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wonderful
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humor@home: ode to sleep p.22 local ford junior youth of the year p.16

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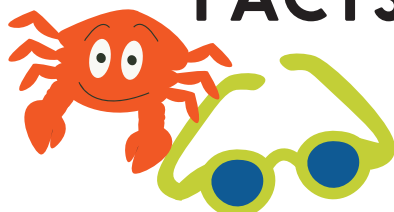
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dear reader



Vaun Thygerson,
Contributing Writer

When my oldest son was in preschool and learning to spell, he would write his letters on anything he could find. One time he used a fork to scratch our dog Max's name on the kitchen silverware drawer. Another time he took a permanent marker and wrote "HI" and "NO" all over the wood of our backyard swing set. So, during this "creative" phase my husband and I went out on a date, and our cute babysitter, Ashley, came for a few hours. Nothing seemed amiss while we were gone. The next day, there on the door to my sons' Jack and Jill bathroom, written in black Sharpie marker, were the words "STOP," "HI," and "NO." When I asked him why he wrote on the door, he said in his most innocent voice, without skipping a beat, "Wasn't me. It was Ashley!" He didn't fool me for a second. Even though he wouldn't admit he was the culprit, I knew it was him.

I was getting ready to paint the door to hide these words when he got so excited to show me he had "fixed" the door. He had taken some of his Lego stickers and covered the words to block them out, and you know what, it looked great. It was at that moment that our sticker door was born.

A decade later, we have covered that door from top to bottom with destination and pop culture stickers we collect on our adventures. In fact, this door has become such a fun conversation piece and physical reminder of our trips! From time to time, when I see Ashley, I thank her for writing on my door. Without her alleged graffiti, we wouldn't have this fun family tradition.

Every family has their own unique traditions and stories that they love to share and document. In this month's Humor at Home article, Julie Willis writes in her article, "Ode to Sleep: A Love Letter to My Children," a history of her children's sleep patterns, or more accurately, their no-sleep patterns. She explains when that they actually did sleep, she would take pictures of them. To read all about it, turn to page 22.

Families not only have traditions, they also share love that comes in all shapes and sizes. Local author, Heath Kelsey, recently wrote a book called Duke and the Dinosaur Family to help ease fears and raise funds for children in the foster care system. The book is about a little cave boy named Duke who loses his family and is raised by dinosaurs. To read about his passion and learn about his foster family, turn to the article, "Local Author Helps Raise Money for Foster Care System," on page 10.

Another article this month shares the success of local children at the Boys and Girls Clubs of Kern County in "Ford Junior Youth of the Year Awarded at Emerson Middle School." Esmeralda M., an 8th grade student at Emerson Middle School, was recently awarded the Ford Junior Youth of the Year. To read all about her achievements in school, church, and home, turn to page 16.

In July, as you enjoy all the patriotic celebrations and fireworks, you never know when one of these events or activities will become a tradition you'll share with the people you love for years to come. You could even get red, white, and blue souvenirs to add to your collections. But, no matter what you plan for America's birthday, have fun and stay safe!

Happy 4th of July!



The Thygerson Sticker Door



Lexie,
Motor City Muttt

KERN COUNTY FAMILY MAGAZINE'S 2019

PET PHOTO CONTEST

Is your kitty doggone adorable? Should your pooch be in pictures? We're sniffing out the cutest pets in Kern County, and the pets who leash up the most votes will win some ter-RUFF-ic prizes!

Snap a picture of your pet—dog, cat, ferret, parakeet, horse...whatever furry or feathered friend you have—then visit kerncountyfamily.com to share your pet pic now through July 15, 2019. Voting for your favorite pet photos begins July 16, so enter today! Good Luck!

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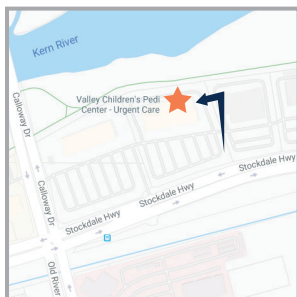


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ADAKC's 3rd Annual Wine, Women, and Shoes

A rainy forecast didn't stop Kern County Family Magazine Publisher, LJ Radon, Ronald McDonald House's Scarlett Sabin, KCFM's Vaun Thygerson, and ADAKC's Executive Director (and KCFM contributor!) Janelle Capra, from enjoying the festivities at the 3rd Annual Wine Women & Shoes event on May 18, 2019. With fun and outgoing Shoe Guys, this amazing day raised more than \$137,000 to benefit Bakersfield's ADAKC. Sponsored by Dignity Health, the event featured shopping, raffle prizes, yummy food, wine, a silent & live auction, and even a fashion show with models dancing in the rain!



Photo courtesy Vaun Thygerson

"Every dollar raised stays right here in our community to help clients and families on the Alzheimer's journey. ADAKC is blessed to have the support of our community sponsors, board, staff and volunteers who come together to make Wine, Women & Shoes a fabulous success," says Janelle Capra, Executive Director, ADAKC.

Don't miss this fun event next year! For more information, please visit www.adakc.org.

Red, White, and Blue July Open Barn

Join All Seated in a Barn at its Red, White, and Blue July Open Barn for free on Saturday, July 27, from 11 a.m. to 2 p.m. at 10322 Shellabarger, Bakersfield. The event will include photos with animals, treat bags for the animals, live music, arts and crafts, food, and much more.



All Seated in a Barn is an animal rescue for large animals like horses and donkeys that provides them with medical attention, food, and shelter while finding them forever loving homes.

For more information, please visit allseatedinabarn.com.

Summer Lunches at the Library

Join your local library branch for summer lunches where children, ages 2 through 17, eat for free while enjoying a fun program and activity. Throughout the summer, at 14 Kern County Library locations on different dates at 11:30 am to 12:30 pm, children not only eat a balanced lunch for free but get active and enjoy theme-inspired events.



For more information and a complete list of lunch dates, please visit www.kclevents.org or www.kerncountylibrary.org.

Bakersfield Police Department K-9 Trial

Check out the K-9 team officers of the Bakersfield Police Department at the Indoor K-9 Trial on Saturday, July 20, from 8 a.m. to 5 p.m. at Rabobank Arena, 1001 Truxtun Avenue. There is a suggested \$2 donation at the door. A portion of the proceeds will benefit the Armed Forces Support Foundation.

This family-friendly event will also feature McGruff the Crime Dog, face painting, child ID, SWAT booth, and Bomb Squad. The trial competition will include man work, searches, agility-obstacle course, and obedience.

Visit bakersfieldcity.us/gov/depts/police/get_involved/k_9_unit/k_9_trials.htm for more info.



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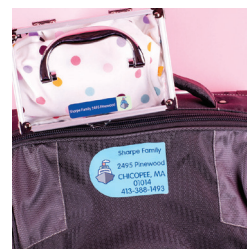
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Bakersfield Burrito Project Celebrates 10 Years With Bakersfield's Biggest Burrito

For the past ten years, the Bakersfield Burrito Project has been helping to feed the homeless community one burrito at a time.



Join them to celebrate this milestone on Sunday, July 7, at 11 a.m. at Mill Creek Park where participants will make Bakersfield's Biggest Burrito. Every Sunday since 2009, the Bakersfield Burrito Project volunteers have created fresh burritos to package with snack foods, bottled water and other food to deliver into Bakersfield communities.

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

Follow KCFM on Twitter!

