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 hello, happy dad: Kurt Keckley pg 14 grilled cheese with a kick pg 23



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MEMBERS OF



Stuff We Love:

From a Twister Splash Game to a 4-in-1 Explorer Trike, get ready for the best summer ever.

13



Our June Pool Crew~

Thank you to Ollie age 4, Patrick age 5, and Emma age 12! Photography by Stacey Leigh



14

math is fun

Hello, Happy Dad

Kurt Keckley, Kern County Teacher of the Year shares insights on learning, life, and a sense of belonging.



23

You Can Do It!

Celebrate Dairy Month and in-season apricots with this refreshingly light dessert.



6

Automall Banners Arrive:

Bakersfield is building a sense of place, identity, and community



12

11 Ways:

Plan to set your student up to succeed in the next school year as we transition into summer.

PLUS

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



- 4 **Dear Reader:** Happy Father's Day!
- 6 **Refrigerator Door:** Local Voices, News & Trends
- 8 **Healthy News to Use:** Mineral vs. Physical Sunscreen: Which is best for your kids?
- 10 **Readers Respond:** What could make your summer better?
- 17 **Best Books For Father's Day:** Taft College Foundation Book Reviews
- 18 **Camp Feature:** How to Choose a Summer Camp Your Kids Will Love & You Will Approve
- 20 **Honor Dad:** Fun & Creative Ways to Celebrate Your Dad
- 22 **Humor at Home:** New Puppy; Cuteness Overload
- 25 **Daily Happenings:** Local Event Calendar
- 27 **Family Shopper:** Summer Season Resources
- 29 **Activity Corner:** Sudoku, Word Find & More



Vaun Thygerson, Contributing Writer

I am consumed this season with all things graduation — regalia, announcements, pictures, parties and celebrations! I have two children graduating this year: my daughter from Bakersfield College and my older son from Liberty High School.

Bakersfield College's graduation was extra special this year because it celebrated 8,000 graduates over three years, 2020, 2021, and 2022, for those that didn't have a chance to walk the stage because of COVID. One of the speakers at Bakersfield College said it was the biggest crowd in Memorial Stadium since BC won the state football championship in 2012.

It was fun to see so many graduates celebrating with their families, many of whom were the first in their family to receive a college degree. As a mother to my favorite BC graduate and a professor to many of them, I was overwhelmed with gratitude for such an amazing place where people from all backgrounds, religions and abilities can come together for higher education where they can get one step closer to their lifetime goals.

My daughter has spina bifida and has received special education services throughout all of her elementary, junior high and high school years, even if it was just concerns with her mobility. I was worried how it would work in college, but BC was on top of it. They have a whole department called Disabled Student Programs and Services (DSPS) that keep track of these students who need a little extra help being successful. She had a fabulous time at BC where she made a lot of friends, learned a lot of new things and the graduation ceremony was the cherry on top of her time there. And, then to finish the night, BC hosted a firework display starting with the song "Renegade" that rivaled any 4th of July celebration. The parting words to end this cele-

bration from BC President Zav Dadabhoj was to go out and make the world a better place by doing good.

Speaking of making the world a better place, many of the dads out there do their part to raise their kids right for a better future. Special thanks to one of those dads, Kurt Keckley for our Hello, Happy Dad column. In the article, "Kern County Teacher of the Year Honoree Kurt Keckley Shares Insight on Learning, Life and a Sense of Belonging," on page 14, Callie Collins writes about how his life as a special education teacher and father has had such an impact on the community. He says what he really wants for Father's Day is time with his kids.

One thing I know that absolutely makes my life better is my fun and fluffy pup named Lincoln. In this month's Humor at Home article, "New Puppy: Cuteness Overload," Julie Willis writes about how she is a reluctant new puppy mom. They have a new terrier mix puppy that they rescued. To find out what they named their newest addition to the family, turn to page 22.

As summer activities start ramping up, KCFM asked its readers what could make their summers better. Turn to page 10, to see the answers that center around health, family time and much more. One thing that most people in Bakersfield can relate to wanting is cooler summer days but we know that just doesn't happen here. We just have to learn how to beat the heat by staying cooler or heading out of town to cooler temps.

This month as we celebrate impressive graduates, the coolest dads, the cutest puppies, and the hotter temps (okay maybe not so much the heat), let's do some good to better our sphere of influence. As one of my favorite graduation quotes is, "Go into the world and do well. But, more importantly, go into the world and do good," says Minor Myers Jr.

Happy Father's Day to all you awesome Dads out there!

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CONGRATULATIONS TO ALL GRADUATES!

Kern High School District PEAAC Awards

The Kern High School District (KHSD) recently held its 2022 PEAAC Awards to honor more than 300 individuals and award nominees in 42 categories. The Promoting Excellence in Activities and Athletics in Kern (PEAAC) awards were implemented as a recognition program to honor our very best throughout KHSD in categories including Best Athlete, Best Actor, and Greatest Community Supporter, and more. In 2011, the first year of PEAAC, the committee honored 75 individuals and groups, awarded outstanding nominees and KHSD is happy to see the celebration of incredible students continue this year.

To see a complete list of nominees and award recipients, please visit www.kernhigh.org

Bakersfield Unveils New “Automall” Banners



More than two dozen new banners have been installed in the area known as the Bakersfield Automall, providing further cohesion and recognizable identity for the area. The 28 banners are hung on 14 different City-owned light poles in the Automall area. The banner design takes inspiration from the City of Bakersfield’s “The Sound of Something Better” branding design, including the color scheme and the logo shield.

“The new banners will help create a ‘sense of place’ for the Automall and surrounding area, including the popular nearby RV park, which is represented in the design as well,” said Bakersfield City Manager Christian Clegg. “This is indeed only the beginning of the City’s work to create placemaking elements for different parts of Bakersfield.”

Bakersfield Is the 4th Best-Paying Midsize U.S. Metro for Civil Engineers

A new report by Construction Coverage looking at the U.S. locations with the highest wages for civil engineers ranked Bakersfield the 4th best-paying midsize U.S. metro for civil engineers. Quality infrastructure helps lower the cost of supplies and transportation, which helps stimulate further economic growth. By one estimate, every dollar spent on infrastructure generates \$3 in additional economic return. Civil engineers in the Bakersfield metro area earn an adjusted median annual wage of \$103,669, compared to \$88,570 at the national level.

For more information, a detailed methodology and complete results, you can find the original report on Construction Coverage’s website: <https://constructioncoverage.com/research/best-paying-cities-for-civil-engineers-2022>.

City Offers Free Support to New Businesses with Innovative Website

Twenty percent of small businesses fail in the first year, according to the U.S. Bureau of Labor Statistics. The City of Bakersfield is committed to making entrepreneurship as easy and successful as possible with a new, free website through SizeUpBakersfield, www.bakersfield.sizeup.com, that will help businesses be better prepared through improved planning and marketing.

Entrepreneurs can use this free online platform to estimate the viability of their future or current business and test assumptions of their business plan. In addition, they can use SizeUpBakersfield to discover potential customers, find local suppliers and optimize their marketing by targeting ideal customers.

“Small businesses form the economic foundation of our local economy,” said Bakersfield Mayor Karen Goh. “The City of Bakersfield is committed to supporting these entrepreneurs with the information they need to be more successful. The market research and business insights we provide through this new tool will enable small businesses to compete on the same level as well-funded and larger corporations.”

Kern Health Systems Announces CEO’s Retirement and Replacement



Emily Duran
photo courtesy of Kern Health Systems

Doug Hayward, current Kern Health Systems CEO, announced his retirement effective July 6th, 2022. Mr. Hayward has served as CEO since January 2012. During his leadership, Kern Health Systems through Kern Family Health Care, grew approximately 300% to where today Kern Family Health Care serves over 325,000 Kern residents.

