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# kern county Family free magazine

AUGUST 2019

Miss California  
Junior Teen

*JoVi*  
MONGOLD:  
Fostering  
ADOPTION  
AWARENESS

EARTH  
QUAKE

*safety tips*



Are You  
BACK *to*  
SCHOOL  
READY?

*plus:* hello, happy mama: dear teenage daughters p.22

YCDI: rainbow buddha bowls p.23 vital signs: the ABCs of clean p.8

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10

**Cover Feature**  
Bakersfield native and Miss California Junior Teen, **JoVi Mongold**, takes her foster care and adoption platform to a national level.

Cover photos by Timi Ann Mongold



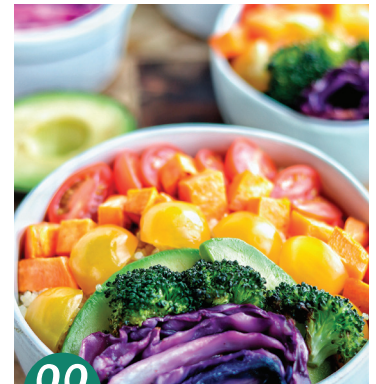
8

**Vital Signs: The ABCs of Clean**



14

**Back-to-School Feature: Back to School: 101**



23

**You Can Do It: Taste the Rainbow!**

**PLUS**

Don't miss the **FUN, the FEATURES, and the FACTS!**



- 4 **Dear Reader:** Happy Back to School
- 6 **Refrigerator Door:** Local Voices, News & Trends
- 8 **Vital Signs:** Healthy News to Use
- 12 **Feature:** Is Your Family Quake Ready?
- 16 **2019 Back to School Guide**
- 21 **Humor@Home:** Back to School Jitters
- 22 **Hello, Happy Mama:** Dear Teenage Daughters
- 24 **Happenings™:** Calendar of Local Events
- 27 **Worship Guide**
- 30 **Family Shopper**
- 31 **Feature:** Ease Kids Back Into School
- 34 **Activity Corner:** Sudoku, Word Find & More

Looking for Dr. Kirk's Advice? Find his articles online at kerncountyfamily.com!

dear reader



Vaun Thygeron,  
Contributing Writer

Even though my children are in college, high school, and middle school respectively, I vividly recall each of their first days at Kindergarten.

We had a tradition with new clothes, shoes, a backpack, and they had to take a picture with their teacher. When looking around at the other kids, I noticed some were off playing while others were crying or clinging to their parents. Mine acted somewhere in the middle – not taking off by themselves, but not crying either. This all changed on the first day of first grade when one of my sons decided he didn't need to be chaperoned by his parents anymore.

When he entered first grade, the school held an open house at the end of summer so he could meet his teacher and see his classroom. On his first day of first grade, my husband and I drove him to elementary school to walk him in. We had barely parked the car when he jumped out, his backpack in hand, yelling as he's running away from us, "I know where to go!" My husband and I just let him run and we followed behind to make sure he got to the right classroom. There he was, in class and ready to learn. Of course, me being me, I had to get that picture anyway!

Fast forward to his high school lacrosse camp this summer, I once again could see his independent spirit has not changed. He was spending four days at UC Santa Barbara and when we pulled up to the student housing building where we were supposed to check in, he says, "You don't need to go in with me." I insisted, because I wanted to make sure he was okay (and, of course, I wanted that picture). When he found out his room assignment, he waved and said, "Bye mom! I'm good." Without a second thought, he took off up the stairs to his 2nd floor dorm. And, just like first grade, I followed behind him to make sure he made it to the right place. Much to his chagrin, I snuck a picture, too!

I love firsts – the first day of school, the first day of vacation, the first day of camp! I think it reminds me of new beginnings and fresh starts. Going back to school includes sharing fun and excitement, but it also means our kids are back to sharing a lot of germs. In the Vital Signs article, "The ABCs of Clean," on page 8, you will find tips to make sure your children keep the germ sharing to a minimum.

In this month's Humor at Home article, "Back-to-School Jitters," on page 21, Julie Willis writes about ways to ease the worries and fears that may come with a new school year. As a teacher herself, she tells her children that it's normal to be worried and even their teacher is most likely nervous. She knows from experience.



JoVi Mongold with KCFM Publisher LJ Radon at the annual Mission of Kern County BBQ in June Photo Courtesy LJ Radon

A special thank you to newly crowned Miss California Junior Teen, JoVi Mongold, and her mother, Timi Ann, for helping out with the article, "JoVi Mongold: Kern County's Own Becomes Miss California Junior Teen," on page 10. As a passionate foster care and adoption advocate, JoVi has already made a huge impact in the community. Now with her new title, she will be able to spread her amazing message more broadly to people at a national level.

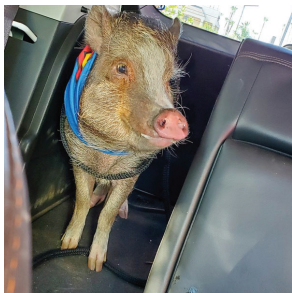
This month, as it is the start of so many firsts, remember that every child is unique and handles situations differently. Back-to-school time is a favorite of mine because it signals the start of a new adventure and a chance to make new friends and create so many lifelong memories. Cherish these milestones and commemorate them with photos, because as the adage goes, the days are long, but the years are short.

*Happy Back-to-School!*



KERN COUNTY FAMILY MAGAZINE'S 2019

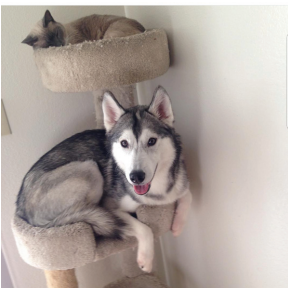
# PET PHOTO CONTEST



Winners will be announced the week of August 1st!

Make sure you're following us online on Facebook @[kerncountyfamilymagazine](#) and on Twitter @[family\\_kern](#) to see the winners of our 2019 Pet Photo Contest! Every single entry was just purrrr-fect!

Thank you to everyone who participated, and a special thank you to our very generous sponsors.



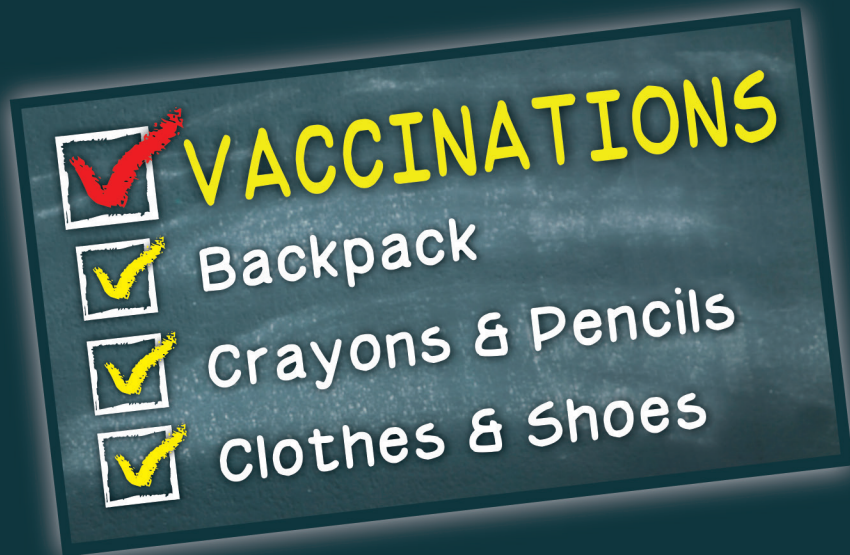
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The Ronald McDonald House on the Greater Bakersfield Memorial Hospital campus recently celebrated its grand re-opening after major renovations were completed. The house more than doubled in size.



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The three-bedroom home became a six-bedroom home with more bathrooms, a living room, kitchen, and even a nap room. The expansion was funded by private donors. This home, where families can stay to be close to their children admitted into the hospital, has already served more than 5,000 families in need and now has the capacity to double that number.

For more information or to donate, please visit [www.rmhcsc.org](http://www.rmhcsc.org).

## Third Annual Teens for Jeans

Donate gently used jeans of any size for a good cause! The Third Annual Teens for Jeans will be held on Saturday, August 3rd, from 2 to 7 p.m. at Wilson Park, 2300 Wilson Road, Bakersfield. All jeans will be donated to the Dream Center of Kern County in support of local youth experiencing homelessness.



For more information, please follow [@bteensforjeans](https://www.instagram.com/bteensforjeans) on Instagram.

## Bakersfield College Offers Childcare

Bakersfield College's Child Development Program provides preschool for children, ages 2 to 5, for qualifying BC students and aims to make the transition a smooth one for both the parent and the child.

