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Family

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JUNE 2019

5 TIPS
to **Keep**
KIDS
READING

How to Do
Summer
Like a
Boss

Celebrating
DADS

plus: celebrate dairy month with homemade ice cream *p.20*
dads and postpartum depression *p.10* last minute day camp tips *p.16*

A photograph of a Los Angeles city skyline with a Metrolink train in the foreground. The train is white with blue and grey accents, featuring the number 874 and the word 'METROLINK'. The background shows several tall skyscrapers under a clear blue sky. A 'DOUBLE TREE BY HILTON' sign is visible on the left side of the skyline.

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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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Worried about Screen Time Harming Young Eyes? Local ophthalmologist and new dad Sandeep Walia weighs in

Cover photography of the Walia family (Sandeep, Kirti and 10 month old Iyla) by LJ Radon, Kern County Family Magazine



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dear reader



Vaun Thygerson,
Contributing Writer

When I was a teenager I loved James Dean – my entire room was covered in his movie posters, and I even had a life-size poster stuck on the back of my door. And this was before the internet, so I had to work really hard to amass this collection. My parents didn't know that much about James Dean, but they knew how much I wanted to see his hometown in Fairmount, Indiana. One summer in the late-1980's, they drove me the 1,668 miles from Idaho to Indiana so that I could see the childhood home of my teen idol. It was a trip I will never forget.

My parents always tried to support my dreams (and obsessions) and now, as a parent myself, I see that I am modeling their behavior. It's amazing what you learn to like or what you do for your children just because you know it will make them happy. When my daughter was younger, I took her to see all her teen crushes in concert: Jonas Brothers, One Direction, Justin Bieber, and more. With my boys, I learned to like Legos, Ninjago, lacrosse, and Chargers football. I've even learned to appreciate some rap music (which I honestly swore I would never like) because my youngest son loves that kind of music. I even took him and his brother to a Logic concert. Like I said, it's crazy what we do to see a genuine smile on their faces, but so worth it.

Not only do we end up doing things we say we'll never do for our kids, but we give in to our pets, too! In Julie Willis's Humor at Home article, "2 Dogs + 2 Kids = O Rules: How Having Kids Was a Game-Changer for Our Dogs," on page 22, she writes about how her rules with the dogs changed once kids came into the picture. She used to not let them get up on furniture or beg for food, but now they like to lick up the kids' spills and sleep on their beds

to "protect" them. This cliché is a cliché for a reason: easier said than done.

This month's Hello Happy Mama article, "How to do Summer Like a Boss," written by Janelle Capra, gives three tips on how to make the most of your break from school. She writes that the best things to do this summer are to make memories and to be present. She also recommends making "play" dates with your friends for a nice break. To find out her tips to rule summer, turn to page 19.

In addition to the first full month of summer break, June is also the month when we get to celebrate the father figures in our lives. I lucked out to have a dad who really deserves to be honored on June 16th. After all, him driving me half-way across the United States just to pay homage to my teen idol is just one of a million things he has done for me and my five sisters. In fact, I love Linda Poindexter's quote, "When my father didn't have my hand, he had my back."

This summer, take the break from school to be present and to enjoy the carefree days without car pools and homework, because August will be here before you know it. Take the time to relax and spend these amazing summer days at the pool or at the beach and don't forget to put on your sunscreen!

"When my father didn't have my hand, he had my back."
-Linda Poindexter

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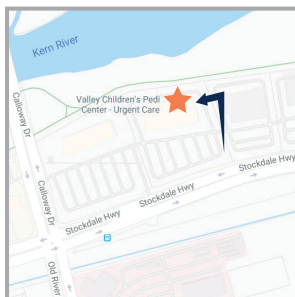
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Boys & Girls Club Members' \$25,000 Grant Helps Upgrade Teaching Kitchen

The Boys & Girls Club of Kern County has been awarded a \$25,000 grant from Health Net, LLC to support the Cooking with Kids Nutrition Education Program at the Boys & Girls Club – Armstrong Youth Center. The nutrition education program strives to combat the excess weight and obesity issues affecting so many children in Bakersfield.



Photos courtesy Boys & Girls Club, Orlando Trevino

The grant will support the "Triple Play and Healthy Habits" program, which focus on keeping the Club members physically active each day, increasing their consumption of fruits and vegetables, and increasing their knowledge of nutrition and food preparation skills. The grant was also used to upgrade the kids' Teaching Kitchen.

For more information, please visit www.bgclubsofkerncounty.org.



Boys & Girls Club Members cut the ribbon on their new upgraded Teaching Kitchen made possible by a \$25,000 grant from Health Net, LLC.

Wine in the Wild

CALM will present a unique wine tasting experience at its Wine in the Wild on Thursday, June 6, from 5:30 to 8:30 p.m. The event will feature fine California wines, craft brews, and local restaurant stations that will be scattered around the CALM grounds. Enjoy close encounters with CALM's ambassador animals, a silent auction including CALM animal art, and other amazing items. Tickets are \$75 per person and includes unlimited beer and wine tastings.



Attire is summer casual (no flip-flops or t-shirts). For more information, please visit www.calmzoo.org.

The Mission at Kern County's 7th Annual Top Sirloin BBQ

The Mission at Kern County's 7th Annual Top Sirloin BBQ will be held Friday, June 14, at The Mission, 821 E. 21st Street, from 6:30 to 9:30 p.m. The event will feature live music by The Tommy Hays Band, raffle prizes, and powerful stories of men and women whose lives have dramatically changed because of The Mission. Tickets are \$20 each or a table of 8 for \$150.

For more information, please visit www.themissionkc.org or call 325-0863.

Red Cross Offers First Aid Online Course and App for Cat and Dog Owners

The Red Cross now offers a Cat and Dog First Aid online course and Pet First Aid App for pet owners, pet-sitters, and dog walkers to help provide emergency care until veterinary help is available.

The online course at redcross.org/catdogfirstaid can be completed in approximately 30 minutes and includes how to determine a pet's normal vital signs and step-by-step instructions on how to handle bleeding, seizures, and heat stroke. It also provides information on preventative care, health, and tips for a pet's well-being.

Download the app by texting 'GETPET' to 90999, by visiting redcross.org/apps, or by searching 'American Red Cross' in app stores. The app helps owners compile an emergency supplies list, assemble a pet first aid and emergency kit, and where to find a pet care facility or pet-friendly hotel. Also included are step-by-step instructions, videos, and images for more than 25 common first aid and emergency situations.



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JJ Cole Outdoor Mat

These fun mats are perfect for summer time concerts, the beach, and picnics. Adjustable carrying strap, quick-fold design and water-resistant fabric. \$34.95, www.tomy.com

Oil Can Do It Annual Food Drive Kick-Off Event

Oil Can Do It Annual Food Drive Kick-Off Event & Burrito Sale will be held at 9600 Ming Avenue at Forum Way on Thursday, June 6 from 5 to 9 a.m. with proceeds benefitting the Golden Empire Gleaners. The public is invited to donate food and buy breakfast burritos for \$5 each.



When school is out for the summer and children are home, the demand for donated food rises. Chevron, Aera Energy, California Resources Corp., and API Bakersfield join together to help fill this need with their annual food drive and summer competition. They will continue to compete throughout the summer to

see which organization can donate the most food and funds. Last year, they collected 356,327 pounds of food and hope to surpass it this year and collect 380,000 pounds of food. **For more information, visit <https://www.goldenempiregleaners.com/oil-can-do-it>.**

Rosedale Union Unveils New Salad Bars at Four Schools

Bayer Crop Science recently provided new salad bars to four schools in the Rosedale Union School District and hosted a Grimmway Farms carrot taste test with fifty 4th and 5th grade students. The donations are in partnership with the United Fresh Start Foundation, a founding partner of the national Salad Bars to Schools Initiative.

The school district requested salad bars from the national Salad Bars to Schools initiative as a way to increase children's access and consumption of fresh produce. Bayer is bringing the school's request to fruition with its commitment to encourage healthier food choices for a happier and well-educated community.

