available to help sign up families for the new Smart 911 program. For more information, please visit www.facebook.com/events/436649943740900/.



Aloha! Bakersfield Luau

Aloha! Break out your tropical attire for a Private Luau on a real island to help a good cause on Saturday, April 27, at 6:30 p.m. at 7837 E. White Lane. Benefitting the Bakersfield City School District (BCSD) Education Foundation, this event will feature luau dancers, a fire show, Hawaiian music, and much more. This fundraiser will help BCSD classrooms with special programs in music, engineering, art, and more. For more information, please call **661-322-3200** or visit www.BakersfieldLuau.com.

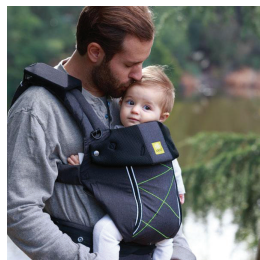


PRODUCTS YOU'LL LOVE



Dreamers

In spare, lyrical verse and vibrant images for which she has become legendary, Yuyi Morales has created a picture book memoir about the journey that she and her son took together from Mexico to San Francisco. A beautiful story that celebrates the gifts that immigrants bring into a new country. \$18.99, ages 4-8, <http://holidayhouse.com/book/dreamers/>



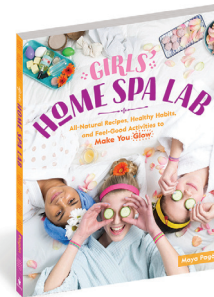
Pursuit Pro

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Girls' Home Spa Lab

Filled with creative inspiration for developing healthy self-care habits. Includes 50 recipes for natural body care products to make at home, craft projects for relaxation, yoga routines and more. \$16.95, ages 9-13, <https://www.storey.com/books/girls-home-spa-lab/>



Blaire Doll, 2019 Girl of the Year

American Girl's Blaire Wilson is a chef-in-training who excels at gathering people around the dinner table at her family's bed-and-breakfast in upstate New York, but she needs help finding balance between the digital world and the real world. Comes with the Blaire paperback book by Jennifer Castle. \$140, ages 8+, americangirl.com

Kern County Family Magazine's 23rd Annual

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Social Media Influencers Inspire Kids to Eat Junk Food

What are your kids learning on social media? Could they become victims of social media influencers? While age limits discourage social media use among young children, research has found that at least half of children ages 8-11 years use Instagram, and even more access content on YouTube. A new study, "Social Media Influencer Marketing and Children's Food Intake: A Randomized Trial" found that social media influencers may inspire children to eat unhealthy foods—potentially leading to obesity.



Researchers found that social media influencers' promotion of unhealthy foods increased children's immediate junk food intake, whereas the equivalent marketing of healthy foods had no effect. Researchers studied 176 children, ages 9-11, and asked them to view mock Instagram profiles of two popular YouTube video bloggers featuring images of the influencers with unhealthy snacks, healthy snacks, or non-food products. Afterward, researchers provided the children a selection of healthy and unhealthy snacks. The children who viewed influencers with unhealthy snacks ate more unhealthy snacks and more food in general, compared with children who viewed influencers with non-food products. Viewing influencers with healthy snacks did not significantly affect intake. Researchers concluded that food marketing restrictions should be applied to new forms of digital marketing, particularly on social media where vulnerable young people spend a lot of their time online.

Parents May Not Perceive Vaping Exposure as Harmful to Children's Health

A recent study found that parents who smoke cigarettes, use e-cigarettes or use both have different policies for prohibiting their use in their homes and cars. "Parental Smoking and E-Cigarette Use in Homes and Cars" interviewed 943 parents about their smoking and e-cigarette habits both at home and in their cars. Researchers found that dual users (those who smoke both cigarettes and e-cigarettes) were much more likely to have

64 percent of dual users had a smoke-free policy for their home compared to only 26 percent who had a policy prohibiting vaping.

a smoke-free policy than a vape-free policy for their home. Specifically, 64 percent of dual users had a smoke-free policy for their home compared to only 26 percent who had a policy prohibiting vaping. The study also found that small proportions - 19 percent of

e-cigarette users and 21 percent of dual users - had strictly enforced policies banning vaping in both the home and car. The authors believe parents may perceive that vaping inside their home or car poses little harm to their children. Those parents who engage in vaping may not grasp that vaping exposes children to nicotine and other toxic chemicals that can be harmful to their children's health. The authors conclude that the study points to the need for more education regarding vaping and its risks, especially as it relates to preventing exposure for children.

Take a Break!

Here's a holiday you probably didn't know existed – but you should celebrate! National No Housework Day is observed annually on April 7.



The day, created by Thomas and Ruth Roy at Wellcat.com, mandates people do absolutely no sweeping, dusting, laundry, dishes and all the other items that fall into the housework category. Instead, catch up on a book, play a special game with your kids, have coffee with friends, or do anything else that you enjoy. If you participate, use #NationalNoHouseworkDay to post on social media.

Smoke, Carbon Monoxide Alarm Usage to be Studied

The U.S. Consumer Product Safety Commission is launching a landmark survey of smoke and carbon monoxide alarm usage in consumers' homes across the United States.

The study will look at the number of smoke alarms in homes. A major CPSC study conducted 25 years ago showed that 27 percent of U.S. households did not have a working smoke alarm.

The survey will be conducted in 46 cities across 23 states and will include a first-of-its-kind survey to determine the prevalence of CO alarms in American homes.

"The CPSC is pleased to be spearheading this lifesaving effort that will give us a snapshot of consumer use, functionality and perception of smoke and CO alarms," said CPSC Acting Chairman, Ann Marie Buerkle. "We encourage all who have the opportunity to participate in the study to do so. You are helping save lives."

The study is a major cooperative initiative sponsored by CPSC, the US Fire Administration, the National Institute of Standards and Technology, the National Fire Protection Association, and the National Electrical Manufacturers Association. It is anticipated that all stakeholders will benefit from the information gathered during the survey and that it will be incorporated into codes, standards and safety messaging related to fires and carbon monoxide poisoning.

CPSC will send two-member survey teams to visit homes, interview the head of the household about alarm safety and test smoke and CO alarms to ensure they are in working order.

Survey teams will include a representative conducting the study on behalf of the CPSC and a representative from each city's local fire department. Free batteries and smoke and CO alarms will be provided to any homes that do not have alarms or that have non-working alarms.

Homeowners without smoke or CO alarms will be asked to participate in the survey by phone. All participants will receive gift cards as an incentive for completing the study.



Members of the public who have been contacted about taking part in this important survey are urged to participate whether they have a smoke or CO alarm or not. Consumers can learn more about the survey at www.cpsc.gov. The survey's results are expected to be published at the end of 2020.



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Cheating 101

While many high schoolers are spending endless amounts of time and energy to try and earn a spot at their dream colleges, what happens when highly privileged kids have parents willing to literally buy them an admission letter?

By Andrea Rose



Actresses Felicity Huffman (left) and Lori Loughlin (center, with daughters) have both been implicated in the "Operation Varsity Blues" scandal. Loughlin allegedly paid \$500,000 to get her daughters into USC without merit (right).

Last month, news broke that the federal Justice Department charged 50 people, including actresses Felicity Huffman and Lori Loughlin, for taking part in what's been dubbed "Operation Varsity Blues," a multimillion-dollar scheme to cheat college admissions standards to get their children into highly-competitive schools, such as the University of Southern California.

At the center of the scandal is William "Rick" Singer, owner of the Edge College & Career Network, and chief executive of the Key Worldwide Foundation, who facilitated the transactions between the families and people representing the schools.

The parents allegedly paid the consultant big bucks — Loughlin and her husband, fashion designer Mossimo Giannulli, allegedly shelled out \$500,000 in exchange for having their two daughters designated as recruits to the USC crew team, despite the fact that the girls never participated in the rowing sport.

Huffman is accused of making a "charitable contribution" of \$15,000 to ensure her child scored well on the SATs.

The scheme has been making headlines for weeks, with Loughlin and Huffman dropped from acting jobs and accused of horrible parenting. But despite the talk of what the parents did to ensure their children got a top-notch education, one aspect of the case that hasn't been talked about much is what they could have done differently.