Rosita Barron, program director of the Child Development Center at Bakersfield College, says that students must plan carefully to help their kids get used to the environment.

"A lot of new students only consider the time class starts and are in a rush to get there," she said. "They need time to transition their children to this program. They have to take time to be present. The 'hellos' and 'goodbyes' are really important as they leave their child at the Child Development Center."

After a quick health check, the little ones are assigned to tables where they will begin their day with activities and a welcome song. Breakfast, lunch, and snacks are provided for the children. The Center is busiest from 9 a.m. to 12 p.m.



For a Child Development Center application or for more information, please visit [www.bakersfieldcollege.edu/student/cdc](http://www.bakersfieldcollege.edu/student/cdc) or call 661-395-4369.

## CALM's Ice Cream Zoofari

Join the animals at CALM Zoo for its annual ice cream social, Ice Cream Zoofari, on Saturday, August 24th, from 4:30 to 7:30 p.m. Visitors can build their own ice cream sundae or enjoy a cone or a root beer float – it's your choice. This event includes entrance to the zoo, docents strolling the grounds, free rides on the Central California Children's Railroad, and of course, delicious ice cream.

Admission for CALM members is \$10 for adults and \$8 for children (3-12 years). For non-members, admission is \$15 for adults and \$12 for children (3-12 years).

For more information, please visit [www.calmzoo.org](http://www.calmzoo.org).



## STEAM Town Grand Opening



The Lori Brock Discovery Center's newest addition STEAM Town will open to the public at its grand opening on Saturday, August 3rd, from 12:30 to 4 p.m. and includes crafts, food, vendors, face painting, a DJ, and much more. This event is included with paid admission to the Kern County Museum, 3801 Chester Avenue, Bakersfield.

An interactive play space, STEAM Town gives children a chance to use their imaginations and experience careers in Science, Technology, Engineering, Arts, and Math while utilizing creative play. This new exhibit has a fire station, crime lab, AltaOne Federal Credit Union, Grimmway Farm, Dignity Health Hospital with a Hall Ambulance, Kyle Carter Homes Construction Site, a gas station, and Luigi's Delicatessen and Restaurant.

For more information, please visit [www.kerncountymuseum.org](http://www.kerncountymuseum.org).

## Valley Fever Awareness Walk

Help fight Valley Fever at the 8th Annual Valley Fever Awareness Walk on Saturday, August 8th, from 7 to 9 a.m. at the Kern County Museum, 3801 Chester Avenue, Bakersfield. Two of the most well-known and respected Valley Fever organizations, Valley Fever Americas Foundation and the Valley Fever Institute, are cohosting the event.

You can join as a team or an individual and can walk, stroll, run, or sit in the shade. The event will include games, activities, food, and entertainment for all ages. Physicians and veterinarians will be present to answer questions about the disease.

For ticket information, please visit [Eventbrite.com](https://www.eventbrite.com).



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## The ABCs of Clean

Every day, kids touch hundreds of surfaces after they leave the house. From the school bus stair handle to the school doorknobs, there are thousands of opportunities to pick up germs.

Local mom and first grade teacher at American Elementary, Nicole Ellis, says teaching the kids about germs is the first step in them understanding why they shouldn't share these nasty microorganisms with each other.

"We start off with discussions about how to stay healthy and not share germs. I have a quick little board book, 'Germs Are Not for Sharing,' Ellis said. "We chat a lot about always covering our cough and sneezing into our elbow. We chat about how after we blow our nose, cough or sneeze, we need to get hand sanitizer. We discuss proper hand washing after using the restroom."

When kids come into contact with germs, they can become infected just by touching their eyes, nose or mouth. Once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

According to the Centers for Disease Control, keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Always remember to wash before eating, after using the bathroom and after blowing your nose, coughing or sneezing. It's also a good idea to give little hands a good wash after being out on the playground and after phys ed class.



Ellis brothers Zachary, age 9, and Everett, age 6, wash their hands to the tune of "Happy Birthday" to make sure they killed all those nasty germs. Photo by Vaun Thygeron

But do your kids know how to properly wash their hands? **The Nemours Foundations offers the following tips for proper hand washing:**

- Wet your hands with clean, running water (warm or cold). Make sure the water isn't too hot for little hands.
- Use soap and lather up for about 20 seconds. Antibacterial soap isn't a must — any soap will do, but make sure to get in between your fingers, on the backs of hands, and under the nails where germs like to hang out, as well as the wrists.
- Rinse and dry well with a clean towel.

Ellis said one of the best ways for kids to remember how long to wash their hands is to sing the "Happy Birthday" song while doing so. When the song is done, it signals the end of the recommended amount of time. She practices the same techniques in her classroom as with her two children, Zachary, 9, and Everett, 6.

Proper hygiene starts in the home because they will already know what they need to do. They will know when and how to wash their hands. Ellis said if they are used to these rules at both home and school, they will be healthier and miss less school.

## Breastfeeding Basics: 8 Tips You Need To Know Before Giving Birth

By Shannon Dean

Like many new skills facing first-time mothers, breastfeeding is a learned ability that gets much easier with practice. Here are a few time-tested tips to make the transition easier.



### 1. Start Preparing Well Before Your Due Date:

Educate yourself and consider attending classes offered by your hospital or birthing center months before delivery. La Leche League leader Wanda Daniels says attending an LLL meeting while pregnant answered many important questions and made her comfortable calling her own leader for support.

### 2. Some Discomfort Is Normal, But Help Is Available:

While your breasts may initially feel tender, they shouldn't be consistently painful. Initial nipple discomfort is usually normal, but severe, ongoing soreness may indicate a problem. Certified lactation consultant and pediatric nurse Lucille Harrington says most problems can be fixed quickly, so moms needn't endure pain. Many hospitals and birthing centers offer telephone counseling or an in-person consultation with a lactation consultant. This service is usually free.

### 3. Find Ways To Lighten Your Load:

Newborns typically nurse 8 to 12 times per day. Plus, experts recommend feeding your baby on cue at any sign of hunger. A nursing sling can be a great way to keep your baby close and allow you freedom, privacy, and mobility. Learning to nurse lying down can also help with nighttime feedings so you and baby can quickly return to sleep.

### 4. Avoid Assumptions:

Many new mothers think that babies who want to nurse frequently aren't getting enough milk, but this is rarely true. As long as your baby is producing at least 6-8 wet diapers and 2-3 daily bowel movements for the first few weeks after your milk comes in, he's likely getting the nutrients he needs. Babies nurse for comfort as well as hunger. Frequent watery, mustard-colored bowel movements are normal and are not considered diarrhea. Consult an expert for reassurance if something doesn't feel right.

### 5. Listen To Your Body's Cues Of Hunger, Thirst, and Fatigue:

Although your body has to work hard to produce milk, eating when hungry and drinking when thirsty will likely provide your body with enough fuel. Rest while your baby rests whenever possible.

### 6. Accept Help:

Although many new moms are uncomfortable asking for or receiving help, Harrington urges parents to overcome these reservations. Don't be shy about addressing specific needs with requests like, "It would be wonderful if you could fold laundry." Involving partners and family members in your baby's care makes them feel included. When loved ones rock, bathe and sing to your baby, this teaches him that love and comfort do not always come from food.

### 7. Seek Out Reassurance From Supportive Experts:

If you ever have doubts, seek advice from those knowledgeable about (and supportive of) breastfeeding. Advisors who assure you they "couldn't breastfeed either" or that formula-fed babies are "easier" are not helpful when it's likely you're doing just fine.

### 8. Don't Compare Your Experiences To Others:

Keep in mind that babies, like adults, are all different. If a friend's baby is emptying the breast very quickly and sleeping through the night, this doesn't mean there is anything wrong with you or your baby if your experience is different.





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Photo by Steve Drury

# JoVi Mongold

## Kern County's Own Becomes Miss California Junior Teen

By Vaun Thygeron

**K**ern County's own, JoVi Mongold, age 13, was recently crowned Miss California Junior Teen in the National American Miss competition in Anaheim out of more than 90 state finalists, ages 13 through 16. In her new capacity, she will continue her mission as a foster care and adoption advocate and have her important message heard on a larger scale.

"As Miss California Junior Teen, I'm excited to be taking my message to a national level," she says. "I will be given so many more opportunities for speaking to a wider audience."

Within 24 hours of being crowned, JoVi's first official stop as Miss California Junior Teen was the Sacramento State Capital. Over two days, she talked with California State Senator Shannon Grove and California State Assembly member Vince Fong about foster care law reform on behalf of the 62,000 youth that are in the California state foster care system.