Hayward said, “Serving as Kern Health Systems CEO has been a rewarding experience for the past 10 years and I want to express my appreciation to our Board of Directors for their support and trust in my leadership over the years. I also want to thank the many outstanding providers in our medical community and my dedicated team for their commitment to serving Kern Family Health Care members”.

Emily Duran will replace Hayward. She has worked for Kern Health Systems in various executive roles since 2013, and before that she was at Clinica Sierra Vista.

“Her knowledge of the organization and community will serve Mrs. Duran well as she assumes the CEO role,” said Tim McGlew, Board Chairman of Kern Health Systems. “Emily will be an excellent replacement to carry on our mission. She received unanimous support from the Board of Directors.”

“I am truly honored and humbled to be given the opportunity by the Board of Directors to lead such a critical local health plan. As the daughter of immigrant farmworkers, raised in rural Delano, I have experienced the struggles of our hard-working families. I have a deep-rooted commitment to the mission of improving the health status of our most vulnerable community residents and a vision to bring Kern Health Systems to the next level of quality health care,” said Duran.

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by Nadia Morgan

June is National Migraine and Headache Awareness Month

Do you suffer from migraine or headaches? If not, maybe you love someone who does. June is the month that brings more awareness to these conditions, which can be life-altering and debilitating. According to nationaltoday.com, “The month of June observes, recognizes, and honors the headache and migraine communities that are continuously working together for headache disorders to be recognized as legitimate neurobiological diseases. It also encourages people with migraines or chronic headaches to consult a medical professional for proper diagnosis and treatment. It aims to enlighten individuals with headache disorders about the various treatments available.”



While advances have been made in the treatment of headaches, there is still much work to be done. Organizations like the American Headache Society are advocating every day to help patients find proper treatment. Research leads to more treatment options beyond ibuprofen, triptans, and other prescriptions. If you experience bothersome headaches or the more severe form of headache, a migraine, here are some tips from WebMD on how to talk to your doctor and ask the right questions to start feeling relief:

1. How can I pinpoint what triggers my headache?
2. What should I keep track of in a headache diary?
3. Could any of my medicines (such as birth control pills) be making my migraine headaches worse?
4. Is there a chance my migraine symptoms might go away in a few years?
5. Can hypnosis, biofeedback, or other non-drug treatments help?
6. Could over-the-counter drugs be strong enough to ease my pain? If so, how much should I take and how often should I take them?
7. Would prescription medications that prevent migraines be likely to help me?
8. What are the side effects of the drugs you have prescribed? What can I do to handle or prevent them?
9. Are there some lifestyle changes that might help prevent my headaches, such as diet, exercise or meditation?
10. Are there some lifestyle changes that might help prevent my headaches, such as diet, exercise or meditation?

Is it muscle pain, or is it your fascia?

Sometimes what seems to be muscle pain is tight fascia. This is not a recent discovery or fad term—it’s just taken a while to garner the attention it deserves. Fascia is the connective tissue that surrounds muscles, blood vessels, and organs. It can be sticky or move fluidly if a body isn’t tense or full of scar tissue. Fascia runs all through the body, and it’s all connected. The health of a body’s fascia can dictate how much pain one feels and how flexible one is. Healthline.com explains that sticky, tight fascia is usually due to one of the following reasons: a sedentary lifestyle, poor posture, dehydration, overusing or injuring your muscles, unhealthy eating habits, poor sleep quality, and stress.



There is hope for tight fascia, though! Here are a few ways to improve the situation:

Stretch
Aim to stretch at least 10 minutes a day.

Get Some Bodywork Done
Have a massage, go to a stretching clinic, or try Thai yoga massage.

Try Yoga
The mental benefit of yoga will help stress levels go down, and the stretching and warming of the body will only improve the mobility of the fascial system.

Sweat and Hydrate
Sweating by doing cardio or visiting a sauna are great ways to loosen up that connective tissue—but make sure you are hydrating even more when sweating. Half your body weight in water every day is the goal for healthy fascia.

Mineral Vs. Physical Sunscreen—Which is Best?



Choosing sunscreen these days can be tricky. Consider, whether natural mineral sunscreen is best for your skin or if you want the physical sunscreen that is more familiar. Both can shield your skin from UV rays, but they are made up of different ingredients. According to everydayhealth.com, “Zinc oxide and titanium dioxide are small particles that sit on the skin’s surface and physically prevent UV rays from penetrating the skin. Chemical sunscreens, on the other hand, allow UV light into the skin. Once the light is absorbed into the skin, the chemicals in the sunscreen create a chemical reaction in which UV light is converted to heat, and the heat dissipates from the skin.”

So, which is better for you? The Environmental Working Group recommends avoiding chemical sunscreens with oxybenzone because of concerns that this ingredient may disrupt hormones and cause allergic skin reactions. Chemical sunscreens can also cause damage to our ocean life when humans wear them to swim, surf, and enjoy the water.

A review published in January 2019 in the Journal of the American Academy of Dermatology found that common chemical sunscreen ingredients such as oxybenzone may bleach and damage coral reefs. Tourist destinations, including Hawaii, have banned oxybenzone.

The ingredients in mineral sunscreens (zinc oxide and titanium oxide) have been generally recognized as safe and effective by the FDA. They are also ideal for children, people with sensitive skin, and people with melasma.

City of Bakersfield Announces Spray Parks Schedule, Encourages Water Usage Reduction

by Callie Collins

Water conservation is often top of mind for both city officials and citizens. This summer, spray parks will open but in adherence to new guidelines that took effect in December 2021.

Now through Labor Day, Sept. 5, nine City-operated spray parks are set to operate Wednesday through Sunday until Labor Day during the hottest part of the day, 1 p.m. to 6 p.m. Remaining closed Monday and Tuesday helps ensure compliance with Stage 2 of the drought mitigation plan from the City of Bakersfield's Water Resources Department.

See a list of participating parks and other park amenities at <https://www.bakersfieldcity.us/348/Parks-Facilities> to plan your next outdoor play-date.

The spray parks' planned operation schedule may change if drought conditions worsen. Similar measures were also taken last summer, with reduced hours and days of operation.

City of Bakersfield utility customers should be familiar with related stipulations under the Stage 2 guidelines include the following steps, according to official municipal wording:



- Prohibit the use of potable water for washing sidewalks, driveways, buildings, structures, patios, parking lots, or other hard-surfaced areas;
- Require shut-off nozzles on hoses for vehicle washing with potable water;
- Limit outdoor landscape and turf water usage to three days per week and only after 6 p.m. and before 9 a.m.
- Odd number addresses water on Tuesdays, Thursdays and Saturdays

- Even number addresses water on Wednesdays, Fridays and Sundays

- No outdoor watering is permitted on Mondays

- Highly recommend: Limit outdoor landscape and turf water usage to two days per week (Odd: Tuesdays and Saturdays; Even: Wednesday and Sunday); and

- Prohibit outdoor water usage during and 48 hours after a rain event resulting in measurable precipitation.

Consumer rebates for the purchase of smart irrigation controllers and high efficiency toilets and washing machines are available to provide reimbursement of up to \$150.

Water conservation kits, with faucet aerators, high efficiency showerheads, toilet leak tablets and other helpful household implements, are available at <https://www.bakersfieldcity.us/402/Rebates-Conservation-Kits>, along with additional rebates and other information.

Thank you for helping conserve water in Kern County as we seek to ensure vital resources for future generations in the community we share.



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We asked our readers about their summer and what could make it better. Answers varied, from cooler days to travel plans. Read them here!

Q. What could make your summer better?



Being able to be with my entire family.

-Clementina Rocha

An unlimited supply of ice cream, ice tea and lower energy bills.

-Enriqueta Hurtado

More sunny, beautiful days!

-Tony Gonzalez

More farmers market trips!

-Allison Arnold

I really like to have a lot of fun activities to do with my kids both at home and in the community. It's important that we all decompress and have fun together.