Ford Junior Youth of the Month Awarded at Beardsley Junior High School

Mario Q. of Beardsley Junior High, who attends the Boys & Girls Clubs of Kern County after school program, was recently awarded the Ford Junior Youth of the Month for April. Ford Motor Company Fund in 2017 launched the "Ford Junior Youth of the Year" initiative in partnership with Boys & Girls Clubs and local Ford dealers throughout Southern California.

The program represents the Fund's goal to support education for underserved youth. The program also allows the Boys & Girls Clubs of Kern County to honor their after school program Club members in middle school and junior high school for their demonstrated leadership and service at school, home, or with family and their scholastic achievement. **For more information, please visit www.bgclubsofkern-county.org.**

(right) Mario Q. of Beardsley Junior High, who attends the Boys & Girls Clubs of Kern County after school program, is all smiles after being awarded the Ford Junior Youth of Month for April.



Photo courtesy Boys & Girls Club, Orlando Trevino



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Simple, Smarter, Summer Snacking

When hunger strikes, it can be tempting to reach for the closest treat, even if it's full of fat and empty calories. When your sweet tooth is screaming, answer it with the refreshing indulgence of a fruity dessert. Fruit-based desserts are naturally sweet and deliver some of the key nutrients your body needs, so you can feel extra good about bypassing other options laden with unhealthy ingredients.

Peach Crisp Popsicles

- 1 jar (23.5 ounces) sliced peaches
- 4 teaspoons maple syrup
- 1/2 teaspoon ground cinnamon
- 2/3 cup granola
- 1 cup vanilla flavored Greek yogurt

1. Measure 1 1/2 cups drained fruit (there will be leftovers!) and 6 tablespoons juice. In medium bowl, combine juice, maple syrup, cinnamon, granola and yogurt. Stir well.
2. Place 2 peach slices in each frozen pop mold. Pour yogurt mixture into molds or small paper cups. Place on tray and freeze about 1 hour, or until partially set.
3. Insert frozen pop stick into center of each mold; freeze 2 hours or longer, until firm.

Recipe and Photo: Family Features



AAP Report Advises on Therapy Services for Children with Disabilities

An American Academy of Pediatrics clinical report recently described how health care providers can best connect the rising number of children who have disabilities with evidence-based therapy services in hospital, community, home, and school settings.



“Prescribing Physical, Occupational and Speech Therapy Services for Children with Disabilities,” highlights the importance of coordinating care with therapists to help children gain or recover key skills.

“Understanding how certain conditions impact the way children function day-to-day is becoming increasingly important, because more and more children are living with complex health conditions and disabilities,” said the report’s lead author, Amy J. Houtrow. Childhood disability, especially from neurodevelopmental conditions, is increasing, according to the report. This includes acquired disability, such as from a broken bone or traumatic brain injury, as well as ongoing conditions such as cerebral palsy.

“The goals we have for children with disabilities are the same goals we have for all children—for them to be happy, healthy, and able to participate fully in life,” Houtrow said. “Physical, occupational, and speech therapy can help children reach these goals by developing new skills, regain lost skills, and accommodate for skills that may not be developed or regained.”

Authors of the report warn against prescribing unproven therapies. For example, some people use hyperbaric (pressurized) oxygen to treat cerebral palsy. This treatment has not been proven effective and could have harmful effects to the child. In general, treatment successes supported only by case reports or anecdotal data, rather than carefully designed research studies, warrants further investigation and discussion before prescribing, according to the AAP.

Transgender Teens with Restrictive School Restroom Policies at Risk for Sexual Assault

June is national LGBTQIA Month, a time to remember those who paved the way for the LGBTQIA community and those who continue to do so.

Transgender and gender non-binary teens experience high rates of sexual assault during middle school and high school, and they are at a greater risk of sexual assault at schools that deny them access to gender identity-congruent restrooms or locker rooms, according to a study by the American Academy of Pediatrics.

The study, “School Restroom/Locker Rooms Restrictions and Sexual Assault Risk Among Transgender Youth,” analyzed data submitted by 3,673 participants from the LGBTQ Teen Study, an anonymous web-based survey of lesbian, gay, bisexual, transgender, and queer adolescents.

The participants were in grades 7 through 12 and reported a transgender and/or non-binary identity, which is someone whose gender identity falls outside the traditional male and female. Most (90 percent) of the participants were assigned female at birth. More than 25 percent had been sexually assaulted over the prior 12 months, substantially higher than national rates of 15 percent among cisgender high school girls and 4 percent among cisgender boys.

Young people who were subject to restroom/locker room restrictions had an overall prevalence of 36 percent. The authors noted that the restrictions were associated with feeling less safe both in restrooms and locker rooms themselves and elsewhere at school. The authors suggest that, besides avoiding restrictive policies, schools should strongly consider designating at least one “all-gender restroom,” along with additional adult supervision in locations where harassment is most likely to occur. The authors also recommend training staff to intervene in anti-LGBTQ bullying and offering privacy options, such as curtains in the locker rooms.



Keep Your Family Safe Around Lawn Mowers

Whether you are mowing the lawn yourself or asking your teenagers to take on the chore, it's important to think safety first.

The American Academy of Pediatrics offers the following tips for families:

- Only use a mower with a control that stops the mower blade from moving if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes are worn while mowing. No bare feet, open-toed shoes, or flip flops.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.
- Keep children out of the yard while mowing.
- Only use lawn power equipment with adequate daylight, not at twilight.
- Drive up and down slopes, not across to prevent mower rollover.
- Keep guards, shields, switches, and safety devices in proper working order at all times.
- If children must be in the vicinity of running lawnmowers, they should wear polycarbonate protective eye wear at all times.

Lawn mower injuries to children are often extremely traumatic and can include amputation, death and emotional distress that can last a lifetime.

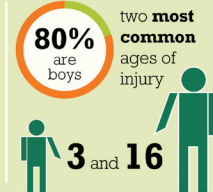
Keep Kids Safe FROM LAWN MOWER INJURIES

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600 of these require amputation



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Dads Can Also Experience Postpartum Depression

By Sandi Schwartz

For many, the first days, weeks, and months of parenthood can feel like an emotional roller coaster. Stress, hormones, and learning to juggle the many responsibilities of taking care of another human being can wear us down and impact our emotional well-being. Many women may feel a bit "blue" during this time, while some face a serious mood disorder known as postpartum depression.

According to the American Psychological Association, up to one in seven women experience postpartum depression after giving birth. It can last for many weeks or months if left untreated, and can make it very difficult to get through the day, let alone care for a baby. Most people realize that women are at risk of experiencing postpartum depression, but new information warns us that dads are at risk as well.

With an upsurge of dads now playing a key role in raising children, more men are experiencing postpartum depression, also called paternal postnatal de-

pression. Experts from the University of Southern California found that 10 percent of men report symptoms of depression after their child is born, which is twice the typical rate of depression in males. These symptoms can include feelings of isolation, irritability, fatigue, low motivation, weight gain or loss, changes in appetite, inability to experience pleasure, and even outbursts of aggression or anger.

Over the past few years, several studies discovered that men have biological responses to fatherhood, particularly with fluctuating testosterone levels. These changes are thought to be a result of men adjusting to childcare priorities. For example, testosterone can drop due to sleep deprivation and stress, which are quite common when trying to manage a newborn.

A recent study published in the journal *Hormones and Behavior* by a team of researchers from University of Southern California, University of California at Los Angeles, and Northwestern University found that after the birth of an infant, decreased levels of testosterone in men were linked to an increased risk of postpartum depression. On the other hand, fathers with higher testosterone levels reported more parenting stress, and their partners reported more rela-

tionship aggression from them. The same study also revealed a surprising link: When a father has low testosterone, the mother reported fewer symptoms of depression herself.

The results were announced after researchers reviewed data from 149 couples with new babies who were part of the National Institute for Child Health and Human Development's Community Child Health Research Network. Fathers' testosterone levels were tested by taking saliva samples when their infants were nine months old. Both parents were also asked about any depression symptoms they noted at two months, nine months, and 15 months postpartum. They were also asked about relationship satisfaction, parenting stress, and partner aggression.

This new research is so important because it shows how both parents can suffer from depression while trying to care for an infant. Many men may not realize that they are struggling because of an actual change in their hormone level. They may try to be the strong one and not admit to the feelings they are battling on a daily basis. It is critical that dads speak up and get help if they are struggling with postpartum depression not just for themselves, but for their entire family. Depressed dads are more likely to physically punish their children and less likely to read and interact with them. Sadly, this behavior can result in kids with poor reading and language skills, in addition to behavioral problems.


