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MAY 2019

Show
Your
Mama
LOVE!

11 Things
EVERY Kid
Should
Do This
SUMMER!
Local FUN Ideas

plus: family road trips! how to enjoy the view p.18

local mother's day brunch p.14 new ideas for providing meals p.20

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

Kern County Family Magazine is available free at more than 700 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets.

Subscriptions by mail are \$17 per year and must include a check:

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

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

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MEMBERS OF



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11 Things Every Child Should Do This Summer!

Get great local ideas for everyday, accessible FUN this summer.

Cover photography of Hudson and his mom Katie courtesy of Lorie Chambless Photography, loriechambless.com



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dear reader



Vaun Thygerson,
Contributing Writer

I have a lot of Mary Engelbreit's art and quotes displayed throughout my house. Many years ago, my friend Catherine gave me a mug that reads, "Bloom Where You're Planted." This has become one of my favorite "mom" sayings. I want my children to know that they can become what they need to become in various situations. Life is unpredictable and we are "planted" in so many different scenarios – some good, some not so good. I want my children to know that they can weather the ups and downs of life and learn to make the best of every opportunity.

This saying also presented a new meaning to me recently as I was listening to NPR and the host was discussing a new book and its philosophy about raising children. In Alison Gopnik's book, *The Gardener and the Carpenter*, she proposes that there are two kinds of parenting styles: gardeners and carpenters. She writes about how the "carpenter" parent thinks their child can be built into a certain type of adult while the "gardener" provides a safe place for the child to grow and become their unique self. I strive to be a "gardener."

It's so hard sometimes to let your children be themselves, especially when you have such a different idea in your mind. My youngest son definitely pushes the limit more than my older two children ever have, and I bite my tongue A LOT! But, ultimately, I want them to bloom where they're planted and the only way they can do that is if they have been given that direction all along. As long as they're safe and not hurting anyone or themselves, I think it's good to let them explore and, dare I say, maybe even make a mistake or two.

Summertime, which is just around the corner, is the best time to discover the world around you. In the article, "11 Things Every Child Should Do This Summer," Christa Melnyk Hines writes about the many opportunities we have to enjoy endless summer days and the community around us. In Kern County, we have so much nearby that we can hike a canyon one day, visit a historical living

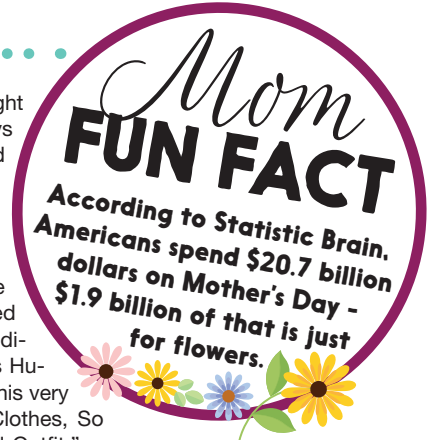
museum the next, and pick berries right off the vine the next day. To find out ways you can keep your little ones entertained this summer, turn to page 16.

One of the most challenging areas where I have had to be a "gardener" with my children is with my kids' unique clothing choices. I have definitely learned to appreciate a sense of style that is in direct contrast with mine. In this month's Humor at Home, Julie Willis writes about this very conundrum in her article, "So Many Clothes, So Little Time: Finding the Perfect Cowgirl Outfit," on page 22. Her daughter had to find the perfect "cowgirl" attire for her school's Farm Camp parade and costume contest. With a little negotiating and revising outfits, disaster was averted, and she ended up looking perfect!

Thanks to Jim and Brandi Bailey, owners of Broken Yolk Café, for planning an amazing Mother's Day Brunch to celebrate all moms and women in our lives on Sunday, May 12, from 9 a.m. to 1 p.m. To read about their moms and grandma and the influences they have had, not only in their lives but with their restaurants as well, you can read the article, "Celebrate Mother's Day at Broken Yolk's Brunch: Treat Mom With a Meal to Remember," on page 14.

Whether you're planting a garden in your back yard this summer, visiting a local farmers' market, or being a "gardener" to your children and letting them explore, remember these delicate seeds can become amazing flowers if you just give them the love they need. This last month of school has all kinds of craziness and business with end-of-the-year activities and events, but just remember – summer is in sight!

Happy Mother's Day to all you AMAZING women!



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Bakersfield Car Club Council Donates \$28,000 to Camp Blue Jay

Thanks to a hefty donation of \$28,000 from the Bakersfield Car Club Council (BCCC) some children with disabilities will be happy campers this summer at Camp Blue Jay. The proceeds were raised at BCCC's 22nd Annual Super Cruise Car Show recently held at the Kern County Fairgrounds. Camp Blue Jay is a program through the Society for Disabled Children that was established in 1975 to provide children who are physically disabled an opportunity to experience a residential summer camp program. For information please visit www.societymfcdc.com or www.bakersfieldccc.org.

Celebrate the Giving Spirit of Kern County on May 7th



May 7th is the day to Give Big Kern and celebrate the giving spirit of Kern County. It is designed to bring all of Kern residents together as one community, raising money and volunteer hours for local non-profits through a 24-hour crowd-funding campaign. With the #GIVEBIGKERN, you can see all kinds of activities and events surrounding this epic day on most social media platforms. Simply visit www.givebigkern.org, find a cause you care about, and give. Minimum donation is just \$5 and you can help one of the 130 participating non-profits.

BCSD's Music Education Program Receives National Recognition

For the seventh year in a row, Bakersfield City School District (BCSD) was recently honored with the Best Communities for Music Education designation for 2019 from the National Association of Music Merchants (NAMM) Foundation for its outstanding commitment to music education.

"I am very proud of the District's music teachers for the fabulous work they do. This competitive awards program considers school districts all over the country, and scores them based upon quality of instruction by teachers, access to music education classes, resources provided by the district and community, community support, and administrative support. This award is truly one for the entire BCSD community," says Michael Stone, Coordinator for the Visual and Performing Arts Department at BCSD.

For more information visit www.nammfoundation.org or www.bcsd.com.

1000 Lights Water Lantern Festival at Lake Ming

Celebrate the good and bright things in life at 1000 Lights Water Lantern Festival on Saturday, May 11th, at Lake Ming at 5 p.m., with the lantern launch at 8 p.m. Join family and friends to experience a magical night of live entertainment as thousands of floating water lanterns light the water. Prices vary depending on packages purchased; some include a lantern that you can light. To buy tickets visit www.eventbrite.com. For festival information, please visit www.1000lights.com.



Aliza McCracken Receives Lifetime Achievement Award

Aliza McCracken, fine artist, illustrator, designer, and author, has recently been selected to receive the Albert Nelson Marquis Lifetime Achievement Award. This honor is reserved for individuals who have demonstrated leadership, excellence, integrity, and longevity within their respective industries or professions. In addition, McCracken's biography will be highlighted in the 2020 edition of Marquis Who's Who in America.

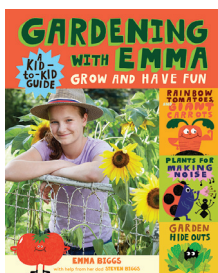
To learn more about Aliza McCracken and her art, please visit the online gallery at www.alizamccracken.com and online store, squareup.com/store/aliza-mccracken. You can also find her books locally at Barnes and Noble and Russo's Books and on www.amazon.com.

Wine, Women, and Shoes Event

Gather to sip, shop, savor, and support a worthy cause at the 3rd Annual Wine, Women, and Shoes event to benefit Alzheimer's Disease Association of Kern County on Saturday, May 18th, from 2 p.m. to 6 p.m. at the private residence of Matt and Julie Fisher. From wine tasting to culinary delights and mingling with charming Shoe Guys, you can shop designer fashions, watch a chic fashion show, and maybe even win the key to the closet raffle. To learn more about this event and buy a ticket, visit www.winewomenandshoes.com.



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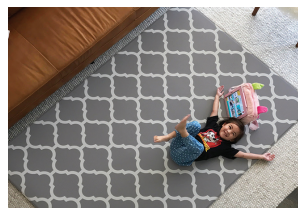
Gardening with Emma

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Got the Sniffles and Sneezes? It's Probably Allergies

May is Allergy & Asthma Awareness Month and the American Academy of Pediatrics offers tips for dealing with allergies and asthma in their "Allergies and Asthma: What Every Parent Needs to Know" guide.

According to the AAP, your child's allergy treatment should start with your pediatrician, who may refer you to a pediatric allergy specialist for additional evaluations and treatments, but in the meantime, here are some tips on how to treat your child's allergies:



Allergies feel like a cold, and can include headaches, runny noses, fatigue, and other symptoms that can get in the way of school, fun, and family time. Ask your pediatrician about medications to manage allergies. Common treatments include antihistamines, taken by mouth, which can help with itchy watery eyes, runny nose and sneezing, as well as itchy skin and hives. Nasal corticosteroids are highly effective for allergy symptom control and widely used to stop chronic

symptoms. They are generally safe to use in children over long periods of time, but must be used daily for maximal effectiveness.