-Rachel Welch



Nothing sounds better than a day at the water park followed by popsicles! Perfect summer day to me.

-Keira Painter

A better summer would come with a finished backyard for my kids to play in.

-Jamie Henry

Getting out of the heat on a mini vacation would be amazing!

-Stephanie Spainkoward

For everyone to be healthy during these trying times with COVID being such a terrible problem here in Kern County, I would also like the weather here to not be so hot in the summer so we can visit our beautiful parks that Bakersfield provides for us.

-Cindy Drascich



More outdoor family events are needed. We have tons of adult-themed, events which is wonderful, however, more events we can take our children and grandchildren to.

-Michelle Cottle

If only you could control the heat LOL. Other than that, my summers are usually pretty perfect

-Diana Montalvo

Spending the whole summer at the beach.

-Jacqueline Ceja

Winning the lottery.

-Meranda Perez





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11 WAYS TO

organize now for your student's success next school year

As students' second semester draws to a close, planning ahead will make an important difference in preparing for the 2022-2023 school year.

Here are 11 ways to equip your student for success.

1. Sort out backpacks and lunchboxes:

Remove each daily use item. Eliminate the possibility of finding crumpled papers, torn notebooks or petrified food this fall. Determine if you will donate, reuse, or throw away lunchboxes and backpacks.

2. Organize what comes home from the classroom:

Choose a filing system or organizer box for important papers, projects or art from the completed grade. Repurpose supplies or save them for next year.

3. Purchase next year's school supplies:

Find out if your school is offering a boxed school supply deal, which is almost always cheaper than buying on your own. A portion of proceeds often benefits your school. Supply lists are typically determined by the end of the previous school year. If you haven't received one, ask and shop deals all summer long instead of trying to do it all in August.

.....
"When I say to a parent, 'read to a child', I don't want it to sound like medicine. I want it to sound like chocolate."
.....

Mem Fox

4. Review grades and make a plan:

Note where your student is struggling. Hire a tutor, form a study group or invest time in sitting down with your child to catch up on what is needed with academic skills.



Buy or borrow books before they're needed.

5. Ask about school reading lists:

Set your student up for success by getting ahead on required reading, especially in upper grades. Ask next year's middle and high school literature teachers for a list and buy or borrow books before they're actually needed. Participate in a summer reading program for incentives to get it done early.

6. Plan for doctors' appointments:

Schedule sports physicals, wellness visits, specialists appointments now for July or August. Request paperwork from your school for any prescription medications to be kept at school next year that require a physician's signature. Request vaccination records needed so you're not left scrambling when it comes time to submit copies.

7. Enroll in before/after care:

Spots go quickly in school-based care programs, especially low cost on-site options. Enroll today if possible or find out when enrollment begins to request paperwork in advance. Find a second option over the summer.

8. Discard worn out shoes and clothing:

Figure out what no longer works for your family. Hint: Those athletic

shoes you're saving for a literal rainy day will never be worn again. Donate what is salvageable but no longer needed. Throw away what is worn out so you know what you need. Shop sales over the summer.

9. Figure out transportation:

If your child is making a change, figure out what transportation choices are available. Make sure bus routes are available, put together carpool groups, find an alternate caregiver or arrange for flexible work to handle drop-off and pick-up.

10. Mark your calendar for key dates:

Look ahead at your district's calendar and mark important dates for Back to School night, Meet the Teacher and other key events. If there is a popsicle playdate opportunity over the summer to meet future classmates, be aware of social gatherings that can help your student feel more comfortable starting a new grade.

11. Be aware of scholarship and assistance deadlines:

Request paperwork in advance and file in a timely manner to avoid missing important deadlines that may take place sooner than expected.

WE LOVE IT!

Hello, SUMMERTIME!
JUNE

By Elena Epstein, Director of the National Parenting Product Awards
For more product reviews, visit nappaawards.com



Willow & Sim Bamboo Kids Beach Toys

Perfect for beach days. Made from unbleached compostable bamboo, this eco-friendly and durable set is lightweight and packaged in a natural canvas bag with mesh base and hemp rope handle for easy transport. Free from harmful chemicals. Recyclable and reusable. \$59.95, ages 2+, willowandsim.com

used to set all Guinness bubble records in the last 30 years! 2 pouches of WOWmazing bubble concentrate (Made in USA)-Just Add Water! 8 Glow-in-the-Dark Stickers that will make outdoor bubbles even more enjoyable! Ages: 6 years+, amazon.com Price: \$16.95



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Twister Splash Game

It's family soak time with this spin on the classic game. Connect the game mat to a garden hose, turn on the water, wait one minute, start playing and the soaking begins. \$19.99, amazon.com



Nerf Super Soaker RoboBlaster



Unleash the ultimate soak with this interactive target that strikes back. Aim and knock down targets to disable it or you'll find yourself drenched in water. \$29.99, ages 6+, amazon.com

SwimWays Swim Huggable



Kids can take their favorite stuffed animal swimming with these cuddly and floating stuffie. Made with a quick dry material. \$14.99, ages 12 months+, swimmaster.com

SwimWays BSF Splash N' Play

Includes a soft mesh seat with a low center of gravity, an inner spring for stability, adjustable and removable UPF 50+ canopy for protection, built-in handles and a reusable carry-bag. \$31.99, ages 1+, swimways.com



Riding Buddy - Cat

Designed with toddlers in mind, featuring bold colors, easy-to-grab handlebars, a comfy seat, and 4 wheels that roll smoothly. Kids can scoot around the house or take this balance bike outside! The cat's tail doubles as a handy handle! \$29.99, ages 12+ months, mytoys.com



Igor Jelly Sandals from Spain



Great for a day at the beach or fun at the park, these adorable sandals are made of high-quality PVC, feature a hook and loop closure, come in a variety of colors and are made in Spain. \$46, ages birth-25 months, justshoesforkids.com

feature a hook and loop closure, come in a variety of colors and are made in Spain. \$46, ages birth-25 months, justshoesforkids.com

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Enjoy the outdoors with this versatile trike featuring a modern design that grows to a toddler balance bike. \$199, 10 months-5 years, globber.com



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Teacher

Hello, Happy Dad:

Kern County Teacher of the Year Honoree **Kurt Keckley** On Learning, Life and a Sense of Belonging



Image courtesy of Kurt Keckley

Kurt Keckley, special education teacher, knows the importance of finding one's place in work and life. One of three local teachers named Kern County Teachers of the Year, Kurt is a California State University, Bakersfield graduate whose degree is actually in accounting. After a surprising career pivot, he found a calling within education that proved more rewarding and a better fit than he could have anticipated upon making the shift more than two decades ago. Changing people's lives came as a result, more so than just his own, with a legacy evident through his students' ability to succeed.

Kurt credits his wife, Sondra, then a high school biology teacher, with inspiring him to try teaching.

"Unlike people in a lot of other professions, my wife was excited about what she was doing and returned day after day with so much energy and enthusiasm, inspired by the students," said Kurt. "I realized right away teaching beat the heck out of sitting in front of a computer when it came to feeling fulfilled. The students are real people,

with real lives, and by investing in them as a person, you start seeing changes. That really filled me up at the end of a work day and unlike in accounting, I was not exhausted in the same way. Instead, that sense of responsibility has driven me ever since. I am a senior teacher and if I'm not there, some kids won't cross the line and graduate. You show up for the kids."

Kurt is known for doing so much more than just showing up. At the time of this interview, he had just returned from a few days away from the classroom after being ill with COVID. He returned when it was safe to do so, anxious to help students end their semester with what they needed from him before the end of the school year.

Kurt returned to college to complete his teaching credential, originally with the idea of becoming a history teacher. He noticed the constant demand for special education professionals and was hired as an adult aide at South High School. The next year, he arrived at Arvin in October on an emergency credential. He was later hired at Frontier High School around 2007, where he has helped thousands of students.