She will be returning to the State Capital in November for National Adoption Awareness Month to read off the names of those children in the foster care system who are waiting for their forever homes. Also in November, she will compete for the National Title in the Junior Teen Division for 8 days during Thanksgiving week in Anaheim thanks to her local sponsors Kern Bridges Youth Homes, BMW of Bakersfield, and Alpha Omega Wellness Center.

Before winning Miss California Junior Teen, JoVi was crowned locally as Miss Junior Kern County and has given more than 400 hours in the last 14 months to serving her community. She serves Kern County foster youth, the Mission at Kern County, Children's Miracle Network, CASA, law enforcement, Leukemia Lymphoma Society, and is a baby cuddler at the Mission at Kern County Women & Children's Center. She also was a Beautiful Bakersfield Youth of the Year Nominee and awarded the Foster Advocate of the Year by Kern Bridges Youth Homes for Foster Youth. JoVi will be passing on her local crown to the next Miss Junior Kern County on September 8, which is her 14th birthday.



Fun at the State Capitol with Senator Shannon Grove (left) and State Assembly member Vince Fong (right). Photos by Timi Ann Mongold

Foster care and adoption is her platform and her passion. She comes from a family of 10 that was blessed by the adoption of three of her siblings through the foster care system. Her motto is "Be Blessed By Blessing Others." She also likes to promote this saying: "Adopt. If you can't adopt, foster. If you can't foster, sponsor. If you can't sponsor, volunteer. If you can't volunteer, donate. If you can't donate, educate."

JoVi loves to share her personal story to educate people about the foster care system. With her parents, David and Timi Ann Mongold, JoVi has seven siblings, Jordin, age 29, Kahara, age 26, Tristin, age 23, Tommi Jo, age 18, Luke, age 9, Faith, age 7, and Levi, age 2. When David and Timi Ann married 20 years ago, he had his three oldest children from a previous marriage, they had two daughters together, and the youngest three are biological siblings that were adopted through the foster care system.

Her mother, Timi Ann, says JoVi was an advocate for foster youth before she ever wore a sash and crown. When she had to choose a platform, this issue was a natural fit. Timi Ann says that JoVi has brought at least two dozen new homes into the foster care system, and probably more through the "ripple effect."

"I am so proud of her," Timi Ann says. "She has a true servant's heart. I've seen it overflow in all other aspects of her life with her friends and her friends' parents. She is making this circle of servants bigger."

As a conversation starter, JoVi likes to wear sparkly t-shirts that read, "Would you adopt me?" and another one that states, "Adoption Changes Lives." These shirts start discussions about foster care and especially about one of her main focuses: teen foster youth, ages 12 and up. Only one percent of all teens find their forever home through the foster care system. She also promotes AB12 that gives foster youth over the age of 18 a home, with services and resources, as long as they attend college.

JoVi will be starting her high school career this fall as a freshman at Bakersfield Christian High School (BCHS). She's excited about meeting new people and plans on playing water polo, being in the praise band, and taking a theater class. After high school, she wants to serve in the Navy and ultimately become a nurse. She also says she knows for "100 percent sure" that she will be a foster mom. "I just want to be making a difference, helping people, and changing lives," JoVi says.

To keep updated on JoVi's journey, follow her social media accounts on Facebook at **JoVi Mongold** and on Instagram **@JoVi\_Mongold** and **@thenamcajrteen**. BMW of Bakersfield will be hosting a National Send Off Event for JoVi in October, so look for information on this fundraiser.

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# Are You QUAKE Ready?

## How to Prepare Your Family For the Next Big One

By Andrea Rose

Nick Sklias / Shutterstock.com

Above: Damage on Highway 178 in Ridgecrest, CA on July 6, 2019

**L**iving in California, you probably have a little nerve somewhere in your body that is on alert for a vibration from the ground, but most of the time it doesn't bother you. Of course, that little nerve becomes more sensitive after events like what happened last month.

On July 4, a 6.4 magnitude earthquake rocked parts of California, with the epicenter about five miles from Ridgecrest. The very next day, a stronger 7.1 magnitude quake occurred in the state's high desert region known as the Eastern California Shear Zone. Fortunately, there were no fatalities, serious injuries, or major infrastructure damage from either quake.

According to the Federal Emergency Management Agency, earthquakes are caused by stress that builds up over time in the earth's crust, as blocks of crust attempt to move but are held in place by friction along a fault. When the pressure to move becomes stronger than the friction holding them together, adjoining blocks of crust can suddenly slip, rupturing the fault and creating an earthquake. Quakes can last from a few seconds to several minutes, and there's nothing we can do to prevent them. According to the U.S. Geological Survey, every year Southern California has about 10,000 earthquakes, with most so small they aren't detectable to residents.

So what's a family to do? You can choose to worry and wonder when the next quake will shake your home and family, knowing there's nothing you can do to stop Mother Nature, or you can take steps to protect your family by preparing them for an emergency.

### Be Prepared

The American Red Cross offers tips and guidelines for how to prepare for emergencies such as earthquakes, including what to keep at home in a survival kit, which includes simple things such as water (1 gallon per person per day with at least a three-day supply), to a flashlight, first aid kit, and more. "The most important thing that we are stressing is to have your minimal water and food for survival and know what to do when the shaking starts," said Cindy Huge, public affairs coordinator for the American Red Cross in Bakersfield and a national response volunteer.

Make sure to take photos of your home and auto insurance policies so that you have them in the event of an emergency. If you take them with a cell phone

and back them up to the cloud, you will have access to them even if you lose or damage your phone.

Next, take a visual inventory of your home for things that could present a danger if a quake occurs. "In your bedroom, look around. If there's a picture over the head of your bed, take it down," Huge suggested. "Do not have anything over the head of your bed that could fall and hurt you." Look for things like open bookshelves that could dump contents or fall towards the bed. "Secure them to the wall and think about what's put on that bookshelf," she said.

Also, be prepared with little things, such as a whistle, cell phone, and car keys. "I keep my keys near my bed, so if I am barricaded in my home, I can hit the alarm button on the car key," Huge said, adding that a whistle comes in handy both in the house and vehicle for calling for help.



**On left, Cindy Huge, public affairs coordinator for the American Red Cross.** To reach the local Red Cross facility, call (661) 324-6427 or visit them at 5035 Gilmore Ave, Bakersfield, CA 93308.

**On right, Brad Bryan, CEO of Houchin Community Blood Bank.** To learn more about donating blood, visit [hcbb.com](http://hcbb.com) or call (661) 323-4222.

After you prepare your kit and home, start preparing your children, Huge said. Have drills with them. Make sure they know what to do, when and how to evacuate, and where to meet in an emergency. "If it becomes a normal routine of what to do, they'll automatically do it if an event occurs," she said.

And don't forget about four-legged family members. "I keep a leash for each pet that I have," Huge said. "Most dogs will jump on the bed to alert you and you can grab their collar. But you don't know what a cat's gonna do. Do not run all over the house looking for the cat. The cats almost always survive on their own."



After you've prepared your family for an earthquake, consider preparing for other families by donating blood. "Luckily, there was no loss of life and no units of blood were needed as a result of the Ridgecrest earthquake, but we don't know when or where the next large earthquake will happen, so it's always good as a community and a blood bank to be ready. One of the simplest actions to prepare for the next disaster is to donate whole blood, platelets, or plasma," said Brad Bryan, CEO of Houchin Community Blood Bank in Bakersfield. "When we have ample blood on the shelves, especially O negative and O positive, our community is ready for any disaster."

Bryan said blood donors must be in good health, weigh at least 110 pounds, and be 17 years of age or older.

### When a Quake Hits

After you prepare your family for an earthquake, the next step is knowing what to do when the event occurs. "What we advise is, the minute the shaking starts drop down to the ground, cover your head, get under something sturdy, and hold on," Huge said. The idea is to protect yourself from injury. "I have seen pictures of items in homes that have come off shelves or dropped off the wall ... get under something to protect that head," Huge explained. "If you are in bed, we suggest lying face down and putting a pillow over your head, and holding on." Huge said while your first instinct may be to run outside to escape things that may be falling off the walls around you, don't do it. "If you run outside, things could be collapsing around you, and you could be buried and hurt," she said. Stay indoors until the shaking stops and you are sure it is safe to exit.

Also remember, smoke alarms and sprinkler systems may go off in buildings during an earthquake, even if there is no fire, so don't panic. However, if the quaking stops and you smell gas, get out of the house and move as far away as possible. When you exit a building after the shaking stops, use stairs rather than an elevator in case of aftershocks, power outages or other damage, and make sure to look for debris around you.

Huge and other Red Cross officials suggest routinely keeping a pair of sturdy shoes near your bed in the event a quake occurs when you least expect it. "The No. 1 injury after an earthquake is cuts on feet by broken glass and debris," Huge said.