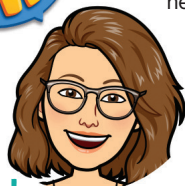
Kern County Family Magazine is now on Twitter, and we're all about #kerncountyfun! Follow us @family_kern for the latest local parenting news! Use our hashtags #parentingkerncounty #kerncountyfun or #kerncountyfamily to show us what's going on your family this summer!



Have You Noticed KCFM's Been Stepping Up Our Social Media Game?

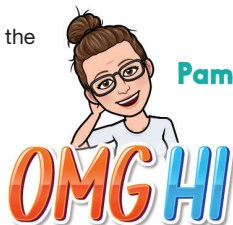
We're happy to introduce **Callie Collins**, Kern County Family's social media coordinator. Callie graduated from the University of Central Oklahoma with degrees in Spanish, public relations and journalism. She has worked in PR and marketing since 2007.

When Callie isn't working, you'll find her reading, exercising or out with her four sons at a local event.



LJ

While Callie will be handling the bulk of our social media, Publisher LJ Radon and Art Director Pam Huber will still be stopping in to say hello and post fun tidbits for you now and then. Come visit us on facebook and twitter and join the #kerncountyfun!



Pam

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The Roxy Wig



Protect Fido from the dog days of summer



With the summer season well underway, the California Department of Public Health is reminding families to protect their four-legged family members from the heat. Here are tips for protecting your pet from hot weather:

Never leave your pet in a parked car. Even cracked windows won't protect your pet from overheating or suffering from heat stroke during hot summer days.

Exercise your dog in the early morning or evening hours instead of during the middle of the day when it's the hottest. If your dog or cat is out during the day, remember that asphalt and concrete can get very hot and burn the pads of your pet's feet.

Your pet must always have shelter available to protect it from extreme temperatures and inclement weather. Keep in mind, too, that pets who are older or overweight are more likely to overheat during hot weather.

Keep your pet away from unfamiliar yards and grassy areas, since many people treat their lawns with pesticides at this time of year.

Provide your pet with fresh, cool water every day in a tip-proof bowl.

Keep your pet well-groomed, but resist the temptation to shave off all of his hair in an effort to keep him cool. A pet's coat will protect him from getting sunburned. The coat also acts as cooling insulation for most animals.

Keep your pet away from spots or puddles of auto coolant in the garage, driveway, or parking lots. The sweet taste of this poisonous liquid is tempting to animals, but could lead to a fatal result.

Don't let your dog ride in the back of an open vehicle like a pick-up truck. Unless your dog is riding in the cab with you, your dog could bounce or jump out of the moving vehicle. If your pet must travel in the back of an open vehicle, make sure he's safely tethered to the center of the bed where he's unable to reach the sides and is able to stand or sit on a slip-proof and cool surface.

LaCrosse Players Have the Highest Rates of Concussion Injuries

A recent study "Injury Incidence in Youth, High School, and NCAA Men's Lacrosse," by the American Academy of Pediatrics compared injury rates and causes among youth, high school and National Collegiate Athletic Association male lacrosse athletes for the 2014-15 and 2016-17 seasons. The results from the study showed that younger players have higher overall injury rates than high school and NCAA players and that most of their injuries are equipment-related. While the overall concussion rate in lacrosse is low, the study also showed that younger players tend to experience more concussions.



When examining injuries for high school and NCAA players, researchers found that those lacrosse players are more likely to experience overuse injuries or injuries that require time off for rest or recovery and are less likely to experience equipment-related injuries. The authors pose that the reason for higher injury rates in the youth group could be that players are still learning basic skills, such as body positioning and stick gameplay, and as players develop these skills their injury risk decreases. The authors conclude that the study reinforces that injury prevention in lacrosse should be tailored to the type of injuries common at each level of the sport, such as stick and collision injuries for younger players, and overuse and inflammation injuries for older players.

Chickenpox Vaccine Lowers Rates of Shingles in Children

Children who were vaccinated against varicella had a 78 percent lower incidence of herpes zoster (shingles) than those who were not vaccinated, according to a large, population-based study published recently in "Pediatrics."

The study confirms an additional benefit of immunizing against chickenpox, a disease that once sickened more than 4 million people in the United States each year—mostly children.

For the study, researchers combined databases from six health systems for the 12-year period, examining the medical records of more than 6.3 million children up to age 17 years to identify diagnoses of herpes zoster. The varicella virus goes dormant in the body after causing a chickenpox infection and can later reemerge to cause herpes zoster, a painful skin rash also known as shingles. Findings also showed that children who received two doses of the vaccine—the first between 12 and 18 months of age and a booster between 4 and 6 years of age, as recommended by the American Academy of Pediatrics—had an even lower incidence of herpes zoster.

TREND ALERT: Is oat milk for you?

by Metro News Service



People avoiding milk due to an allergy, intolerance, vegan lifestyle, or other preference have many dairy alternatives to choose from at their nearby supermarket. Almond milk, soy milk, coconut milk, and cashew milk are widely known, but what about oat milk?

Oat milk is quickly gaining steam at coffee houses and is poised to become a popular alternative dairy beverage. Varieties of oat milk started showing up in stores in 2018.

The foodies at Bon Appétit say oat milk is formed when steel cut oats or whole groats are soaked in water, blended and then strained. The resulting "milk" is purported to taste like the cream that sits atop a bowl of porridge. Because oats are more ubiquitous than nuts, oat milk can be a more sustainable option, as nut supplies do not need to be obliterated to produce milk-based products.

Oat milk may have more calories than almond milk, but where it shines is in fiber content. Almond milk has around 1 gram of fiber per 8-ounce glass, while oat milk has 2 grams per glass. Just be aware that some varieties of oat milk are sweetened and that can add up to high sugar amounts.



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Local Author Helps Raise Money for the Foster Care System

By Vaun Thygerson

Local author Heath Kelsey uses his personal experience, imagination, artistic talent, and a little cave boy named Duke to help raise money for the foster care system.

In Heath Kelsey's recently published book, *Duke and the Dinosaur Family*, he tells the story about Duke, who loses his family and is fostered by a dinosaur family. This book was written and illustrated by Heath and edited by his wife Jill for Duke and other foster children everywhere.

"I hope this book helps children cope with the fear of being placed with a family that's different from theirs," Heath says. "I want them to know that it doesn't matter what they look like as long as it's a loving family."

Over 700 children are placed in the foster care system every day in the United States by no fault of their own. Heath says they are scared, lonely, and in need of love. He wants this book to help foster and adoptive children cope with the fear of being placed in a new family. A portion of the proceeds from the sale of this book will go to charities that help and advocate for foster and adoptive children.

Because most foster children enter the system with only the clothes on their back, Heath says the main portion of the proceeds from this book will go toward funding placement packages for these kids. A placement package is an age-and-gender-appropriate package that includes items a child will need like clothes, pajamas, undergarments, hygiene products and more. It also may include toys, games, dolls, or stuffed animals.

Over 700 children are placed in the foster care system every day in the United States...Heath wants this book to help foster and adoptive children cope with the fear of being placed in a new family.

Heath and Jill feel strongly about fostering children and helping when and where they can. Heath has first-hand experience, as he grew up in a foster home from the age of 12 throughout high school. He says the adage their

family lives by, which he also printed in his book, states, "No child can have too many people who love them."

They have been married for 13 years and have three biological children, ages 17, 11 and 9, one adopted daughter, age 15, and two foster children, ages 22 months and one month. They first started fostering children about three years ago when Jill, a junior high school teacher, learned one of her students needed a home. Their biological children were on board to help too, so they stepped in, and have since adopted her.