.....
Today, the strangest thing on my desk is:

The Teacher of the Year Award; it's a crystal apple.
.....

"I love history but when I decided to go to work as an aide, I did that with the idea of seeing what classrooms are really like. If you have been in a classroom since the '80s, what do you really know about classrooms? Well, you don't, until you've been there and you've been into a room and seen it now," said Kurt. "You hear of special education, your mind probably gravitates to several intellectual and physical disabilities but it's not always that at all. There are so many students who sat where you and I sat, who have very typical social skills, that nothing about them would make you think they'd be any different. I didn't

know this population was there and when I went to work with them, I said 'These kids are the ones who really need me.'"

Students know Kurt as Mr. Keckley, a patient teacher who helps a lot of kids with their work, especially math, and runs the school's TITAN gaming club and Esports team.

.....
So far, my best life advice for other dads is:
Love on your kids every chance you get; spend time with them. Hug them, because they'll be gone before you know it.
.....

"I love board games. Since my days at Arvin, I have run a club centered on games, board games, card games, games of all kinds. The club is a mecca for that kid. You know which one, the one who feels awkward and different," said Kurt. "That's what that club does, help students realize 'I am not alone.' For kids who feel lost, this is a home. They must interact with each other, engage in teamwork and take on responsibility as they run the club. Some years, these students will go out and look for the other kids who are sitting by themselves who are pretending to be on their phone but aren't, pull them in and form a community."

As detailed in his Teacher of the Year summary, Kurt is also known for designing a game based on World War I called "Fields of Despair," which GMT Games published in 2017. Lt. Col. Channing Greene contacted Kurt about putting the game to use for cadets in his United States Military Academy course at West Point professor. Kurt found ways to make the game shorter and more suitable for that unique classroom setting and Lt. Col. Greene thanked him for "his extraordinary contribution to the teaching profession and to his country."

Kurt recalled beginning an academic year with an "I love math" t-shirt the students teased him about. One of his proudest

moments, though, was when the entire class showed up at the end of the year with t-shirts bearing the same slogan. They took a group photo he continues to treasure.

"I have learned lots of tips and tricks, ways to break things down, as a lot of what I'm doing is teaching math to struggling students," said Kurt. "There are very smart people who cannot reach students because they think everyone is right there with them on basic concepts and they are not. They've got to break it down more, a lot more. It takes just incremental steps sometimes to build on a person's knowledge."

Kurt credits teaching with helping him be a more understanding father. He and Sonya, now a reference librarian at Bakersfield College, are the parents of Emily, a Bakersfield College student, and Alex, a sophomore at Frontier.

Before I leave the house, I make sure I have:

The youngest kid in the car!

"Anytime my own kids had struggles at home, I had skills to break whatever it was down into small parts. It has definitely made me a more willing participant in understanding where they're coming from," said Kurt.

That sense of empathy has led to empowerment for his students.

Mentoring has also been an important facet of Kurt's career. He served as a mentor to a student who did not graduate high school on a traditional path and faced the prospect of enrolling in adult school at Grizzly Youth Academy in San Luis Obispo. A mentor was required for participation and he selected



Mr. Keckley & Previous Student Justin Cameron

Image courtesy of Kurt Keckly

Kurt, who agreed to participate, which required frequent weekend drives of more than two hours each way. With much needed support, he graduated high school.

"My job has really been about reaching out to kids when safe spaces are hard to come by," he said. "You never know who would've been lost along the way without it."

Along with fellow honorees Kelsea Linnell of Elk Hills School and Cato Middle School teacher Hanna Rahberger, Kurt is now eligible to apply for the California Teacher of the Year program. According to the Kern County Superintendent of Schools' press release announcing the finalists, "The two most competitive applications as determined by the Kern County Teacher of the Year Selection Committee will be submitted to the California Department of Education (CDE) to be considered for the California Teacher of the Year honor."



Frontier High School students show off their "I Love Math" t-shirts after gaining skills in Mr. Keckley's class. Image courtesy of Kurt Keckly

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4 Questions with Kurt

Q. What do you want for Father's Day?

A. I just want time with my kids.

Q. What do you wish the public better understood about teachers?

A. What I wish the public better understood that our role is not always what it appears from the outside. Parents may perceive the curriculum as easy but could you take the kids and reach them? Really reach them? Could you take the supposition going in of 'I cannot' from the students' perspective and make it 'I can' while meeting every student's unique needs, maintaining discipline, loving them, making it all resonate and while planning a nice lesson every day? The emotional drain in teaching is real but the giveback from the kids is huge. I wish parents would understand each student is unique and we are doing our best to not only reach them but help them succeed.

Q. How can parents better support teachers?

A. Actually, I see it the other way around. Other teachers might not like that answer and that's fine but my role is to support parents. We are all a team here, all on the same side, all rooting for the same kid. Offering a kind word to a teacher when something is going well can be really helpful. Parents should never feel like a bother. I love the parents that are always willing to reach out right away and concerns with a student so they don't become bigger concerns. Parent communication and an occasional letter are key.

Q. Teaching special needs students can be particularly challenging. How do you find respite as a teacher?

A. When you put in the hard work, the kids give it to you. They start believing and achieving. I do relax after school and I don't bring it home with me but I am tremendously organized. That comes from the accounting side of my life. You always want to work a little harder if you can, every single day.

SPRING INTO SUMMER

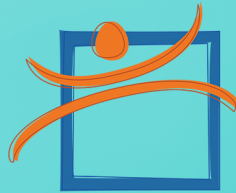
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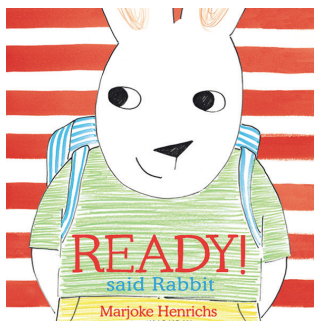
The Best Books for Father's Day

This Father's Day, why not encourage your readers to get the dads (or dad-like figures) in their lives a gift or two that will endure long after Sunday is over. Each of the books below will allow for a special storytime moment for dad and the little in their life.

Papa Pizza Mouse

by Michael Garland (Holiday House, for ages 0–3) Now a bite-sized board book, Papa Pizza Mouse offers new families their first chance to bond over a love of New York, pizza, and a NYC slice that is worth fighting for. When the whiskered hero of this story uncovers one of the greatest treats New York City has to offer a forager—a discarded slice of pepperoni pizza—the danger to bring it home to his family is all worth it! It's up to the tiny Pizza Mouse to get the slice safely home to his family . . . via the A train, of course!

Ready! Said Rabbit



by Marjoke Henrichs (Peachtree, for ages 2–6) An excellent read aloud pick for dads and their little loved ones to celebrate each other, charming flaws and all. It's a lovely day to visit the park, but will Rabbit and Dad ever be ready to leave the house? Rabbit could take his ball to the park. But his favorite elephant would be just perfect, too, if he could find it. Uh-oh! Now Dad needs his jacket...and his glasses. And wherever did his keys go? A tale of

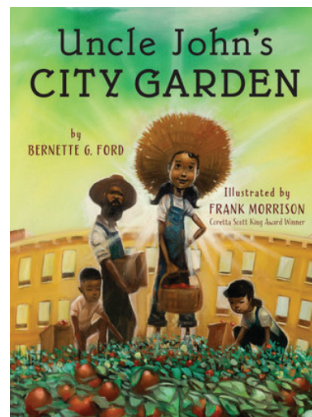
patience to share between a dad and child; readers will laugh along with playful jibes at relatable, dawdling behaviors.