Fortunately, postpartum depression is treatable for both moms and dads. If you or someone you know is struggling with the symptoms, contact your physician who can suggest antidepressants or direct you to a therapist. Talk therapy has been proven to help those suffering to work through their emotions and identify effective strategies for managing their moods.



Fortunately, postpartum depression is treatable for both moms and dads. If you or someone you know is struggling with the symptoms, contact your physician who can suggest antidepressants or direct you to a therapist.

You can also find support by contacting Postpartum Support International and the Postpartum Health Alliance. Exercise, a healthy diet, mindfulness meditation, and restful sleep are also good remedies for balancing mood and hormones.

Do keep in mind, however, that experts are now advising against treating postpartum depression in fathers by providing testosterone supplements because too much of the hormone can trigger aggression and end up adding to the family's stress.



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A Dad's Advice: Ways to Sneak in Quality Time with the Kids

by Rhonda Franz

Quality time with our children is important, but in the midst of striving for the ideal, we could be missing out on what we can give to our children during everyday moments. In between shopping for groceries and driving them all over and making sure they have what they need, there can be a tendency to hurry from one thing to the other and lose an entire day without connecting to our children. Don't allow busyness, inconsistent working hours, or a traveling work schedule prevent your family from connecting—in-*stead*, be content with just spending *time*.

When Paul Libel's three children were young, his job as a traveling salesman resulted in multiple days away from home in one stretch, causing him to miss out on time with each one of them every day. Although he had been exposed to the buzz phrase 'quality time', he dismissed the notion as an elusive span of time he was supposed to spend with each of his children.

"I would like to think that the person who came up with the concept of quality time had nothing but the best intentions, but as I kept hearing the phrase 'quality time', I wondered what defined it. How much time was quality time? What do we do during that time?"

Libel's solution was to make the best of the little moments. He would load up his three kids in the car and take them on his regular trip to the city dump to drop off the household trash. The trip became a tradition and served as a way for him to spend time with his kids.

Dr. Heidi Luedtke is a psychologist who shares practical advice for people skills and parenting with readers around the world. She says even small traditions can be used to create moments of connection with children.

"Rituals can help parents create more nurturing moments even if they don't have a lot of time to spend. Events that are repeated become part of our memories and our identities in powerful ways."

Paul Libel realized early on that moments with our children do not have to be perfect or even planned. Some days, quality time is elusive, so grab the available moments—however you can—to catch up, converse, and connect with your children.

13 Ideas for Finding More Family Time

1. Errands to anywhere: The grocery store, the post office, and the recycling center. Also, the bank. Don't forget to ask for the free lollipops.

2. In the car ride line at school (with younger kids). That school car rider line gets old. Books and songs and snacks will help. Read, sing, eat, and be as merry as possible. Keep a basket or small box of toys and books and rotate out with new materials every couple of weeks.

3. During dinnertime—even if it's rushed. Let everyone have a chance to talk about their day, or just talk about something random.

4. While cooking meals. Give children a job they can do to in the kitchen or dining room and bond over meal prep. Allowing some tasting during the process works to boost morale.

5. Waiting for food after you've ordered at a restaurant. Use a napkin for a game of Tic-Tac-Toe or Hangman, or write out funny questions or pictures for your child. Yes, you can even use the mobile phone to play an interactive, albeit quiet, game together.

6. Working on home repair projects. Let them hand you tools and talk to them about what you're doing and how you're fixing something. Bonus: having your child around might keep you from swearing.

7. During homework. Be in the same room. Even if they don't need help, you're there for conversation, or in case a question comes up. This is a good habit to start with young learners. Make space for them in your own home office, or wherever you complete paperwork at home, pay bills, etc.

8. Just watching them play. How many times do your kids beg you to just watch them? Children love to be watched.

9. In the things we say. Dr. Luedtke suggests asking children at night to share the best thing that happened that day, and to say the same "I love you" phrase each time you say goodbye, even if your kids already know it and yes—even if they roll their eyes.

10. Going to pick up take-out food. Bonding over food might be the unwritten love language.

11. While in line at a government office. You're going to have plenty of quantity time here. (This idea is best for children that are beyond the throw-down/meltdown/stage, usually age four and up. You might want to throw a tantrum yourself at the DMV or tag office, and it's difficult to manage both yourself and your child).

12. Quick board games/card games. When you're short on time, say, "yes" to Candy Land, Boggle, Slapjack, or Spoons. Postpone Scrabble, (and, oh goodness, Monopoly) for those days when you really have time.

13. Any transition time from here to there. Headed out the door, loading the car for a trip, unloading groceries from the car, walking into school: these are rich opportunities to make something a fun race, joke around, develop rapport with your child when you only have a few minutes to spare. The little moments all add up.

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Local ophthalmologist Sandeep Walia (R) with wife Kirti and daughter Iyla

Photo by LJ Radon, Kern County Family Magazine

New Bakersfield Eye Doctor Gives Insight to Screen Time

By Andrea Rose

Parents may have 99 problems when it comes to managing screen time for their children, but worrying about damage to their eyesight isn't one of them.

"There's no proven damage that comes to the eye from screens, but screens can change your mood and cause migraines and tension that can affect them in a lot of other ways," explained Sandeep Walia, a Bakersfield ophthalmologist with Dignity Foundation Physicians Group.

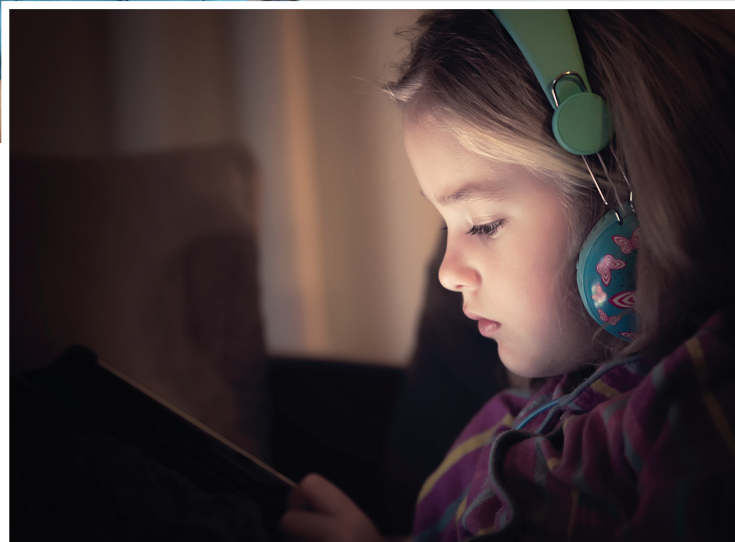
Walia said while there is a concern about the blue light that comes from screens, the light doesn't cause retinal damage.

"There's no tissue damage from blue light," he said. "It can make a difference in your circadian rhythm and make it hard to fall asleep."

Walia, a recent graduate of Emory Eye Center, is relatively new to Kern County, relocating to the Golden State from Atlanta, Georgia.

"We picked Bakersfield and I love it," he said. "It's a small town where I can drive to daycare and still be to work by 7:30 a.m. The people here are genuinely happy. There's kind of a southern hospitality out west."

Walia said within six months of moving to California he became an adjunct professor at a nursing school and active in the high schools. "That would be difficult in LA, where you're making a paycheck just to pay a mortgage," he



said. "Bakersfield is affordable and family-oriented, and you have a great opportunity to grow."

Walia, a comprehensive ophthalmologist who is trained in pediatric and adult eye surgeries, works with Gregory Stainer.

"I met Dr. Stainer about three years ago," Walia recalled. "We're medical doctors and we have three optometrists in our practice. Whether you need glasses or patching for kids, we do a little bit of everything. You always have somebody who fits your needs."

Walia, who with his wife has a 10-month-old daughter, said there are no screening guidelines for young children, but parents should keep an eye on their children's eyesight and pay attention to anything that seems unusual.

"There isn't a good baseline screening exam," he admitted. "A lot of elementary schools do it. And a lot of other sources can give you the baseline check." In the meantime, know your child.