"There are so many opportunities and ways to prepare for college," Kweller said. "Why not invest that money into their child?"

"I'm unable to relate to what I'm reading. I'm simply shocked at this behavior," said Frances Kweller, an education and college admissions expert and the founder of Kweller Prep, a learning incubator specializing in advanced test preparation and college admissions and applications in New York City.

Kweller said she wonders why those parents who chose to cheat the system went that route, instead of choosing to get academic support for the students. "There are so many opportunities and ways to prepare for college," Kweller said. "Why not invest that money into their own child? No tutoring program I know of charges that much money and I work in New York City.

They should have put their kids into a prep school or gotten them a tutor." Kweller said most parents should be able to tell whether or not their children are prepared for college before they get to the admission process. "I think the years leading to college are where you are going to know if they can handle the pressure," Kweller said. "Can they successfully juggle schoolwork and athletics? Are they volunteering in the community? Your grades in high school are a great predictor of whether or not you will survive in a college environment."

Kweller said she was amazed at Loughlin's daughter, who has her own YouTube channel where she posted videos from her dorm room at USC, admitting that she "didn't know how much" class she would attend because all she was looking forward to were "game days" and "partying."

"I watched that video. Look at her dorm room. She had a lot of pillows and makeup, but where are her books?" Kweller wondered. "That's not what a dorm room is supposed to look like. This is not someone who belongs in college. She never had to earn her seat."

High school students need to realize college is serious business and not to be taken lightly. "In our learning environment, it's understood the kids will spend several hours per week preparing," Kweller said. "There's no question among our student body about how sincere their efforts are in applying for college."

Some high school students who aren't disciplined to study and focused on learning may not be ready for a university. "Some will probably do well at a community college for two years," Kweller said. "They have to develop a base of good study skills."

She said parents who push their children into college when they aren't ready aren't doing them any favors. "Everyone does not have to go to college," Kweller said, adding that taking a year after high school to decide the next step may be wise in some cases.

"It's a great time to explore," Kweller said. "Lots of corporations will take students in just for gap-year work."

Kweller said she questions the parents who bought their child's passage to college. "Clearly, these parents have so little faith in their own children. What are they teaching their kids about integrity? They've never learned how to not cheat. This is educational neglect."



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**Celebrate
Earth Day
April 22**

**How can your family give back to the environment—and the community?
See ideas on page 36!**

Trash Talk

How to ride the recycling wave

By Andrea Rose

Families living in Kern County probably think they are responsible recyclers because they know how important it is to the environment. But knowing what to put in which bin and keeping up with all the changes to the state's mandatory recycling policy can be as challenging as getting all the peanut butter residue out of an empty jar.

It's mandatory

California requires its residents to participate in a local recycling plan.

"Our state has made that a top priority for a number of years," explained Jacob Panero, CEO of Varner Bros. Inc., a solid waste disposal and recycling service based in Bakersfield. "The intent is to keep material out of landfills and reduce the amount of greenhouse gas emissions in a landfill."

Panero said his company primarily handles general trash, but also hauls green and blue material weekly through Metropolitan Recycling LLC.

He said he's seen changes over the years in what can be recycled and knows first-hand how challenging that can be for families to keep up — he has four kids of his own, ranging from 3 to 13, that he has raised knowing how to recycle.

"We start with the little things," he explained. "They are responsible for taking out containers and figuring out which container materials go into and making sure we're breaking down boxes and cleaning out jars."

Panero said many of the things we used to recycle aren't being recycled anymore and that's due, primarily, by the secondary market for those items. "China used to take 62 percent of California's [recyclables]," he said. "Now, they're taking 1 percent.

That market has tried to shift to other countries, but other countries aren't taking it either. We've got a problem."

Fortunately, there are still some items that are worth recycling, including cardboard, numbers 1 and 2 plastics and some metals, to name a few and not every community recycles the same items. "Check your local programs. Every jurisdiction is a little different," Panero said.

Hazardous waste

Despite the guidelines and instructions, Panero said his company, as well as others, often end up collecting items that shouldn't be recycled. "We have a problem in our industry. People want to recycle things that aren't recyclable. We call this 'wishful recycling,'" he explained. "Even though you think plastic bags should be recyclable, they aren't. They get wrapped up in the recycling machinery, which causes delays and damage to our equipment."

His tip: "When people wonder if their plastic is recyclable, generally, if you can poke a hole through it with your finger, it's typically not." Other items that cause problems are batteries and needles. "Batteries cause fires," Panero explained. "Lithium ion batteries will combust when they are crushed."

Fires are an obvious danger to the operation, but needles are health hazards. "We get thousands and thousands of needles. Our people get stuck by needles on an all-too-frequent basis," Panero said. "We have to stop the entire plant and go up with a trained professional and collect those with a specific procedure."

Panero said for families struggling to know what to put in which bin, rather than just dropping it in the green or blue, keep it simple: "If in doubt, throw it out," he said. "It can contaminate an entire stream if you put leaded glass or a hazardous battery or something that could contaminate or damage a facility or individual sorting it. It's not worth it to risk so much for an ounce or two of recyclables."

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Choosing the Right Day Camp for Your Child

by Christa Melnyk Hines



Day camps come in all shapes and sizes, appealing to a range of interests and ages. Here's how to find a camp that invests in your youngster by creating an unforgettable experience where they'll meet new friends, gain self-confidence and learn new skills --all while giving you peace of mind.

Begin with basics. First determine your schedule needs. Some camps are only a few hours a day while others are structured to work well with a working parent's schedule. Figure out if you'll need to arrange before or after care.

From there, seek a camp with "caring staff, fun programs and a dedication to the health and safety of the campers," says DD Gass, a director of camps and school-age services for a faith-based community center.

Match the camp with your child's interests. From computer coding to robotics and sports, day camps offer kids the opportunity to try all kinds of new activities. If your child isn't interested in a camp that specializes in one activity, choose a more traditional camp that offers a wide range of activities throughout the session.

"Make sure there's a healthy balance between structure and choice," says Jim Spearin, a senior vice president of Youth Development for the YMCA.

Consider the culture. Ask for referrals from trusted family and friends. "Choose a camp that welcomes parents as partners in their experience," Spearin says. "Parents should always feel welcome to come visit during camp. There should be planned activities for both parent and camper to enjoy together such as special events or campouts."

Seek qualified, organized staff. Camp employees should be licensed, certified and trained in sexual/child abuse prevention, first aid and CPR.

Find out how camp leaders are supervised and how they plan for emergencies, including natural disasters, intruders and other threats. Also consider the child-to-staff ratio. Will your child feel lost in a group that's too big, even if it meets state criteria?

"It's vitally important for staff to have child development knowledge and experience to ensure that appropriate, engaging and enriching activities are offered," says Katrina Ball, a childcare resource and referral director.

Try it before you buy. Attend a camp expo or camp fair to find out what options exist in the area. Some organizations feature their own camp fairs and mini-camps during the spring for families to try. **Ready to see a sample of the options in OUR area? Turn to the next page, and then join Kern County Family at our Summer Camp and Adventure Fair April 11th! See Page 7 for details!**

"As a parent you know your child best and what program would be best for them. Trust your instincts," Ball says.

Calm butterflies. Many youngsters have a hard time adjusting to new situations and people and may feel scared or intimidated. Include them in the process of choosing a camp. Discuss the schedule of activities and what a typical day will look like.

"Children can help pack their lunch (if needed) and pack their backpack with the items they'll need for camp. This helps them know what they have in their backpack and know what they will need to bring home," Gass says.

Find out if one of your child's friends would like to attend the camp with him. Attending orientations, visiting the camp site and meeting the staff prior to the beginning of camp can also help reduce any pre-camp jitters.



What Are YOUR Kids Doing This Summer?



Kern County is home to a huge array of camps for all interests and budgets, whether your kids love the great outdoors, prefer indoor crafting, are budding scientists, or want to hone their sports skills. Let the summer adventure planning begin!