Song for Jimi: The Story of Guitar Legend Jimi Hendrix

by Charles R. Smith, Jr., illustrated by Edel Rodriguez (Neal Porter/Holiday House, ages 7 and up.) Jimi Hendrix's talent was epic, and so is this lyrical account of his life, with spectacular artwork by Edel Rodriguez— including a poster underneath the jacket! From his turbulent childhood through his epic appearance at the Monterey and Woodstock festivals, Smith Jr. covers it all in this rich and rhythmic account of a singular life, accompanied by the psychedelic splendor of Edel Rodriguez's acid-tinged illustrations. This unique mix of rhythm and rhyme captures the essence a rock icon.

Uncle John's City Garden

by Bernette G. Ford, illustrated by Frank Morrison (Holiday House, for ages 4–8) How does this city garden grow? With help from L'il Sissy and her siblings—and love, love, love! A celebration of nature, family, and food. Bernette Ford's autobiographical story is a loving glimpse at a girl, her siblings, and her uncle, and their shared passion for farming. L'il Sissy's fascination with measurement, comparison, and estimation introduces children to STEM concepts. And the progress of Uncle John's garden introduces readers to the life cycle of plants. And the progress of Uncle John's garden introduces readers to the life cycle of plants.



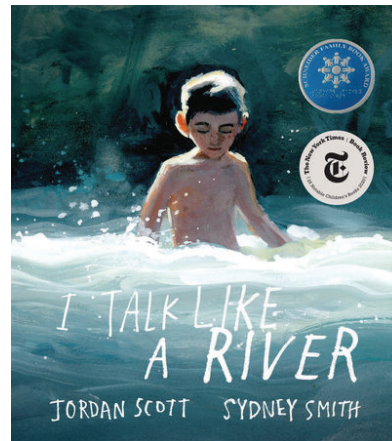
Going Down Home with Daddy

by Kelly Starling Lyons, illustrated by Daniel Minter (Peachtree, for ages 4–8) Down home is Granny's house. Down home is where Lil Alan and his parents and sister will gather with great-grandparents, grandparents, aunts, uncles, and cousins. Down home is where Lil Alan will hear stories of the ancestors and visit the land that has meant so much to all of them. And down home is where all of the children will find their special way to pay tribute to their family history. All the kids have to decide what they'll share, but what will Lil Alan do?



I Talk Like a River

by Jordan Scott, illustrated by Sydney Smith (Neal Porter/Holiday House, for ages 4–8) What if words got stuck whenever you tried to speak? What if they never came out the way you wanted them to? When a boy who stutters feels isolated, alone, and incapable of communicating in the way he'd like, it takes a kindly father and a walk by the river to help him find his voice. Poet Jordan Scott writes movingly in this powerful and ultimately uplifting book, based on his own experience.

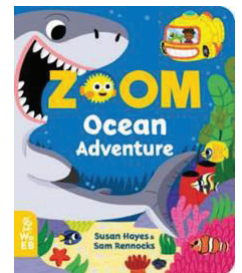


Adventures with My Daddies

by Gareth Peter, illustrated Garry Parsons (Peachtree Publishing, for ages 4–8) This authentic bedtime read aloud is perfect for LGBTQ+ and adoptive families! Set off on a series of incredible adventures with an endearing, diverse family as the bedtime stories they read burst into colorful life. Together, the daddies and their little one battle dragons, dodge deadly dinosaurs, zoom to the moon, and explore the world in a hot air balloon, before winding down to sleep in a wonderfully cozy ending.

Zoom Ocean Adventure

by Susan Hayes, Sam Rennocks (What On Earth Books, for ages 1–3) Join Noah as he puts on his wetsuit and visits Earth's most mysterious environment: the ocean. Come face to face with a great white shark, join dazzling fish on a coral reef, explore the depths of the ocean in Noah's submarine, and discover your very own pirate treasure. Die-cut board pages and a pop-up make every page an interactive experience, keeping readers guessing about what surprise awaits on the next page, while learning about ocean animals.



How to Choose a Summer Camp Your Kids Will Love and that You Will Approve

Whether you're looking for enrichment for your child, a way to keep your kids occupied and supervised while you work, or need a short reprieve from parenting, there's sure to be a summer camp that's the right fit for your child and family.

The Benefits of Summer Camp

Summer camp offers kids plenty of benefits, and many kids thrill at the idea of going away to summer camp. Still, for some kids, particularly those who are shy, introverted, or homebodies, the thought of going away for a night, let alone a week or more, can cause considerable anxiety. When kids are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are eager – or at least willing to give it a shot without much fuss – summer camp offers opportunities kids may not have elsewhere. Summer camp provides kids the following benefits:

- ✓ fosters independence
- ✓ a place to develop new and lasting friendships
- ✓ development of new skills
- ✓ discovery of new interests and hobbies
- ✓ the opportunity for creative expression
- ✓ a break from being plugged-in
- ✓ daily exercise
- ✓ improves their self-esteem
- ✓ teaches kids to work with others
- ✓ makes them feel part of a community
- ✓ prevents or reduces summer learning loss



Getting Started with Your Search

Before you begin looking into summer camps, create a list of the criteria you're looking for. Here are some things you'll want to consider.

- ✓ What is your budget for summer camp?
- ✓ What is the purpose of sending your child to summer camp?
- ✓ Do you want a resident (overnight) or a day camp?
- ✓ Are you looking for a short-term (week or two) or summer-long program?
- ✓ Do you want a camp that's very structured or one that provides your child with lots of freedom and choices?
- ✓ What are your child's passions, such as a particular sport, hobby, or other interest?

Once you've narrowed down some of the criteria, you can begin your search. An excellent place to start is your local parenting

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magazine. Many summer camps advertise in local parenting publications found at newsstands and online. Also, visit <http://www.summercamps.com/>, where you can search by zip code or category.

The American Camp Association (ACA) accredits summer camps. So this is another excellent place to look. The ACA educates camp owners and directors in health and safety for both staff and campers as well as program quality. It then accredits camps that meet the ACA's standards.

Next Steps To Finding The Perfect Summer Camp

Once you've selected a few summer camps that meet your primary criteria, and that fit your child's interests, share the choices with your child to see what excites him or her. Be sure to let your child know upfront that you still need to thoroughly investigate the camp(s) before making a final decision. But do keep your child's choices in mind to ensure your child gets the most out of summer camp.

Once you and your child have narrowed the list down to a manageable selection, you'll want to investigate the camps further. There are several things you'll want to consider.

What are the Staff's Qualifications?

Many summer camps use teens to staff the camps. Teens make excellent mentors and can bring liveliness to summer camp programs. However, the programs themselves should be developed by professionals and have professional oversight to ensure kids are getting the most from their camp experience.

- ✓ **How does the camp ensure your child's safety?**
- ✓ **What is the daily schedule for campers?**
- ✓ **Find out what kind of safety training the camp provides its staffers. Also, is there staff on hand at all times that knows CPR? What are the camp's procedures in the event your child becomes ill, has an accident, or an emergency?**
- ✓ **Ask for a daily itinerary, so you know your child will be getting everything you and your child anticipate from the program.**

What are the Rules?

Each camp has its own set of rules. So, find out whether your child is allowed to call you. If it's a summer-long residential camp, can parents come and visit? Can kids bring along a cell phone or electronics? Also, how much money can they bring, and how is it managed?



Don't Sweat It

Keep in mind, although there are many great camps, no camp is likely to offer everything precisely the way you want it. Just choose the one that best fits your child and satisfies your most important criteria. Remember, your child will have many summers to come and plenty more opportunities to work in more exciting camp experiences.

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Fun & Creative Ways To Celebrate DAD!

Every dad needs reminders of how much he is loved and valued. While you don't want to forgo the handmade cards and the offbeat kid ideas, these 10 ways to celebrate dad are sure to remind him of how much you care and give everyone some fun along the way.