Knowing what your child is allergic to can be an important step in finding the right treatment. Allergy testing may be performed to determine whether your child is allergic to any environmental allergens. Nasal allergy symptoms can be caused by a variety of environmental allergens including indoor allergens such as dust mites, pets, and pests, as well as outdoor allergens such as pollens. Molds, which can be found indoors and outdoors, can also trigger nasal allergy symptoms.

An important step in managing allergy symptoms is avoidance of the allergens that trigger the symptoms. If your child has allergy symptoms and is allergic to a pet that lives in your home, you will want to keep the pet out of your child's bedroom and minimize contact as much as possible.

If your child is allergic to pests in the home, professional extermination, sealing holes and cracks that serve as entry points for pests, storing foods in plastic containers with lids and meticulous cleanup of food remains can help to eliminate pests and reduce allergen levels.

Dust mites congregate where moisture is retained and food for them (human skin scales) is plentiful. They are especially numerous in bedding, upholstered furniture, and rugs. Padded furnishings such as mattresses, box springs, and pillows should be encased in allergen-proof, zip-up covers, which are available through catalogs and specialized retailers. Wash linens weekly and other bedding, such as blankets, every 1 to 2 weeks in hot water. (The minimum temperature to kill mites is 130 degrees Fahrenheit. If you set your water heater higher than 120 degrees, the recommended temperature to avoid accidental scald burns, take care if young children are present in the home.)

An important step in managing allergy symptoms is avoidance of the allergens that trigger the symptoms.

If your child is allergic to outdoor allergens, it can be helpful to use air conditioners when possible. Showering or bathing at the end of the day to remove allergens from body surfaces and hair can also be helpful. For patients with grass pollen allergy, remaining indoors when grass is mowed and avoiding playing in fields of tall grass may be helpful during grass pollen season. Children with allergies to molds should avoid playing in piles of dead leaves in the fall. Pets tracking in and out of the house can also bring pollen and mold indoors.

Parent can also ask their child's pediatrician about allergy immunotherapy. Immunotherapy, or allergy shots, may be recommended to reduce your child's allergy symptoms. Allergy shots are prescribed only for patients with confirmed allergy. If allergen avoidance and medications are not successful, allergy shots for treatment of respiratory allergies to pollens, dust mites, cat and dog dander, and molds can help decrease the need for daily medication.

Sign Up for Smart 911

Make sure you sign up your family for Smart 911 at www.smart911.com to plan ahead for any emergency. This website gives first responders important information that will help Police, Fire, and EMS locate and help you in an emergency. Fill out basic information with address, phone number, email, and then go on to add more details such as vehicles, preferred providers, and pet information. You can even upload a photo of your pet and include veterinarian information. If you want to add this lifesaving capability on your mobile phone, you can also get the app from the App Store.

May is Mental Health Month

One in five people will be affected by mental illness in their lifetime, according to the National Alliance on Mental Illness and half of all lifetime mental illness conditions begin by age 14 and 75 percent by age 24. Early intervention programs can help.

People experiencing mental health conditions often face rejection, bullying, and even discrimination, which can make their journey to recovery longer and more difficult.

Navigating life with a mental health condition can be tough, and the isolation, blame, and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support, and living well. Learning how to cope with stigma and how to avoid and address stigma are important for all of us and help is available.

Parents concerned about their own mental health or that of their children should contact a family physician, pediatrician, school guidance counselor or local human service provider. For more information and resources on mental health, visit www.nami.org.

Fisher-Price Recalls Rock 'n Play

Fisher-Price has recalled all Rock 'n Play Sleepers. The infant seats were sold at major retailers for approximately \$40 to \$149. Consumers should immediately stop using the product and contact Fisher-Price for a refund or voucher.

Since the 2009 product introduction, more than 30 infant fatalities have occurred in Rock 'n Play Sleepers after the infants rolled from their backs to their stomachs or side while unrestrained or under other circumstances. The recall came after the American Academy of Pediatrics lobbied the product manufacturer to take action.

The AAP does not recommend inclined sleep products like the Rock 'n Play, or any other products for sleep that require restraining a baby. The AAP advises against using car seats, strollers or other devices for sleep because of the risk that a baby could roll or turn into an unsafe position and be incapable of moving, leading to suffocation or strangulation.

Rachel Moon, MD, FAAP, chair of the AAP Task Force on SIDS, says, "The Rock 'n Play inclined sleeper should be removed from the market immediately. It does not meet the AAP's recommendations for a safe sleep environment for any baby. Infants should always sleep on their back, on a separate, flat and firm sleep surface without any bumpers or bedding."



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Budgeting After Baby

By Sarah Lyons



Babies cost a lot of money! Diapers, formula, clothes, and baby gear can take a huge chunk out of your monthly budget. Many families find that adding the cost of child care or reducing to a single income makes the adjustment even more difficult than expected. Here are some tips to cut down on spending.

Trimming Your Baby Budget

Diapers

To save on diapers, consider switching to cloth. Modern cloth diapers are easy to use and come in cute designs. The initial cost is typically \$10-20 per diaper, but they can be reused for years.

If cloth diapers aren't for your family, there are still ways to save money on disposable diapers. Check manufacturer websites for high dollar coupons and combine with store sales. Generic diapers are another great way to save and they are typically comparable to name brands.

Formula

Breastfeeding is not always an option for families for a variety of reasons and formula is pricey. Coupons and rebates are readily available from the manufacturer. Go to the manufacturer's website and sign up for additional coupons and have friends and family do the same. You can also ask your obstetrician and pediatrician for free formula samples.

Baby gear

Car seat, stroller, high chair, bouncer, swing, and more. There sure is a lot of gear for someone so small, and it seems each item costs \$100, often more. It's wise to buy a new car seat that meets current safety standards, but all the other items can be purchased gently used and later sold when your family no longer needs them.

Baby clothes

Babies grow fast! It doesn't make sense to spend a lot on several cute baby outfits, when your child outgrows them only a few weeks later. Consider buying gently used clothing and/or asking friends for hand me downs. If you want new items, buy less than you think you will need, because they are used for only a short time.

Child care

To save money on childcare, you have to get creative. Ideas include having a family or friend watch the baby at a lower rate, trading babysitting with another family, or alternating shifts with your partner to reduce time in child care. Some companies offer flexible spending plans to pay for child care with pre-tax money.

Trimming Other Areas

Wardrobe

The key to saving money on adult clothing is to shop for versatile pieces that can be worn many different ways. A solid color top can be worn with jeans, slacks, or a skirt and paired with a scarf, necklace, jacket or worn alone for a variety of looks. Once you have your key pieces, only buy clothing when you really need them.

Food

There are several ways to cut costs in this area. Purchasing groceries with coupons, on sale, or buying generic brands can save money. Also, consider making items from scratch and eating out less to help trim your food budget. A quick google search will provide you with several \$5 meal ideas.

Entertainment

Just because a new baby is in the house doesn't mean that you have to stop enjoying entertainment, but you might need to approach a night out in a new way. You do not have to go without movies, concerts, or area attractions, but you should check deal sites to see if there are any options available to you. This will require planning ahead to make sure it fits into the budget and that you have childcare covered, if necessary. Also consider if items like cable or streaming subscriptions are necessary. Choose to pay for the entertainment you use and enjoy.

Reduce

Our homes are filled with items we rarely use. Consider selling these items to put extra cash in your hand that can be used for all those new baby expenses. Have a garage sale, utilize consignment sales, or sell items in online marketplaces.

Trim expenses

Look at the family budget and evaluate where you can easily trim expenses. Do you belong to a gym, have club memberships, subscriptions, or other monthly bills that you do not use enough to justify the expense? Discuss with your partner whether some of these items can be cut to free up the money for other expenses.

DIY

A simple way to save money is to do things yourself. Cleaning and lawn services are nice but expensive. Taking care of it yourself is free. Instead of paying someone to repair or remodel things around the house, try it yourself first and save the money you would have spent on labor.

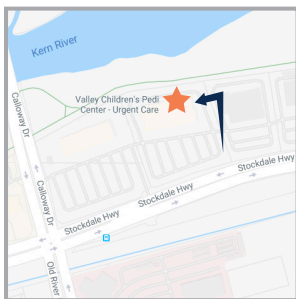
Bringing home a new baby is an adjustment in many ways and financial priorities may have shifted in your family. In time, you will adjust to your new lifestyle and budget and you will feel comfortable with budgeting after baby.

Sarah Lyons is a stay-at-home mom of six children, including two year old triplets. She has learned to cut costs and save money in a variety of ways over the years as they have added to their family.



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A Letter to the Expectant Mama: Nine True Cliches About Motherhood

by Christa Melnyk Hines



Dear Mom-to-Be,

Baby showers bring a host of instructions from seasoned moms and well-meaning friends. As a new mom, I grew weary of hearing input like "sleep when the baby sleeps." And, since I stubbornly refused to heed this sage advice, I suffered from sleep-deprivation induced splitting headaches as a result.

As part of our global sisterhood, moms can relate to certain universal truths about motherhood, even as all of this advice starts to sound cliched. Here are a few truths that not only help with life in general, but with parenthood in particular.

"This too shall pass."