American Kids Sports Center
 NW: 3622 Allen Rd. SW: 4401 Ride St.
 Bakersfield, CA
 (661) 589-2100
<http://www.aksc.com>



Mike Williams,
 Owner

American Kids Sports Center (AKSC) has been a staple of children's sports and fitness for 35 years in Bakersfield. Local owners Mike and Sheri Williams developed AKSC with Kern County families in mind. Growing up and raising their own families in Bakersfield, shaped their mission of Building Healthy Kids.

Our programs are diverse and for all ages (we start them as young as 6 weeks old). AKSC offers all levels of sports from competitive to recreational and just plain old fun! Our facilities are state of the art, indoor pool, in-ground trampolines and tumbling pits, spring floors, air conditioned facilities and spacious parent viewing areas.

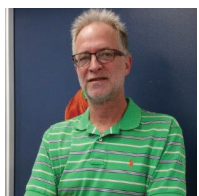
We offer a multitude of camps with different flexible scheduling options. Our EPIC! Sports Day camp is all summer long, and allows children to try all the different activities we offer at AKSC. Campers participate in team building, arts and crafts, games, science, engineering and don't forget the sports! Your camper will be ready to hit the hay when they get home! This camp is our most popular and so enroll early.

Our Ninja Camp is built around our fun and exciting Ninja Zone program! With constant motion and ninja skills we guarantee that your camper will love it. Students will learn the art of movement using gymnastic, parkour and martial arts technique. It's an all day obstacle course! Maybe your student is the next American Ninja Warrior!

Next is our Tumbling Camp, one of our most sought after skill building camps for cheerleaders, gymnasts and tumblers alike! Camps are organized according to your tumbling skills to create the best learning environment for all athletes.

Use this summer to build your skills and impress your coaches this fall with everything you learned here at AKSC! Visit us at www.AKSC.com.

Kids & Critters Day Camp
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www.bakersfieldspca.org



Chuck Nordstrom,
 PR Director

We provide kids the opportunity to learn about pet responsibility. Children get to "adopt" one of our animals for the week and are taught the importance of spay/neutering, microchipping, grooming and basic training. Plus, children work on fun animal-related projects such as making cat toys, dog quilts, animal treats, etc.

Fab Lab Day Camp
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 Bakersfield, CA 93311
 (661) 654-4240
www.csub.edu/fablab



Bobby Hartsock,
 Fab Lab Specialist

Fab Lab provides the opportunity to learn about digital fabrication and rapid prototyping. Depending on the activity, participants learn how to use computer software to design and program projects, and use 3D printers, laser cutters, and soldering irons. At camp's end, they will have a finished product to take home!

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Gabe Woodward,
Founder &
Olympian

BSA is a trusted local Swim School and Swimwear Store founded by Bakersfield native Olympian Gabe Woodward & his family. We set out to lower drowning rates, but our passion far exceeds ordinary water safety. BSA is a place where children learn to swim and families make lasting memories! We're about building character through hard work & commitment, challenging swimmers daily, and encouraging local families to live healthy and active lifestyles.

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asoriano@bricks4kidz.com

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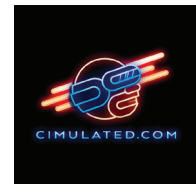
Cimulated Summer Program

4100 Easton Dr., Suite 10

Bakersfield, CA 93309

(661) 843-7226

<https://cimulated.com/>



Amber Giese,
Director of
Education

Cimulated is Bakersfield's first local gateway into the realm of Virtual Reality! Our goal is to provide our community an opportunity to learn and use the tools of the future in a way that is both informative and fun! We aim to build character through learning new skill sets, increasing curiosity about the ever-evolving world, and equipping learners with the knowledge and confidence to adapt to VR wherever they go in life.

VR is a rapidly evolving tool with far-reaching implications. It is already being used in fields such as space exploration, the medical field, automotive industry, and groundbreaking mathematics! Through our program, we teach students not only how to navigate this new space, but how to make the most of it by giving them an opportunity to explore an open-world, experience face-to-face virtual communication, and learn different controls through the medium of gaming! Call (661)-843-7226 for more information!

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Craig & BJ Johnson, Owners

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North of the River Recreation & Park District
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 Bakersfield CA 93312
 (661) 392-2059
 www.norfun.org



NOR offers a wide variety of camps for summer fun. One of our most popular and longest running is with Coach Brendt Crews, who has been coaching NOR Summer Sports Camps for 25 years. With two sessions each of basketball and volleyball, there is plenty of opportunity for your kids ages 6-15 to build their skills in a fun environment. Visit norfun.org for session dates and info.

\$149/\$139 resident (includes T-shirt). Registration opens May 8th.

Harmony Road Music School
 5381 Truxtun Ave, Bakersfield,
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 harmonyroadbakersfield.com



Alexandra Hawley, Owner

Want a fun musical activity for your child this summer? Check out what we'll offer for toddlers to teens!

'Toddler Classes' feature singing, moving to music, finger games, playing with rhythm instruments, activities with balls, scarves and hoops, and piano introduction. Ages 16m-3 years, with parents participating.

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'Intro to Piano' lets kids try our piano program with 4 lessons before starting regular piano class in the fall. Book included. Parents & children 4 1/2-12 years.

'Summer Piano' 8-10 week beginning piano course for those who want to fill their summer making music. Ages 5 - 12, plus a class for teens/adults.

Check website for schedules and enrollment!

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**Dawn Holleman,
Administrator**

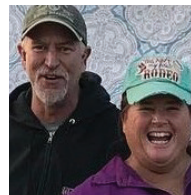
Lil' Explorers Preschool and Summer Explorer Camp! Where every day is an adventure! Lil' Explorers is no longer lil'! We have grown so much that we expanded to accommodate more explorers! The new center on our property will continue the interactive, hands-on, theme driven curriculum that so many families have come to love!

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We offer a large outdoor play area with a lot of different things to do. We will have weekly field trips to the park where we will have organized activities that will relate to the continent we are studying. We believe that our Super Summer Explorer Program will be fun, enjoyable and educational! We are preparing a curriculum that will encourage and promote language, cognition, math and literacy skills. We are looking forward to an awesome summer with lots of great activities and memories! We even plan to skype other children in other countries!

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LPK Equestrian Riding School
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**Larry & Paula
Lang, Owners**

LPK Equestrian Riding School camp provides children the opportunity to learn about horsemanship. Children are taught the foundations of riding and caring for horses. Camp includes lunch and fun horse-themed arts and crafts projects.

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Jgarces1@csub.edu



**Richie Grant, Head
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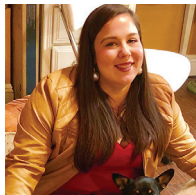
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 (661) 325-6100
bmtstars.com/summerworkshop
brock@bmtstars.com



Brock Christian,
 Director of Ed.

Bakersfield Music Theatre (aka Stars) summer workshop allows children to experience the production of a Broadway-style musical. This year, children 6-18 yrs. will "let it go" in Disney's Frozen Jr. and roll the dice in Broadway's Guys and Dolls Jr. Our highly qualified staff includes enthusiastic, well-trained and experienced educators and performers! Rehearsals and performances will be held at Stars Theatre Restaurant in Downtown Bakersfield. Call or visit us online for more information!

Mini-Murrays Summer Day Camp
 Murray Family Farms
 6700 General Beale Rd.
 Bakersfield, CA 93307
 (661) 330-0100
<https://murrayfamilyfarms.squarespace.com/summer-day-camp>



DeNae Brown,
 Camp Director

Mini-Murray's Summer Day Camp at Murray Family Farms is a day camp focused on Farm Fun! Campers will experience a week on a real farm with fresh-made meals and fresh-picked snacks. They'll learn about farming from the place where it happens, and use our farm as the world's best classroom while having tons of fun! This year's day camp will allow our Mini-Murray campers to have a hands-on, immersive experience that will show campers what it takes to grow their own food and what life on the farm is all about. Campers will have the opportunity to plant their own seeds,

pick their own fruits and veggies (these will be used in their freshly made lunches), and learn about sustainable farming and why it's so important here in Kern County. They will also learn all about the critters that are native to this area, plus our usual farm fun activities such as the Bounce Pillow and Big Boo-Boo Slides. Campers will have the opportunity to express themselves creatively through Arts and Crafts and team building activities.