1. Scavenger Hunt:

This works for kids of all ages, plus it can be as involved as you want it to be. Come up with fun clues like "As a dad I could not ask for better, your next clue is where you find a letter," to lead dad around the house to find a Father's Day prize. You can make up your own clues or download a set from ETSY. You're sure to get lots of giggles from kids every step of the way. To make this work with older kids, you can even take the hunt beyond the house to go to places around town. Give him a clue when he arrives at each location, eventually ending up at a favorite restaurant or event like a baseball game or concert.



2. Memory Lane: Even the most macho dads can appreciate a little trip down memory lane, especially for Father's Day. Break out some old photos and create a short movie full of memories for him. This is the perfect project for tweens and teens to take charge of. For younger helpers, get photos printed and have them create a poster of memories. It's even great to get photos from before dad was, well, a dad. Give him the chance to tell stories about who he was as a kid and before he embraced dad life.



3. Finish a Project: Every dad we know has some project they started that they never got around to finishing because dad life is busy. Work together to help him finish a project. Whether it's finally building the shelves he needs or planting the garden he dreams of, working together will make the project even sweeter.

4. Challenge: This can be as crazy as you want it to be. Think outdoor races or a bake-off. Maybe a game of basketball or chess. Discover a fun challenge you can do for some friendly competition and time together.

5. Serve Him: This is not giving him a coupon for help in the yard or washing his car. This is about actually doing it. Surprise dad and wash the car inside and out. Pack his lunch for the next day. Take care of a job he always does so he can put his feet up and relax. Bonus points if you bring him some lemonade and cookies!

6. Explore a Favorite Spot: Does he love a certain hiking trail or beach? Maybe there's a bookstore that he never has time to meander through or that hardware store that he loves. Even a coffee shop that makes his favorite latte. Find a place you know he enjoys and get him there. You can have him go on his own if he likes some quiet time to himself or make it a family affair if that's more his speed. No matter how you do it, just make sure it's one of his favorite places.

7. Discover a New Place: It's easy for parents to get so caught up in the day-to-day that they run out of time for exploring new places. Give dad the gift of exploration. You can go old school and road trip with no plan in mind, but it's usually better to have a few ideas up your sleeve. Websites like Only In Your State can help you find everything from wacky restaurants, hikes you never knew about, abandoned places, and even road trip trails to take you on an adventure to the state's best ice cream spots, breweries, etc.

8. Make a Summer Bucket List: Even dad has a list of things he'd love to do. Sometimes it gets buried under work and baseball practice and goodnight stories. Father's Day is the perfect time to dust it off! Get a poster and some markers or create a shared family list on your phone for Dad's Summer Bucket List. Ask him what he wants to do before summer is over. And it can't be all work and house things. Make sure he has fun little outings like going to his favorite ice cream shop and some bigger ideas like boogie boarding at the state beach. Even reading through a favorite book or seeing a movie counts! The only requirement: make time for the things on the list.

9. Favorite Foods:

From sunup to sundown, fill the day with dad's favorite foods. Does he love a Caffè Americano and donuts? Maybe a protein shake from that place across town? How about burgers and fries? Add a milkshake? You got it! Whatever it is, the day isn't about what the kids like (sorry kids!) It's a chance for dad to eat the things he loves and enjoy every bite. He doesn't even have to share!



10. More Than a Day: The fun doesn't have to last for just one day. Make it an overnight or a weekend. Plan a family vacation that you know he'd love. It doesn't need to be far or expensive. Think about things he loves and start there. Does he love the outdoors? Maybe a campout is a perfect idea (even in the backyard!) Is he a museum guy? Plan an overnight to go to an art installation or even a fun place like the Spy Museum. Whatever dad likes you can find a place he will enjoy. And the best part? The time you'll have together!

you can do it

MAKE YOUR OWN SHOOTING COMET TOY!



Easy to make, these home-made comet toys are always a big hit with kids of all ages. They go far, fast, and make a satisfying noise as they zip through the air. We recommend a tennis ball in our construction for best flight trajectory, but any similar sized ball you may have laying around the garage can work. If you want to add a dimension of excitement, you can get glow-in-the-dark ribbon from a craft supply store to light up your comet for evening play. ADULT SUPERVISION SUGGESTED.

Supplies Needed:

- Scissors
- Scotch Tape
- Rubber Bands
- An old tennis ball (or similar type/sized ball)
- A used plastic grocery bag
- Multi-colored ribbon (regular or glow-in-the-dark, as desired)
- Straight pin(s)

Instructions:

1. Place the ball into the deep corner of the plastic bag.
2. Gather the plastic, creating a tight wrap on the ball. Using tape, or rubber band, secure the ball inside the bag, leaving the remainder of the bag as the "tail" of the comet.
3. Using the scissors, cut strips in the bag up to about 3 inches below the tape or rubber band area so that you get numerous individual "tails."
4. Lay the ribbon generously and in desired combination/pattern over the ball so that they ends will flow in long strips on the tail section.
5. Use a rubber band to hold the ribbon in place at the base of the ball. If you want, you can wrap and tie ribbon on the outside of the rubber band to hide it.
6. As needed, use a single straight pin to keep the ribbon centered on the top portion of the ball.
7. Have fun launching your comet and listen to it crinkle through the air!

[MORE "YOU CAN DO IT" ON PAGE 23](#) →

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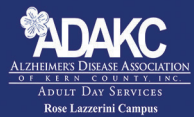
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New Puppy

Cuteness Overload

I am a reluctant new puppy owner.

It is just that I have been on the rebound after losing two senior fur babies last year. So, I confess, getting a new dog was not on the top of my list of Fun Ideas of How to Spend My Time.

But, see, I have these two kids.

They love dogs more than anything. Dogs in general. Not any particular dog. So the first thing they wanted to know was when we could get another dog.

I think having a puppy after loving a dog for its very long lifespan must be on par with finding out you're pregnant as soon as your youngest has finally moved out. You loved them. It was great. But to start all over again? It just sounds so exhausting.

But I pushed myself for the sake of my children.

"Let's get a puppy," they said. "It will be fun," they said.

You know what else they said? That they would house-train it.

Did I mention it's not house-trained?

This thing has been living with us for six weeks and still thinks that carpet and grass are the same thing.

These children of mine gave me their best puppy-dog eyes and pouty lips. They batted their eyes and made promises they thought they were old enough to keep.

The day I said, "OK, we can start looking," Grandma called.

She said, "There's a stray puppy needing a home. Can you take it?"

And that was that.

This seven-month old terrier mix is a whopping six pounds.



Sprite in his reclining position ~
photo by Julie Willis



I keep thinking about those books my kids have like "Who Would Win: Shark vs. Killer Whale?" and "Who Would Win: Hornet vs. Yellow Jacket?" I'm not sure what kind of person reads such violent books. Or buys them for their kids. (Oh, wait; that would be me.) But one thing I can tell you is that in a fight between my kids' new puppy and a Chihuahua, the Chihuahua would definitely win. Not only is this puppy the smallest thing I've ever seen, but if you just look at her seriously, she submissively rolls over onto her back. (She does not, however, scoot her bad self outside if she is thinking about doing her business on the carpet. Did I mention we got new carpet about three days before the new puppy? I can't make this stuff up. Who plans like that? Oh wait. Me again.)

Maybe that puppy—all right, all right, she has a name: Sprite. They named her after the soda, not the woodland nymph. They think that Sprite is, like, the best drink of all time. Mainly because I never buy it. Or any other soda. So they really, REALLY love Sprite. The soda. Well, the dog, too. You get the point.

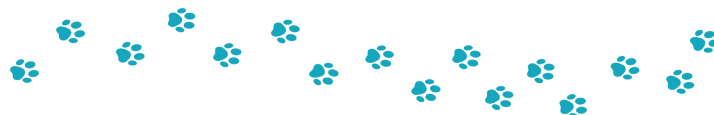
Anyway, maybe the puppy (ahem, Sprite) knows exactly where the door is and just prefers the house since all she has to do is wait until everyone's attention is diverted for a moment (and how long would a dog have to wait in a house full of chaos—um, I mean children)?