"No two eyes are the same and everybody's different," Walia said. "If you see your child crossing their eyes or squinting, there's a reason to get it checked out. You have to trust your gut as a parent. If there's ever a doubt, get it checked."



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12 last-minute Tips Before Day Camp Starts

By Denise Morrison Yearian



Day camps are right around the corner. Here are 12 last-minute preparation tips before sending your child off for a great summer experience!

1. STAY HYDRATED

Each night before attending camp, put one bottle of water in the refrigerator and a second one in the freezer. Later the next day, the frozen water will melt and provide cool refreshment. Also pack a spray bottle to help keep your child's face and body cool in the hot sun.

2. SAFEGUARD THE SKIN

Before leaving home, apply sunscreen to your child's skin and pack a tube for later application. Be sure it has plenty of SPF, and send a hat along for extra protection.

3. WARD OFF BUGS

If your child is spending time in a natural environment, send insect repellent that is safe for children. Opt for lotion instead of sprays. At night, double check for ticks as a safekeeping measure.

4. DRESS RIGHT

Most kids like to pick out their own clothes, but be sure your child is dressed for comfort, safety and appropriate temperatures. Dark jeans and t-shirts may be his favorite outfit, but it's not a good option on hot days. Likewise, proper shoes are important. Exchange strappy sandals and flip flops for a good pair of lightweight tennis shoes.

5. PERSONALIZE IT

Items your child brings to camp should have her name, address and phone number on them, in case something gets left behind. This can also avoid confusion if identical items are brought by two children.

6. TAKE A TECH BREAK

Depending on the camp's policies, you may want to leave cell phones and other valuable electronic devices at home. Day camp programs are designed to provide an enriching experience, and your child should be engaging in these activities rather than playing with electronics.

7. MAKE NOTE OF MED-ALERTS

If your child is on medication, you will be required to fill out a form. But even if you've taken your child off a medication for the summer, make a note of that, too, because changes in medication can cause changes in behavior. Likewise, list any known allergies.

Equally important is to share emotionally stressful situations with the camp staff (i.e. if your family is going through a divorce or has experienced a recent

death), as this might affect how your child interacts throughout the day. Camps look out for the physical and emotional needs of a child, so the more information you provide, the better equipped they will be.

8. NOTIFY EMERGENCY CONTACT

You will be required to designate an emergency contact person, but even more important is that this person knows you have written her name down. Every year camps call the emergency contact person and find out she was never informed. In short, before listing a person's name on the form, call or send a text first!

9. READ UP

Take time to review the camp's policies, procedures, and planned activities. If you know what to expect and what is expected of you, things will run much more smoothly. The camp may provide you with a weekly schedule so you know what the upcoming activities are and can talk with your child about them. If she cannot participate because of health reasons, make sure you (not your child!) inform the camp.

10. MEET THE STAFF

If you are not able to attend an open house, make other arrangements to introduce yourself to the staff and those who will be caring for your child. This shows you care and may increase the chances of you staying informed on how things are going for your child at camp.

11. MAKE NEW FRIENDS

If your child already knows other children at the camp, encourage him to step out and forge new friendships with those he may not interact with during the school year. With so many ways to communicate these days, it's easier than ever for friendships to continue to grow long after camp is over.

12. KEEP TALKING

Several weeks before camp begins, talk with your child about the upcoming experience. Does he have any apprehensions or anxiety? If so, reassure him that you have researched this camp well and believe he will have a positive experience. Since fear of the unknown is the greatest cause of worry, the more information you have about camp, the better off your child will be.

Each day when you pick him up, ask questions: What did he do? What did he enjoy most? Did he learn anything new? Did anything funny happen? Who did he interact with? While he's talking, give him your full attention for a few minutes and don't get distracted by phone calls, text messages or other to-dos. More than likely he'll be eager to share his day with you.

Finally, encourage your child to be fully "present" and enjoy the camp experience. Mark the first day of camp on the family calendar and do a countdown. Help your child develop a checklist of items needed. And don't forget to share your own camp stories. Remind your child to do his best, obey the rules, be respectful of others and have a great time!



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5 Tips to Keep Kids Reading This Summer

By Sarah Lyons

School is out for the summer and the kids are finally able to sleep in, play outdoors more, and take a break from homework. While the free time is enjoyable, kids often turn to screens or other activities and let their reading skills slide while on summer break. How can you stop the "summer slide" from happening?

Create a Book Club

Two people reading a book at the same time can be considered a book club. Pick a book your child would like to read or an old favorite from your own childhood and read it together. If you have multiple children that are about the same reading level, this can be a great way to get everyone involved.

See the Movie

Check out what books are becoming movies this summer or those that are already available on DVD and choose those books to read with your child. A reward for finishing the book will be watching the movie together.

Be a Role Model

Parents who enjoy reading often have children who enjoy reading. I notice if I sit down in the living room with a book instead of turning on the TV, my tweens will often find their own spot to relax and read near me. If I turn on the television, we all end up watching it together. Set a good example for your kids when it comes to reading. It isn't just for schoolwork, it is a fun hobby as well.

Expand Your Reading

Not all kids will easily find a book they love. The goal is to practice reading; it doesn't matter if it is a book or something more creative. Find other things besides just books to read such as graphic novels, magazines, or even audiobooks. You can even get kids into the kitchen and read recipes in the cookbook. They will

enjoy helping prepare meals and not even notice they are practicing their reading skills at the same time.

Pick Interesting Topics

Find out what your child is interested in and check out books on that topic. My son became curious about volcanoes, so we headed to the library and checked out multiple books on volcanoes. When we returned home he promptly started reading about them and writing down interesting facts in his journal. You can also encourage your child to try different genres to see what they prefer. Non-fiction, historical fiction, mysteries, graphic novels, or classic literature - once kids find their niche, they will most likely be more excited about reading.

Kids who make reading a part of their daily routine are more likely to become lifetime lovers of reading. Set aside part of the day each day when your child can read for 30 minutes or set this as a goal before they can play video games, meet up with friends, or go to the pool. Try to make it fun and come up with creative ways to incorporate reading into your daily schedule. Just a bit of daily reading will help them maintain their current reading levels and be ready to take on new material once school begins.



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How to Do *Summer* Like a BOSS


By Janelle Capra


Hello, Mama.


Let's join hands and sing together in our best rock-star voice, "School's out for summer!" Oh, yes, that is music to my ears. I don't know about you, but this last month was a rollercoaster of emotions: constant complaining, negotiating, battling, whining, and lots of tears shed. But, enough about me. Let's take a moment to celebrate our kids who made it through another school year and the amazing humans on earth, their teachers, who helped us all get through this final school season without a complete, emotional breakdown. One more time for the people in the back row, let's say it together, "THANK YOU, TEACHERS!!"

Honestly, summer can be bittersweet when it comes to school-aged children at home. In the past, I would turn to KCFM as the bible of choosing summer camps for my daughters. They are four years apart, so signing them both up together was fun for them and a lifesaver for me. But these days, my daughters are teenagers and my son is seven, so there isn't a "one-size fits all" camp scenario that works for them. The girls want to "hang out" with their friends. (Important note: do NOT ever say "play" with their friends to a teenager, or it will result in a roll of the eyes followed by a "Seriously, mom?" which then will cause you to respond with, "Really, I invented the eye roll" and it just goes down hill from there!). Sorry, I digress. As I was saying, the girls want to hang out with friends and my boy wants to watch YouTube all day, so our summers become more about a careful balance between not allowing my children to turn into stinky, non-showered, couch potatoes versus sending them to sleep away camp for 3 months (do those camps really exist? Asking for a friend).

No matter what your plans are for June, July & August, here's my best practice to do summer like a boss! From this mama to you, my secret sauce is to follow the **3 R's: read, write, and rest** (nope, no arithmetic here, save that for the school year).

 **Read:** Reading really is a gift that keeps on giving. Oh, how I love to listen to my seven-year-old read Junie B. Jones chapter books to me, just like his big sisters used to. There are many great summer reading programs, including the OG in our community at the Kern County Library. Sign up your child, set some time to read together and check out some books for yourself, too. Reading is always an adventure, so have fun with it!