Heath says they take their parenting job seriously. When it comes to their foster children, they go above and beyond to include the biological families because their ultimate goal is reunification. "We try to build that bridge to reunification. We mentor the mom, babysit, give rides. We are very active in their lives," Heath says.

In fact, these two have been awarded 2019 "Parent of the Year" from Kern County Board of Supervisors' Foster Care Awareness Month Proclamation. In Kern County Department Human Services Director Dena Murphy's nomination of this couple, she writes, "I nominate Jill and Heath Kelsey for their unselfish devotion to their past and present foster children in their home. The Kelsey family has had placement since 2015, first to Jill's student in her classroom that was recently adopted by the Kelsey family in October 2018. The Kelsey family continuously engages with the biological families for the best outcomes for the foster youth in their home."

Duke and the Dinosaur Family is a fun read that also helps support a good cause. This book is available for purchase at www.amazon.com, www.lulu.com, and www.barnesandnoble.com.

For more information on how you can become a foster parent, contact www.kerncounty.com/dhs.





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cover feature

Up Your Safety Game This Summer:

Accidents and Injuries Spike This Time of Year—Here's Help.

By Malia Jacobson

Summers are made for family fun. But when temperatures rise, so do safety risks for kids. Per the National Safety Council, preventable accidental deaths peak during summer from dangers that include drowning, car accidents, and fires. It's also a time when nonfatal injuries from things like grills, fireworks, and sunburn are more likely. Here's how to prioritize simple safeguards that keep kids safer all summer long.

Drowning

No parent wants to think about it, but drowning dangers consistently lead the CDC's list of unintentional injury deaths for children. It's the most common cause of accidental death for children ages 1-4 and in the top five for older children and teens.

Per research, regular swim lessons can offer a boost to kids' physical and even cognitive development and offer parents some peace-of-mind, but even strong swimmers aren't safe from drowning. Although a small study found that formal swim lessons can reduce drowning risk in children ages one to four, the American Academy of Pediatrics warns that preschool-age children don't have the motor skills needed for true independent swimming and should never be considered water safe.

Kelsey Ashe, a mom of three who works in healthcare, safeguards her family's pool with door alarms, strict rules about adult supervision, age-appropriate lifejackets for the kids and guests, and a secure 300-lb capacity pool cover that stays on year-round except when the family swims together. "If anyone falls onto the pool, the cover will prevent them from sinking in, and that probably gives me more peace of mind than anything," she says.

Wheels

Steer clear of the summer spike in auto-related dangers for kids by following the rules of the road safeguarding against heatstroke death. Check out local car seat laws and keep children in recommended seats as long as possible, never mix alcohol and driving, and keep your phone somewhere non-distracting during car trips.



Kids' smaller bodies heat up 3-5 times faster than adults and they can experience heatstroke within minutes in a hot car. The ACT campaign from Safe Kids Worldwide encourages parents to Avoid heatstroke by never leaving a child in a car even for a minute, Create reminders like placing something you'll need like your work bag or phone near a child's car seat, and Take action by calling 911 if you see a child left in a car.

Burns

Our longer summer days mean more sunlight and more sunburn risk. Kids can sunburn in as little as 15 minutes, and a blistering burn is a serious

condition requiring emergency medical care, says Amit Joshi, MD, internal medicine physician with Bellevue's Overlake Medical Center.

The American Academy of Dermatology recommends applying a water-resistant sunscreen with SPF 30 or higher on all exposed skin (even lips) 15 minutes before going outside, and reapplying every two hours or after sweating or swimming. Per the AAP, sunscreens aren't recommended for babies under six months, so keep little ones in the shade and choose photo-protective hats and clothing instead. Seeking cover during peak sunlight hours, from 10am to 4pm, lowers the risk of sunburn and keeps everyone cooler and more comfortable.



The sun isn't our only source of heat—don't forget about burns from grills and campfires. The U.S. Fire Administration recommends designating a 3-foot safety zone around grills and open flames. When burns happen, run them under cool water for 3-5 minutes, and seek medical help for any burn larger than palm-size.

Bites

Summer's outdoor adventures can bring on bites of all kinds. Parents can protect kids from insect bites by removing standing water around their home (think buckets, birdbaths and baby pools) and dressing kids in long sleeves and pants for hikes, says Dr. Joshi. "Even if children don't have known allergies to bites, parents should be able to recognize the signs of anaphylactic reaction like swelling of lips, face, eyes, hands, and feet—any facial swelling or wheezing means kids should get medical care. Minor swelling and irritation can probably be treated with an over-the-counter antihistamine."

Don't forget bites from four-legged friends, either—each year over half of the country's 4.7 million reported dog bites happen to kids under 14. Teach kids to never approach an unfamiliar dog, always ask a dog's owner if petting is OK and allow the dog to sniff their hand first, and never to run toward or away from a dog. If a dog attacks or knocks a child over, they should roll into a ball, cover their face, and lie still.

Air

In many areas, wildfires are a summer staple, and the resulting smoky air can make outdoor play unsafe for kids. Smoky, polluted air is especially hard on babies and kids under 5, says Joshi. "Lung development is still ongoing up to the age of 5, and exposure to airborne pollutants can actually damage the lungs' normal, healthy development." During summer's smoky season, follow local air quality recommendations for "sensitive groups," avoid vigorous exercise outdoors, and plan outings for beaches and waterways, where winds may keep some smoke away.

As soon as the air clears, head back outside to enjoy your summer, safely.

Malia Jacobson is a nationally published health and family journalist.

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Keep in Touch with Kids at Camp

By Metro News Service

Summer camp is an exciting way for children to spend their extended vacations from the classroom. Camps cater to various interests, including sports, crafts and even technological hobbies.

Children who attend overnight camps may spend several nights away from home. Some kids take this in stride, while others, possibly away from home for the first time, may experience some homesickness. Staying in touch while the kids are at camp can help alleviate fears and show children their parents care.

Camps now handle communication issues differently than they might have when today's parents were campers. While it once common for campers to send handwritten letters or short missives home to mom and dad, technology has changed that. Today's campers may have access to email accounts, or they even may be allowed to bring mobile phones along. This can facilitate communication, but it also may take away from the camping experience.

Parents need to find a balance between what might be too little or too much contact with campers. After all, camp is kids' chance to grow independent for a few days or weeks.

Learn camp rules. The camp will likely provide information regarding correspondence. Camps may permit parents to send one-way emails and regular mail, but limit campers to handwritten letters only. Determine if mobile phones are allowed or should be left at home. Knowing the rules can help parents and kids plan accordingly.

Pack correspondence supplies. Send kids to camp with fun papers, stickers, pens, and other crafty items. This way they'll be inspired to write home once or twice. Provide brief lessons on how to address an envelope for campers who may not know how.

Check blogs and texts. Some camps may blog about campers' progress, post information on social media or send out mass texts. These messages can reassure parents that their youngsters are doing just fine. Figure out which tech options are available from camp administrators.

Send a care package. Treat the campers to some supplies from home. Pack camp-approved snacks and other reminders of home. Be sure to include enough for the entire cabin and your son or daughter will be the camp star.

Expect some silence. If camp is going well and campers' days are fun-filled, they may be too busy for daily correspondence. Parents may get nervous when they don't routinely see or hear from their children, but chances are everything is going swimmingly.