When you find yourself rocking a colicky baby at all hours, this comforting mantra is like a blinking light of hope beckoning you forward. In fact, I still whisper this oft-spoken phrase to myself in times of stress, and it hasn't let me down yet.

Don't underestimate the value of a supportive network of mommy friends. Connecting with other moms offers a pressure release valve when you need to talk out your worries and frustrations.

"I get by with a little help from my friends."

Don't underestimate the value of a supportive network of mommy friends. Take it from me, connecting with other moms offers a pressure release valve when you need to talk out your worries and frustrations, much to the relief of your frequently called-on pediatrician.

"The days are long, but the years are short."

When steering through a tearful toddler tirade or slogging through sick days, you'll want nothing more than for the clock to skip ahead to a less exhausting time or place. When well-meaning individuals would tell me, "Enjoy these days--they go so fast," I wanted to give them a swift kick in the derriere. But, I understand why they said it. Those long days are quickly becoming bitter-sweet memories.

"Mother knows best."

Know your own heart and mind. I recall standing in line at the store with my two-week-old son who slept safe and sound in his baby carrier. "What a tiny baby," said an elderly woman behind me. "How old is he?" When I told her, her voice hardened. "In my day, I wouldn't have left the house until he was at least six weeks old." As a sensitive new mom, admonishments like this bothered me despite following doctor's recommendations.

"Life is like a box of chocolates. You never know what you're gonna get."

You'll gain a new respect and appreciation for individuality and the word "quirky". Many kids have curious interests. My son has loved cars since he

was two. Not sexy sports cars, mind you. Cars like the 1988 Ford Taurus station wagon and the AMC Gremlin make his socks go up and down.

"Keep calm and carry on."

Your ability to remain calm in crisis may surprise you. I learned this about myself when my youngest was three. Across the room he chirped, "Look at me, Mommy!" I looked over to see him grinning while hanging upside down like a bat from the top of the oak mantle of our stone fireplace. "You need to get down," I said coolly to avoid any sudden movements on his part. I swiftly walked toward him and lifted him down. I still shudder, imagining his brains splattered across the rough-hewn gray stonework below.

Mom FUN FACT
Did you know that September is the most popular month to give birth? A study from 2014 shows September 12th, 18th, 25th, and 26th as the most popular birthdates.

"Being a mother is the world's hardest job."

Emotionally-charged days with screaming kids may drive you to retreat behind closed doors, curl up in a fetal position and sob. You may tell yourself that mothering is too hard and you aren't getting any of it right. But surrendering isn't an option. You'll pick yourself up, splash cold water on your face and get back out there. This is a good time to call an understanding friend for moral support.

"No guts, no glory."

On especially exasperating days, you might fantasize about packing up and abandoning this motherhood mess you got yourself into. But you won't run away. Children have the distinctive talent of breaking and repairing your heart daily. You won't think twice about accepting their vise-like hugs and sloppy kisses. You'll tuck sentimental notes away for safekeeping that sing your praises in childish scrawl, gussied up with stick people holding hands.

"Put on your own oxygen mask first."

While I was pregnant with my son, my doctor and loved ones concerned themselves with how I was feeling. The minute my son arrived on the scene, he naturally became the center of our universe. I forgot how much I still needed to nourish my body and spirit if I was going to be an emotionally stable and healthy mother. Getting out of the house, taking walks, joining a supportive moms' group and returning to my interests reduced my anxiety levels and helped me feel more content.

As you prepare to dive into the thick of motherhood, you'll find these sayings will gently assimilate themselves neatly among life's forthcoming milestones, tragedies, and triumphs. And sooner or later, you'll turn to congratulate a new mom and out will pop the words you swore you'd never say,

"Enjoy these days. They go so fast."

Freelance writer, Christa Melnyk Hines, is the mom of two boys. She is the author of *Confidently Connected: A Mom's Guide to a Satisfying Social Life*, a resource for moms seeking asylum from isolation and an out-of-whack social life.

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Join BYC Owner Brandi Bailey (right), Memaw, Nini, and Granny (from left) on Sunday, May 12 for a Mother's Day Mimosa!

Memaw has two children and four grandchildren. She also orders up an omelet at the buffet's omelet station, where she says she "loads it up with anything and everything."

Treat Mom to a meal she'll remember! Mother's Day Brunch prices are \$21.95 for adults and \$11.95 for children 12 and under. Brunch includes two free mimosas for all women over 21.

Granny, who has three children, five grandchildren, nine great-grandchildren, and two great-great grandchildren, orders the same item so often they call it the "Granny Special." She likes ham and eggs and one biscuit cut in half with jam on one half and gravy on the other. "Everyone knows when Granny comes in, and they know just what to make for her," Jim says.

Celebrate Mother's Day at Broken Yolk's Brunch

By Vaun Thygeron

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www.thebrokenyolkcafe.com

Have a new favorite at Broken Yolk Café! Up until last week, I would have said the BYC-Favorite Tiki Toast was my go-to order when I dine there for breakfast, but a new dish now tops my list. I recently tried one of their new menu items and I am hooked – Cinna-cakes. These tasty cinnamon roll-flavored pancakes topped with icing are heaven!

I think these tasty cakes might be the perfect way to start my Mother's Day at their special Mother's Day Brunch at both locations on Sunday, May 12th, from 9 a.m. to 1 p.m. where every woman 21

years and older will receive two free Mimosas. The brunch will be set up in style featuring a carving station, omelet bar, fresh fruit and juices, a menu-do station, biscuits and gravy, bacon, sausage, all kinds of yummy waffles, churro donuts, cakes, and so much more. Mimosa flights with fresh-fruit juice assortments of grapefruit, lemonade, pomegranate, and orange juice will be on sale for \$7.00. Prices are \$21.95 for adults and \$11.95 for children 12 and under.

BYC Owners Jim and Brandi Bailey are excited to celebrate this special day with their customers and their own mothers, who play an important role not only in their lives but at their restaurants. Jim's mom, Jeanie "Nini" Nugent, along with Brandi's mom, Brenda "Memaw" Muniozguren, and her grandma, Imogene "Granny" Bebaut, each have their own favorite orders and enjoy spending time together at the restaurant.

Nini has five children and eight grandchildren, and her grandson Josh currently works at BYC West. She usually orders a Greek omelet, but customizes it just a tad. "The employees and customers are like family to us — they are family," she says.

BYC is a national franchise with headquarters in San Diego, but the Baileys succeed in making the restaurant have a hometown feel and creating personal relationships with their customers. In fact, Memaw and Nini personally handwrite thank you notes to customers who fill out comment cards at their restaurants.

In addition to special-day buffets, BYC offers an extensive catering menu and a banquet room that seats 50 people and can be reserved for parties and meetings. They will also open up the patio, which seats 100, for private parties. You can check out BYC's catchy new jingle by Jim Shaw on KUZZ.



Brandi (right) with her mother, Brenda

And don't forget about Father's Day. BYC has something for that, too. Celebrate the dads in your life at Broken Yolk's Father's Day Brunch on June 16th with two Crown Royal Maple Finished Whiskey breakfast shots for each man included in the price of the meal.

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11

Things Every Child Should Do This Summer

by Christa Melnyk Hines & Vaun Thygerson



Photo: Lorie Chambless Photography

The lure of slowing down over summer sounded idyllic in the whirl of hectic school schedules, but what do you do if your child is already singing the summertime boredom blues? Try filling his dance card with this head-spinning assortment of creative, educational, and exhilarating activities. Not only will you fight off boredom, you'll create plenty of new memories while relaxing, playing, and learning together as a family! Kern County has a lot to offer this summer so take full advantage of the amazing places and organizations in your backyard.

1. Tend a garden. With your child, cultivate containers of herbs, tomatoes, or peppers. Take a digital photo each day to track the progress of the plant's growth. Have your child put the photos in order in a journal and write down any observations. Together, prepare a meal using your child's homegrown produce. **LOCAL:** Community gardens have begun to pop up around Bakersfield, so if you want to experience a full-service garden without the work and expense of putting one in your own backyard, check out local options at www.kerngreen.org.

2. Sleep outdoors. Chris Starnes, a mom of three, says her family loves to camp. They look forward to hiking, biking, swimming, and a break from electronics. Want to take your family? Starnes suggests downloading a camping checklist from the internet and reserving a site at a state park. "State parks are clean and well-patrolled, and there are usually activities for the kids at some point during the day or weekend," she says. "Go where there is a playground. And, don't camp too far from restrooms--think evening or middle of the night trips!" **LOCAL:** Kern County has fabulous campgrounds and hiking trails available from Lake Isabella to Tehachapi to Buena Vista Lake. To find the nearest campground closest to you and one your family is sure to enjoy, visit www.kerncounty.com.

3. Stare at the stars. On a clear night, direct your family's gaze toward the heavens. Try identifying a few of the 88 different constellations, many of which are named after mythological men, women, and animals. Is your child interested in learning more about the characters dotting the celestial night sky? Read *D'Aulaires' Book of Greek Myths* by Ingri and Edgar Parin D'Aulaire. **LOCAL:** If you want to find out the best place to gaze upward, check out www.kernastro.org. The Kern Astronomical Society has a lot of information about local viewing parties and places to see the best astronomical phenomenon.