In the event of major damage, victims can visit a Red Cross shelter which will typically be set up within two hours of an emergency. There, case workers will help them through the process of picking up the pieces. "We know, after a major disaster or event, the brain goes into a stall mode for about 48 hours," Huge said. "We give them the comfort and safety of our secure shelter where we have nurses and mental health and spiritual care 24 hours a day. Everyone is highly trained to deal with the residents after a major disaster. We know there's gonna be a lot going through your mind at that time. We want to provide a comfortable, safe place to help you build a recovery plan."



For more information on how to prepare your family for an earthquake or other natural disaster, visit [www.redcross.org/earthquake](http://www.redcross.org/earthquake), [www.usgs.gov](http://www.usgs.gov) or [www.fema.gov/earthquake](http://www.fema.gov/earthquake). A complete survival kit list can be found at [www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html).

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# Back to School: 101

By Andrea Rose

**It's that time of year again when you put the kids on the school bus and send them off to class. But getting ready is more than picking up new sneakers and backpacks.**



## High School Habits

If you have a child entering high school, make sure he or she has a solid foundation for learning.

Schedule ample time for homework; build this time into choices about participation in after-school activities, says the American Academy of Pediatrics.

Create an environment that is conducive to doing homework starting at a young age.

Children need a consistent workspace in their bedroom or another part of the home that is quiet, without distractions, and promotes study.

Be available to answer questions and offer assistance, but never do a child's homework for her.

Establish a household rule that the TV and other electronic distractions stay off during homework time.

Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.

Supervise computer and internet use, too. By high school, it's not uncommon for teachers to ask students to submit homework electronically and perform other tasks on a computer. If your child doesn't have access to a computer or the internet at home, work with teachers and school administration to develop appropriate accommodations.

If your child is having difficulty focusing on or completing homework, discuss this with your child's teacher, school counselor, or health care provider.

If your child is struggling with a particular subject, speak with your child's teacher for recommendations on how you or another person can help your child at home or at school. If you have concerns about the assignments your child is receiving, talk with their teacher. For general homework problems that cannot be worked out with the teacher, a tutor may be considered.

Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.

Some children may need help remembering their assignments. Work with your child and their teacher to develop an appropriate way to keep track of their assignments – such as an assignment notebook.



## Middle school and beyond

Do parents affect kids' school performance? A new study in the August edition of "Pediatrics" shows a higher number of Adverse Childhood Experiences is associated with worse academic performance and attitudes toward school.

At the same time, the more "protective factors" in a child's life—especially a parent that the child can freely talk with—the more likely they are to do well in school.

In the study, "Adverse Childhood Experiences and Protective Factors With School Engagement," researchers did a cross-sectional analysis of 2011-2012 National Survey of Children's Health data collected from a demographically representative sample of 65,680 children ages 6-17.

The survey identified up to 9 ACEs in each child, such as abuse or neglect and being separated from a parent due to death, incarceration or divorce—all of which, research shows, can produce toxic stress in children.

It also looked at seven protective factors: safe neighborhood; supportive neighbors; neighborhood amenities such as parks and libraries; well-kept neighborhood; a non-smoking household; at least five family meals each week; and having a parent the child can talk with. School performance and attitude, one of the strongest and most consistent predictors of future health, were measured by whether the child repeated one or more school grades, completes homework, and cares about school.

The most powerful protective factor, the researchers found, was having a parent that can talk to their child about things that matter and share ideas.



## Elementary school

One of the hardest things about being a parent is figuring out how to juggle schedules to ensure children are occupied and cared for.

According to the American Academy of Pediatrics, during early and middle childhood, children need supervision. A responsible adult should be available to get them ready and off to school in the morning and supervise them after school until you return home from work.



But having someone else caring for your child can cause drama, too, if there's no consistency. If a family member will care for your child, communicate the need to follow consistent rules set by the parent regarding schedules, discipline and homework.

Children approaching adolescence (11- and 12-year-olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.

If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance through the use of digital tools. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by phone or video chat.

If you choose an afterschool program for your child, inquire about the training of the staff. There should be a high staff-to-child ratio, trained persons to address health issues and emergencies, and the rooms and the playground should be safe.



### Toddlers need social time, too!

Toddlers are surprisingly good at processing the speech of other young children, according to a new study, and toddlers who have more exposure to other children, such as those in daycare, may be particularly good at certain word learning skills.

Researchers at the University of Waterloo examined the word processing skills of toddlers who spend most of their time with adults compared with those who have more exposure to groups of children. They focused on how well the toddlers understood the speech of other children.

Although all of the toddlers were very good at processing child speech, the study found that toddlers who had more exposure to other children were better at associating a new word to a new object, an important part of word learning.

Child speech differs from adult speech in many ways. Even a child who is six or seven years old pronounces words a bit differently than adults. "We wanted to know if more exposure hearing other children speak would affect toddlers' ability to process child speech," said Katherine White, professor of psychology at Waterloo, who co-authored the study with PhD candidate, Dana Bernier.

In the study, which appears in the "Journal of Experimental Child Psychology," the researchers conducted two experiments with a total of 88 toddlers (and their parents), some of whom spent eight hours or less per week with other children, and others who had more weekly experience in child groups.

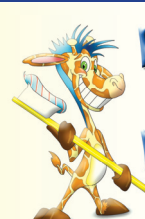
The study found that toddlers who had more exposure to other children were better at associating a new word to a new object, an important part of word learning.

Experiment 1 compared their processing of instructions from a 7-year-old child speaker and from an adult speaker pronouncing a familiar or novel object's name in the standard way. Experiment 2 tested the sensitivity of the toddlers' speech processing by having the child speaker mispronounce the object names.


"Our study demonstrates that toddlers are extremely good at processing the speech of young children, and that this is true even for toddlers who do not have a lot of experience with other children. This means that they could use this kind of speech, in addition to adult speech, to learn about their native languages," said White. "However, we also found an intriguing difference in how toddlers processed new words that was related to how much exposure they had to other children."

Most studies focus on how toddlers learn from adult speakers. "But we think it's important to explore how toddlers process the speech of children of various ages and how much they use speech from other children to guide their language learning," said White.

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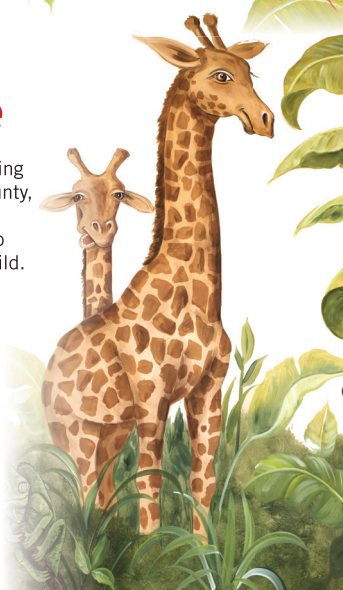


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## BACK TO SCHOOL GUIDE 2019

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## Kern County Family Magazine's 2019

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Chad Bradley  
Youth Pastor &  
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**Back to School Guide continues on next page**

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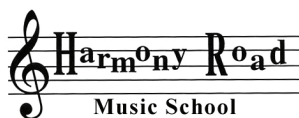
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Myka Peck, Principal

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# BACK TO SCHOOL GUIDE 2019

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Sarah Covey,  
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Dawn  
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**Back to School Guide continues on next page**

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Rusty Rhodes,  
Principal

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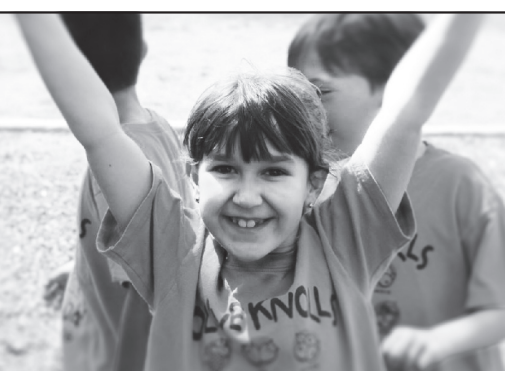


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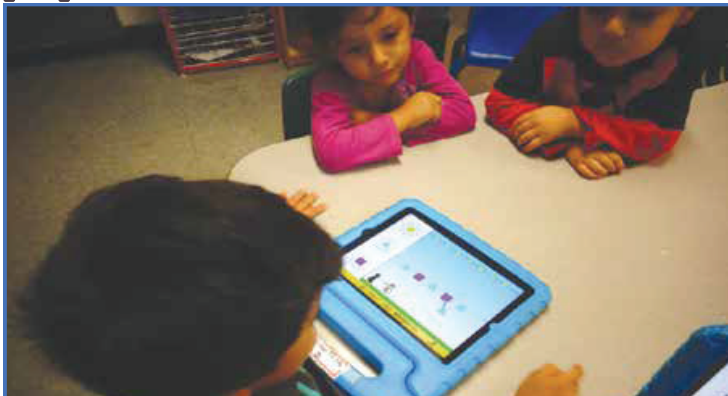


Olive Knolls Church of the Nazarene has established OKCS to inspire and equip generations of students who will activate their sense of **responsibility**, commit to a Christ-called **character**, seek **truth** with a passion, maximize their God-given **talents**, and pursue a life-long **vision** to transform their world for the glory of God!