The camp experience is often harder on parents than children, as campers have their friends and activities to keep them busy. Brief communication helps campers grow more confident and independent.



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Ford Junior Youth of the Year Awarded at Emerson Middle School

By Vaun Thygeron

Esmeralda M., an 8th grade student at Emerson Middle School, was recently awarded the Ford Junior Youth of the Year. She received this honor along with a laptop, laptop case, t-shirt, and a certificate from Assemblyman Rudy Salas at a graduation celebration for the 11 Junior High and Middle School Boys & Girls Club sites (and traditional club sites) that participated in the Ford Junior Youth of the Year for 2018-2019. Each site had 20 to 25 students attend the event.



Photo by Orlando Trevino, Boys & Girls Club of Kern County

Esmeralda (Center) with George Hay (left), Director of Marketing and Advertising & Joe Hay (right), Vice President and General Manager for Jim Burke Ford.

In 2017, Ford Motor Company Fund launched the "Ford Junior Youth of the Year" initiative in partnership with Boys & Girls Clubs and local Ford dealers throughout Southern California, with Jim Burke Ford Lincoln representing Bakersfield. The recipient of this award must demonstrate leadership and service at school, home or with family, and show academic achievement, with consideration given to any physical, social, or emotional obstacles overcome during the 2018-2019 school year.

A club member for three years, Esmeralda has earned straight A's, plays volleyball for a local team, and is active in her church community. She was selected to play her violin in the honor orchestra this year and will attend Bakersfield High School in the fall.

The site coordinator who nominated Esmeralda for this award wrote the following about her: "Esmeralda helps other students in my classroom when they need assistance. She loves her parents, two older sisters, younger brother, and extended family members. This student also speaks very highly of her grandmother who passed away this school year. This young lady has strong morals and values. Esmeralda has younger nieces and nephews who

she babysits occasionally. In our sewing classroom, she is always willing to help other students. She will also help tidy up the classroom after class is over."

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 celebrate 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.

"We are so honored to be able to offer this recognition for outstanding youth through our partnership with our friends at Ford. This award represents youth striving to be their very best and working with our mentors to create a path of excellence. Thank you, Ford Motor Company Fund, for your vision and leadership," says Zane Smith, Executive Director, Boys & Girls Clubs of Kern County.

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

2018-2019 Ford Jr. Youth of the Month Winners:



- Aug. 2018 - Armstrong Youth Center (Jayla R.)
- Aug. 2018 - Stockdale Club (Jaedyn R.)
- Sept. 2018 - Curran Middle School (Jacob T.)
- Oct. 2018 - Sierra Middle School (Raquel H.)
- Nov. 2018 - Paul L Cato Middle School (Mia G.)
- Dec. 2018 - Stiern Middle School (Joshua R.)
- Jan. 2019 - Washington Middle School (Moses N.)
- Feb. 2019 - Sequoia Middle School (Angelica F.)
- Feb. 2019 - Compton Junior High School (Jennifer C.)
- Mar. 2019 - Emerson Middle School (Esmeralda M.)
- Apr. 2019 - Beardsley Jr. High School (Mario Q.) not pictured



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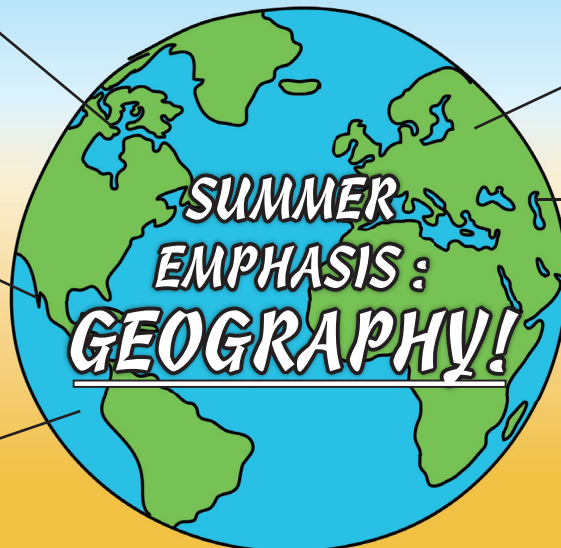
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Mama, You're a Firework!

Hello Mama!

July has me thinking about the Katy Perry song, "Firework." You know the lyrics where she sings:

"Do you ever feel already buried deep?
Six feet under screams
And no one seems to hear a thing
Do you know there's still a chance for you?
'Cause there's a spark in you
You just gotta ignite the light
And let it shine"

Ever feel like that? I know I have. Sometimes the blessings of motherhood can feel like burdens, buried deep, where no one else can see us, hear us or more than anything, understand us. And, if this resonates with you, I want you to know the most important thing about this journey...

You are not alone.

No matter what trial you are currently facing, what battle you are up against, what mountain you need to move, I'm living proof that you will get through it! You will. Just remember "there's a spark in you" for a reason!

I recently had a "firework" moment where I was honored and humbled to accept the Beautiful Bakersfield Award for Humanitarian, Individual for charity work I had done in 2018. It was surreal to hear my name called in a category of amazing humans doing awesome work to make Bakersfield beautiful. I remember thinking as I took the stage (all of the bright lights on me) that I was up here in my shining moment because I made a conscious choice to change my mindset. I chose to "lose myself in service to others" during a year where I felt lost, hopeless, and at times, invisible. I was 8 years into my mom's Alzheimer's journey, and I had finally come to the place of acceptance. I came to the realization that there was absolutely nothing I could do to slow the progression of my mom's dementia, nothing. But, what I could do is make a conscious choice to show up, step up and speak up for charities closest to my heart.

By choosing service above self, I was able to help several non-profits raise much-needed funds, and, in turn, it helped to heal my broken heart and give me a new sense of purpose.

If you, too, are in the midst of a battle, the best advice that I can give you is to tether yourself to something, anything. Find

a reason to smile, to laugh, and give yourself some grace. As the saying goes, maybe you were given this mountain to show others that it can be moved.

Try something new to shake up your mindset and re-ignite the spark in you. Maybe sign up for a ballet class or a paint night (there's something very cathartic about a paint brush and canvas, especially if it's with a glass of wine!) or maybe it's taking a walk outside, barefoot on the grass? (This really works, there's science behind the energy in the grass and the connection to your body). Whatever path you choose, remember, it is a choice. You have the power to change your mindset over the situation that may seem hopeless. You can be your own hero!



Photo by April Massirio

"You just gotta ignite the light". Yes, Mama, this! In the challenging times when you can barely get out of bed in morning, the greatest gift you can give yourself and others is to--serve. Seek the light in the midst of the dark times. Be the light to others on their journey and in return you will find your way forward and find your own firework!

"Come on, let your colors burst
Make 'em go ah, ah, ah
You're gonna leave 'em all in awe, awe, awe"
--Katy Perry

you can do it

Sweet SUMMER Snacks

By Family Features



There's no time like a hot summer picnic to let your patriotic spirit show. These all-American snacks featuring a classic favorite fruit - watermelon - are the perfect solution for nearly any summertime celebration.

Watermelon is a patriotic picnic staple for countless reasons, not the least of which is that it's a beloved treat that many people associate with memories from childhood. However, nostalgia isn't the only reason adults are just as likely to gravitate toward watermelon at a summer event. Its sweet, cool and refreshing flavor also makes it a favorite for all ages.

From a practical standpoint, watermelon is also quite portable, versatile and easy to serve, and with a composition of 92% water, it's a simple way to sneak in some extra hydration on a hot day. Another benefit is its value; watermelon is one of the best values in the produce section among fruit, and just one watermelon can feed up to three dozen people.