 **Write:** When I was growing up, my dad would give me book reports to do over the summer. While I hated it back then, I'm so glad that he did. My take on this idea is to make it even more fun by encouraging your child to write a storybook with you! Create the characters and the setting, and let the plot just flow. Take turns writing a page each week and make it a game. At the end of summer, you will find that you both enjoyed the journey in creating your own story together.

 **Rest:** This is a no-brainer. We all need time to rest from the routine of early morning wake-ups and racing off to school. Give your kids some time to take a break from the regular routine. Maybe it's sleeping in or maybe it's staying in pjs on some days. Or maybe it's allowing them to be creative with their own activities. Whatever you choose, give yourself some grace to put down the rulebook over summer and get some much-needed R&R.

So, whether you are planning a family vacation, staycation, or just trying to make the best of June, July & August, try the 3 R's to help you stay the course.

Here's to an awesome summer, Mama! Make new memories. Enjoy the sunshine. Take time to be present with your kids. And, go schedule some "play" with your friends, too. (Just don't use that word around your teenagers).

you can do it

We All Scream for Ice Cream!

By Metro News

Ice cream is a go-to dessert in warm weather. Creamy, cold and refreshing, ice cream makes for the perfect complement to a hot afternoon. Ice cream can be served in various ways, including in a cup, on a cone, in sundae form accompanied by a bevy of favorite toppings, or mounded on a hot waffle. This cool treat is also stupendous in shakes or as the a la mode when served alongside pie and cakes. There's just no end to the ways ice cream can be enjoyed.

While it's perfectly acceptable to head to the nearest supermarket freezer section for a pint or two of the cold stuff, many people overestimate how much work goes into making ice cream at home. Anyone can whip up their own custom flavors and keep the freezer stocked with fresh desserts.

Start with these ice cream base ingredients for basic vanilla, courtesy of The Food Network, and then customize with creativity.

Homemade Vanilla Ice Cream

Yields 1 quart

Ingredients

- 3 cups heavy cream
- 1 cup whole milk
- 3/4 cup sugar
- 1 tablespoon pure vanilla extract
- Kosher salt
- 5 large egg yolks



Directions

1. Whisk the cream, milk, sugar, vanilla and 1/2 teaspoon salt in a medium saucepan and bring to a simmer over medium heat.
2. Beat the egg yolks in a medium bowl.
3. Slowly (very slowly!) whisk 1 cup of the hot cream mixture into the beaten yolks, then pour slowly back into the saucepan, whisking, and return to medium heat.
4. Cook, stirring constantly with a wooden spoon, until the mixture thickens, coats the spoon and reaches 180 F on a thermometer, 6 to 8 minutes.
5. Remove from the heat and strain the custard through a fine-mesh sieve into a large bowl or measuring cup; discard the solids.
6. Stir often until the mixture cools to room temperature. Lightly press plastic wrap directly against the surface of the custard to prevent a skin from forming. Chill until cold, about 3 hours.
7. Freeze the mixture in an ice cream machine according to the manufacturer's instructions. Place the ice cream in the freezer to set up for at least 1 hour.



Anyone will scream for homemade ice cream with customized fresh flavors. Here are some flavor combinations to try:

1. Add in crumbled bits of pretzels and peanut butter for a sweet and salty favorite.
2. Stir in bits of oatmeal cookie and cooked-down apple bits for an apple pie-inspired flavor.
3. Transform vanilla into peach ice cream with the addition of canned peaches.
4. Hazelnut flavors are all the rage, so be sure to mix in creamy Nutella and some chocolate cookie chunks for a cookies and cream variety that wins.
5. Evoke the taste of cheesecake with the addition of a little cream cheese, graham cracker pieces and blueberry compote.
6. Add freshly brewed coffee to your ice cream base and some caramel sauce for a dessert that's straight off a coffee shop menu.





Real Milk's Role in a Sustainable Farm-to-Table Diet

By Family Features

A dairy cow in a pasture can feel like a long way from the milk in refrigerators and at family tables. However, the distance between the farm and your family may be shorter and more sustainable than you think. Dairy farmers are committed to sharing milk's vital nutrients in more environmentally conscious ways, and they're making strides today and with each generation.

Sometimes it might feel difficult to balance your family's nutritional needs with what's best for the planet, but dairy milk production uses fewer resources than before while providing a unique nutrient package that nourishes your family.

Farmers, who work the land and care for the animals that help nourish families, understand that resources are finite and must be handled wisely. From using sustainable cow feed to reusing water and repurposing manure for fertilizer, farmers improve their operating practices, reduce waste and contribute to a better environment today and for the future.

In fact, today's milk is made with 65 percent less water, 90 percent less land and 76 percent less manure, resulting in a 63 percent smaller footprint compared to 75 years ago, according to research published in the "Journal of Animal Science."

When you buy a gallon of milk, you're supporting farmers committed to continuous improvement while also incorporating one of the most nourishing foods available into your diet.

Dairy milk is a natural source of high-quality protein and is the top food source for calcium and vitamin D, which diets often lack, especially for children. In all, milk provides nine essential nutrients and is one of the original farm-to-table foods, meaning you're making smart decisions about nutrition while providing your family with an increasingly sustainable food.

Across many aspects of life, balance is key. That is especially true in how and what people eat, and a truly sustainable diet involves more than its impact on physical surroundings. It must also be nutrient-rich, practical and affordable. The right amount of animal and plant foods can help create more sustainable diets for both people and the planet.

Learn more about how dairy farmers are stewards of the environment at milklife.com.



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2 Dogs + 2 Kids = 0 Rules

How Having Kids Was a Game-Changer for Our Dogs

By Julie Willis, Bakersfield Mom of Two

You know how when you're talking on the phone, all of a sudden your kids think there are no rules? It's like they think you can't see them because your attention is diverted. Sure, you may raise your eyebrows, make eye contact, and mouth silent threats; but they know you're not going to do anything to stop their shenanigans—at least not until you hang up the phone.

Yes, well, it was sort of like that with our dogs: All the rules went out the window when our attention was diverted from the dogs to the kids.

Because before there were kids, there were just dogs. We had rules for our dogs. No dogs on the furniture. And no table scraps.

There were also rules we set out to have that we never could actually enforce, like no barking at skateboarders, no digging, no chasing squirrels, no chasing cats, no chasing other dogs, no chasing cars. Pretty much no chasing anything.

We tried to teach them not to chase or dig or bark. But, alas, they continued to chase and dig and bark. But they never got on the couches or the beds. And they never ate people food or begged.

Our dogs were four and three years old when we brought home our first real baby. They knew the rules.

But as the babies grew into toddlers who dropped things from high chairs, it became easier to just "let the dogs lick that." And when the toddlers moved from cribs to mattresses on the floor and the dogs jumped onto the mattresses, which weren't really "furniture," it was just too easy to let them sleep with the children. You know, to "protect" them at night.

Now those toddlers are big kids on big beds, and those young dogs are old dogs with arthritis who still somehow manage to jump onto those beds and



Julie's paw-daughter, Sport

squeeze into whatever space is left between the child and her thirty-thousand stuffed animals.

And now that they know that small people sometimes drop food, they sit next to the table, mouths open, tongues sneaking toward the plates.

I ask myself on a regular basis, "Whose dogs are these? They used to be good. They used to just chase and dig and bark. Now they chase and dig and bark AND beg and sleep on the furniture."

I caught one of them on my bed recently. I asked her, "What are you doing here?" She stood up and looked around, as if to say, "Oh, I didn't know this was your bed," and jumped down. The sneak.

The other one steals food. One day she stole a loaf of bread off the counter, took the bread out of the plastic bag, emptied the bag onto the floor, and ate half the loaf before I caught her.

Another time, she got an entire batch of cupcakes off the counter, ate the cupcakes, and left the paper cups on the floor. Well, one thing you can say about that--I didn't have to worry about whether or not she would be able to pass all that paper through her digestive system.

If I had it to do all over again, I'd wipe up those high chair spills.

I guess I'd still let the dogs sleep with the kids in their beds. It makes them (the dogs and the kids) so happy. But, I draw the line at lifting them onto the beds when they get too old to jump up on their own.

Or so I say right now.