4. Build and fly a kite. "The experience never fails to fill adults and kids with wonder every time they fly a kite," says Sean Beaver, a kite enthusiast and father of two. Kite flying is an inexpensive and relaxing activity. Check out the American Kite Association website, aka.kite.org, which provides educational resources, including the history of kites and the science and math behind kite flying. **LOCAL:** Kern County has an extensive park program with various locations with big open spaces perfect for flying a kite. To find the best park closest to you, visit North of the River Recreation and Park District's website at www.norfun.org.

5. Pick berries. Bring summer home in a bucket of berries. Check out pickyourown.org to find a farm near you. Celebrate the fruits of your labor by baking muffins or enjoying berries over homemade ice cream! **LOCAL:** What better local spot to pick berries than at Murray Family Farms, located at 6700 General Beale Rd. They offer all kinds of fun activities, festivals, and even have a summer day camp for kids ages 5 to 14. Check out their website at www.murrayfamilyfarms.com.

6. Go local. Area farmer's markets offer an assortment of colorful, seasonal produce. There's no better time to taste locally grown foods and experiment with new wholesome recipes in the kitchen with your child. **LOCAL:** Bakersfield has a lot of farmers' markets and roadside stands. You can visit Haggin Oaks Farmers' Market on Sundays from 9 a.m. to 2 p.m. at 8800 Ming Avenue and Brimhall Farmers' Market on Saturday mornings from 7:45 a.m. to 12 p.m. on the corner of Brimhall and Calloway Roads.

7. Cook up a story. Recipes help kids practice math and reading skills, but try giving cooking a literary twist that will delight even preschoolers. Read a book like *If You Give a Pig a Pancake* by Laura Joffe Numeroff and make pancakes together. An older child who likes *The Little House* on the Prairie series, might enjoy *The Little House Cookbook: Frontier Foods from Laura Ingalls Wilder's Classic Stories* by Barbara M. Walker. Got a Star Wars fan? Check out the *Star Wars Cookbook: Wookiee Cookies and Other Galactic Recipes* by Robin Davis.

8. Tour a working farm. Show your child how foods make it to grocery store shelves by touring a local farm or dairy. Many places offer tours by appointment and schedule themed events. **LOCAL:** At CALM Zoo your children can find all kinds of domestic and farm animals in their petting zoo. Children can see roosters, touch and feel the lamb's wool and goat's hair, and even feed them. For more information, visit www.calmzoo.org.

9. Chase fireflies. Fireflies like grassy, humid areas near ponds and lakes, as well as treed areas and fields, away from urban lights. To attract fireflies to your garden or yard try turning off your home's exterior lights. If you capture any fireflies, put them in a ventilated jar with a wet paper towel to keep the jar humid and allow the fireflies to breathe. **LOCAL:** Due to light pollution and insecticides, firefly populations have decreased. Be sure and let them go after you're done admiring their flashing lights. To learn more about fireflies, visit www.firefly.org.



10. Birdwatch. Learning about birds local to the area helps children appreciate and build interest in their natural surroundings. Purchase or make a bird feeder to attract birds to your backyard. Use a local bird guide and listen for different bird song to try and identify the birds visiting your yard. **LOCAL:** To find out what local birds and trips are available, check out the Kern Audubon Society's information on www.meetup.com. They have a lot of exciting and educational projects planned for their chapter and community.

11. Plan hometown field trips. New experiences help kids learn, grow and feel a connection to their community. Check out the multitude of museums on topics that might interest your child and explore historical landmarks. **LOCAL:** You can celebrate the history and culture of Kern County at the Kern County Museum and Lori Brock Discovery Center. For more information, visit www.kerncountymuseum.org.



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How to Enjoy the Beauty of Nature During a Family Road Trip

By Sandi Schwartz

Traveling with our family gives us the opportunity to see new places and enjoy our surroundings. We can also utilize that dull time while traveling to our destination by seeking ways to connect to nature. Whether you are driving in your family car or taking public transportation options like a bus or train, your children can take in the beauty of nature from the back seat. (Warning: drivers may not be able to take in the scenery as much as the passengers—safety first!).

Benefits of Experiencing Nature

Giving our children the chance to soak in nature's beauty during a road trip is especially important these days as children suffer from nature-deficit disorder. This term was coined by Richard Louv, author of the book *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder* and co-founder of the Children & Nature Network (C&NN). It refers to children having less experience with and connection to nature over the last couple of decades. Unfortunately, children spending less time outdoors has been linked to decreased appreciation of our environment, health problems including childhood obesity and vitamin D deficiency, diminished use of the senses, attention difficulties, and higher rates of emotional illnesses like anxiety and depression.

On the other hand, a growing number of studies from around the world show that spending time in nature can have a profound impact on our mood and behavior, helping us to reduce stress and anxiety and to increase our attention, creativity, and our ability to connect with others.

One study indicated that hospital patients can reap the benefits of nature just by observing natural scenes from their hospital window. This idea can be translated to when you're on the road; therefore, we can also feel better by enjoying nature from a car, bus, or train window.

Ways Children Can Enjoy Nature During A Road Trip

We have so many fun ways to expose our children to the beauty of nature while we are traveling from place to place either in our car or when using public transportation options like a bus or train.

Take a Scenic Trip

Look for local spots to drive to or plan vacations around areas you would like to explore. Some ideas include farms, drive-through zoos or safaris, tree-lined paths, and coastal roads. This country is packed with so many gorgeous places to explore from the Road to Hana in Hawaii to the Grand Canyon in Arizona to Mount St. Helens and the surrounding snow-covered mountains in Washington State. For more ideas, check out America's most scenic roads to view exquisite nature put together by Travel and Leisure Magazine.

Another great resource to use when planning your next drive is www.myscenicdrives.com, which offers a free Road Trip Planner and Scenic Drive Finder. You can look up nature-filled drives in each state that you can use to plan day trips, weekend getaways, or cross-country adventures. Each pre-

planned scenic drive features an overview, an interactive map, and GPS directions. It also highlights recreational activities and places of historic and cultural interest to visit in the area.

Play The Cloud Imagination Game

I always find it so fascinating to stare at fluffy white clouds and observe the amazing images that appear in the sky. Ask your children what they see in the clouds, such as animals, shapes, people, or other objects. Take it one step further and challenge them to create a story about the cloud images.

Watch For Wildlife

Have your children keep an eye out for wildlife. If you are traveling in a rural area, you can spot cows, horses, and sheep. If you are in a coastal area, look for birds like seagulls. In wooded areas you can find squirrels, deer, skunks, and raccoons. You can even look for animals in your local neighborhood, such as squirrels, rabbits, and a variety of birds.

Find Flowers And Trees

Ask your children to keep a look out for different kinds of flowers and trees that they see during the drive. Colorful gardens can be a real source of peace, and can be found in all types of communities. You can make a game out of searching for flowers and trees by asking questions like: Who can find the tallest tree? Who sees the most colorful garden? Can you name that flower or tree? Feel free to bring a nature guidebook on the drive to look up what they discover.

Soak In A Sunset

What is more inspiring than a golden sunset? Time your drive when the sun is setting and point it out to your children. Have your children describe the colors and how the sky is changing as the day slowly ends. Add excitement with a countdown or contest to see who can guess how long it will take for the sun to disappear. Capture the moment by taking a photograph and then see if your children can recreate the sunset by drawing or painting it. I highly recommend catching a sunset as you drive along the coast.

Gaze At The Evening Sky

I remember driving home at night from my grandmother's house many times as a child and being awestruck as I looked up at the moon and stars in the sky. The night sky provides us with a sense of awe and makes us think about the infinite possibilities of our universe. See if your children can spot any planets or name the constellations. A really simple game is to have your young children count the stars and see who can find the most.

Play Car Nature Bingo

The National Wildlife Federation created a do-it-yourself nature bingo game to encourage children to be observant of nature during a car drive. You can print out the bingo cards, which include pictures of animals and scenery that you are likely to see out the car window. Your kids will have a blast looking for butterflies, trees, dogs, flowers, ponds, and parks.



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Beyond the Casserole: 7 New Ways to Provide a Meal

by Sarah Lyons

Each time we added another child to our family, friends brought meals to our home to help with the transition. Adding a new baby to the family can temporarily turn the house upside down, and having the privilege of a ready-made meal was a huge blessing. Now, when the opportunity presents itself, our family loves to turn that blessing around to others. Since casseroles are many people's go-to dish, providing other meals can be a fun break for the family. Here are some ideas that will get you thinking outside the casserole dish:

Not just dinner

Families have to eat three meals a day, not just dinner. Try bringing muffins, fruit, yogurt, or an egg bake for breakfast. For lunch, bring sandwich fixings or soup along with pre-cut veggies or a salad. Also, consider bringing a breakfast dish for dinner.

No need to cook

No time to cook an extra meal? Bring the family take out from their favorite restaurant or one that they have been wanting to try. Gift cards can also be an easy way to provide a meal for a family because they can use them at their leisure. A gift card for a restaurant that delivers is an added bonus.