Mini-Murray's Day Camp will run June 4th - 8th from 9am to 3pm daily. Saturday the 8th will be our Family Day when campers will invite their family members to come see what the campers have been learning and working on, and get a chance to participate together in some of their own Farm Fun. If you have any questions, please contact our Camp Director, DeNae Brown, at d.brown@murrayfamilyfarms.com. To enroll, please visit our website and click on the Summer Day Camp link. We hope to see you this summer!

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2019 camp guide

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Get Prepared for Summer Camp Season

By Metro News Service



Summer camp season is just around the corner. Each summer, millions of children depart for campsites around the country to swim, hike, craft, and enjoy the companionship of friends.

According to the American Camp Association, each year more than 14 million children and adults in the United States attend camp. America is home to more than 14,000 day and resident camps (8,400 are overnight camps and 5,600 are day camps). Many people put off summer camp planning until it is too late. Parents should keep in mind that camps begin registration early in the year and have specific cut-off dates for enrollment. Parents who want to beat the crowds this year can use this guide to help plan a summer camp agenda.

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RICHIE GRANT AT CSUB

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8:30-11:30am

Call or Email
661-654-2598
jgarces1@csu.edu for info

It's still not too late to **FIND COOL CAMPS!**

Dozens of Kern County-area camps still have spots left for your happy campers.
Visit kerncountyfamily.com to learn more!

• **Attend an orientation seminar.** Take the time to visit prospective camps for a tour, and use this open house as an opportunity to learn more about the programs offered. If available, find a camp employee to discuss your child's eligibility for enrollment. Some camps may offer webinars for convenience.

• **Fill out the enrollment package completely.** Each camp has their own requirements for registration. Expect to submit some personal information, including a medical background and proof of insurance, names and numbers of emergency contacts, and any other pertinent information as it applies to the camper. This may include allergies, fears, physical or mental disabilities, or even preferences in camp courses.

• **Establish payment schedules.** Summer camps vary in price. The ACA says camp costs range from \$100 to more than \$1,500 per week. However, many accredited camps offer some sort of financial assistance for children from families with limited financial means. If cost is a factor, be sure to broach the subject.

• **Prepare children for the physical challenges a camp may present.** Summer camp activities may be rigorous, and campers may need to be cleared by a physician before starting. Be sure to schedule your child a physical and bring along any pertinent forms. Children also can increase their levels of physical activity compared to the often sedentary nature of winter. Such preparation can prevent injuries when engaging in outdoor and physical activities.

• **Shop for supplies.** Camps are likely to provide a list of requirements with regard to clothing and other equipment campers will need. Make sure kids have enough shorts, T-shirts, socks, athletic shoes, swimsuits, toiletries, and other camp necessities before they leave.

• **Keep children in the loop.** Engage children in the planning process to help alleviate their fears and get them excited about summer camp.

Summer camp can foster lifelong memories. Parents can help kids prepare in advance for the fun that's soon to arrive.

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AT BELCOURT



Why Camp Songs Make You Happy (According to Science!)

By Pam Moore

I'm 11 years old and I'm sitting at a long table in the mess hall. The primitive building has cement flooring, a raised ceiling, and enough space to comfortably hold a few hundred kids and dozens of counselors. Just as I am about to ask one of my fellow campers to please pass the ketchup, the sound of conversation and silverware against plates is drowned by the sound of a song. It's coming from a few tables over. Before the first verse is over, every conversation has ceased. Everyone in the room is singing about the wishy washy washer woman who washes her clothes in a way that I will eventually come to realize is weirdly sexual: "She goes 'Ooh-aah. Oooh-aah.'"

Over 25 years later, I still haven't experienced anything else (legal or illegal) that instantly puts my brain in the same relaxed, joyful state I experienced while singing at camp. I can't help but wonder why. Apparently, I'm not the only one wondering what's behind this phenomenon. According to the experts, it's not just something in the bug juice.

Singing changes your mood – and your cells

Science has actually proved that the act of singing, as opposed to the experience of listening to music, is a natural mood elevator. A 2012 study published by *Evolutionary Psychology* found that, in comparison to simply listening to music, the active performance of music (they tested singing, dancing, and drumming) elevated subjects' endorphin levels. Endorphins are the "feel good" chemicals your body naturally produces. They have a lot in common with opiates and prescription anxiety medications and elicit a similar sense of well-being – without any of the side effects.

Similarly, a 2004 *Journal of Behavioral Medicine* study found that participants who sang in a choir demonstrated increases in positive affect (i.e., subjective mood) based on self-reports and, according to saliva samples, higher levels of immune system function than those who simply listened to the choir music. A 2010 study from *Music Performance Research* also found choir participants self-reported high levels of mood elevation, stress reduction, and psychological well-being as a result of singing.

Meanwhile, the benefits of singing are not just for the talented. They also extend to tone-deaf people like me. In fact, A 2002 paper published in *Integrative Physiological and Behavioral Science* suggests the less serious

a singer you are, the more benefits singing can offer you. Researchers found that after a singing lesson, amateurs reported elevated levels of joy and elatedness, while professionals did not. That said, both the pros and the amateurs reported feeling more energetic and relaxed after a singing lesson. Additionally, both groups demonstrated significantly higher oxytocin levels after a singing lesson. (Oxytocin, a hormone released in both men and women during orgasm and in women when breastfeeding, plays a significant role in pair bonding – including the parent-child bond and between romantic partners. Further, oxytocin deficits are thought to contribute to depression.)

More is more

We know that singing in the shower or your car makes you feel like a rockstar, and we have the science to prove it. Science also shows us that we may be wired to feel even better when we sing in a group – and the bigger the group, the better.

A 2016 study published in *Evolution and Human Behavior* asked participants to provide subjective reports on social bonding and had their pain threshold measurements (representative of their endorphin levels) taken before and after singing for 90 minutes. Subjects either sang in a large group (over 200 people) or a small group (ranging from 20 to 80 people).

For both groups, feelings of social connectedness improved. Even more fascinating was that for those in the large group the improvement was significantly steeper, despite the fact that many of the participants were strangers to one another. Researchers conclude that the group cohesion facilitated by singing is consistent with evolutionary theories highlighting the role of music in social bonding, "particularly in the context of creating larger cohesive groups than other primates are able to manage."

When you're talking to someone who has never been to camp, it's hard to explain the connected, joyous high you feel while singing "You've Got a Friend" over the sound of crickets, surrounded by fellow campers. They may look at you funny when you say it's nothing short of a spiritual experience, but you can stand your ground, knowing there is plenty of science to back you up.

This article was originally published on Motherly

The Spicy Pickle

By Julie Willis

We have therapist-mandated date nights in our family. I am embarrassed to think that my therapist thought my kids were driving me to insanity, so she requires me to take a break every now and then.

It has nothing to do with my husband—but honestly he is the one who is insane, and I'll prove it in a minute. I know the mandate has nothing to do with my husband because my therapist has never met my husband. But if she had, she would know.

So it was date night.

I am boring (which means not insane at all), so when I pick the restaurant, we always end up going to the same place we always go: Coconut Joe's. Which is where we went this particular night. It's always where we go with the kids, too, so the first thing Julissa said to us was, "Hi, Darren! Hi, Julie! Where are the girls? With Grandma?" See? Totally predictable.

But there were two unpredictable things about this particular night. And neither one of them had anything to do with me. For one thing, the place was packed. We asked why. Fish Friday. Lent. Ah, yes.

The other thing was my husband. He had brought his own spicy pickle. Now, I get it. I'm boring. I don't use Tabasco or Tapatio or even ketchup. But seriously, a spicy pickle?

Have you ever seen one of these things? It came in a plastic wrapped container. The pickle was enormous, about the size of a really fat banana. He opened it up and sliced it onto his salad and enjoyed the entire spicy pickle with his dinner. And commented on his spicy pickle, giving me a play-by-play of the flavors as he ate the thing, like it was fine wine or coffee or something. "Oh, this spicy pickle is really juicy. And spicy, with just a hint of vinegar that is not too sour...."

I said, "It must be a guy thing. You need to enjoy that in your man cave with a bunch of guys and a case of beer."

Then he said, "Hey, they should sell these pickles here. The juice would taste good over fish. They could get even more business on Fish Fridays."