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# BACK TO SCHOOL GUIDE 2019



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(661) 328-6921

#### Cesar Chavez Preschool

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(661) 721-2032

#### La Escuelita ELC

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# Back-to-School Jitters

## Is Anyone Ever Really Ready for the First Day of School?

By Julie Willis, Bakersfield Mom of Two

*We* thought we were prepared for the first day of school. We had all the supplies: backpack, lunch box, water bottle, pencils, paper, new clothes, shoes that fit. We had stocked up at every Back-to-School sale at every place in town from Office Max to TJ Maxx. I got all the best snacks for the kids' lunches and was determined that they wouldn't be stuck at the dreaded "peanut table" this year—the table reserved for children whose bad mothers forgot to pack allergy-free lunch items to protect the school's one student with a peanut allergy. Allergies are no joke. And neither is me sending a peanut butter sandwich and making my poor child sit at the lonely peanut table and then suffer the humiliation of having to wipe off with baby wipes afterward. And each of my children has indeed suffered this fate the maximum number of allowable times in their minds (exactly once).

So, everything seemed to be ready. As my girls set out their first-day-of-school outfits the night before, there was nevertheless a palpable tension in the air. One daughter was sure she was going to have a nightmare, and the other was sure she would have insomnia. Both of these fears were well-founded: These are their typical reactions to even the most minor stressors. And this was The First Day of School, the biggest day of the year.

Which got me to thinking, WHY is it the biggest day of the year? Why do we do this to ourselves? We make it into practically a holiday. We shop for it. We start talking about it and planning for it in the beginning of July. I'm just starting to get used to the summer heat and into the swing of teaching my summer school class when the back-to-school ads start coming on, and I panic every time. I start thinking, "Oh, man. We need new scissors and glue sticks and underwear. We'd better get them now. School will be starting in like two months." How ridiculous is that? Maybe if we didn't make such a big deal out of it, we could all sleep the night before.

So when my children come to me the night before the first day of school and tell me they are scared, I always tell them this little secret: The first day of



school IS scary, BUT it is even scary for the TEACHERS. I have been teaching for over twenty years, and there isn't a first day of school that doesn't give me nightmares the night before and a stomach ache in the morning. They laugh and think I'm kidding, but it's true: Teachers get nervous, too. Every. Single. Year.

There is just something about the unknown that incites panic. I don't know why it still does. I have gone to the first day of school with a poison oak rash covering my face; I have had technology fail me; I've gone without class rosters; I've had to move classrooms at the last minute when the air conditioning in my room didn't work. What could I possibly IMAGINE that would be any WORSE than what has actually HAPPENED?

So I try to explain to my children that no matter what they are worried about, they are not alone; their teachers are just as afraid of them as they are of their teachers. And that by day two, everything will be just fine.

And for my next trick, I will steel myself for the seductive wiles of the Back-to-School sales.



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# Dear Teenage Daughters: Oh, the Places You'll Go!

## Hello, Mama!

Our long, hot summer is coming to an end, and with it comes the beginning of a new school year. If you're like me, it also brings a bittersweet feeling to shop for back-to-school all while wishing my kids weren't growing up so darn fast! This year, we will have a second-grader and TWO high-school teenagers! Yes, you read that correctly, we will have a freshman AND a senior at the same school this year.

I look at my daughters, who have both grown so much, and it hurts my heart a little to know that this year may be the very last year they will ever spend together in school. So, to help me avoid going down the rabbit hole of the "woulda", "shoulda", "coulda" emotions, I would like to dedicate this month's article to my teenage daughters as they enter the 2019-2020 school year.

### Dear Teenage Daughters,

Do you remember the Dr. Seuss book, "Oh, the Places You'll Go!" that I had ALL of your grade-school teachers sign for you? That book and all of the words of advice from your former teachers have me feeling a little melancholy. Since I am your mom and I geek out on personal development and words of wisdom, here is my top ten list to help you thrive this school year:

**1. Enjoy the journey.** You both have not been in the same school together since grade school. Take time to enjoy the journey even if it seems scary or crazy or overwhelming. Enjoy the car rides to school together (yikes, that scared me a little to write!). And above all, enjoy seeing each other on campus, even if it's just a head nod as you pass each other from one class to another.

**2. Be there for each other (even when you don't want to).** I realize that this may be a lot to ask when you two are complete polar opposites and seem to speak a different language, but please try to support each other. Who knows? You might even learn something new!

**3. Try new things.** Sign up for the club, participate in the rally, go out for student council, or try a sport. Whatever it is, just give it a try.

**4. Be brave.** Sometimes, the hardest thing to do in high school is to walk up to a new crowd of friends or sit by someone new at lunch or find your voice and speak up for yourself. Whatever the moment is (and you'll know because the bad roommate in your head will try to tell you all the reasons you "can't" do it, just count backwards from 5, 4, 3, 2, 1...and go! You CAN do ANYTHING you set your mind to do. I believe in YOU!

**5. Seek opportunities to amaze yourself and others.** This is similar to being brave but with a twist. What sets your soul on fire? In a world where you can be anything, be kind. Sit next to the person who is sitting by herself on the bench. Ask the "quiet boy" to participate in your group class assignment. Share a smile and a compliment with a stranger. Thank your teacher. Trust me, developing this EQ (emotional intelligence) will be a gift that keeps on giving throughout your life.

**6. Make a new friend or two.** Life can be boring without meeting new people. There will be times when you think; I don't need a new friend. But, trust me, you never know when a new friend turns into the friend of a lifetime. My core group of "Lifers," aka my true soul sisters, are ones I met in



Meet my teenage daughters Callie (Freshman) and Colby (Senior)

high school (and for this mama, that was 28 years ago!).

### 7. Be your own hero.

There will be many days when your parents or even your teacher will sweep in to save the day. I challenge you to seek moments when you can be your own hero.

**8. Create a club together.** I know you both have talked about creating a club for Youth Against Alzheimer's in memory of Noni. It makes my heart smile to know that my daughters would want to honor my mama, their Noni, in such a special way. I believe that your efforts will create a lasting legacy not only for our family but also for any student with a loved one on the Alzheimer's journey.

**9. Be Yourself! Everyone else is already taken.** I love that quote by Oscar Wilde because it really does say it all. Be YOU! Whether you're into a new fashion trend, singing while walking to class, dancing down the hallways, or just loving to read by yourself during lunch. Whatever makes you, Y-O-U, embrace it!

**10. Give your Mama some grace.** I know that there will be many days when you are frustrated by me or by a decision I make. I ask you to please give me some grace. This school year is going to be ALL ABOUT THE FEELINGS. And, there will be times when it's even a little too much for me. So, let's work together to thrive through it, learn through it and above all, love through it. You both make my heart smile every day. Here's to an amazing school year, my loves. Ready, set, go!

**Hello Happy Mama! Reader Giveaway**  
Enter to win a \$75 gift certificate to Frugatti's Real Italian, courtesy of Kern County Family Magazine. We want to give Mom a much-needed break as summer ends and a night out can be the #selfcare she needs. Enter to win at <http://bit.ly/kernmama>.  
Deadline to enter: Friday, Aug. 30 at noon.



.....you can do it

# Encourage Healthy Eating Habits in Kids

As a parent, instilling healthy eating habits in your children at an early age can aid in proper growth and development. Eating well goes a long way toward maintaining a healthy weight, increasing energy levels and improving moods while also reducing risk of obesity and other chronic issues such as heart disease and diabetes later in life.

Set your children on a path to making lifelong nutritious choices with these tips:

**Foster independence.** Allowing your children to help with shopping and meal prep can aid in them taking ownership of what they're eating. Start by divvying up easier tasks such as setting the table, then work toward creating snacks and meals on their own.

**Offer balanced options.** Children require balanced diets made up of all three major food groups, including fruits and vegetables, for proper development.