Meal train

If the family is in need of more than one meal, set up a meal train for them. Discuss what days of the week work best and how many meals they would like to have per week. Use a website like www.signupgenius.com or www.takethemameal.com to set up a meal schedule and recruit friends and family to fill the open slots. These websites work great because it allows you to list the family's likes and dislikes and the best time to deliver.

Fill the freezer

Another creative way to provide meals for families is to stock the freezer and pantry. Make homemade items that freeze well like casseroles, soups, or crock pot meals. You can also pick up easy pre-made meals at the grocery store like frozen ravioli, pizzas, and quick fix snacks like chicken tenders. Stock the pantry with staples like pasta and sauce, peanut butter, cereal, boxed dinners, and rice.

Lunch break

Many new moms struggle to find time to take care of themselves. Offer to bring lunch and stay to help out. Let mom put up her feet while you tidy up, play with the kids, vacuum, or hold the baby. Encourage her to take a short nap or a relaxing shower. These little gestures can make a big difference in someone's day.

Keep it cool

When the family is busy or would prefer not to be interrupted, consider setting a cooler with ice on the porch. Friends can deliver the meal at their leisure and when the family is ready they can find it in the cooler to heat up at their convenience.

Grocery delivery

Many grocery stores provide online ordering and drive up service. Have the family order and pay for the groceries and offer to pick them up for them so they don't have to worry about running to the store. If you would like to go the extra mile, help carry them in and put them away. You can also check in with them before running errands for yourself and offer to pick up items they need.

Providing food for a family is a great way to show you care, especially during a time of transition.

What Women Really Want on Mother's Day

By Janelle Capra

*H*ello, Mama - Nice to meet you! I'm thrilled to join the KCFM family, as I have been a long-time consumer of this publication. It has spent many a day in my car while I wait at school pick ups, in my tote bag when running errands and, of course, in my home. I look forward to sharing lessons-learned, laughing, and traveling through this journey of motherhood with you.

Speaking of being a mom, can you believe that we have already made it to the month of May? That means we have survived thirty-six weeks of the school year with only about four more to go. Crazy, right? But, before we start the countdown to summer vacation, it's time to take pause to celebrate what makes this month so extra special for us moms, that's right, Mother's Day!

I absolutely love this time of year! May always feels like slipping into brand-new bed sheets for the first time (without the little humans who like to jump in bed with us!). The flowers are in bloom, the days are longer, and I often feel like I have a little more energy to get through the day. This month is also filled with a lot of great community events and activities. If you've lived in Kern County for a while you know it's a month full of fundraisers, graduations and let's not forget the day for us all to relax, sleep in, have breakfast made for us and get showered with gifts and gratitude. Oh, that would be nice wouldn't it? So, in the effort to help our loved ones, help us, here is my wish list of what women really want on Mother's Day:

- 1** To sleep in, alone! No other human or tiny human climbing in bed, poking a foot in our back, stealing the covers or hogging the good pillow, my pillow!
- 2** The option to stay in our pj's...All. Day. Long.
- 3** If our children or loving partner decide to make us breakfast in bed, that we can actually stay in said bed until the "gourmet culinary creation" is complete and not be forced to "help" clean it up!
- 4** To stay in our pj's AND binge-watch our favorite show without interruption.



New KCFM Contributor Janelle Capra with the kids who make her a Happy Mama.

5 To go out to eat without having to...wait for it, get ANYONE ELSE in our household dressed or ready to go out the door with us. This includes, but is not limited to, no searching for the missing sock, no asking to brush teeth, no refereeing between siblings about the borrowed shirt, no demanding to put shoes on for the 100th time and absolutely, under no circumstances, no having to break a sweat trying to clean up the kitchen (see #3).

6 To take our own, sweet time to get ready for the day without any interruptions.

7 To do whatever we want, how we want, and when we want!

Doesn't that sound like heaven? Well, a mama can dream, right? Honestly, we are really simple creatures when it comes to celebrating us on our day. We really just want one stress-free moment to take pause, hug our children and hear the words, "Thank you, Mom," to remind us all why we are so blessed to be on this wonderful, messy, crazy, awesome, ever-changing journey called motherhood. Oh, and chocolate! Please get this mama some chocolate.

May Worship Guide

Sponsored by



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www.myfellowshipbaptist.com
Rick Prevost, Senior Pastor

Vacation Bible School
June 2 - 6pm

Fellowship Baptist Church

Sunday
9:30 am - Bible Studies for all ages (English & Spanish)
10:45 am - Worship Celebration (English & Spanish)
4:30 pm - Trek & Journey (school year)

Wednesday
6:00 pm - Awana, Bible Study & Prayer

IN THE WILD
AMAZING ENCOUNTERS WITH JESUS
John 20:13

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So Many Clothes, So Little Time Finding the Perfect Outfit

By Julie Willis, Bakersfield Mom of Two

Girls and their clothes. My girls are still little, so I am sure the best is yet to come. But oh my.

I have one daughter who wants me to shop for her when she's not home and will wear whatever I buy her.

But I have another daughter who will say she likes it but then never wear it, who will shop for hours, and who will try on fourteen outfits before she's satisfied with something. She sneaks into the boxes of her sister's outgrown clothes to try things on to see if they fit her yet. She'll change her dress if her sleeves are "too bunched" under the sweater she has to have on. She'll wear three pairs of socks to make her shoes fit. And she'd wear jewelry to bed if I let her.

So the night before Farm Camp at school, I thought it would be a good idea to choose her outfit. If we were going to spend an hour trying on clothes, we might as well get it over with the day before, so we wouldn't be late. After all, there was going to be a parade and a costume contest.

I had an outfit, along with several back-ups, laid out on her bed. Nope, she didn't like any of them and started rifling through her dresser. She had to have a button up, long sleeve "cowboy" shirt and jeans.

"It's too hot," I insisted.

"Where's my vest?" she asked, referring to a wool-lined, suede vest with horses burned into the leather on the pockets.

Are you kidding me? I thought. This is not happening. I flopped onto the living room couch, resigning myself to my fate. She came out in her plaid, long sleeve shirt with the vest, jeans, a cowboy hat and cowboy boots, holding a stick horse. I had to admit, she was adorable. I wanted to scoop her up and give her the prize for best costume right then. But I put on my serious mom face.

"It's going to be 92 degrees tomorrow."

"So?" she said, galloping around the living room on her stick horse.

"So, you can't wear that. It's too hot."



Mom FUN FACT

In 2017, the five most popular girls' names were Emma, Olivia, Ava, Isabella and Sophia.

"This is how cowboys dress."

"Not in the summer they don't."

"It's not summer. It's spring." She smiled happily.

"Well, it's late spring, and it's Bakersfield. It's too hot." Reluctantly, she went back into her room.

When she came back out, she had on a flannel long sleeve shirt and the same vest, jeans, and boots. "That's going to be even hotter!" I said, feeling a little hot under the collar myself, but not wanting to show it.

"No, it's not. I can roll up the sleeves," she explained calmly. "See?"

"But it's still the same amount of fabric. On your body." I felt like I was reasoning with a five year old. But then, I was. "Come on," I said at last, "Let's go see what a cowgirl could wear on a hot day in Bakersfield."

She paused. I had her attention. I finally got her to put on a white sparkly tee shirt under the vest, knowing that she could take the vest off when she got hot later. And we replaced the jeans with a red plaid skirt. She kept the hat, boots, and horse.

Disaster averted.

Immediately after the parade the next day, she handed me the horse, the hat, and the vest.

All this trouble for one day. For one event. I'm not sure what I'll do when she goes to History Camp in a few years.

Or gets married.

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Play Time!

As a parent, have you ever had a teacher complain that your child "can't sit still" or "he doesn't play nice with the other kids," as well as "he can't wait his turn?" Our children have all heard such messages, and these messages contribute heavily to how your child feels about himself. What can be done to help your child learn the necessary skills for success? Imaginative game play will actually increase your children's potential for an improved sense of self and for academic success, all he needs is you.



Young children clearly like to play and involve themselves in make-believe. In previous years children would be outside playing outside in forts, riding bicycles, or playing on sandlots. Even my granddaughter plays with dress up costumes, her trucks, Lego's, dolls, and play cooking in her play kitchen. She invites others in to play with her, asking for assistance in picking out jewelry while she is cooking, talking and interacting. Her "play" is preparation for the bigger world she will one day live in; the more practice she gets the more emotionally successful she will be. All of her play takes time to create, anticipate and enjoy. Doing it with others serves to increase the social fun and, consequently, her skill learning.

Imaginative play prepares your child for social and academic success. In a number of recent studies, parents were asked to participate with their children in make-believe games, such as doll play, Candy Land or Apples to Apples. These games include lessons about numbers, colors, shapes, vocabulary, and reading, as well as practicing sitting still and waiting for one's turn. Children who regularly play these games with their parents in these imaginative ways will make significant progress in reading readiness skills, as the child has learned through constant practice to sit still, wait his turn, encourage the other players, and works toward a goal, all of which are the necessary skills for doing well in the academic environment. Playing games with your children is good for you, as the parent, because it involves you as a full partner in your child's ongoing cognitive and emotional development.