Which then led to a discussion of All Things Pickle. The highlight of which was a friendly argument as to whether or not they make a pickle-scented candle. (They do. You can find them on Etsy.)

As ridiculously fun as this all was, I had to admit that there was a part of me that was missing the million interruptions that would have by now taken place had our children been with us. How many forks would have landed on the floor? How many times would someone have had to get up to refill a drink or show me what was playing on the television? How many, "Mom!"s would I have had to answer? How many times would I have had to remind someone to "take a bite"? How much chaos? How much love? How much insanity?

A family with a baby walked in. They didn't order fish. And they didn't bring a spicy pickle. Except for the fact that their baby was quiet... and happy... and cooperative... and happy... and quiet... and happy... they reminded me of us before I needed therapy.

As we left, Julissa said, "Tell the girls we missed them!"

So did we, Julissa, so did we.



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his arm is broken so you will come running to see what is happening. How did he learn this process? Sounds crazy, but his parent taught him.

Every child is taught who he or she is by direct contact with the parent. As a parent, if you smile at your child, then you are happy with him. Should you frown at your child, then you are unhappy with her. Do either of these actions often enough, and your child develops a self-image: I am good or I am bad. If you continue to be attentive to your child when he misbehaves, then he continues to believe he is a misbehaving child and acts out this role in the family. Then, the parent becomes upset when the child perfects the very role he was assigned and is yelled at again, once more reinforcing his self-beliefs: you do not like me. That is the insane part. The parent informs the child as to WHO he is, then complains when the child behaves in that manner.

Stop the INSANITY!

Children will reproduce behaviors that we ourselves exhibit or to which we are attentive. If the boys are fighting, ignore them, really. If one comes to you with a complaint, you might say: I'm sure my son knows what to do, if he does not want to be hit. Focus only on the behaviors you want to see again with your children. Catch them being good and touch them. Whisper in their ear: "I like what you are doing here." Be attentive verbally and physically when your children produce behaviors of which you approve. Extinguish your "SCREAM" button and choose when to speak softly. Ignore the behaviors you do not like and speak tenderly about the behaviors you support. As you become saner, so will your children. Your home will transform itself from an asylum to a sanctuary.

"All day long, my kids hit each other. One will come crying to me that he got hit, and then, the other will complain to me. I yell at them to stop and threaten to send them to their rooms. Nothing helps. I am so tired of screaming at them. I just wish they would listen." This parent is trying to do the right thing with her children, but she is not learning from her mistakes. She knows that what she is doing with her children is not working, yet she keeps right on using those techniques. What was the definition of insanity?

When you do that, the child says, "Goody, I'm doing things right." Do not be fooled by the fact that it appears your child heard you just because you spoke. There is really so much more going on in this situation that is unseen. The words you employ and how many; the force or gentleness of your voice; your attitude; whether or not you are peaceful or irritated; and, the length of time you perform this act are all so important. What is going on is that your child is attempting to control his world. He is doing everything exactly as he believes he should: spill my milk, hit my brother, complain about chores, call his brother names, scream loud when he gets hit back, and act like

Every parent has at one time thought that when they speak to a child, the child should and would listen. In fact, what really occurs is that the child recognizes that you are coming closer to him.

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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Matzo Ball Soup

Make Jewish cuisine part of your Passover celebration

Passover is a Jewish festival that commemorates the story of Exodus. In that story, ancient Israelites were freed from slavery in Egypt, and men, women and children of Jewish heritage celebrated that liberation during Passover, a seven- or eight-day festival that is one of the more widely observed Jewish holidays.

One of the symbols of Passover is matzo, an unleavened flatbread made from flour and water, and it's fun to try new ways to use it. Such is the case with the following recipe for "Chicken With Matzo Dumplings" from Michael van Straten's "The Healthy Jewish Cookbook" (Frog, Ltd.). This delicious recipe can be a part of your Passover celebration or just a meal to sit down and enjoy with family and friends.

Chicken With Matzo Dumplings

Serves 4-6

For the broth

- 1 leftover chicken carcass, all skin and fat removed
- 2 Spanish onions, 1 whole and unpeeled, the other peeled and chopped
- 1 leek, coarsely chopped
- 3 celery stalks, with leaves if possible, coarsely chopped
- 4 bay leaves
- 1 large spring of rosemary
- 2 large sprigs of thyme
- 1 large sprig of sage
- 4 large sprigs of parsley
- 12 white peppercorns



Note: You can use good-quality, low-salt kosher chicken stock cubes or bouillon powder, but the recipe above for homemade broth is recommended.


For the dumplings:

- 7 ounces medium matzo meal (about 8 matzo sheets, ground up)
- 3 eggs
- 1 tablespoon olive oil
- 1 tablespoon finely chopped flat-leaf parsley
- 3 grindings of black pepper
- 2 pinches of salt

Directions

1. First, make the broth. Put the carcass in a large pot and cover with about 2 1/2 quarts of water. Bring to a boil, cover and simmer for 30 minutes. Add the vegetables, herbs and peppercorns, return to a boil, cover and simmer for 1 hour. Strain, reserving the broth.
2. Make the dumplings by mixing all the dumpling ingredients together, then knead until you have a smooth dough, adding a little water if necessary. Cover and let rest for at least 3 hours.
3. Using your hands, form the mixture into balls the size of apricots.
4. To put it all together, bring the chicken broth up to simmering point. Drop in the dumplings and continue simmering, covered, for 30 minutes.

Recipe Courtesy Metro News Service



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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



Look for the eggs for local Easter Fun!



Monday, April 1

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

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



Tuesday, April 2

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

FREE ACTING CLASS: For children. 322-2800

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

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

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

CROCHET AT MERCY: Crocheting can relieve daily stress, lower blood pressure, and manage chronic pain. A donation of \$5.00 would be appreciated, but is not required. 10AM - 12PM

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

Wednesday, April 3
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

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

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 868-0701

Thursday, April 4

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

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

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

TEEN GAME NIGHT AT BEALE LIBRARY: Enjoy a game night with friends and socialize. Video game equipment and games donated by Kern County Friends of the Library. Tejon Room. 4:30 PM 868-0701

Friday, April 5

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

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

FIRST FRIDAY AT BMOA: FREE admission with extended hours until 8PM 10:00 AM - 8:00 PM 323-7219

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

TEEN NIGHTS IN TAFT: Come bowl, play in the gym, or just hang out with friends. Grades 6-12 invited. 8:00 PM 765-6677

BATTLE OF THE BADGES: A fundraiser for Bakersfield PAL. 9001 Stockdale Hwy #52 6PM - 10PM

APRIL '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	29	30				

FAMILY PLACE AT BEALE LIBRARY: Build on the knowledge that good health, early learning, parental involvement, and supportive communities play a critical role in young children's growth and development. 868-0701 10:00 AM 868-0701



18TH ANNUAL KEEP AMERICA BEAUTIFUL GREAT AMERICAN CLEANUP

Sat. April 6th

Be one of the thousands to volunteer for the 18th Annual Keep America Beautiful Great American Cleanup main event at Yokuts Park in Bakersfield. Keep Bakersfield Beautiful will assign a community service project to volunteers. 8:00 AM - 1:00 PM 326-3539

April Worship Guide

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Palm Sunday: April 14
Good Friday: April 19
Easter Sunday: April 21

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GOOD FRIDAY SERVICE
APRIL 19 @ 7PM

EGG-STRAVAGANZA
APRIL 20TH @ 10AM
(B-6TH GRADES)
Egg Hunt

"HE IS RISEN" SUNDAY SERVICE - APRIL 21
9:30am - Bible Study For the entire family (English & Spanish)
10:45am - Worship Celebration (English worship center)
Spanish Celebration (In Youth Center)



Create colorful Easter eggs!

Metro News Service

Beautifully colored Easter eggs are a beloved holiday tradition. In many cultures, eggs represent new life, fertility and rebirth. For Christians, the Easter egg is symbolic of the resurrection, or the eternal life, of Jesus Christ. The practice of coloring eggs and offering them as decorative items is embraced during both secular and religious Easter celebrations.