I have threatened the kids that if they can't take care of their dog, she will need a new home. (And who wouldn't want her? She is about the cutest thing I've ever seen.) But they give me sad eyes and ask me if I have fallen for her yet.

Definitely not.

OK, maybe a little.

And if I am going to love her, I guess I am going to train her myself.



you can do it

Try Grilled Cheese with



What kid doesn't love a grilled cheese sandwich after an active summer day? If you or your family have any dairy allergies, there are excellent non-dairy cheese substitutes that can make this just as delicious. The kick is in the sweet addition of the strawberry jam - it makes the sandwich a sweet and savory delight! (Note: Jelly cannot be used in lieu of jam due to the consistency, it will liquify under the heat and ruin your sandwich creation.)

Prep time: 10 minutes
Servings: 2 Sandwiches

Ingredients:

- 4 slices bread
- 3 Tablespoons butter (divided)
- 2-4 slices Cheddar Cheese
- 2-3 Tablespoons strawberry jam

Instructions:

Heat skillet over medium heat with 1 tsp butter be careful not to burn the butter.

Generously butter one side of each slice of bread.

Place 2 slices of the bread butter-side-down onto skillet bottom and add 1 slice of cheese on top.

Immediately, before cheese heats up, gently spread about 1 tablespoon strawberry jam on top of the cheese.

After jam is well spread, place 2 remaining bread slices butter-side-up on top of sandwich.

Grill until lightly browned and flip over; continue grilling until cheese is melted.

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LIC # 153810005



Fruit in Season!



Image by Stacey Leigh
Recipe Courtesy of thespruceeats.com

Fresh apricots are in season this summer, and this sweet and buttery grilled apricot dish goes well with ice cream or with a soft cheese like brie.

Ingredients:

- 3 tablespoons unsalted butter
- 2 tablespoons sugar
- 6 to 8 apricots, halved and pitted
- 2 tablespoons honey
- 1 (2 3/8-inch diameter) lemon, 4 wedges
- 1 cup ice cream, or brie cheese
- 1 teaspoon cinnamon, for garnish
- Mint leaves, for garnish

Steps to Make It:

- ✓ Gather the ingredients.
- ✓ Melt butter and sugar together in a large pan.
- ✓ Add apricots and coat with butter mixture.
- ✓ Place on grill for 6 to 7 minutes, turning often.
- ✓ Once cooked, place apricots on dessert plates cut-side up, drizzle with honey and lemon juice, and serve warm with a scoop of ice cream or with slices of brie cheese.
- ✓ Garnish with cinnamon and mint leaves.




stacey leigh
PHOTOGRAPHY

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staceyleighphoto@yahoo.com



Goodbye Paper Checks,

Hello WIC Card!



Families can now get the new California WIC Card at their local Women, Infants and Children (WIC) office. Flexible shopping and easier checkout at the grocery store with the WIC Card!

YES!

Newly pregnant women, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.



Go to myfamily.wic.ca.gov

This institution is an equal opportunity provider.



WIC is a nutrition education program for Women, Infants and Children.

WIC Benefits Include:

- Healthy foods
- Nutrition and health information
- Breastfeeding support
- Referrals to healthcare and community services

You May Qualify If You:

- Are pregnant, breastfeeding, or just had a baby;
- Had a recent pregnancy loss;
- Have a child or care for a child under 5;
- Have low to medium income; and/or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; and
- Live in California
- A family of 4 earning up to \$4,086/mo

Due to COVID-19 all appointments will be completed by phone. Call to see if your family qualifies today!

Please call 661-862-5422

Clinica Sierra Vista WIC

KERN COUNTY FAMILY MAGAZINE *daily happenings*

THE **BEST** LOCAL CALENDAR OF EVENTS!

Our printed version of the calendar has been edited for space. For more details about these events or activities not listed please visit www.kerncountyfamily.com

June is National Dairy Month!



Thank you to all our dairy farmers out there!

Loaded with nutrients like calcium, potassium and essential vitamins, dairy foods like milk not only taste great, they're great for our bodies too. In fact, adequate dairy consumption can help improve your overall nutrient intake, reduce your risk of chronic diseases, and strengthen your bones. It's no wonder the USDA recommends most people enjoy three low-fat or fat-free servings of nutrient-rich dairy foods each day! Try our Grilled Cheese with Kick recipe on page 23!

June 2, 15, 23

Train Robbers Kids Baseball Camp (PM)

Coaches will give general hitting, pitching and baserunning instruction for kids ages 6-17. Activities include drills, games, and baseball related fun. Players and coaches from the ROBBERS will rotate stations with kids on hitting, fielding, baserunning and throwing. For ages 6-17. Payment can be made online or day of camp, we take cash, Venmo or Zelle, if paying online bring proof of payment, \$35.00 each participant. (Sibling discount if paying day of camp, discount not available online.) Players should come fully dressed in baseball pants and uniform. Players required to bring their own gloves and bats. Parents must sign a liability waiver, available at camp. There will be no lunch or food served to players, please. Parents are welcome on the field at all times and can take photos at all times. BRING WATER OR SOMETHING TO DRINK.

Sam Lynn Ballpark
4009 Chester Avenue
Bakersfield, CA
Time: 6-8:30pm
<https://www.facebook.com/TrainRobbersFanclub>

June 3, 4, 6, 7, 13, 18, 19, 20, 27, 28, 30

Bakersfield Train Robbers Home Games

Come out and watch the Bakersfield Train Robbers at Sam Lynn Ballpark with the family. Every Monday is DOLLAR Night. Dollar entry, dollar hotdogs and dollar beer. (Please drink responsibly.) All other games are \$10.00 unless specified. Come get autographs from the players before and after the games. We have lots of fun activities for kids between innings and they can run the bases as well. Hope to see you there. Check website for updates. The Bakersfield Train Robbers are a Professional Baseball Team in the Pecos League of Professional Baseball Clubs.

Sam Lynn Ballpark
4009 Chester Avenue
Bakersfield, CA
Time: 7pm
<http://www.bakersfieldtrainrobbers.com>

June 8

National Best Friends Day!

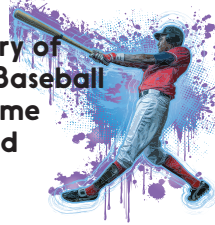


National Best Friend Day celebrates the bonds people have with someone not related to them, as well as relationships with pets. This day presents the chance to spend quality time with a bestie and let others know just how special this person is.

This is a good day to call and catch up with friends from your past as well. Why not send a surprise card or a simple text letting those cherished friends know how much they mean to you. This is a great opportunity to send out the positive vibes this world needs right now!

June 12

Anniversary of National Baseball Hall of Fame Established in 1939



June 13-17, 20-24 & 27-July 1

Entrepreneurship Mindset Summer Camp

Open to Kern County Youth. We are enrolling for the Entrepreneurship Mindset Summer Camp, a FREE one-week session open to incoming 7th-12th graders in Kern County. Students choose either the morning session at ROC (501 S. Mt. Vernon Ave. Bakersfield, CA) OR the afternoon session at CTEC (7301 Old River Rd. Bakersfield, CA). There are 25 spots available for enrollment at each location and session. Spots fill fast! PLEASE NOTE: Each Thursday's camp session is held at Bakersfield College Launchpad. Participants must provide their own transportation.