Interestingly, a significant percentage of American children enter kindergarten each year unprepared to learn. Sitting down is not only a behavior, it is a skill that requires practice, day after day. And you, the parent, can be the mentor for your child. We as parents may often let our child down by missing out on the chance to assist in this necessary emotional and developmental learning. Participating in make-believe play and games can improve or enhance your child's school readiness skills and abilities. The single most important factor, however, remains that the parent must be there in order for this learning to occur.

As parents, finding the time for engaging and interacting with your children in early creative game playing can be on your "to do" list as your responsibility toward your child. Imaginative play is one kind of care that is enjoyable for both parent and child, and is effective in preparing your children for the academic and social experience at school. Through ongoing opportunities your children will gain experience and motivation in learning games that produce measurable gains in your children's ready-to-learn skills, such as enhanced vocabulary, self-esteem, respect for others, and patience. Perhaps you can use this summer to prepare your child for this coming school year. Let the games begin.

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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



Wednesday, May 1

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

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

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

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

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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

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

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

FREE COMMUNITY YOGA - MEDITATION SERIES AT BMOA: By practicing meditation, we are practicing self-awareness and self-understanding. Join us for this special Meditation Series for tips and techniques while enhancing your relationship to the inspiring fine art environment of BMOA. - Donations are welcome. 10:00 AM - 10:30 AM 323-7219

PLASTIC CANVAS FUN AT WASCO LIBRARY: Make something with plastic canvas. 3:30 PM - 5:00 PM 758-2114

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

Thursday, May 2

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

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

WORD SEARCH AT WASCO LIBRARY: Come join us for word search challenges. 4:00 PM - 6:00 758-2114

Friday, May 3

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

FREE COMMUNITY YOGA: DIY Restorative yoga. Donations are welcome. 1930 R St 10:00 AM - 10:30 AM 323-7219

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

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

34TH ANNUAL PRCA STAMPEDE DAYS RODEO: This down-home festival is filled with thrilling events ranging

from bull riding and bareback riding to steer wrestling, team roping, and even barrel racing! Cowboy revelers can also enjoy bullfighting shows, Country and Western vendors and delicious fair treats. 1142 S P St 4:00 Friday - Saturday 392-4367

ETHEREAL VISIONS AT FOX THEATER: A live art performance by Bakersfield City Ballet. 6:00 PM 324.1369

MOTHER SON FIESTA: A evening filled with games, contests, a nacho bar, dessert, and so much more! Keep-sake photos with your favorite boy(s) will be available for a fee. All ages welcome! 3825 Riverlakes Drive, 6:00 PM - 8:30 PM 392-2081

SOUND BATH IN THE GALLERY AT BMOA: Sound permeates all things. No better setting and acoustics than in the Ablin Gallery at BMOA. Minimal movement, maximum relaxation - let the healing vibrations of Tibetan singing bowls, gongs, crystal bowls, didgeridoos, and more take you deeper into a state of relaxation. Donations are welcome. 6:00 PM 323-7219

STORYTIME & CRAFT AT WASCO LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

Saturday, May 4

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

Photo courtesy ACS



RELAY FOR LIFE OF BAKERSFIELD

Sat. May 4th

Come out and support the American Cancer Society's Relay For Life of Bakersfield at the 28th annual event. Help us fight cancer as we Save Lives, Celebrate Lives, and Lead the Fight for a World Without Cancer! Admission and parking is free. 1142 S P St 9:00 AM - 9:00 AM 327-7827

NIGHT HIKE AT WIND WOLVES: Naturalists will discuss nighttime wonders. Recommended for ages 6 and up. Trail is not stroller friendly. Bring flashlights. Hiking distance is about 2 miles, with some uphill sections. 7:00 PM - 9:30 PM 858-1115

FREE INTRO TO YOGA WORKSHOP AT SAMBARA WELLNESS CENTER: Providing no-cost boutique quality yoga and meditation instruction for all members of the community to enjoy together. 1:00 PM - 3:00 PM 374-8693

SLEEPING BEAUTY: By Omnipresent Puppet Theatre. \$6.00. 12748 Jomani Dr 11:30 AM 587-3377

CHERRYFEST AT MURRAY FAMILY FARMS: Visit us at the Big Red Barn to pick tons of sweet red cherries, sample dozens of varieties, and enjoy family farm fun! 10:00 AM - 6:00 PM Saturday - Sunday 330-0100

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, A&S Room. 3:00 PM 868-0701

May THE FOURTH BE WITH YOU WITH THE ROBOGIRLS AT KERN COUNTY MUSEUM: It's Star Wars day at the Museum with activities and crafts. 1:00 PM - 3:00 PM 437-3330

MOVIE TIME AT WASCO LIBRARY: Join us for movies, popcorn, and hanging out with friends. We will be showing "THE FOX AND THE HOUND". 12:00 PM - 5:00 PM 758-2114

MUSEUM ON THE MOVE AT WASCO LIBRARY: Join us for the free art sessions with the Bakersfield Museum of Art. We'll be doing "Dotting Art". 4:00 PM - 6:00 PM 758-2114

NIGHT AT THE RACES: KENTUCKY DERBY: Join the Kern River Valley Chamber of Commerce for its Annual Casino & Auction Night. Try your hand at the horse races and ladies come dressed in your fanciest hat for our hat contest! 6405 Lake Isabella Blvd, Lake Isabella. 5:00 PM - 10:00 PM (760) 379-5831

OPEN HOUSE KICK-OFF FOR RIDE-A-THON AT MARE RIDING CENTER: Join us for a day filled with games, food vendors, raffle prizes, and fun. See firsthand how MARE RIDING

CENTER provides Equine Assisted Therapies. Meet and greet our instructors and the horses that provide this wonderful therapy. 10:00 AM - 2:00 PM 589-1877

YOGA IN THE PLAZA AT RABO-BANK ARENA: Yoga for all to enjoy together. 12:00 PM - 1:00 PM 374-8693

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

Sunday May 5
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, May 6
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

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

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

COUNTRY LINE DANCING: 392-2010

MOVIE TIME AT WASCO LIBRARY: We will be showing "Brave". 3:30 PM - 5:00 PM 758-2114

THE BC JAZZ COMBOS AND COMMERCIAL MUSIC CONCERT AT BAKERSFIELD COLLEGE: The Bakersfield College Jazz Combos, directed by Kris Tiner, and the Commer-

cial Music Ensemble, directed by Kyle Burnham, present a combined concert featuring original student composition, covers, and more. 7:00 PM - 9:00 PM 395-4313

Tuesday, May 7
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

PRESCHOOL STORYTIME AT SOUTHWEST LIBRARY: Reading for 3 to 5 year olds. 11:00 AM - 12:00 PM 664-7716

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

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

GAME ON AT WASCO LIBRARY: Come join us for playing different kinds of games. 4:00 PM - 6:00 PM 758-2114

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

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

Wednesday, May 8
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

ADULTS GET CRAFTY AT WASCO LIBRARY: Enjoy an evening devoted to the joy of crafts & conversation. 758-2114

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

BRING YOUR STUFFED ANIMAL TO LIBRARY DAY AT BEALE LIBRARY: Bring your favorite stuffed animal to the library to brighten your day and the days of the library workers. 11:00 AM 868-0701

T.A.B. AT WASCO LIBRARY: Teens - join us for another teen gathering. 4:00 PM - 6:00 PM 758-2114

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.

MAY 2019 *daily happenings*

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

Thursday May 9

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

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

47TH ANNUAL CSUB SPRING BBQ:

Enjoy a great NY Steak or Teriyaki Chicken dinner and live entertainment; proceeds benefit the Roadrunner Scholarship Fund. 5:30 PM 654-3473.

ADVENTIST HEALTH BAKERSFIELD FARMERS MARKET: Check out our excellent variety of healthy prepared meals, snacks, fruits, vegetables, eggs,



BLUEBERRY FEST AT MURRAY FAMILY FARMS

Sat. May 18

Play BerryFest games like the Berry Relay Race, the Pit Spittin' Competition. Plus our everyday fun! Hay Ride + Jumping Pillow + Animal Garden + Ball Toss + Murray Hill Slide 'n Ride + Corn Cannon + Animal Train, and more! Free Pancakes with Berryfest admission every morning! 10:00 AM - 6:00 PM 330-0100

dairy, honey, and much more! 2615 Chester Avenue, 5:00 PM - 7:30 PM 869-6560

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

LEGO CLUB AT WASCO LIBRARY:

Design your own creations with LEGO. 4:00 PM - 6:00 PM 758-2114

SHAFTER JOB FEST AT SHAFTER VETERAN DEPARTMENT:

Job seekers should come to Job Fest dressed for success with at least 20 copies of their resume or Master Application. 9:00 AM - 12:00 PM 633-7104

Friday, May 10

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

FIT N FUN FRIDAYS:

Free for parents of children ages 3-5 years. 392-2029/392-2054

LIVE MUSIC:

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

OPEN ART STUDIO:

Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

STORYTIME & CRAFT AT WASCO

LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

15TH ANNUAL SALVATION ARMY & MOSSMAN'S DEEP-PIT DRIVE THRU BBQ LUNCHEON FUNDRAISER:

A generous helping of Deep-Pit on a roll, 3 bean salad, chips, and cookies. "To Go" lunches available in the parking lot of First Presbyterian Church. 1705 17th Street 11:00 AM - 1:00 PM 836-8487