Find more ideas for incorporating watermelon into your summer festivities at watermelon.org.

Serving watermelon at a party can be as simple as slicing wedges—but we suggest you impress your guests with one of these red, white, and blue watermelon wonders!

Red, White and Blue Watermelon Parfait

Ingredients

- 1 cup blueberries
- 1 container (6 ounces) Greek yogurt (vanilla, lemon or coconut)
- 1 cup watermelon, plus three pieces diced watermelon
- whipped cream, for serving

Directions

In pint canning jar, layer blueberries, yogurt and 1 cup watermelon. Top with whipped cream and garnish with three diced watermelon pieces.

Note: To make ahead or make thicker, drain Greek yogurt on paper towels to absorb some liquid.



Patriotic Charcuterie Board

Ingredients

- 1/2 medium seedless watermelon, cut into wedges
- 1/2 cup fresh raspberries
- 1 1/2 cups fresh blueberries
- 10 strawberries (dipped in white chocolate, if desired)
- 5 ounces fresh goat cheese
- 1/2 cup toasted, salted cashews
- 2 ounces cured meats like prosciutto, pancetta, coppa, salami, soppressata, sausage or pepperoni
- 1 Honeycrisp apple, cored and sliced
- lemon juice
- fresh basil leaves

Directions

On large board or platter, arrange watermelon, raspberries, blueberries, strawberries, cheese, cashews, meat and apples. Drizzle fruit with lemon juice. Garnish with basil leaves before serving.

Flag Kebab Cake

Ingredients

- 1 pint fresh, washed blackberries
- 12 wooden skewers
- 1 seedless watermelon, flesh cut into 1-inch cubes
- 1 angel food cake, cut into 1-inch cubes (white part only)
- dips, such as yogurt, chocolate, caramel or marshmallow (optional)

Directions

1. Thread five blackberries on each of five skewers, followed by alternating watermelon and cake cubes.
2. On remaining skewers, alternate watermelon and cake so first and last cubes are watermelon. Place skewers on platter; fruit and cake will create stars and stripes when lined properly.

Serve with dips, if desired.





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Ode to Sleep A Love Letter to My Children

By Julie Willis, Bakersfield Mom of Two

To My Darling Children:

I love you. Do you know what else I love? Sleep. Why don't you also love sleep? Why do you fight sleep like it's a giant, fire-breathing dragon that must be slain? Don't you know that the end of the day is the best part? You can just cuddle up in your bed, close your eyes, and sleep. I start thinking about that moment from the time I wake up every morning. But you—you avoid bedtime by suddenly needing to do things like replace the Band-Aid on your invisible paper cut from three weeks ago and reorganize the mountain of stuffed animals you insist on sleeping with. And how you know—only at bedtime—that one of the forty-two in your collection is missing, I have no idea. But you do. You know it by name and become suddenly hysterical in your urgent need to find Fluffy or whoever it happens to be.

When you grow up, I will tell you a little secret about how we needed you to be asleep by 8:30, so we had to give you a 6:45 bedtime because it took you an hour and forty-five minutes to get yourselves into bed and settled down.

It makes me think you just appeared out of thin air. You're not like me, and you're not like your dad. In fact, there isn't an adult on the planet who would say, "Ah, yes, I'm just like that. I, too, hate to sleep." NO ONE resists sleep. Even babies sleep. (Well, present company excepted. But most babies sleep.)

Speaking of babies, when I look back at your baby pictures, you would think I would find lots of pictures of you awake because you slept so little, but do you know what I find instead? Picture after picture of you sleeping! Do you know why? It was such a rare event that your dad and I photographed it EVERY SINGLE TIME YOU DID IT. FOR YEARS. We would be like, "Oh my gosh, the baby's asleep! Quick, get the camera!" We were so stunned that it didn't even occur to us that we had a good twenty minutes of freedom to do something like, oh, I don't know, take a nap ourselves. We just took pictures of you sleeping until you woke up again. We have pictures of you sleeping in the swing, on the floor, in the crib, next to the cat, next to the dog, on our bed, in our arms, in the stroller.

Wait. In the stroller?! You both hated the stroller! All of my memories of you being in the stroller are of screaming misery. And sometimes kicking and



throwing things. But sleeping?! I absolutely do not have one single memory of either of you ever sleeping in a stroller.

If we did not have the photographic proof, there is nothing anyone could say to me that would make me believe you ever fell asleep in a stroller for even a moment.

And so now that you're a bit older, I can see that your personalities were formed from infancy. Sleep haters.

Some day, you will have children of your own. May they sleep like babies (the regular kind), so you can be the energetic mom that I can only be in my dreams. The few dreams I have.

With all my love,

Mom

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The Art of Zen Parenting

9requently have parents come up to me when they see me in public and ask me, "...Just how can we make our children be more polite? They are always interrupting us and causing trouble at home. What should we do?" Well, the real answer is, do **nothing**. Yes, in fact, the more you do nothing, the better things are going to be with your children.

Look at it this way; you are constantly in charge of training your child to be the person he is going to be. What you continuously need to be aware of is that your child is requiring guidance from you every second of the day. As your child gets older, he will require less guidance from you, whether you have or you have not done your job correctly as a parent. Pretend that you are going to film yourself interacting with your child. What would you see when you played the scene back? Could it be looked upon as a successful interaction or a big mess? That is what we all need to consider BEFORE we engage with the child.

I often see parents telling their child, "You are not to interrupt me," and that is exactly what she or he, the parent, is allowing the child to do by engag-

ing and speaking with the child. Sure, the child may be saying, "Mommy, Mommy, Mommy," and possibly pulling on your pant leg or blouse, but YOU are the one allowing the child to interrupt, pretending like he is not, when you address your child's annoying "Mommy!" behavior. Remember, the way your child treats you, he will surely treat others. This is the part where you do nothing. Your child is pulling on your pant leg while you are in conversation with someone. You do NOTHING, and keep on having your conversation. It is difficult to ignore your child, but you can do it.

Your child has learned to feel powerful because he can get you to do anything, even stop your conversation, but not this time. You do NOTHING with the child and just keep on talking. Of course your child does not believe you would really ignore him, so he keeps it up, being impolite that is. Still, you do nothing. Eventually, in situations such as this, your child will learn some manners because you do NOTHING. Finding out that a certain behavior no longer works will make a child search for a more functional, workable behavior. Watch for it; when you see that positive behavior that looks like good manners, take action and respond to your child. Smile at him. That will encourage the child to repeat that behavior, over and over and over.

Remember, our children act the way they do because we respond to them when they do these things.

Eating out at a restaurant, you tell your child to stop slurping or burping. That little bit of parental attention is all the child requires to KNOW that this is a good behavior for him because you, the parent, paid attention to him when he did it, again and again. Thus, he is burping or slurping for YOU. Bad behavior continues because we pay attention to it; we recognize our child as a "burper" or slurper." Your child misbehaves, is impolite, and has poor manners because you respond to him when he does it. Next time, do NOTHING. This form of parenting is known as Zen parenting. By doing nothing, you are really doing something. Remember, the more polite we are—as in not noticing our child's poor choices—the more polite your child can become, particularly when you hesitate to only notice their positive behaviors, their good manners. Zen, everything will be better.