**Be a role model.** Typically, your children will follow your behaviors, which includes the types of foods they select at mealtimes. Eating a rainbow of fruits and vegetables can help ensure your family is getting a complete range of nutrients. For example, a recipe like this Rainbow Buddha Bowl provides a combination of fresh and roasted vegetables that can be customized to meet your family's tastes. Thinking about how many colors you eat in a day may inspire your kids to do the same, which can foster a lifetime of healthy eating habits.

To find more healthy meal inspiration, including more than 500 registered dietitian- and family-tested recipes, visit [produceforkids.com](http://produceforkids.com).

## Rainbow Buddha Bowl

Recipe courtesy of Jodi of Create Kids Club on behalf of Produce for Kids  
Prep time: 30 minutes | Servings: 4

### Ingredients

- 1 medium sweet potato, peeled and diced
- 1 cup broccoli florets
- 1/2 small purple cabbage, sliced
- 1 tablespoon olive oil
- salt, to taste
- pepper, to taste
- 2 cups quinoa, cooked according to package directions
- 1 cup red cherry tomatoes, quartered
- 1/2 cup yellow cherry tomatoes, quartered
- 1 avocado, sliced
- 4 tbsp yogurt ranch dressing



### Directions

1. Heat oven to 425 F.
2. Place sweet potatoes, broccoli and cabbage on baking sheet lined with parchment paper. Toss with oil and season with salt and pepper, to taste. Bake 15-20 minutes, or until potatoes are soft.
3. Divide cooked quinoa into four bowls. Top with roasted sweet potatoes, broccoli, cabbage, red tomatoes, yellow tomatoes and avocado.
4. Drizzle with dressing and taste the rainbow!

(Family Features)

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# KERN COUNTY FAMILY MAGAZINE

## daily happenings

THE BEST LOCAL CALENDAR OF EVENTS!

Our printed version of the calendar has been edited for space.  
For more details about these events or activities not listed  
please visit [www.kerncountyfamily.com](http://www.kerncountyfamily.com)

### AUGUST '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

**Thursday August 1**  
**4 and 5 READY TO STRIVE / LITTLE LEARNERS:** Get your child ready for kindergarten. Monday - Thursday 392-2054

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

**SQUARE DANCING CLASSES:** 301-2808

**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

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

**TWILIGHT AT CALM:** Enjoy the animals during their active dusk hours. 5:00 PM - 8:00 PM Daily through August 17. 872-2256

**BOOKS IN MOTION: DANCE + LITERACY AT BEALE LIBRARY:** "Giraffes Can't Dance" by Mallory Academy of Dance. Books in Motion is a FREE literacy program that encourages reading through dancing! Free books will be offered to Book in Motion participants on a first come, first serve basis. Join us for learning and dancing! 1:00 PM 868-0701

**FREE PET ADOPTION FAIR AT KERN COUNTY ANIMAL SHELTER:** Assemblyman Vince Fong will pay the adoption fees for the FIRST 100 PET ADOPTIONS! 10:00 AM - 4:00 PM 395-2995 Thursday - Friday

**Friday August 2**  
**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

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

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

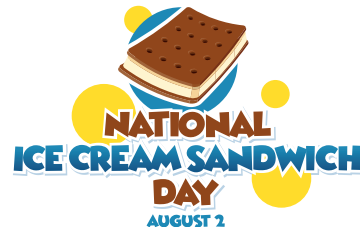
**FIRST FRIDAY ART WALK:** Family friendly art event. 5:00 PM - 9:00 PM 324-9000

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

**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

**YOGA AT BMOA:** FREE Community Yoga and Meditation. 6:00 PM - 7:00 PM 323-7219



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

**CASH'D OUT - TRIBUTE TO JOHNNY CASH:** The band's live shows respectfully reference the late, great Man in Black's Sun Records and early Columbia era sound. \$20. 3200 Buck Owens Blvd. 8:00 PM - 11:00 PM 489-4855

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

**Saturday August 3**  
**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

**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

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

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

**BMOA AT WASCO LIBRARY:** Building with art straws. 4:00 PM - 6:00 PM 758-2114

**DANCENATION'S GRAND OPENING:** Food, games, prizes, and more! 1612 Art St. #C 11:00 AM - 2:00 PM 496-6836

**JOHN STEINBECK'S THE GRAPES OF WRATH:** A powerful and deeply affecting stage version of one of the masterpieces of American literature. Open to all ages. 1622 19th Street 7:30 PM 866-568-2846

**MINI CON AT BEALE LIBRARY:** Mini con is free for vendors and participants. 10:00 AM - 4:00 PM 868-0753

**MOVIE TIME AT WASCO LIBRARY:** Join us for The Lego Movie and Sgt. Stubby. 12:00 PM - 1:30 PM 758-2114

**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. 8:00 PM - 10:30 PM 858-1115

**STEAM TOWN GRAND OPENING AT KERN COUNTY MUSEUM:** A play space where children can use their imaginations and experience careers in Science, Technology, Engineering, Arts, and Math. 12:30 PM - 4:00 PM 437-3330

**CENTRAL CALIFORNIA ANTIQUE FLEA MARKET:** This market is a small collection of vendors selling all items 20 years old or older. 7:00 AM - 2:00 PM 559-759-9133

**TEENS FOR JEANS AT WILSON PARK:** Last year we received over 700 pairs of jeans, so come out and help us get even more! 2:00 PM - 7:00 PM 437-0110

**FREE PET ADOPTION FAIR AT KERN COUNTY ANIMAL SHELTER:** Assemblyman Vince Fong will pay the adoption fees for the FIRST 100 PET ADOPTIONS! 10:00 AM - 2:00 PM 395-2995

**Sunday August 4**  
**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

**JOHN STEINBECK'S THE GRAPES OF WRATH:** A powerful and deeply affecting stage version of one of the masterpieces of American literature. Open to all ages. 1622 19th Street 2:00 PM - 4:00 PM 866-568-2846



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

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

**Monday August 5**  
**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

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

**MOVIE TIME AT WASCO LIBRARY:** Join us for “How To Train Your Dragon”. 1:00 PM - 2:30 PM 758-2114

**SCIENCE FUN AT WASCO LIBRARY:** Join us for a fun Science Project. 3:30 PM - 5:00 PM 758-2114

**Tuesday August 6**  
**MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 325-0208

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

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

**OPEN GARDEN AT CSUB:** Join us at the CSUB Edible Garden, where we are fighting food insecurity with sustainable gardening! Wear close-toed shoes, protective clothing, and sunscreen. We will provide gloves, tools, iced water, and cups. Our goal is to have fun while growing food! We will have a wide range of activities, for beginners as well as advanced gardeners. 8:30 AM - 10:00 AM Tuesday-Wednesday 654-CSUB

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

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

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

**Wednesday August 7**  
**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

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

**COLOR ME MINE-TODDLER WEDNESDAYS:** Free story time with Miss Lynn and free studio fee for your child. (bisque purchase required). 10:00 AM - 1:00 PM 664-7366

**ADULTS GET CRAFTY AT WASCO LIBRARY:** Join us for Adult craft time. 2:00 PM - 3:30 PM 758-2114

**MINDFUL MEDITATION AT MERCY:** Mindful breathing brings us gently into the Present Moment, where there is peace and joy. We will practice mindful breathing as a flow from one meditative posture to the next. 6:00 PM - 7:00 PM 632-5747

**Thursday August 8**  
**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. 10:00 AM – 1:00 PM 869-6560

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

**Friday August 9**  
**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

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

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

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

**Saturday August 10**  
**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

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

**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.



**National Night Out**

**Wednesday, Aug. 7**

An annual community-building campaign that promotes police-community partnerships and neighborhood connection to make our neighborhoods a safer, better place to live. Join us for the 35th anniversary of this national event! The event is FREE to attend! 1001 Truxtun Ave. 6:00 PM - 9:00 PM 326-3922



## 56th Annual Tehachapi Mountain Festival

### Saturday, Aug. 17 & Sunday, Aug. 18

Fun for the entire family. The Festival includes an Arts and Crafts Show, Food, Live Entertainment, Carnival, Mountain Gallop 5K/10K, Mountain Festival Parade, Thunder on the Mountain Car Show, VFW Dinner and Dance, Pancake Breakfast and much more. Saturday-Sunday. [www.Tehachapi-mountainfestival.com](http://www.Tehachapi-mountainfestival.com) 822-4180



### Tunes & Tacos 2019

#### Saturday, Aug. 17

Concert and Taco Competition with Cash Prizes. 21+. Low Lying Chairs & Blankets Allowed, No Ice Chests, Outside Food or Drinks Permitted. Tacos, Food Vendors, Merchandise for Sale, Spirits, Beer, Michelada Tent, Margarita & Pina Colada Tent and Much More!!! Sponsored by The Groove 99.3, The Beat 103.9, Rock & Wings, Nokturnal Entertainment & Elements Venue. 3805 Chester Ave. 4:00 PM - 10:00 PM 301-4681