MUSEUM ON THE MOVE AT WASCO LIBRARY:

Join the BMOA for a free art session. 4:00 PM - 6:00 PM 758-2114

STORYTIME CAFE:

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

KIDS GET CRAFTY AT BEALE

LIBRARY: Join us to create the craft of the month. 868-0701

Saturday, May 11

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

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

2nd SATURDAY FILM SERIES AT

BEALE MEMORIAL: 868-0701

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

SAN JOAQUINE VALLEY LAPIDARY

SOCIETY: Learn silver smith, wire wrapping, beading and more. 861-9102

BAKERSFIELD SYMPHONY OR-

CHESTRA-THE RESURRECTION AT RABOBANK: Price: \$20.00 to \$45.00. 7:30 PM

HAGGARD BOXCAR MUSIC FESTIVAL AT KERN COUNTY MUSEUM:

The festival features Noel and Ben Haggard with a special line-up to include, up-and-coming country music star, Mo Pitney along, special guest Susan Raye and local favorites Truxtun Mile and The Nightlife Band. Tickets are \$25 online or \$30 at the door. 4:00 PM - 10:00 PM 437-3330

KCRP RACING:

Super Stock Twins, Modifieds, Legends, Mini Dwarfs, Bandos, and Drift Cars. 5:30 PM 835-1264

SLEEPY BABY BOX PARENT EDUCATION CENTER GRAND OPEN-

ING: The center will offer free parenting classes, baby supplies and baby and maternity clothes. 3803 Union Ave., 12:00 PM - 4:00 PM 332-5633

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

Sunday, May 12

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, May 13

4 and 5 READY TO STRIVE / LITTLE LEARNERS:

Get your child ready for kindergarten. Monday - Thursday 392-2054

CHILDREN'S ART CLASS (GRADES

1-6): Bakersfield Art Center 869-2320

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

ACTING COURSES FOR CHILDREN:

Monday-Friday 322-2800

C.A.L.M. SENIOR DISCOVERY DAY:

872-2256

COUNTRY LINE DANCING:

392-2010

SCIENCE FUN AT WASCO LIBRARY:

Join us for a crazy and fun Science Project. 3:30 PM - 5:00 PM 758-2114

SENSORY FAMILY FLIX BEFORE 6

AT BEALE LIBRARY: Friendly screenings in an open environment allowing families to enjoy their favorite films in a safe and accepting environment, where kids are free to get up, move around, shout or sing. This month's movie: "Inside Out". 4:00 PM 868-0701

Tuesday, May 14

MOVE TO IMPROVE:

Low impact, training program for people with physical limitations. 325-0208

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

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

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

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

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

PRESCHOOL STORYTIME AT SOUTHWEST LIBRARY: Reading for 3 to 5 year olds. 11:00 AM - 12:00 PM 664-7716

COLOR ME HAPPY AT WASCO LIBRARY: Color and have fun with friends. 4:00 PM - 6:00 PM 758-2114

Wednesday, May 15

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

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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

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

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

MOBILE HEALTH CLINIC: The Kern County Public Health Services Department is now offering a mobile health clinic that is next to the Lamont Library! No appointment is necessary, and many services are free. 10:00 AM - 3:00 PM 321-3000

WOMEN'S SELF DEFENSE WORKSHOPS: 322-0931

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

MOVIE TIME AT WASCO LIBRARY: Join us, refreshment provided. 3:30 PM - 5:00 PM 758-2114

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

Thursday, May 16
BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS: 869-2320

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

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

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

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

CRAFTY TEEN CLUB AT BEALE MEMORIAL LIBRARY: 868-0701

PROJECT PLAY AT KERN COUNTY MUSEUM: Calling all Bakersfield moms! Gather at the Kern County Museum in the Lori Brock Discovery Center for a mommy and me social. The kids can enjoy a craft while moms enjoy some coffee over good conversation with fellow moms. 10:00 AM - 1:00 PM 437-3330

PUZZLE MANIA AT WASCO LIBRARY: Join us and put a puzzle together. 4:00 PM - 6:00 PM 758-2114

Friday, May 17
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

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

STORYTIME & CRAFT AT WASCO LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

MUSEUM ON THE MOVE AT WASCO LIBRARY: Join the BMoA for a free art session. 4:00 PM - 6:00 PM 758-2114

Saturday, May 18
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

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

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

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

ASL JUNCTION AT BEALE LIBRARY: Kids and families to learn American Sign Language. 11:30 AM 868-0701

WINE WOMEN & SHOES: Benefiting Alzheimer's Disease Association of Kern County. Sensational wines, Designer fashions, Fab fashion show, Key to the closet raffle, Delicious bites, Unique auction items and more... 2:00 PM - 6:00 PM For more information visit: <https://www.winewomenandshoes.com/event/adakc/>

BAKERSFIELD SALSA FESTIVAL 2019: The Festival will bring members of our community together to celebrate the best condiment in the world. SALSA! 600 21st St 11:00 AM - 7:00 PM 322-7529

CALM'S 36TH BIRTHDAY: See animals from around the world with guest Jeff Lee from Steve Martin's Working Wildlife. Kids up to 12 years old FREE and must be accompanied by an adult. 9:00 AM - 4:00 PM 872-2256

FULL MOON RIDE: Join us for a family-friendly, all-ages cruise starting at Beach Park and following the bike path to the Marketplace. All ages and skill

levels are encouraged to come. 7:00 PM - 9:00 PM 321-9248

KCRP NASCAR RACING: All Star Monster Truck Tour, Super Moto and Skid Plates. 5:30 PM Saturday-Sunday 835-1264

PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY: 868-0701

Sunday, May 19

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

BACKCOUNTRY SAFARI AT WIND WOLVES: This backcountry vehicle safari will allow you to visit our "Authorized Access Only" areas. Tours include animal sightings, Native American history, rock art, wildflowers (seasonal) and more! The safari involves easy hiking at scenic locations. Ages 8 and up. 9:00 AM - 12:00 PM 858-1115



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!

Monday, May 20

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

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

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

COUNTRY LINE DANCING: 392-2010

MOVIE TIME AT WASCO LIBRARY: Join us, refreshment provided. 3:30 PM - 5:00 PM 758-2114

CULTS & CLASSICS: ROCKY AT FOX THEATER: Ticket Price: \$5.00. 6:00 PM 324.1369

Tuesday, May 21

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



KIDSFEST AT THE KERN COUNTY MUSEUM

Sat. May 18th

KidsFest is a fun-filled day for babies, toddlers, children, tweens and families to play and learn about all the important aspects of raising happy, healthy kids. Families can spend time together and make lasting memories, all while enjoying activities, shopping, and entertainment. Visit with over 100 vendor booths. Enjoy face painting, mobile video games, meet with costume characters, balloon animals, magicians and ongoing entertainment throughout the day. KCFM is a sponsor and will be attending, look for us! 11:00 AM - 3:00 PM 328-1410

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 SOUTHWEST LIBRARY: Reading for 3 to 5 year olds. 11:00 AM - 12:00 PM 664-7716

CARD GAME FUN AT WASCO LIBRARY: Come play cards. 758-2114

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

MUSIC THAT MAKES YOU FEEL GOOD CONCERT: Concert presented by the Cecil Avenue Math and Science Academy Music Department. Price: Free. 1430 Norwalk Street, Delano 6:00 PM - 7:00 PM 721-5030

THE PLAY'S THE THING: PLAY READING AT BEALE LIBRARY: Come "play" with us! Everyone takes a role and reads along. Each time we'll be reading through a different script. All materials provided. 5:30 PM 868-0701

Wednesday, May 22

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

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

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

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

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

ADULTS ART 101 AT WASCO LIBRARY: Join adults in our Art 101 class and get artsy. 1:00 PM - 2:30 PM 758-2114

BARKS & BOOKS AT BEALE LIBRARY: Read aloud to a furry friend. Ages K-8. 4:00 PM 868-0701

Thursday, May 23
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

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

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

CROSSWORD FUN AT WASCO LIBRARY: Do crosswords alone or with friends. 4:00 PM - 6:00 PM 758-2114

Friday, May 24
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

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

STORYTIME & CRAFT AT WASCO LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

MUSEUM ON THE MOVE AT WASCO LIBRARY: Join the BMoA for a free art session. 4:00 PM - 6:00 PM 758-2114

MOVIES IN THE CANYON AT WIND WOLVES: 858-1115

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave 7:30 PM - 10:00 PM 520-1714

Saturday, May 25
FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

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

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

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

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

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

Sunday, May 26
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

21ST ANNUAL LATINO FOOD FESTIVAL: MENUDO & POSELE COOK-OFF AT KERN COUNTY MUSEUM: Food Booths, Vendor & Informational Booths, Best Decorated Booth Contest, Kid's Camp & Activities, 3 Stages w/Live Entertainment, Jalapeno Eating Contest, Cooling Stations and Free Parking. 11:00 AM - 6:00 PM 633-5495

ST JOSEPH CHURCH ANNUAL FESTIVAL: A day of fun activities, entertainment and food. 8:00 AM - 8:00 PM 327-2744