A real estate advertisement featuring a photo of Daniel Cook, a man with glasses and a light-colored shirt. The background shows a "SOLD" sign, keys, and a floor plan with handwritten notes like "31563", "BEDROOM 3", and "9-7 x 12-3".

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EQUITY 1 LOANS 661-330-2222
www.equity1loans.com
email: equity1loans@gmail.com
Daniel Cook
CA Bureau Real Estate Broker #00707520

A dentistry advertisement for Just for Kids Dentistry. It features a photo of a young child in a dental chair with a dentist's hands. The text is colorful and includes a large price tag for a new patient exam.

New Patients Welcome! Kindergarten Exam!!!
New Patient Exam \$49⁰⁰
NOT VALID FOR PERIODONTAL TREATMENT
Includes X-rays, Office Visit & Cleaning
OPEN SATURDAYS
2 Bakersfield Locations to Serve You
El Dentista Habla Español
Most Insurance Accepted
Medi-Cal for Families or Medi-Cal Program
Midtown Family Dentistry
2427 "H" Street
Enrollment available on site
861-0577
OPEN 6 DAYS A WEEK
Just for Kids Dentistry
4000 Stockdale Hwy., Suite H
327-7668



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

JULY '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	31			

Monday, July 1

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

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

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

FAMILY STORYTIME WITH BAKERSFIELD TRAIN ROBBERS AT BEALE LIBRARY: Join the Bakersfield Train Robbers baseball players and color jersey coloring sheets. 11:30 AM 868-0701

OMNIPRESENT PUPPETS “COSMIC JOE & THE STAR PIRATES” AT MOJAVE LIBRARY: 12:00 PM 824-2243

THE BAKERSFIELD WINDS PATRIOTIC CONCERT: A family friendly event of wind band music. 7:30 PM 323-7928

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

Tuesday July 2

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

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

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

\$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

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

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

Wednesday July 3

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

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

MEDITATION SERIES AT BMOA: Join us for tips and techniques. 10:00 AM - 10:30 AM 323-7219

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

Look for the firework for 4th of July FUN

3RD OF July FIREWORKS CELEBRATION AT SHAFTER HIGH SCHOOL: FREE, Music, Food, Kid Zone, 50/50 Raffle. Emcees Danny and Kait Hill of Rewind 98.1. No Alcohol or BBQ's permitted. 6:00 PM 746-2600

A VISIT FROM CAPTAIN AMERICA AT BEALE LIBRARY: Hang out with Captain America! 11:30 AM 868-0701

WILD SCIENCE WEDNESDAYS AT BEALE LIBRARY: Join us for hands-on science experiments. 4:00 PM 868-0701

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

Thursday July 4

BAKERSFIELD'S ANNUAL JULY 4TH COMMUNITY CELEBRATION: The event offers a free fireworks show and live entertainment at the Spectrum Amphitheatre. Parking is extremely limited for the free event. No parking will be allowed in the commercial district along Stockdale Highway or the lot at the corner of Stockdale and Buena Vista. Attendees are encouraged to carpool, use a rideshare service or use public transportation to get the event. 7:00pm, Park at River Walk (661) 326-3866

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

BAD BULLS PROFESSIONAL BULL RIDING: Bad Bulls hosts the toughest Cowboys from across the U.S. and the baddest bulls. FIREWORKS! Tickets available at Eventbrite. Dennison Road and Hwy 58, Tehachapi 4:00 PM 557-7336.

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

TAFT FIREWORKS SHOW: FREE! Bounce house, food vendors, craft and business vendors, beer garden, live music and FIREWORKS! At Rails to Trails, 5-10pm www.taftchamber.com

Friday July 5

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



MOVIES IN THE PARK AT WILSON PARK: "Sherlock Gnomes"
FREE - Friday Nights at dusk. Bring your lawn chairs and blankets. Snacks are available for purchase. 326-3866

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! 703-6911

BOOKS IN MOTION: DANCE + LITERACY AT BEALE LIBRARY: "Goldilocks and the Three Bears" by Dancer's Turnout Academy. Books in Motion is a FREE program that encourages reading through dancing! 11:30 AM - 11:30 AM 868-0701

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

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



Kern County Living History & Military Festival

Saturday, July 6

Where Real History Comes to Life! \$20 for Adults, \$15 for Children Ages 7-18, Children Ages 6 & Under are Free with a Paid Adult Admission. Kern County Fairgrounds. \$5 Parking 8:00 AM - 4:00 PM Saturday - Sunday 714-473-7272

Saturday July 6
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

KID'S TOOL SAFETY WORKSHOP AT HOME DEPOT: Teaches children do-it-yourself skills and tool safety. Hours vary. Please call in advance. Info: 835-1133, Gosford Rd; 872-2041, Mount Vernon Avenue; 587-1545, Rosedale Hwy.

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

FREE PUB SHOW AT TEMBLOR: FREE show with local saxophonist Isaiah Morfin! All Ages! 7:00 PM - 9:00 PM 489-4855

KIDS GET CRAFTY AT KERN RIVER VALLEY LIBRARY: Join in and get creative! 2:00 PM - 3:00 PM 760-543-2083

THE PATH TO WHOLESOME AT BEALE LIBRARY: A nutrition workshop. 1:00 PM - 2:00 PM 868-0701

Sunday July 7

SAN EMIGDIO EXPRESS AT WINDWOLVES: 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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music every Sunday afternoon. 1:00 PM - 5:00 PM 873-7613

BAKERSFIELD BURRITO PROJECT OUTREACH 10th YEAR ANNIVERSARY: There will be free food and community service providers on hand with information and resources. 21st Street, 11:00 AM - 2:00 PM 412-2568

KAISER PERMANENTE PLANT-BASED NUTRITION WORKSHOP: FREE Open to the community. 10:00 AM 334-2088

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

Monday July 8

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

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

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

COUNTRY LINE DANCING: 392-2010

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

BOOKS IN MOTION: DANCE + LITERACY AT ARVIN LIBRARY: "Giraffes Can't Dance" by Mallo-ry Academy of Dance. Books in Motion is a FREE literacy program that encourages reading through dancing! Children will learn the official Books in Motion dance and create a craft that relates to the story. Free books will be offered to Book in Motion participants on a first come, first serve basis. Join us for fun while learning and dancing! 3:00 PM 854-5934

JAM SESSION WITH MENTO BURU AT BEALE LIBRARY: Come jam with Mento Buru! 11:30 AM - 12:30 PM 868-0701

TAI CHI AT MERCY: Express meditative movement while experiencing a calm and soothing state of relaxation. Wear loose clothing that allows your joints to bend comfortably and flat shoes, such as sneakers. A \$5.00 donation would be appreciated, but is not required. 8:30 AM - 9:30 AM 632-5747

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 in advance of distribution each month and are subject to change. Please contact the event coordinator ahead of attendance for dates and times.