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"Don't make me repeat myself!"

by Michael E. Kirk, PhD



Your child is misbehaving...again! You decide to use the same "effective" method you have always utilized and you start talking...again! Your child looks at you like you have lobsters coming out of your ears and your child keeps right on doing what she was doing BEFORE you even said anything. You glare at your daughter, and she glares back. You say to her, "DON'T MAKE ME REPEAT MYSELF!" Don't make me repeat myself! Don't make me repeat myself? How is that going to happen? Do you have a pull string on your back? Your child has control of the PLAY button? Your child is a bit too young to have that much leverage on an adult. And, in fact, it can be downright scary for a child to think that she does. Your measure of effectiveness as a parent is calculated by your level of success. Look at what you are accomplishing. Is it enough? Are you happy with the results, day after day? Is your child complying all the time now? If not, something is wrong and it may be because you say, "Don't...make...me...repeat...myself."

Your attempt at disciplining your child is becoming less and less effective, solely because you do not clearly understand just how it is your child thinks. You can be at work, walk up to someone and give a message. That person will most likely hear you, but it depends on HOW you say it that will make the person believe you or not. Children are the same way; only they test you more openly on whether you mean what you say or not. Take for instance the parent who while talking on the phone, is being terrorized by her child: MOMMY, MOMMY, I WANT SOMETHING TO EAT! The child will just not quit. The mother will most likely pause in her conversation and mention to the child: You cannot interrupt me, Tommy! Do not do that again! But, in fact, he did

interrupt you; or rather you interrupted yourself and blamed it on him, all the while giving him attention for that misbehavior.

You may not interrupt me again! What does that really mean? How does a child do that, interrupt you? It seems that we are the ones that stop what we are doing to tell the child we are not going to "talk" to him. But he knows better, because you just did! Same thing happens at school when a child misbehaves; the teacher writes his name on the board or gives him a SAD FACE, and so we allow the child to interrupt the entire class. "Go write your name on the board, Tommy," directs the teacher and then Tommy gets his fifteen seconds of glory; "HEY LOOK AT ME!" he is thinking and celebrates in the attention he receives. Our backward approach at trying to direct our children's behavior falters and fails each time we are attentive to behaviors we do not wish to see again, and your child knows this better than you! You are the reason that your child acts like he does. You are the one who responds to these behaviors. You can stop responding to these behaviors and they WILL go away.

Placing a child in time out is like giving a bank robber the money. Scolding a child is like offering a beer to an alcoholic. We offer these antiquated behaviors because we have seen them used, but may have never really considered the fact they are ineffective measures. They are ineffective because they do not halt the behaviors, rather they encourage them.

Two things must change here. ONE: You must agree to only be verbally or physically attentive to your child's GOOD behaviors, ignoring all else. TWO: You must be a good role model. Your behavior means everything to your child. Eventually, we all become our parents, because we watched them for so long, everyday, for eighteen years. We had to have learned something from them, and most likely everything. Subsequently, we may be employing behavioral tactics that are no longer useful. Remember the phrase: JUST WAIT UNTIL YOUR FATHER GETS HOME? That phrase did not change a child's behavior. Children continued to misbehave. A child's behavior is a result of being responded to, over and over, by another person, a parent or teacher. If you want your children to behave differently, you must behave differently, and better, FIRST. So this accusation/statement, "...Don't make me repeat myself," is no longer useful. It is outdated. Take responsibility for yourself as a parent. Stop blaming what you do on your child. You chose to do it and you alone, it is your brain. Then, you can take responsibility for your behavior, decide if you want to respond to this behavior by your child ("Do I want to see this behavior again?") and model appropriate behavior around the home; patience, kindness, courtesy, and warmth.

You can change your child's behavior through changing yours first. Focus upon good behaviors only. Then will be no more: Don't...Make...Me...Repeat...Myself.

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Daniel Cook

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

JUNE '19

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

Saturday, June 1

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

AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET: 9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

VALLEY FARMER'S MARKET: 1725 Golden State Ave. 8:00AM - 12:00PM

SATURDAY NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM 831-5567

FREE INTRO TO YOGA WORKSHOP AT SAMSARA WELLNESS CENTER: 1:00 PM - 3:00 PM 374-8693

BLACKBERRY FEST AT MURRAY FAMILY FARMS: 10:00 AM - 6:00 PM Saturday - Sunday 330-0100

H.A.L.T. RESCUE'S 10TH ANNUAL "BLACK TIE AFFAIR" 5/10K FUN RUN: This is a family-friendly event. Pre-registration costs \$25. The first 200 registrations receive a free shirt and goodie bag. 4200 Empire Dr. 7:00 AM - 11:30 AM 395-3018

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

KCRP NASCAR WEEKLY RACING SERIES: Super Stocks, Late Model Twins, Modifieds, Legends, Supermoto, Hot Stocks, and Junior Late Models. 13500 Raceway Blvd. 5:30 PM 835-1264

SUMMER BEER & WINE FEST 2019: Come enjoy beer and wine on the patio overlooking the 18th green and lakes with live music from Lonely Planet. \$40-\$100. Must be 21 or older. 5201 Riverlakes Dr. 5:00 PM 587-5465

Sunday, June 2

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, June 3

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

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

COUNTRY LINE DANCING: 392-2010

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

COLOR ME HAPPY AT MOJAVE LIBRARY: A relaxing stress-free & fun way to socialize. 824-2243

FAMILY STORYTIME & CRAFT AT MOJAVE BRANCH LIBRARY: Fun for the whole family! 11:30 AM 824-2243

Tuesday, June 4

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

\$2 BUCK TUESDAY SKATING AT SKATELAND: \$2 admission price per skater, 6:30PM - 8:30PM 831-5567

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

REGAL SUMMER MOVIE EXPRESS: \$1.00 movies all summer. 9000 Ming Ave. #G, 10:00 AM

TUESDAY NIGHT FAMILY ICE SKATE: \$5 per skater. 1325 Q St. # 100 6:00 PM - 8:00 PM 852-7400

Wednesday, June 5

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

BARGAIN NIGHT SKATING AT SKATELAND: Come have some fun with family and friends. 7:30PM-9:30PM 831-5567

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

MEDITATION SERIES AT BMOA: Join us for this special Meditation Series for tips and techniques while enhancing your relationship to the inspiring fine art environment of BMOA. 10:00 AM - 10:30 AM 323-7219

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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



BAKERSFIELD WING FESTIVAL

Saturday, June 1

Wing fans sample flavors from classic BBQ to spicy, not for the faint of heart. Live music, wing samples, beer samples, wing eating contests and vendors! \$45-\$85.

1142 S P St.
3:00 PM - 7:00 PM

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

TODDLER TIME STORYTIME AT BARNES & NOBLE: Read stories, have a snack, and color. 631-2575

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

TUESDAY NIGHT FAMILY ICE SKATE: \$5 per skater. 1325 Q St Ste 100 6:00 PM - 8:00 PM. (661) 852-7400

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

SUMMER READING CHALLENGE KICKOFF AT MOJAVE LIBRARY: Sign up. 10:00 AM - 6:00 PM 824-2243

Thursday, June 6

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



OIL CAN DO IT FOOD DRIVE

Thursday, June 6

Benefitting the Gleaners to fill the shelves for the increased summer need.