**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

**FREE ART WORKSHOP: COPY/BORROW/STEAL:** Through the widely-used and, at times, controversial process of appropriation, artist copy, borrow, alter or outright steal to their advantage. In this workshop, teens experiment with a variety of appropriation method such as ink transfers, collage, and photomontage. To ensure sufficient materials and supplies RSVP is mandatory. 9:00 AM - 11:00 AM 858-4821

**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

**SAN JOAQUIN VALLEY LAPI-DARY SOCIETY:** Learn silver smith, wire wrapping, beading and more. FREE! 861-9102

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

**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

**SUMMER MOVIE SERIES AT FOX THEATER:** "Snow White" Enjoy your Saturday afternoons with the kids as we present classic Walt Disney Productions films for only \$5 a ticket! Concessions will also be offering \$1 popcorn, \$1 soda, and \$1 hot dogs. Costumes (for all ages) are encouraged. With only 500 tickets available to each movie, this magical series will likely sell out fast, so we suggest you get your tickets early before they are gone. 11:00 AM. (661) 324-1369

**VALLEY FEVER WALK 2019 AT KERN COUNTY MUSEUM:** Join us to support Valley Fever Awareness. You can walk, stroll, run or sit in the shade. Games, activities and Physicians and veterinarians will be

present to answer questions. Enjoy free refreshments and entertainment. 7:00 AM - 9:00 AM 437-3330

**Sunday August 11 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 August 12 4 and 5 READY TO STRIVE / LITTLE LEARNERS:** Get your child ready for kindergarten. Monday - Thursday 392-2054

**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

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

**COUNTRY LINE DANCING:** 392-2010

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

**MOVIE TIME AT WASCO LIBRARY:** Come have a chilling good time, watch "FROZEN". 1:00 PM - 2:30 PM 758-2114

**Tuesday August 13 TUESDAY NIGHT FAMILY ICE SKATE:** \$5 per skater. 1325 Q St St 100 6:00 PM - 8:00 PM. (661) 852-7400

**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

**OPEN GARDEN AT CSUB:** Join us at the CSUB Edible Garden, where we are fighting food insecurity with sustainable gardening! Wear close-toed shoes, protective clothing, and sunscreen. We will provide gloves, tools, iced water, and cups. Our goal is to have fun while growing food! We will have a wide range of activities, for beginners as well as advanced gardeners. 8:30 AM - 10:00 AM Tuesday - Wednesday 654-CSUB

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

**Wednesday August 14 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

**COLOR ME MINE-TODDLER WEDNESDAYS:** Free story time with Miss Lynn and free studio fee for your child. (bisque purchase required). 10:00 AM - 1:00 PM 664-7366

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

**Thursday August 15 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

**SQUARE DANCING CLASSES:** 301-2808

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

**WORD POETRY/OPEN MIC NIGHT:** 703-6911



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

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

**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. 8:00 PM - 10:00 PM 321-  
9248

**Friday August 16**

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

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

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

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

**BMOA AT WASCO LIBRARY:**  
Doing art inspired by Eric Carle. 4:00  
PM - 6:00 PM 758-2114

**PRCA RODEO:** Cowboys from  
across the country will come to  
compete for points toward the PRCA  
finals and large cash purses in gruel-  
ing events like bronco riding, steer  
wrestling and bull riding. Lightening  
fast Cowgirls will be taking razor  
sharp turns around the barrels and  
down to the finish line. 5:00 PM  
557-7336

**Saturday August 17**  
**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 MAR-  
KET-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

**PRCA RODEO:** Cowboys from  
across the country will come to  
compete for points toward the PRCA  
finals and large cash purses in gruel-  
ing events like bronco riding, steer  
wrestling and bull riding. Lightening  
fast Cowgirls will be taking razor  
sharp turns around the barrels and  
down to the finish line. 3:00 PM  
557-7336

**STUDIO MOVIE GRILL - SPECIAL  
NEEDS SCREENINGS: "DORA  
AND THE LOST CITY OF GOLD"**  
Our Special Needs Screenings are  
designed for families raising children  
with special needs. Special Needs  
Screenings are shown with the lights  
up and the volume lowered and chil-  
dren are free to move around, talk, or  
even dance in the aisles during the  
movie. The sensory friendly screen-  
ings are free for children with special  
needs and their siblings. 11:00 AM  
535-2292

**SUMMER MOVIE SERIES AT  
FOX THEATER: "PETER PAN"**  
Enjoy your Saturday afternoons with  
the kids as we present classic Walt  
Disney Productions films for only \$5  
a ticket! Concessions will also be  
offering \$1 popcorn, \$1 soda, and \$1  
hot dogs. Costumes (for all ages) are  
encouraged. With only 500 tickets  
available to each movie, this magical  
series will likely sell out fast, so we  
suggest you get your tickets early  
before they are gone. 11:00 AM.  
(661) 324-1369

**Sunday August 18**  
**SAN EMIGDIO EXPRESS AT  
WIND WOLVES:** Catch a ride with  
us for hiking opportunities. 858-1115

**HAGGINS OAK FARMERS MAR-  
KET:** 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 August 19**  
**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

**TAI CHI AT MERCY:** Express med-  
itative movement while experiencing  
a calm and soothing state of relax-  
ation. Wear loose clothing that allows  
your joints to bend comfortably and  
flat shoes, such as sneakers. A \$5.00  
donation would be appreciated, but  
is not required. You may place what-  
ever you can donate in our donation  
box. 8:30 AM - 9:30 AM 632-5747

**MOVIE TIME AT WASCO LI-  
BRARY:** Join us for some popcorn,  
and "The Incredibles". 1:00 PM -  
2:30 PM 758-2114

**Tuesday August 20**  
**TUESDAY NIGHT FAMILY ICE  
SKATE:** \$5 per skater. 1325 Q St  
Ste 100 6:00 PM - 8:00 PM. (661)  
852-7400

**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

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

*August  
Worship Guide*

Sponsored by



3001 Stine Rd  
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661-833-4345  
www.myfellowshipbaptist.com  
Rick Prevost, Senior Pastor

**AWANA**  
8/28 - 6PM  
3YS-12TH GRADE

**Fellowship Baptist Church**

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

Wednesday  
8:00 pm - Bible Study & Prayer

**CHECK OUT AWANA FUN DAY AUG 17 - 5PM FUN, FOOD & WATER SLIDE**



**TRINITY**  
ANGELICAN 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

**OPEN GARDEN AT CSUB:** Join us at the CSUB Edible Garden, where we are fighting food insecurity with sustainable gardening! Wear close-toed shoes, protective clothing, and sunscreen. We will provide gloves, tools, iced water, and cups. Our goal is to have fun while growing food! We will have a wide range of activities, for beginners as well as advanced gardeners. 8:30 AM - 10:00 AM Tuesday - Wednesday 654-CSUB

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

**Wednesday August 21 KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** For kids 4-12! 342-2078

**MOBILE HEALTH CLINIC:** Kern County Public Health Services Department is offering a mobile health clinic that is next to the Lamont Library! No appointment is necessary, and many services are free. Services offered include Health screenings, immunizations, TB testing, birth control, sexual health, and others. 8304 Segrue Rd. Lamont 10:00 AM - 3:00 PM 321-3000

**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

**WOMEN'S SELF DEFENSE WORKSHOPS:** 322-0931

**COLOR ME MINE-TODDLER WEDNESDAYS:** Free story time with Miss Lynn and free studio fee for your child. (bisque purchase required). 10:00 AM - 1:00 PM 664-7366

**CRAFTERNOON AT WASCO LIBRARY:** Join us for arts and craft afternoon time. 3:30 PM - 5:00 758-2114

**CULT CLASSICS AT READING CINEMAS VALLEY PLAZA:** "Repo Man" 7:00 PM 833-2230

**MINDFUL MEDITATION AT MERCY:** Mindful breathing brings us gently into the Present Moment, where there is peace and joy. We will practice mindful breathing as a flow from one meditative posture to the next. 6:00 PM - 7:00 PM 632-5747

**Thursday August 22 MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 325-0208

**SQUARE DANCING CLASSES:** 301-2808

**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

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

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

**Friday August 23 FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

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

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

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

**FAMILY FUN FRIDAYS-BEACH 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

**MATILDA THE MUSICAL:** The story of an extraordinary girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny. 1622 19th Street 7:30 PM - 9:30 PM Friday - Saturday 866-568-2846

**MOVIES IN THE CANYON AT WIND WOLVES:** 858-1115

**COMMUNITY BIKE RIDE AT BIKE ARVIN:** We will ride around town. Route changes depending on the group. Make new friends, and ride your bike with us. 8:00 PM - 9:30 PM 854-3577