- Begin with firm, hard-boiled eggs. Bring a pot of water to a rolling boil. Then use a large spoon to gently lower the eggs into the water. Lower the heat to maintain a simmer and boil for just about 12 minutes. Transfer the eggs to a bowl with ice cold water and let them cool. Allow the eggs to cool completely before coloring.
- Lay out newspaper or an old tablecloth to soak up any spills. Spills are inevitable, so don't let them spoil the fun. In addition, empty egg cartons make ideal drying racks, so do not discard them.
- Make patterns or other designs on the eggs. Use a white crayon to draw on the egg directly. The dye will not stick to the wax. Or use string, rubber bands, tape, stickers, or other items to create your pattern. Dip the egg and then remove the materials afterward to reveal the design.
- Swirl a few drops of food coloring into shaving cream on a flat surface. Roll the eggs into the mixture, let dry, and then gently clean to remove the excess shaving cream. The result is a marbled effect.
- Recognize that you don't have to "dye" eggs at all. Use a sponge to dab on a design. Strips of tissue paper can be adhered to the egg with glue or shellac. Children may enjoy submerging the egg in glue and then coating it in glitter. The potential to create creative Easter eggs is limitless. Embracing new strategies can set this year's eggs apart.



9TH ANNUAL SPECTACULAR WORLD OF SCIENCE

Sat. April 6th

Enjoy a day with live demonstrations, experiments and interactive hands on activities. The 1st place 6th-12th grade Kern County Youth Science Fair winners will present their exhibits one more time before going to state Competition (10am-11:30am). This event is a Fundraising program to advance awareness of science activities available within our community. 10800 Stockdale Hwy, 10:00 AM - 2:00 PM 324-6350



24TH ANNUAL KERN COUNTY SCOTTISH GAMES & GATHERING

Sat. April 6th

A family friendly event featuring: Traditional and modern music from bagpipes and pipe bands to Celtic rock. Tickets may be purchased on-line at www.kernscot.org. 1142 South P Street, 9:00 AM - 5:00 PM

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

Saturday, April 6

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

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

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

2019 COUNTRY & CRAFT BEER FESTIVAL: Over 50 breweries, 30 restaurants, and two music stages at Central Park at Mill Creek. Presented by Lengthwise, 1-5pm. Countrycraft-beer.com

6TH ANNUAL PLANT SALE AT EDIBLE SCHOOLYARD: Purchase plants, enjoy crafts and games, raffles, & food. All of the proceeds from the plant sale will go directly back into the Edible Schoolyard program. Free admission. We ask that you please leave your dogs at home. 6520 Buena Vista Rd, 9:00 AM - 1:30 PM 241-7047

7TH ANNUAL CASA SUPERHERO RUN: This run raises funds and awareness to provide abused and neglected Kern County foster children with their very own Superhero, a CASA Volunteer. 11200 Stockdale Hwy., 6:30 AM 631-2272

BAKERSFIELD SYMPHONY ORCHESTRA: THE GYPSY FIDDLE AT RABOBANK: Robyn Bollinger will perform three extraordinary works. Price: \$20.00 to \$45.00 7:30 PM

PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY: Bring your children to this introductory and fun philosophy discussion. For children aged kindergarten thru 6th grade. We will be exploring different children's books and engaging children in open discussion that encourages a community of inquiry. Arkelian Children's Room. 3:00 PM 868-0701

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

Sunday, April 7

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

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

Monday, April 8

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

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

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. You may place whatever you can donate in our donation box. 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

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, April 9

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

FREE ACTING CLASS: For children. 322-2800

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

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

Wednesday, April 10

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. Ages 3 to 17 833-4345

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: 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

3RD ANNUAL KERN COUNTY STEMPOSIUM: Educational activities for children. 142 South P Street, 9:00 AM - 2:00 PM

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Tucson Roadrunners. 6:30 PM - 8:00 PM 324-PUCK

DRUM CIRCLE AT MERCY: The original drum is the heart, and the drum is one of the original instruments of humans. Bring your own drum as well as bells, claves, and rattles as we make beautiful, healing music together. A \$5.00 donation would be appreciated, but is not required. 5:30 PM - 8:00 PM

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts & conversation. 868-0701

Thursday, April 11

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

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

WORD POETRY/OPEN MIC NIGHT:
703-6911

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

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

4TH ANNUAL KCMEA JAZZ DAY AT BAKERSFIELD COLLEGE: This all-day event will feature student jazz ensembles, pro clinicians, and a showcase performance by the BC Jazz Ensemble. 7:00 PM - 8:30 PM 395-4313

CSUB PRESENTS: LILLY'S PURPLE PLASTIC PURSE AT BEALE LIBRARY: CSUB's Traveling Theatrical Tour presents their rendition of Lilly's Purple Plastic Purse. Come see this beloved children's classic brought to life. 11:00 AM 868-0701

Friday, April 12

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

FAMILY PLACE AT BEALE LIBRARY: Build on the knowledge that good health, early learning, parental involvement, and supportive communities play a critical role in young children's growth and development. 868-0701 10:00 AM 868-0701

FLIX: CHINESE TAKE-AWAY AT FOX THEATER: Ticket Price: \$6.00 6:30 PM 324-1369

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

Saturday, April 13

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

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

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

2ND SATURDAY AT BMOA: BMOA is proud to present a Lecture Series offering unique insight into artistic culture with lecturers, artists, and behind the scenes looks into the art programs and exhibitions. Also included with admission is an all-ages art project that explores the concepts and themes of the BMOA Exhibitions. 10:30 AM - 4:00 PM 323-7219

VOLUNTEER ORIENTATION AND TRAINING: M.A.R.E. provides therapeutic equine-assisted activities for the benefit of people living with special needs and disabilities. 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

2ND ANNUAL DREAM RALLY & CELEBRATION: Danny Morrison from The Beat 103.9 FM, DJ Ace, Music, Food and Informational Vendors. Celebrate the legacy of Dr. Martin Luther King Jr., 7011 Harris Road, 10:00 AM - 2:00 PM 496-3219

AUTISM SENSORY EASTER BUNNY VISIT AT THE MARKET-PLACE: Children with AUTISM/Disabilities will have an opportunity to visit and take a photo to remember. Bring your own camera to take a picture. 2:00 PM - 3:00 PM 489-3335

NOT YOUR TYPICAL EASTER EGGSTRAVAGANZA: Fun for the family! Watch a live drama, enjoy food, games, prizes, and giveaways. Easter Egg hunt for children up to 6th grade. 10200 Campus Park Dr., 10:00 AM - 1:00 PM 663-3888

RELAY FOR LIFE OF DELANO: Come out and support the American Cancer Society as we Save Lives, Celebrate Lives, and Lead the Fight for a World Without Cancer. Admission and parking are free. 1331 Cecil Ave 10:00 AM 327-7827

SPRING FLING AT CALM: All children up to 12 years admitted FREE (must be accompanied by an adult). CALM's Docents will be strolling the grounds with Ambassador Animals. Central California Children's Railroad



DON'T MISS IT!
Kern County Family's 23rd Annual
Summer Camp & Adventure Fair

Thursday, April 11, 2-6:30pm
Westside Church of Christ
7300 Stockdale Hwy

Register in advance at Eventbrite.com
Visit kerncountyfamily.com for info!

will be operating 11am-3pm, \$1.00 each (weather permitting). 9:00 AM - 4:00 PM 872-2256 Saturday, April 13 through Saturday, March 20

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

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

Sunday, April 14
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, April 15
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

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. You may place whatever you can donate in our donation box. 8:30 AM - 9:30 AM

CHILDREN'S POETRY OPEN MIC AT BEALE LIBRARY: Children can read aloud a favorite poem, their own work, or choose from a selection we'll have on hand! 4:00 PM 868-0700

CULTS & CLASSICS: UP IN SMOKE AT FOX THEATER: Ticket Price: \$5.00. 6:00 PM 324-1369



MOTHER SON
fiesta

FRIDAY, MAY 3rd
6:00pm - 8:30pm

RiverLakes Ranch Community Center
3825 Riverlakes Drive

\$26/ Per Person Registration Ends April 26th

North of the River Recreation & Park District
3825 Riverlakes Drive 392.2000 www.norfun.org