JULY 2019 *daily happenings*

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

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

Tuesday July 9

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

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

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

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

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

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

JAMMIN ISLAND HULA AT BEALE LIBRARY: Jammin Island Hula will dance. 11:30 AM - 12:30 PM 868-0701

Wednesday July 10

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

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

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

LEGO CLUB AT MOJAVE LIBRARY: Design your best LEGO creation. 824-2243

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

WILD SCIENCE WEDNESDAYS AT BEALE LIBRARY: Join us for hands-on science experiments. 4:00 PM 868-0701

GYPSY FOLK ENSEMBLE AT BEALE LIBRARY: 11:30 AM - 12:30 PM 868-0701

Thursday July 11

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

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

SQUARE DANCING CLASSES: 301-2808

THURSDAY NIGHT CRUISIN': Custom classic vehicles and raffles. 8660 Rosedale Hwy. 6:00 PM - 8:00 PM 431-7688

WORD POETRY/OPEN MIC NIGHT: 703-6911

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

THURSDAY NIGHT CRUIZIN': Car Show, raffles & give away. 6801 White Lane 4:00 PM - 9:00 PM 847-9955

FAMILY STORTYTIME & CRAFT AT KERN RIVER VALLEY LIBRARY: Fun for the whole family! 10:30 AM 760-543-2083

Friday July 12

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

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

SUMMER MOVIE AT KERN RIVER VALLEY LIBRARY: "Queen of Katwe" 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

MOVIES IN THE CANYON AT WIND WOLVES: 858-1115

MOVIES IN THE PARK AT SILVERCREEK PARK: "How to Train Your Dragon" FREE - Friday Nights at dusk. Bring your lawn chairs and blankets. Snacks are available for purchase. 326-3866

Saturday July 13

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

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

THE PATH TO WHOLESOME AT BEALE LIBRARY: A nutrition workshop. 1:00 PM - 2:00 PM 868-0701

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

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

VOLUNTEER ORIENTATION AND TRAINING: M.A.R.E. provides therapeutic equine-assisted activities for the benefit of people living with special needs and disabilities. 589-1877

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

TWILIGHT AT CALM: Enjoy the animals during their active dusk hours. 5:00 PM - 8:00 PM 872-2256

Sunday July 14

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

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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music every Sunday afternoon. 1:00 PM - 5:00 PM 873-7613

Monday July 15

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



5th Annual Charity Farmer's Market

Saturday, July 13

The Kern County Young Farmers and Ranchers (YFandR), a non-profit group with the Kern County Farm Bureau, is once again hosting their Annual Charity Farmer's Market this summer. Get produce in exchange for donations. 8660 Rosedale Hwy. 7:00 AM - 1:00 PM 397-9635



National Blueberry Month

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

COUNTRY LINE DANCING:

392-2010

FAMILY STORYTIME & CRAFT AT MOJAVE BRANCH LIBRARY:

Fun for the whole family! 11:30 AM 824-2243

TAI CHI AT MERCY: Express meditative movement while experiencing a calm and soothing state of relaxation. Wear loose clothing that allows your joints to bend comfortably. A \$5.00 donation would be appreciated, but is not required. 8:30 AM - 9:30 AM 632-5747

Tuesday July 16

BAKERSFIELD TRAIN ROBBERS:

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

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

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

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

TUESDAY NIGHT FAMILY ICE SKATE: \$5 per skater. 1325 Q St. #100 6:00 PM - 8:00 PM 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. All ages and skill levels are encouraged to come. 7:00 PM - 9:00 PM 321-9248

Wednesday July 17

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

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

WILD SCIENCE WEDNESDAYS AT BEALE LIBRARY: Join us for hands-on science experiments. 4:00 PM 868-0701

WOMEN'S SELF DEFENSE WORKSHOPS: 322-0931

A VISIT FROM WIND WOLVES PRESERVE AT BEALE LIBRARY: Learn about wildlife. 11:30 AM - 12:30 PM 868-0701

BOOKS IN MOTION: DANCE + LITERACY AT SOUTHWEST LIBRARY: "Giraffes Can't Dance" by Mallory Academy of Dance. Books in Motion is a FREE literacy program that encourages reading through dancing! Children will learn the official Books in Motion dance and create a craft that relates to the story. 1:00 PM 664-7716

CULT CLASSICS AT READING CINEMAS VALLEY PLAZA: "Clueless" 7:00 PM 833-2230

Thursday July 18

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

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

THURSDAY NIGHT CRUISIN': Custom classic vehicles and raffles. 8660 Rosedale Hwy. 6:00 PM - 8:00 PM 431-7688


THURSDAY NIGHT CRUISIN': Car Show, raffles & give away. 6801 White Lane 4:00 PM - 9:00 PM 847-9955


A VISIT FROM CHP AT BEALE LIBRARY: CHP will be telling us about their job. 11:30 AM - 12:30 PM 868-0701

BOOKS IN MOTION: DANCE + LITERACY AT SOUTHWEST LIBRARY: "12 Dancing Princesses" by Bakersfield City Ballet. Books in Motion is a FREE literacy program that encourages reading through dancing! 1:30 PM 664-7716

July Worship Guide


Sponsored by





TRINITY
ANGLICAN CHURCH

Father Karl Dietze
Service Times: 8:00 AM & 10:00 AM
 Sunday School and Child Care available during 10:00 service
11300 Campus Park Drive
Bakersfield CA 93311
 NW Corner of Buena Vista & Campus Park
661-665-7713
www.trinitybakersfield.com



Fellowship Baptist Church
 3001 Stine Rd
 Bakersfield, CA 93309
 661-833-4345
www.myfellowshipbaptist.com
 Rick Prevost, Senior Pastor

ARE YOU LOOKING FOR A CHURCH HOME?...

Sunday
 9:30 am - Bible Studies for all ages (English & Spanish)
 10:45 am - Worship Celebration (English & Spanish)

Wednesday
 6:00 pm - Bible Study & Prayer



**SAFARI ADVENTURE
POOL TIME**

Friday, June 26

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, McMurtrey Pool

FAMILY STORYTIME & CRAFT AT KERN RIVER VALLEY LIBRARY: Fun for the whole family!
10:30 AM 760-543-2083

WORD POETRY/OPEN MIC NIGHT: 703-6911

Friday July 19

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

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

FREE PUB SHOW AT TEMBLOR: FREE show with local artist Kaleb Taber! All Ages! 7:00 PM - 9:00 PM 489-4855

PARENT & ME POOL TIME AT MCMURTREY POOL: Children 5 and under and their parent. This program gives parents and their young children the opportunity to

enjoy some water playtime. 10:00 AM - 11:30 AM 852-7430

Saturday July 20

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

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

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

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

THE PATH TO WHOLESOME AT BEALE LIBRARY: A nutrition workshop. 1:00 PM - 2:00 PM 868-0701

2019 BPD K-9 TRIALS: Showcasing the skills of our police K-9 teams locally and from across the region. McGruff the Crime Dog, Face Painting, Child ID, SWAT Booth, Bomb Squad. 1001 Truxtun Ave. 8:00 AM - 5:00 PM 637-9876

Sunday July 21

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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music every Sunday afternoon. 1:00 PM - 5:00 PM 873-7613

Monday July 22

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

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

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

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

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

Tuesday July 23

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

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 and honest mom talk. 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

BOOKS IN MOTION: DANCE + LITERACY AT BEALE LIBRARY: "12 Dancing Princesses" by Bakersfield City Ballet. Books in Motion is a FREE literacy program that encourages reading through dancing! Children will learn the official Books in Motion dance and create a craft that relates to the story. 11:30 AM. 661-868-0701

Wednesday July 24

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

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

WILD SCIENCE WEDNESDAYS AT BEALE LIBRARY: Join us for hands-on science experiments. 4:00 PM 868-0701

HIGHLAND DANCE WITH THE KERN COUNTY SCOTTISH SOCIETY AT BEALE LIBRARY: Come see the Kern County Scottish Society perform highland dance! 11:30 AM - 12:30 PM 868-0701

Thursday July 25

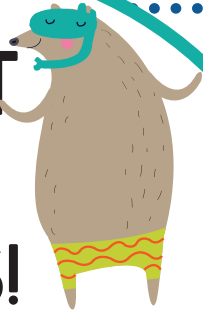
MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

WORD POETRY/OPEN MIC NIGHT: 703-6911

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 art, entertainment, and refreshments from Bakersfield bars and restaurants. 7- 9 PM 323-7219

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!