The public is invited to donate food and funds at the kick-off event and purchase breakfast burritos @ \$5.00/each. 9600 Ming Ave. 5:00 AM - 9:30 AM 324-2767

REGAL SUMMER MOVIE EXPRESS: \$1.00 movies all summer. 9000 Ming Ave. #G, Bakersfield, CA. 10:00 AM

SUMMER CONCERT AT THE MARKETPLACE: Come to the fountain, and enjoy music. 7:00 PM - 9:00 PM 714-545-1400

Friday, June 7

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

FREE COMMUNITY YOGA AT BMOA: Hatha Yoga Flow in the Garden. 10:00 AM - 10:30 AM 323-7219

FRIDAY NIGHT SKATING AT SKATELAND: Come have some fun with family and friends. 7:30 PM - 10:00 PM 831-5567

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

FIRST FRIDAY ART WALK: Family friendly art event. 5:00 PM - 9:00 PM 324-9000

FIRST FRIDAY AT BMOA: In participation with First Friday events, FREE admission 10AM-8PM 323-7219

YOGA AT BMOA: Explore what yoga, wellness, and mindfulness can be. 6:00 PM - 7:00 PM 323-7219

FIRST FRIDAY CRUISE NIGHTS: Come and watch as classic cars cruise downtown Taft. 765-2165

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

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

GAME ON! AT MOJAVE LIBRARY: Enjoy family fun board games at the library for all ages! 11:00 AM - 1:00 PM 824-2243

MOVIES IN THE PARK AT RIVERWALK AMPHITHEATER: "Spiderman into the Spider-Verse" FREE - Friday Nights at dusk. Bring your lawn chairs and blankets. 326-3866

SUMMER MOVIE AT KERN RIVER VALLEY LIBRARY: "Small-foot". 1:00 PM 760-543-2083

Saturday, June 8

AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET: 9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

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

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

SATURDAY NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM 831-5567

SECOND SATURDAY AT BMOA: All-ages art project. 10:00AM-4:00PM 323-7219

VALLEY FARMER'S MARKET: 1725 Golden State Ave. 8:00AM - 12:00PM

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

ARTISAN FESTIVAL: Enjoy a unique shopping experience as handcraft, fine arts vendors, and food vendors fill our shady cool tree covered railroad park. E Tehachapi Blvd, Tehachapi, 10:00 AM - 4:00 PM 822-6062

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

THERE IS 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.

JUNE 2019 *daily happenings*

VOLUNTEER ORIENTATION AND TRAINING: No experience is necessary to volunteer at M.A.R.E. (Mastering Abilities Riding Equines) Barn care, facility maintenance, side walker, safety aid, and horse leader. 18200 Johnson Road 589-1877

NOR SUMMER PLUNGE: Free. Limited to the first 200 people. Refreshments will be provided at no cost, along with swimming. No outside food or drinks. Children 8 years old and under must be accompanied by an adult 18 & older. NO water wings/floaties allowed. Coast Guard approved life jackets only. 401 Galaxy Ave., 11:00 AM - 1:00 PM 392-2010

SUMMER MOVIE AT KERN RIVER VALLEY LIBRARY: "Ralph Breaks the Internet". 2:00 PM 760-543-2083



2nd ANNUAL TIKI BUBBLE BEACH PARTY ART SHOW

Friday, June 7
Free to attend Bubble Pop art show celebrating tropical tiki art. Located in the East Lobby of The Fox Theater. 5:00 PM - 9:00 PM 562-922-9339



KERN COUNTY BBQ THROWDOWN

Saturday, June 15
This is an event for the whole family. Stramler Park 12:00 PM 748-7188

Sunday, June 9
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

BEALE PARK BAND CONCERTS: FREE. Bring your lawn chairs and blankets. 7:00 PM 326-3866

Monday, June 10
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

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

COUNTRY LINE DANCING: 392-2010

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

COLOR ME HAPPY AT MOJAVE LIBRARY: A relaxing stress-free & fun way to socialize. 824-2243

FAMILY STORYTIME & CRAFT AT MOJAVE BRANCH LIBRARY: Fun for the whole family! 11:30 AM 824-2243

Tuesday, June 11
AWESOME ART: Free for children 18 mo.-5 yrs. 392-2029/392-2054

FREE ACTING CLASS: For children. 322-2800

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

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

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

WARMLINE MOM & BABY/TODDLER GROUP: Bring children for fun play sessions. 323-3531

REGAL SUMMER MOVIE EXPRESS: \$1.00 movies all summer. 9000 Ming Ave. #G, 10:00 AM

TUESDAY NIGHT FAMILY ICE SKATE: \$5 per skater. 1325 Q St. # 100 6:00 PM - 8:00 PM 852-7400

Wednesday, June 12
LEGO CLUB AT MOJAVE LIBRARY: Design your best LEGO creation. 824-2243

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

BARGAIN NIGHT SKATING AT SKATELAND: Come have some fun with family and friends. 7:30PM-9:30PM 831-5567

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 stories, have a snack, and color. 631-2575

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

BOOKS IN MOTION = DANCE + LITERACY: Tri Valley Dance will perform Amelia Bedelia's First Library Card. Children can learn choreography, complete a craft, and discuss what they have learned. 15580 O St, Mojave 11:00 AM 824-5106

CRAFTERS CORNER AT MOJAVE LIBRARY: Bring your own craft! (Adults only). 10:00 AM - 12:00 PM 824-2243

Thursday, June 13
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

REGAL SUMMER MOVIE EXPRESS: \$1.00 movies all summer. 9000 Ming Ave. #G, Bakersfield, CA. 10:00 AM

SUMMER CONCERT AT THE MARKETPLACE: Come to the fountain, and enjoy music. 7:00 PM - 9:00 PM 714-545-1400

ADVENTIST HEALTH BAKERSFIELD FARMERS MARKET: 2615 Chester Ave. 5:00 PM - 7:30 PM 869-6560

Friday, June 14



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


FRIDAY NIGHT SKATING AT SKATELAND: Come have some fun with family and friends. 7:30 PM - 10:00 PM 831-5567

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

MOVIES IN THE PARK AT LOWELL PARK: "Ralph Breaks the Internet" FREE - Friday Nights at dusk. 326-3866

SUMMER MOVIE AT KERN RIVER VALLEY LIBRARY: "A Wrinkle in Time". 1:00 PM 760-543-2083

WET & WILD FUN AT MOJAVE LIBRARY: Come enjoy our outdoor splash pad and water games! 12:00 PM 824-2243



Father's Day

June 16

Did You Know? Sonora Smart Dodd of Spokane, WA, is credited with starting Father's Day in 1910 after hearing a sermon on Mother's Day while attending church with her father. Dodd wanted to honor her father, William Jackson Smart, a Civil War veteran who raised six children after his wife died during childbirth.

Saturday, June 15

AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET: 9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

SATURDAY NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM 831-5567

VALLEY FARMER'S MARKET: 1725 Golden State Ave. 8:00AM - 12:00PM

KCRP NASCAR WEEKLY RACING SERIES: Super Stocks, Late Model Twins, Modifieds, Hot Stocks, Mini Dwarfs, Bandos and RV Race of Destruction. 13500 Raceway Blvd. 5:30 PM 835-1264

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

Sunday, June 16

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

BEALE PARK BAND CONCERTS: FREE. Bring your lawn chairs and blankets. 7:00 PM 326-3866

Monday, June 17

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

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

COUNTRY LINE DANCING: 392-2010

COLOR ME HAPPY AT MOJAVE LIBRARY: A relaxing stress-free & fun way to socialize. 824-2243

FAMILY STORYTIME & CRAFT AT MOJAVE BRANCH LIBRARY: Fun for the whole family! 11:30 AM 824-2243

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

BOOKS IN MOTION = DANCE + LITERACY: Join us for a dance interpretation of Stone Soup. Children can learn choreography, complete a craft, and discuss what they have learned. 15580 O St, Mojave 11:00 AM 824-5106

Tuesday, June 18

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

FREE ACTING CLASS: For children. 322-2800

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

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

REGAL SUMMER MOVIE EXPRESS: \$1.00 movies all summer. 9000 Ming Ave. #G, Bakersfield, CA. 10:00AM

TUESDAY NIGHT FAMILY ICE

SKATE: \$5 per skater. 1325 Q St Ste 100 6:00 PM - 8:00 PM. (661) 852-7400

FULL MOON RIDE: Join us for a family-friendly, all-ages cruise starting at Beach Park and following the bike path to the Marketplace. Experience a gorgeous Bakersfield night, while feeling the wind blow as you peddle your bike with friends and family down Kern River Parkway Trail. All ages and skill levels are encouraged to come. 7:00 PM - 9:00 PM 321-9248

Wednesday, June 19

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

BARGAIN NIGHT SKATING AT SKATELAND: Come have some fun with family and friends. 7:30PM-9:30PM 831-5567

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

MOBILE HEALTH CLINIC NEST TO THE LAMONT LIBRARY: No appointment is necessary, and many services are free. Services offered include Health screenings, immunizations, birth control, and others. 10:00 AM - 3:00 PM 321-3000

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

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 stories, have a snack, and color. 631-2575