NORTH OF THE RIVER
NOR
2010 THE YEAR

Tuesday, April 16

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

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

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

Wednesday, April 17

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

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: Read a few stories, have a 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

SPRING BREAK BIKE MAINTENANCE AND SAFETY RODEO AT BEALE LIBRARY: Bring your bike and learn about bike maintenance and ride through our bike safety course. 11:00 AM 868-0701

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 868-0701

Thursday, April 18

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

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

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

CRAFTY TEEN CLUB AT BEALE MEMORIAL LIBRARY: 868-0701

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

Friday, April 19

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



Passover
Sundown April 19- April 27

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

FAMILY FRIDAYS AT MERCY: Join us for this artistic intergenerational togetherness. A \$5.00 donation would be appreciated, but is not required. 8:30 AM - 9:30 AM

FAMILY PLACE AT BEALE LIBRARY: Build on the knowledge that good health, early learning, parental involvement, and supportive communities play a critical role in young children's growth and development. 868-0701 10:00 AM 868-0701

WORDS COME TO LIFE: A poetry-inspired art exhibit blending several forms of art in an effort to inspire our community and empower youth. 1910 19th St. 6:00 PM - 8:00 PM 858-4821

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

Saturday, April 20

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

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

EASTER FUN AT KERN COUNTY MUSEUM: Easter and spring themed day. 1:00 PM - 3:00 PM 437-3330

MISSION POSSIBLE 5K: Proceeds will go towards The Mission at Kern County. Each participant will receive a t-shirt and participation medal (while supplies last.) Placement medals will also be given. Both runners and walkers are welcome. 10500 Alfred Harrell Hwy 8:00 AM - 10:00 AM 889-6219

NOR ANNUAL EASTER EGG HUNT: The hunt is for children aged 1-10 and starts at 10:00am SHARP. Remember to bring your Easter basket and camera for photos with the Easter bunny. 401 Willow Drive, 10:00 AM.

NOR ANNUAL EASTER EGG HUNT: The hunt is for children aged 1-10 and starts at 10:00am SHARP. Remember to bring your Easter basket and camera for photos with the Easter bunny. 4303 Patton Way 10:00 AM

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

Sunday, April 21

Happy Easter

Monday, April 22

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



THE MAC & CHEESE FESTIVAL AT CSUB

Sat. April 20th

Gourmet Mac & Cheese, beer and wine! 2:00 PM - 6:00 PM, 9001 Stockdale Hwy. Call 654-CSUB for details and get tickets at eventbrite.com. Benefiting CSUB's Roadrunner Athletic Scholarship Fund.

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

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. You may place whatever you can donate in our donation box. 8:30 AM - 9:30 AM

GREATER BAKERSFIELD GREEN EXPO AT YOKUTS PARK: The Greater Bakersfield Green Expo is a part of the Keep America Beautiful Great American Cleanup. This expo showcases recycling and renewable energy businesses and services throughout Kern County. Be a part of the greater good for Bakersfield by attending this green event! 8:00 AM - 3:00 PM

Tuesday, April 23

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

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

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

Wednesday, April 24

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: 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

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 868-0701

Thursday, April 25

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

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

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

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

FUTURE OF SPACE EXPLORATION AND JOURNEY TO MARS AT BAKERSFIELD COLLEGE PLANETARIUM: The one-hour show will begin with a short tour of the evening sky using the planetarium's Goto Chronos star projector followed by the two eleven-minute all-dome presentations from NASA. 8 adults; \$6 children + seniors 7:00 PM - 8:30 PM. 395-4326

Friday, April 26

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

FAMILY PLACE AT BEALE LIBRARY: Build on the knowledge that good health, early learning, parental involvement, and supportive communities play a critical role in young children's growth and development. 868-0701 10:00 AM 868-0701

WESTERN STREET ROD NATIONALS: Welcomes street rods, street machines, customs, trucks, classics and all other vehicles 30 years or older! 1142 S P St, 8:00 AM - 8:00 PM (901) 452-4030 Friday - Saturday

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

Saturday, April 27

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

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

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

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



SUBMIT YOUR EVENTS

Our happenings section is dedicated to bringing the most current events to you, but we need your help! You can submit your calendar events 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. Best of all, it's FREE!



GARDEN FEST AT BAKERSFIELD COLLEGE

Sat. April 27th

Family Fun For Everyone! An open house featuring the Environmental Horticulture and Agriculture programs that draws thousands of visitors for a day of family fun. 9:00 AM - 4:00 PM

"FOSSIL BIRDS OF KERN COUNTY" AT BUENA VISTA MUSEUM: 2:00 PM - 4:00 PM 324-6350

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

ROWDY CART RACE AT CSUB: Rowdy Cart Race challenges teams to build and race human powered vehicles worthy of competing on our themed obstacle course. Come see this wacky event in person. 10:00 AM - 1:00 PM 654-2776

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

Sunday, April 28

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

WESTERN STREET ROD NATIONALS: Welcomes street rods, street machines, customs, trucks, classics and all other vehicles 30 years or older! 1142 S P St, 8:00 AM - 1:00 PM (901) 452-4030

Monday, April 29

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

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

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

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. You may place whatever you can donate in our donation box. 8:30 AM - 9:30 AM

CULTS & CLASSICS: THE GRAPES OF WRATH AT FOX THEATER: Ticket Price: \$5.00. 6:00 PM 324-1369

Tuesday, April 30

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

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

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



Listings of FREE Immunizations

totshots

Walgreens
Monday, April 1st
4306 Ming Ave. Bakersfield
from 9:00 a.m. to 2:00 p.m.

Kern County Dept. of Human Services
Wednesday, April 10th
100 E. California Ave, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Fairview Elementary School
Thursday, April 11th
425 E. Fairview Rd., Bakersfield
from 8:30 a.m. to 11:30 a.m.

McKee Middle School
Friday, April 12th
425 E. Fairview Rd., Bakersfield
from 8:30 a.m. to 11:30 a.m.

Walmart Supercenter
Monday, April 15th
5075 Gosford Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

La Hacienda Market
Tuesday, April 16th
315 James St., Shafter
from 9:00 a.m. to 2:00 p.m.

Adventist Health Bakersfield
Wednesday, April 17th
2800 Chester Avenue, Bakersfield
from 1:00 p.m. to 6:00 p.m.

NOR Riverview Park
Monday, April 22th
2020 R St., Mill Creek park,
Bakersfield
from 9:30 a.m. to 2:00 p.m.

New Life Church
Wednesday, April 24th
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.



10 Mom Truths About Easter

By LJ Kunkel

- 1• Easter egg hunts are solid proof your kids can find things if they really want to.
- 2• They're also totally capable of picking things up and putting them in the appropriate container. Use this fact later to reason with them about cleaning their rooms. Oh wait, nope, that won't work. Kids don't do common sense.
- 3• Easter is starting to feel as big as Christmas. Decorating food items, giving gift baskets, a life-sized character to make your kids cry, the quest for sugar coma, the need for multiple gatherings (because one egg hunt is just not enough). I thought I left all that stress behind at the start of the year!
- 4• The Easter bunny is creepy as all heck. I don't blame the kids for crying. I can't look into his soul-sucking rabbit eyes. Let's fire him and take pictures with cute, real bunnies instead.
- 5• If you stock up on candy when it's on sale after the holidays, you can add an extra festive touch with eggs full of chocolate Santas!
- 6• If you have a hunt at your place, you'll discover all the unfound eggs the next time you mow the lawn. And those will be the ones you had put money in. #facepalm
- 7• You can take advantage of this whole concept any time of year. Just tell your older kids you hid a golden egg in the yard with \$20 in it. (Whether you actually do this is up to you and your conscience.) You'll have the house to yourself for a couple hours and your kids will get some exercise. Double win!
- 8• This all makes zero sense. What do eggs, bunnies, and sugar overdoses have to do with the Resurrection?
- 9• Easter is a parental oxymoron. Any other time we yell "What are you doing? Don't pick that up!" But today we're going to encourage them to grab all the food they can find (usually from complete strangers) off the dirty ground.
- 10• I'm not complaining, though. Parent tax law says I get 30% of the candy cache. And I get to pick the good ones. I am okay with this.