BAKERSFIELD TRAIN ROBBERS:

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

FAMILY STORYTIME & CRAFT AT KERN RIVER VALLEY LIBRARY:

Fun for the whole family! 10:30 AM 760-543-2083

THURSDAY NIGHT CRUIZIN':

Car Show, raffles & give away. 6801 White Lane 4:00 PM - 9:00 PM 847-9955

Friday July 26

BAKERSFIELD TRAIN ROBBERS:

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

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

SOARING OVER CALIFORNIA AT BEALE LIBRARY: Learn to be a pilot. 12:00 PM - 12:30 PM 868-0701

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

MOVIES IN THE PARK AT RIVERWALK AMPHITHEATER: "The Nutcracker" FREE - Friday Nights at dusk. Bring your lawn chairs and blankets. Snacks are available for purchase. 326-3866

NOTEWORTHY PUPPETS:

THREE LITTLE PIGS AT MOJAVE LIBRARY: The timeless lesson that hard work and dedication pay off comes to life with handmade puppets and original songs. 2:00 PM 824-2243

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

Saturday July 27

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
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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

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

KIDS FREE DAY AT CALM: Kids up to 12 years old are FREE with a paying adult. 872-2256

BAKERSFIELD'S FOOD TRUCK FESTIVAL: Stroll from food truck to food truck eating the most delicious street food Bakersfield has to offer. Browse nearly a hundred merchants and business vendors for your shopping enjoyment. Raffles! Live Entertainment! Prizes! Food, food and more food! 1142 S P St. 4:00 PM - 9:00 PM 833-4900

CARS & COFFEE AT THE BLVD & TEBLOR BREWING COMPANY: Rain or shine. 7:00 AM - 9:00 AM 873-4477

Sunday July 28

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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music every Sunday afternoon. 1:00 PM - 5:00 PM 873-7613

Monday July 29

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

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

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

COUNTRY LINE DANCING: 392-2010

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

TAI CHI AT MERCY: Express meditative movement while experiencing a calm and soothing state of relaxation. A \$5.00 donation would

be appreciated. 8:30 AM - 9:30 AM 632-5747

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

Tuesday July 30

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

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

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

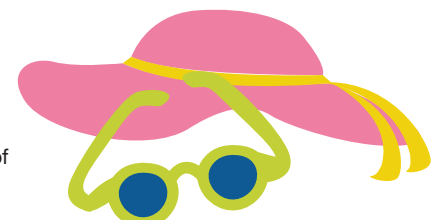
Wednesday July 31

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

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

WILD SCIENCE WEDNESDAYS AT BEALE LIBRARY: Join us for hands-on science experiments. 4:00 PM 868-0701



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Miscellaneous

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



Upcoming July Events

- On behalf of the Autism Society-Kern Autism Network, we wish you a Happy 4th of July!
- Autism Spectrum Seminars Return Fall of 2019
- 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:

- Monthly Parent Support Groups
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CONTINUED ON PAGE 33

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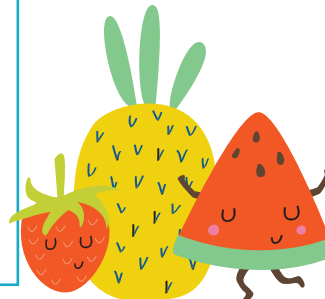
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Lists of FREE Immunizations

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<p>Walgreens Wednesday, July 3rd 40 Chester Ave., Bakersfield 9 a.m. to 2 p.m.</p>	<p>Greenfield Family Resource Center Monday, July 15th 5400 Monitor St., Bakersfield 9 a.m. to 2 p.m.</p>	<p>Walmart Tuesday, July 23rd 401 Central Ave., Wasco 9:30 a.m. to 2 p.m.</p>
<p>Kern County Dept. of Human Services Wednesday, July 10th 100 E. California Avenue, Bakersfield, 9 a.m. to 2 p.m.</p>	<p>Adventist Health Bakersfield Wednesday, July 17th 2800 Chester Avenue, Bakersfield, 1 p.m. to 6 p.m.</p>	<p>Child Development Center Thursday, July 25th 100 Ming Ave., Bakersfield 9 a.m. to 2 p.m.</p>
<p>Walmart Fashion Plaza Thursday, July 11th 2601 Fashion Plaza, Bakersfield, 9 a.m. to 2 p.m.</p>	<p>Walmart Supercenter Monday, July 22nd 5075 Gosford Rd., Bakersfield 9 a.m. to 2 p.m.</p>	<p>New Life Church Wednesday, July 31st 4201 Stine Rd., Bakersfield 9 a.m. to 2 p.m.</p>

*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:

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

Crossword:

- | | |
|-------------|-----------|
| Across | Down |
| 1. Sandals | 1. Summer |
| 4. Memorize | 2. Afar |
| 6. Rotation | 3. Ocean |
| 8. Shorts | 5. Metro |
| | 7. Tot |

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KID'S activity corner

Answers on page 33

Sudoku

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

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!

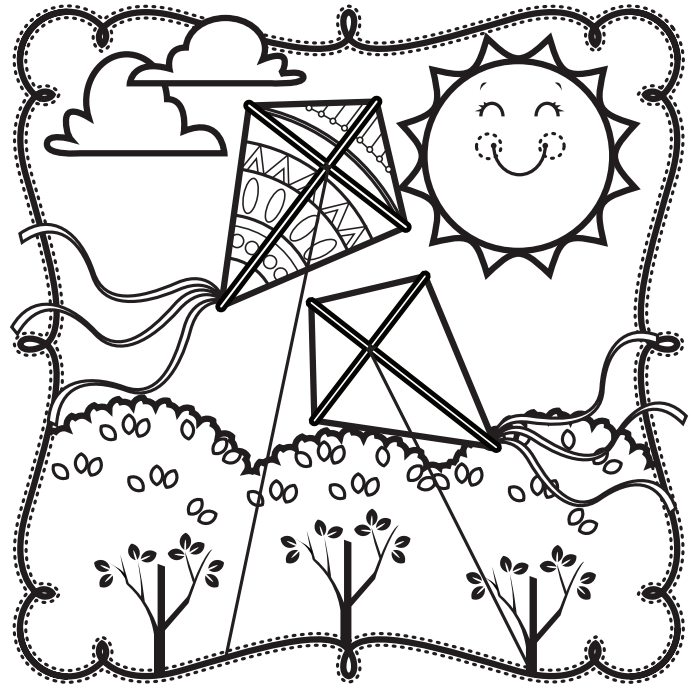
Word Find

Find the hidden words in the puzzle

- | | | |
|-----------|-------|------------|
| CARAMEL | FRUIT | STRAWBERRY |
| CHOCOLATE | FUDGE | SUNDAE |
| CONE | MILK | TOPPING |
| CREAM | NUTS | VANILLA |

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

Creative Coloring



Crossword Puzzle

1					2			
								3
4		5						
6				7				
8								

ACROSS

1. Summer shoes
4. Learn by heart
6. Complete turn
8. Warm weather clothes

DOWN

1. Hot season
2. At a distance
3. Body of water
5. Subway system
7. Youngster



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