Monday, May 27



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

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave 7:30 PM - 10:00 PM 520-1714

TO ADVERTISE, CALL 661.861.4939

CULTS & CLASSICS: SOME LIKE IT HOT AT FOX THEATER: Ticket Price: \$5.00. 6:00 PM 324-1369

Tuesday, May 28

FREE ACTING CLASS: For children. 322-2800

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

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

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

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

LEGO CLUB AT WASCO LIBRARY: Design your own creations with LEGO. 4:00 PM - 6:00 PM 758-2114

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

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

Wednesday, May 29

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

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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

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

MOVIE TIME AT WASCO LIBRARY: Join us, refreshment provided. 3:30 PM - 5:00 PM 758-2114

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

CINEMA MACABRE AT BEALE MEMORIAL LIBRARY: 868-0701

Thursday, May 30

FREE ACTING CLASS: For children. 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

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave 7:30 PM - 10:00 PM 520-1714

GAME ON AT WASCO LIBRARY: Come play different board games. 4:00 PM - 6:00 PM 758-2114

Friday, May 31

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

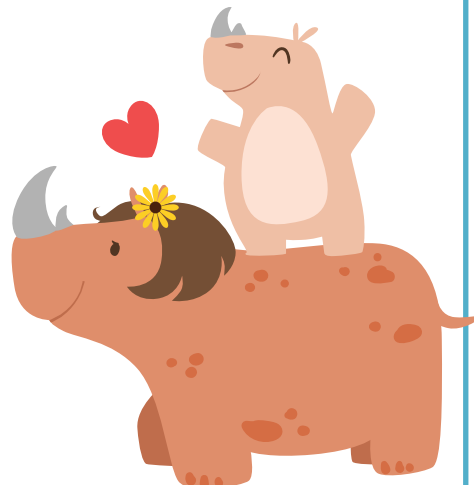
FIT N FUN FRIDAYS: Free for parents of children ages 3-5 years. 392-2029/392-2054

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

STORYTIME & CRAFT AT WASCO LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

MUSEUM ON THE MOVE AT WASCO LIBRARY: Join the BMoA for a free art session. 4:00 PM - 6:00 PM 758-2114

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave 7:30 PM - 10:00 PM 520-1714



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

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Year-Round Program • Nutritious meals • Toilet training

Kern County

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Cesar Chavez Preschool LIC# 153808652 Delano, CA • (661) 721-2032	La Escuelita ELC (*Serves children ages 1 to 5) LIC# 153808807/08 Delano, CA • (661) 720-9463



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CHILDCARE & EDUCATION

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AUTISM SOCIETY
Improving the Lives of All Affected by Autism
Kern Autism Network



Upcoming May Events

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

Remember to Give Big to Kern Autism!
To Donate, go to:
www.kernautism.org

Support Groups
Tuesday, May 21st, 6-7:30pm

Call or visit our website for event details.



Don't Forget Us on May 7th!!
All Donations: Stay Local!



EARLY SIGNS OF AUTISM: SERVICES OFFERED:

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships
- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com
2920 H Street #107- Kern Island Building



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Vacation Bible School
June 17-21

License #150405435 #150403579



Fortnite VBS
@ Bakersfield First Church
Kinder-6th Grade
6pm - 8:30pm
Register: bfcnaz.com
2801 Hughes Lane

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

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Miscellaneous
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Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc., Social Security Disability -cont-

Listings of FREE Immunizations

totshots

Walgreens
Wednesday, May 1st
40 Chester Ave., Bakersfield from 9 a.m. to 2 p.m.

Planz Elementary
Friday, May 3rd
2400 Planz Rd., Bakersfield from 8:30 a.m. to 11:30 a.m.

Life House Comm. Outreach Clinic
Saturday, May 4th
3311 Manor St., Bakersfield from 10 a.m to 3 p.m.

Ollivier Middle School
Tuesday, May 7th
7310 Monitor St., Bakersfield from 8:30 a.m. to 11:30 a.m.

Kern County Dept. of Human Services
Wednesday, May 8th
100 E. California Avenue, Bakersfield, 9 a.m. to 2 p.m.

Hacienda Elementary
Tuesday, May 14th
19950 Hacienda Blvd, Room 624, California City, 9:30 a.m. to 2 p.m.

Adventist Health Bakersfield Resource Fair
Wednesday, May 15th
2800 Chester Avenue, Bakersfield, 1 p.m. to 6 p.m.

Zephyr Lane Elementary
Thursday, May 16th
6327 Zephyr Ln., Bakersfield 12 p.m. to 5 p.m.

Walmart Supercenter
Monday, May 20th
5075 Gosford Rd., Bakersfield from 9 a.m. to 2 p.m.

New Life Church
Wednesday, May 22nd
4201 Stine Rd., Bakersfield from 9 a.m. to 2 p.m

Vallarta Market
Thursday, May 30th
600 Bear Mountain, Arvin from 9:30 a.m. to 2 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.

SUMMER DAY CAMP
FOR CHILDREN ENTERING 1ST - 4TH GRADES
MAY 30TH - AUG 13TH
Geography Emphasis

- MEALS & SNACKS
- ART, MUSIC & DANCE
- SPECIAL GUESTS
- WEEKLY EVENTS AT PARK
- WEEKLY CONTINENT THEMES
- IN ADDITION TO OUR AWESOME PRE SCHEME PROGRAM

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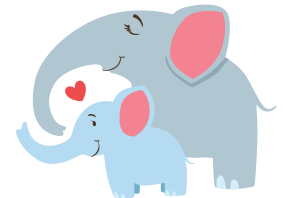


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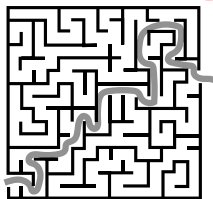
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ACTIVITY CORNER

ANSWERS p.34

Maze:



Sudoku:

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

Crossword:

- | | |
|-------------|-------------|
| Across | Down |
| 1. Mothers | 1. Mommy |
| 5. Meatloaf | 2. Tuna |
| 6. They | 3. Employee |
| 7. Is | 4. Gifts |
| 8. Flowers | |



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Answers on page 33

Sudoku

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

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!

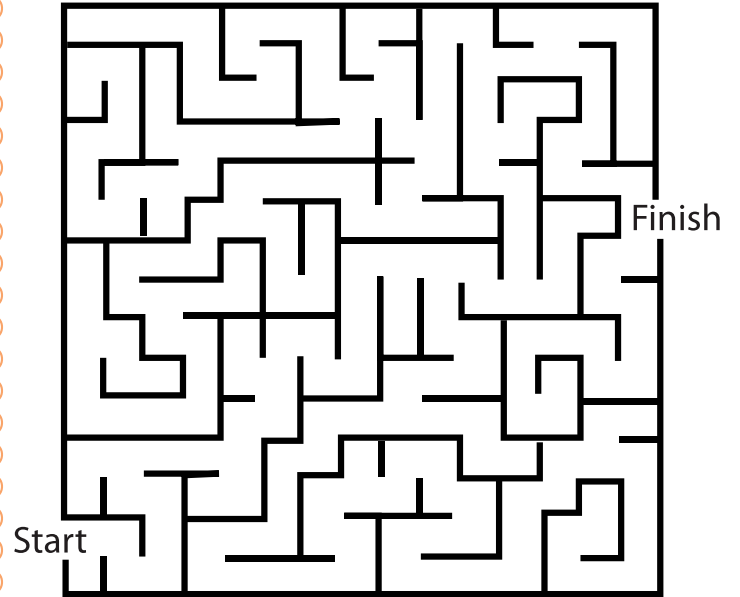
Word Find

Find the hidden words in the puzzle

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

Maze Craze



Crossword Puzzle

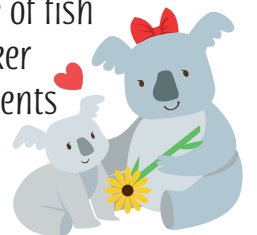
1		2		3				
								4
5								
	6						7	
8								

ACROSS

- Moms
- Baked meat dish
- Refers to two or more people
- Third person singular present form of "be"
- Blooms of a plant

DOWN

- Affectionate name for mother
- Type of fish
- Worker
- Presents



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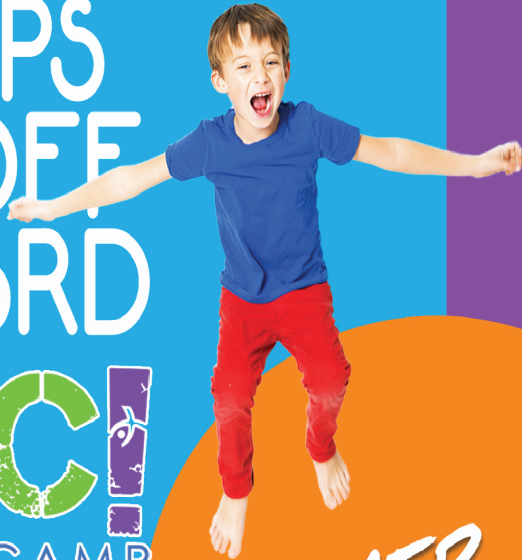
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