LESSONS & CLASSES

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REGISTER NOW FOR AFTER SCHOOL SESSIONS.

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For Adults:
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Students Learn:
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Most students just **\$65 per month!**
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!! RECALL ALERT !! RECALL ALERT !!

Aroma Home USB Heated Hottie Heating Pads Recalled

The manufacturer has voluntarily recalled animal-themed sequined heating pads that are heated by USB connection to a PC, laptop, power bank, car charger or other 5V USB port.

The heating pads were sold at Marshalls/T.J. Maxx in four styles: French Bull Dog, Sequin Cat Head, Sequin Fox Head and Sequin Blue Owl. A use and care label bearing the name “Aroma Home” is sewn into the bottom pocket of the heating pad where the USB cord emerges.


The pads can overheat during use, posing fire and burn hazards.

Consumers should immediately stop using the heating pads and return them to any T.J. Maxx or Marshalls store for a full refund.

The recall involves about 5,600 units sold in the U.S. and about 3,600 sold in Canada.

For more information, contact T.J. Maxx at 800-926-6299 from 9 a.m. to 6 p.m. ET Monday through Friday or online at www.tjmaxx.com and click on Contact Us at the bottom of the page.

Contact Marshalls toll-free at 888-627-7425 from 9 a.m. to 6 p.m. ET Monday through Friday or online at www.marshalls.com and click on Contact Us at the bottom of the page for more information.




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ACTIVITY CORNER
ANSWERS

p.38

Sudoku:

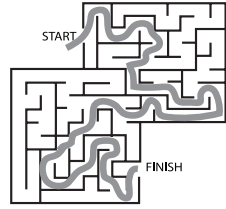
8	4	5	9	3	2	7	1	6
1	3	2	8	6	7	5	4	9
6	9	7	5	4	1	2	3	8
9	1	6	4	2	8	3	5	7
3	5	8	1	7	6	9	2	4
2	7	4	3	5	9	8	6	1
5	8	3	6	9	4	1	7	2
7	6	9	2	1	3	4	8	5
4	2	1	7	8	5	6	9	3

Crossword:

Across
 1. Playful
 5. Pudgiest
 7. Endanger
 8. Trained

Down
 1. Puppies
 2. Aged
 3. Urge
 4. Watered
 6. Inn

Maze:



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Sensory-Friendly Easter Bunny
Saturday, April 13th, 2-3pm, The Marketplace

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Support Groups
Tuesday, April 23rd, 6-7:30pm

Autism Spectrum Disorders Seminar Series 4:
Speaker: Lori Ernspenger, Ph.D., BCBA-D
Saturday, May 4th

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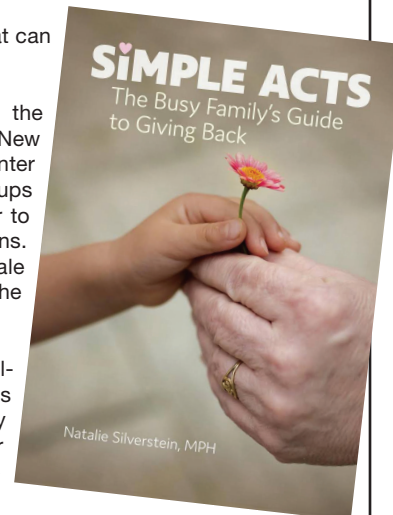
PLEASE RECYCLE!

How can your family give back to the community—and the environment?

By Andrea Rose

Earth Day is right around the corner – April 22. What can you do for your environment?

Natalie Silverstein has some ideas. Silverstein is the volunteer coordinator of Doing Good Together in New York City. She is a frequent consultant and presenter to parents, faculty, students, and community groups on the topic of family service, and is a contributor to parenting blogs GrownAndFlown and MommyPoppins. She holds a Master's degree in Public Health from Yale University and recently published "Simple Acts: The Busy Family's Guide to Giving Back."



Silverstein and her family regularly make time to volunteer in their community. In her book, she offers hundreds of practical ideas – from visiting the elderly to helping clean the playground on Earth Day – for incorporating service and the spirit of giving into your family life.

"My mentor, Jenny Friedman, the founder of Doing Good Together, has said, 'We don't wait to start reading to our kids – we want reading to be a habit. Giving back is very much the same way.' This is so true. We start so many good habits with our kids when they are very small because we want these habits to become second nature," Silverstein said. "Creating a love of service and a comfort level with hands-on volunteering requires early and frequent exposure. Just like developing a skill in athletics, or the ability to play a musical instrument, kids become comfortable and grow an appreciation for an activity if they practice. Parents should view volunteering in the same way.

"Each time you engage in family service together, especially if you let your growing children identify social justice issues that they care about, you are allowing them to flex their empathy muscles, and it is very empowering for kids to realize that they can make a difference."

Silverstein said there are some simple acts that even the most hectic of parents can manage:

Create a cloth "giving bag" to take to the grocery store. While grocery shopping, have your child pick out non-perishable food items and donate them to the local food pantry on the way home.

Plant a tree or flowers in your backyard or sign up for a local park clean-up to encourage environmentalism and community beautification.

Leave a stack of colored paper and markers at the dinner table for kids to create cards for active duty military, isolated seniors, or hospitalized children.

Use recyclable plastic bottles and scraps of fleece to make dog toys and bring them to a local animal shelter to donate or play with.

Project Backpack: While shopping for back-to-school supplies, encourage kids to pick out a few extra items to donate to children who don't have the resources for the learning tools they need.

Other tips can be found in her book. "I hope the book will inspire families to think about volunteerism differently, and to notice the many ways you can incorporate service into things you are already doing as you move through your day-to-day life. It may seem daunting – just another thing on the to-do list – but it doesn't have to be," Silverstein said. "If parents set a positive intention, keep an open mind (and heart) and recognize that engaging in acts of kindness is a worthwhile use of your time – certainly as important as many of the other priorities that fill our calendars. It's a great way to set aside devices and spend quality time together with our kids, connecting around things the matter and living our values."

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KID'S activity corner

Answers on page 34

Sudoku

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

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!

Word Find

Find the hidden words in the puzzle

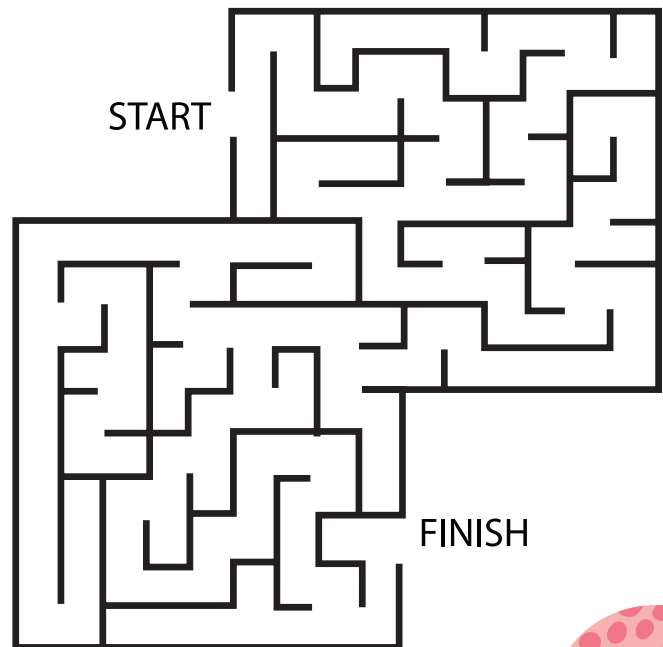
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F B N G K T K P X E F I
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Y N E A S M R E M R S D
E E T L G H Z B G I H J
D S H O O D I A C N X X
Q K Q D B E S E J G V F
B E P W S Q A J L C V O
Q C S D O D B R F D K S
T A H P E P Q L G J E K
W R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

Maze Craze



Crossword Puzzle

1		2			3		
						4	
5				6			
7							
	8						

ACROSS

1. Friendly and fun
5. Most chubby
7. Put at risk
8. Follows commands

DOWN

1. Young dogs
2. Older
3. Impulse
4. Gave refreshment
6. Hotel

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