**Saturday August 24 AFTERNOON SKATING AT SKATELAND:** Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

**ICE CREAM ZOOFARI AT CALM:** Treat your taste buds to a frozen extravaganza by building an ice cream sundae, a cone, or a root beer float! Admission to Ice Cream Zoofari includes entrance to the zoo, docents strolling the grounds, free rides on the Central California Children's Railroad, and delicious ice cream. 10500 Alfred Harrell Hwy, Bakersfield, CA 4:30 PM - 7:30 PM 872-2256

**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

Listings of FREE Immunizations



**Blessing Corner**  
Friday, August 2nd  
101 Union Ave., Bakersfield  
from 9:00 a.m. to 12:30 p.m.

**Orangewood Elementary**  
Monday, August 5th  
9600 Eucalyptus Dr., Bakersfield  
from 9:00 a.m. to 2:00 p.m.

**Mojave Night Out**  
Tuesday, August 6th  
15732 O St. (Mojave High School),  
Mojave from 4:00 a.m. to 6:30 p.m.

**Ready Set Back 2 School**  
Thursday, August 8th  
1142 P Street (Kern County  
Fairgrounds), Bakersfield  
from 9:00 a.m. to 12:00 p.m.

**Back 2 School Bash**  
Saturday, August 10th  
301 E. 4th St. (Bakersfield PAL),  
Bakersfield  
from 9:00 a.m. to 12:00 p.m.

**Greenfield Family Resource Center**  
Monday, August 12th  
5400 Monitor St. (parking lot),  
Bakersfield  
from 9:00 a.m. to 2:00 p.m.

**Children's Immunization Program**  
Tuesday, August 13th  
Wednesday, August 14th  
Thursday, August 15th  
2800 K St. Bldg. B., Bakersfield  
from 9:00 a.m. to 2:00 p.m.

**Walmart Supercenter**  
Monday, August 19th  
5075 Gosford Rd., Bakersfield  
from 9:00 a.m. to 2:00 p.m.

**Adventist Health Bakersfield**  
Wednesday, August 21st  
2800 Chester Avenue, Bakersfield  
from 1:00 p.m. to 6:00 p.m.

**NOR Riverview Park**  
Monday, August 26th  
437 Willow Drive, Bakersfield  
from 9:00 a.m. to 2:00 p.m.

**New Life Church**  
Wednesday, August 28th  
4201 Stine Rd., Bakersfield  
from 9:00 a.m. to 2:00 p.m.

**Child Development Center**  
Thursday, August 29th  
9615 Main St., Lamont  
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.

# 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!

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

**JUST DANCE: POP-UP SUMMER SERIES FOR ADULTS:**

Jazz Funk w/ Shelby Walls at 6PM, Heels 101 w/ Shelby Walls at 7:30PM The Kern County dance community has come together to bring FREE dance classes this summer. 1612 Art St. Suite C 491-5376

**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

**THE GROOVE 99.3 SUMMER BASH AT STRAMLER PARK:** Featuring Jody Watley, Color Me Badd 5:00 PM 868-7000

**Sunday August 25 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

**LADIES NIGHT OUT COMEDY EVENT WITH AMY BARNES:** Join us for a ladies-night-out, full of laughs, desserts, and fellowship! \$15. 2323 Mount Vernon Avenue 5:00 PM - 7:00 PM 871-1212

**Monday August 26 4 and 5 READY TO STRIVE / LITTLE LEARNERS:** Get your child ready for kindergarten. Monday - Thursday 392-2054

**COUNTRY LINE DANCING:** 392-2010

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

**ADULTS GET CRAFTY AT WASCO LIBRARY:** Join us for Adult craft time. 2:00 PM - 3:30 PM 758-2114

**MOVIE TIME AT WASCO LIBRARY:** Join us for "The Emperor's New Groove." 1:00 PM - 2:30 PM 758-2114

**Tuesday August 27 TUESDAY NIGHT FAMILY ICE SKATE:** \$5 per skater. 1325 Q St Ste 100 6:00 PM - 8:00 PM. (661) 852-7400

**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. 392-2010

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

**Wednesday August 28 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

**MARKET AT SEVEN OAKS BUSINESS PARK:** Music, farmer's market, food and activities for everyone. 4521 Buena Vista Rd, 5:00 PM - 8:00 PM 323-4005

**COLOR ME MINE-TODDLER WEDNESDAYS:** Free story time with Miss Lynn and free studio fee for your child. (bisque purchase required). 10:00 AM - 1:00 PM 664-7366

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

**Thursday August 29 MOVE TO IMPROVE:** Low impact, training program for people with physical limitations. 325-0208

**SQUARE DANCING CLASSES:** 301-2808

**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

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

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

**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 August 30 FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

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

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

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

**MATILDA THE MUSICAL:** The story of an extraordinary girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny. 1622 19th Street 7:30 PM - 9:30 PM Friday - Saturday 866-568-2846

**Saturday August 31 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

**CARS & COFFEE:** Rain or shine, The BLVD & Temblor Brewing Co. will host Cars and Coffee on the last Saturday of each month. The BLVD patio will be serving Mimosas + Bloody Marys + Breakfast burritos for \$5 each! 3200 Buck Owens Blvd. 7:00 AM - 9:00 AM 873-4477



PRODUCTS, SERVICES & EVENTS

WE'RE MAID FOR THIS

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<https://www.mollymaid.com/local-house-cleaning/ca/bakersfield.aspx>

PARTY RESOURCES

**BATTLEFIELD LIVE**  
COMBAT LIVEPLAY ADVENTURE  
**LASER TAG**

- Safe, Interactive Fun for All Ages
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**CONTINUES ON PAGE 33**

**Ease Kids Back into School with Confidence**



There's nothing like a major milestone in a child's life to test a parent's confidence. Big changes like a new school or classroom can be trying for kids and adults alike, but tackling the transition a little at a time can make it easier on everyone.

Most parents agree that being confident is important, but only about 1 in 3 parents feels confident on a typical day, according to KinderCare's Parent Confidence Report. However, experts say your own feelings can impact youngsters.

If you think your child might have trouble making the transition, consider these strategies from the experts at KinderCare to help ease both of you into a more comfortable place and build confidence for a successful school year.

**Set up classroom visits before school starts.** Sometimes fear comes from the unknown. By visiting ahead of time and seeing firsthand, your child can become familiar with the layout of the classroom, meet the teachers and know what to expect, which can help alleviate some of the anxiety and jitters.

**Talk with your child's teacher about the transition.** Your child's teacher should be your partner, so be open and honest from the start. Talk about how your child handles change, what causes stress or what behaviors the teacher might expect. Don't be afraid to call and ask for updates on your child to see how things are going.

**Avoid sneaking away from your child at drop-off.** Talk about what will happen ahead of time and create a consistent and predictable drop-off ritual, such as two high-fives, a hug and a wave from the window, to ensure your child feels secure and safe. Continue this routine every day to help your child get used to the classroom environment and make sure the process is a quick, happy one.

**Be enthusiastic.** Just like laughter, excitement is contagious. Rather than focus on nerves or uncertainty, share your own memories from school including how you felt at the beginning of a new school year and the excitement of learning and meeting new friends, which can help your child get hyped up, too.

(Family Features)

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**Upcoming August Events**

- **Save the Date ~ Autism Spectrum Seminar #1 is Oct 17th, See Website Calendar for Details**
- **LEGO Workshop, See Website Calendar for Details**
- **Support Group Info, See Website Calendar for Details**

**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

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**ACTIVITY CORNER ANSWERS** *p.34*

**Sudoku:**

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

**Crossword:**

Across  
1. Examine  
4. See  
5. Tic  
7. Garbanzo  
8. Teachers

Down  
1. Eyesight  
2. Neat  
3. Doctors  
6. Lash



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# KID'S activity corner

Answers on page 32

## Sudoku

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

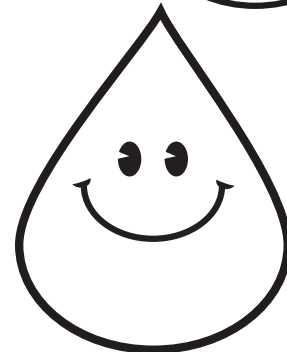
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Find the hidden words in the puzzle

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

## Creative Coloring



## Crossword Puzzle

1					2		
							3
4					5		
				6			
7							
8							

### ACROSS

1. Check carefully
4. Perceive with the eyes
5. Small muscle movement
7. Type of bean
8. Educators

### DOWN

1. Ability to see
2. In place
3. Medical providers
6. Hair on eyes



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