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

CRAFTEFTERNOON AT MOJAVE LIBRARY: Enjoy an afternoon of creativity with the whole family! 11:00 AM 824-2243

Thursday, June 20

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

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

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

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

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

REGAL SUMMER MOVIE EXPRESS: \$1.00 movies all summer. 9000 Ming Ave. #G, Bakersfield, CA. 10:00 AM

SUMMER CONCERT AT THE MARKETPLACE: Come to the fountain, and enjoy music. 7:00 PM - 9:00 PM 714-545-1400

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



**PARENT & ME
POOL TIME**

Friday, June 21

For children 5 and under and their parent(s). This program gives parents and their young children the opportunity to enjoy some water playtime. McMurtrey Pool 10:00 AM - 11:30 AM 852-7430

Friday, June 21

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

FRIDAY NIGHT SKATING AT SKATELAND: Come have some fun with family and friends. 7:30 PM - 10:00 PM 831-5567



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

GAME ON! AT MOJAVE LIBRARY: Enjoy family fun board games at the library for all ages! 11:00 AM - 1:00 PM 824-2243

MOVIES IN THE PARK AT JEFFERSON PARK: "Hotel Transylvania 3" FREE - Friday Nights at dusk. Bring your lawn chairs and blankets. 326-3866

Saturday, June 22

AFTERNOON SKATING AT SKATELAND: Come have some good fun. Saturday-Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET: 9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

SATURDAY NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM 831-5567

VALLEY FARMER'S MARKET: 1725 Golden State Ave. 8:00AM - 12:00PM

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

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

Sunday, June 23

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

BEALE PARK BAND CONCERTS: FREE. Bring your lawn chairs and blankets. 7:00 PM 326-3866

Monday, June 24

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

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

COUNTRY LINE DANCING: 392-2010

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

COLOR ME HAPPY AT MOJAVE LIBRARY: A relaxing stress-free & fun way to socialize. 824-2243

FAMILY STORYTIME & CRAFT AT MOJAVE BRANCH LIBRARY: Fun for the whole family! 11:30 AM 824-2243

Tuesday, June 25

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

FREE ACTING CLASS: For children. 322-2800

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

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

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

WARMLINE MOM & BABY/TODDLER GROUP: Bring children for fun play sessions. 323-3531

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

REGAL SUMMER MOVIE EXPRESS: \$1.00 movies all summer. 9000 Ming Ave. #G, Bakersfield, CA. 10:00AM

TUESDAY NIGHT FAMILY ICE SKATE: \$5 per skater. 1325 Q St Ste 100 6:00 PM - 8:00 PM. (661) 852-7400

Wednesday, June 26

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

BARGAIN NIGHT SKATING AT SKATELAND: Come have some

fun with family and friends. 7:30PM-9:30PM 831-5567

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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

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

TODDLER TIME STORYTIME AT BARNES & NOBLE: Read stories, have a snack, and color. 631-2575

CRAFTERS CORNER AT MOJAVE LIBRARY: Bring your own craft! (Adults only). 10:00 AM - 12:00 PM 824-2243

Thursday, June 27

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



**2nd ANNUAL
CLAY SHOOT
TOURNAMENT**

Saturday, June 22

All proceeds will help Mutts & Runts rescue efforts in Kern County. There will be raffle prizes and auction items! Entry fee includes a BBQ. 12450 Shotgun Rd. 7:00 AM - 4:00 PM 619-808-8059

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!

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

MOPS-ST. ELIZABETH SETON CHURCH: Meeting the needs of every mother of preschoolers. 330-0100

REGAL SUMMER MOVIE EXPRESS: \$1.00 movies all summer. 9000 Ming Ave. #G, Bakersfield, CA. 10:00 AM

SUMMER CONCERT AT THE MARKETPLACE:

Come to the fountain, and enjoy music. 7:00 PM - 9:00 PM 714-545-1400

ART AFTER DARK AT BMOA: Join us for an after-hours art experience featuring fine art, entertainment, and refreshments from popular Bakersfield bars and restaurants. 7:00 PM - 9:00 PM 323-7219

Friday, June 28

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

FRIDAY NIGHT SKATING AT SKATELAND: Come have some fun with family and friends. 7:30 PM - 10:00 PM 831-5567

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

WET & WILD FUN AT MOJAVE LIBRARY: Come enjoy our outdoor splash pad and water games! 12:00 PM 824-2243

FAMILY FUN FRIDAYS-CARNIVAL NIGHT AT MCMURTREY POOL: Children and adults can play games, swim, zoom down the water slides, and launch off the diving boards! 6:00 PM - 9:00 PM 852-7430

MOVIES IN THE CANYON AT WIND WOLVES: 858-1115

MOVIES IN THE PARK AT GRAYSTONE PARK: "Lego Movie" FREE - Friday Nights at dusk. 326-3866

SUMMER MOVIE AT KERN RIVER VALLEY LIBRARY: "Christopher Robin". 1:00 PM 760-543-2083

Saturday, June 29
AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET: 9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

VALLEY FARMER'S MARKET: 1725 Golden State Ave. 8:00AM - 12:00PM

KCRP NASCAR WEEKLY RACING SERIES: Mini Dwarfs and Legends. 13500 Raceway Blvd. 5:30 PM 835-1264

SATURDAY NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM 831-5567

Sunday, June 30
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

BEALE PARK BAND CONCERTS: FREE. Bring your lawn chairs and blankets. 7:00 PM 326-3866

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June 2-6
6pm

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9:30 am - Bible Studies for all ages (English & Spanish)
10:45 am - Worship Celebration (English & Spanish)
Wednesday
6:00 pm - Bible Study & Prayer

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Kern Autism Network

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



Upcoming June Events

- Autism Spectrum Seminars Return Fall of 2019
- Thank you to all who graciously donated for our Give BIG Kern Campaign!
- All Support Groups Return Fall of 2019

EARLY SIGNS OF AUTISM:

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

SERVICES OFFERED:

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Miscellaneous

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Listings of FREE Immunizations

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Walgreens
Monday, June 3rd
4306 Ming Ave., Bakersfield
from 9:00 a.m. to 2:00 p.m.

**Greenfield Resource
Family Resource Center**
Monday, June 10th
5400 Monitor St., Bakersfield
from 9:00 a.m. to 2:00 p.m.

**Adventist Health
Bakersfield**
Wednesday, June 19th
2800 Chester Avenue, Bakersfield,
1:00 p.m. to 6:00 p.m.

Boron High School
Tuesday, June 4th
26831 Prospect St. (multipurpose room), Boron
from 12:30 p.m. to 3:30 p.m.

**Kern County Dept. of
Human Services**
Wednesday, June 12th
100 E. California Avenue, Bakersfield,
9:00 a.m. to 2:00 p.m.

NOR Riverview Park
Monday, June 24th
437 Willow Drive, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walgreens
Thursday, June 6th
3301 Panama Lane, Bakersfield,
9:00 a.m. to 2:00 p.m.

Walmart Fashion Plaza
Thursday, June 13th
2601 Fashion Plaza, Bakersfield,
9:30 a.m. to 2:00 p.m.

New Life Church
Wednesday, June 26th
4201 Stine Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

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

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ACTIVITY CORNER ANSWERS

p.34

Sudoku:

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

Crossword:

- | | |
|------------|-----------|
| Across | Down |
| 1. Sugary | 1. Sweets |
| 4. Eat | 2. Reef |
| 6. Form | 3. Yummy |
| 8. Candies | 7. Ounce |

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KID'S activity corner

Answers on page 33

Sudoku

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

Level: Beginner

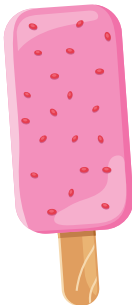
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve, the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes.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

Word Find

Find the hidden words in the puzzle

- | | | |
|--------|--------|----------|
| ARCH | MEOW | PURR |
| CAT | PAWS | SCRATCH |
| KITTEN | PLAY | SNUGGLE |
| LITTER | POUNCE | WHISKERS |

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



Creative Coloring



Crossword Puzzle

1				2			
							3
4		5		6	7		
8							

ACROSS

- Very sweet
- Consume
- To make into a shape
- Hard sweet treats

DOWN

- Desserts
- Underwater rocky area
- Delicious
- Unit of measurement

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