APPLY HERE: Entrepreneurship Mindset Summer Camp 2022
- <https://forms.gle/uh9SA6DP-51jw9nap6>

For more info contact Bianka Pantoja at bianka_pantoja@kernhigh.org

Career Technical Education Center 7301 Old River Rd
Bakersfield, CA
661-397-7301
Time: 12-3pm
<https://www.eventbrite.com/e/entrepreneurship-mindset-summer-camp-open-to-kern-county-youth-tickets-332223047077>

June 14



June 18

Baby Shark Live! 2022 Splash Tour



Splash along with Baby Shark and Pinkfong as they journey into the sea to sing and dance through some of your favorite songs in Baby Shark Live! This one-of-a-kind immersive experience will have fans of all ages dancing in the aisles as they join Baby Shark and friends for exciting adventures into the jungle and under the sea to explore shapes, colors, numbers and so much more! Some of the hit songs in this dazzling kids spectacular include "Baby Shark," "Five Little Monkeys," "Wheels On The Bus," "Jungle Boogie," and "Monkey Banana Dance"! Ticket pricing starts at \$35.00.

Rabobank Arena, Theater and Convention Center
1001 Truxtun Ave
Bakersfield, CA
Time: 2pm
<https://www.mechanics-bankarena.com/events/detail/baby-shark-live-1>

June 19



ONGOING HAPPENINGS

Saturdays

F St Farmers Market

Bakersfield's Longest Running Certified Farmer's Market featuring Fresh Fruits & Vegetables, Pork, Honey, Handmade Soaps, Baked Goods, Jams, Jellies & More! Accepts cash, card & EBT. Come and meet your local Farmers and Craftsmen and buy local, buy fresh! Chat with the people who grow your food and the craftsmen who hand make their products while supporting local businesses.

City Center: 3201 F St. Parking Lot, Bakersfield, CA
(661) 342-4671

Time: 7:45am – 12pm

www.visitbakersfield.com/events-calendar/valley-farmers-market/

Lakeshore Farmer's Market - Wofford Heights

We have some great farmer's markets in Kern County, and this is another one. Give your whole family the gift of fresh fruits, vegetables, and home-made goodies. Drive up the hill for some amazing finds on Saturdays.

7466 Wofford Blvd., Wofford Heights
(760) 417-9575

Time: 9am – 1pm

Mondays

Hoffmann Hospice Grief Support HEALING HEARTS

(Parents that have lost children)

This is a particularly difficult time to experience the death of a loved one. Hoffmann Hospice Grief Support groups are led by trained grief counselors. The meetings are free and open to all. You do not need to have a loved one on our service to attend. Space is limited, reservation required for all groups. Please call (661) 410-1010 to schedule.

Mondays via ZOOM (online group) ~ Bakersfield, CA
(661) 410-1010

Time: 5:30-6:30pm

<https://www.hoffmannhospice.org/grief-support-groups/>

Mondays and Wednesdays

Art Classes for Children with Charlotte White

All Media Art Classes with Charlotte White. First Grade through 8th Grade. Materials are provided by the instructor. Cost: \$10.00 per class. For registration and additional information contact Charlotte White (661) 330-2676 or charlottewhiteartist@icloud.com

Bakersfield Art Association Art Center Gallery
1607 19th Street, Bakersfield, CA

(661) 330-2676

Time: 4pm – 5pm, 5pm – 6pm

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PLENTY OF LARGE ANIMALS LIVE IN MARINE AREAS. THE WHALE SHARK HOLDS THE HONOR OF BEING THE LARGEST SALTWATER FISH. SURPRISINGLY, IT FEEDS ON PLANKTON.



PAGE
29

ACTIVITY CORNER

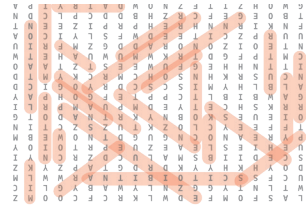
ANSWERS

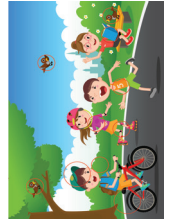
8	5	4	4	1	3	7	9	6	2
1	2	7	6	9	4	3	5	8	
3	9	6	2	8	5	4	1	7	
4	1	8	7	2	2	9	6	3	5
2	6	9	4	5	3	7	8	1	
7	3	5	8	6	1	2	4	9	
6	8	3	9	1	2	5	7	4	
9	7	1	5	4	6	8	2	3	
5	4	2	3	7	8	1	9	6	

- Down
- 1. Medicine
- 2. Albinism
- 3. Edd
- 4. Perform

CROSSWORD

- 1. Manage Across
- 5. Badge
- 6. Corn
- 7. Idaho
- 8. Examroom





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Saturday, June 4th & 18th

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- Preoccupation with object parts
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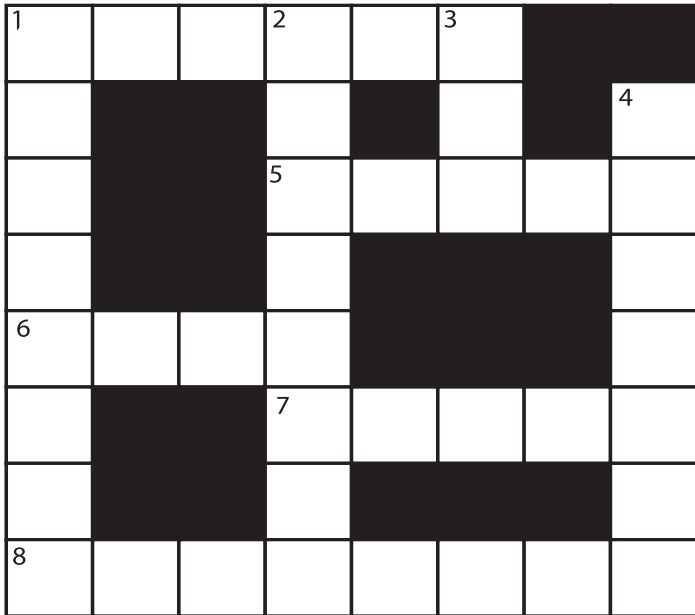
661-489-3335 • kernautism.org • kernautism@gmail.com
2200 Oak Street, Suite A



JUNE ACTIVITY CORNER

puzzle answers on page 26

Crossword



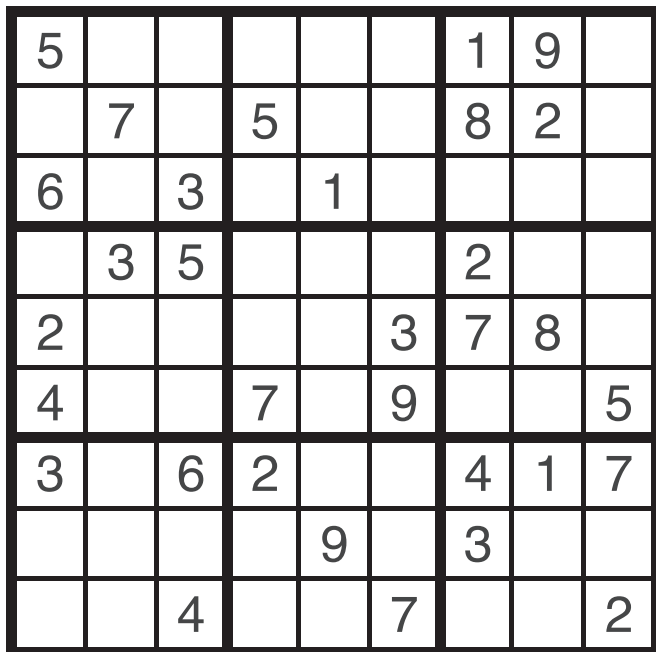
ACROSS

1. Look after
5. ID Card
6. Cereal plant
7. U.S. state
8. Place nurses and doctors see patients

DOWN

1. A treatment for disease
2. Absence of pigmentation in skin
3. Doctors of Education
4. Carry out

Sudoku



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!

There are 10 differences in the pictures below. Can you find them all?



PASTEURIZE

A process of partial sterilization for milk and other products, especially one involving heat treatment to make the product safe to eat.



JUNE ACTIVITY CORNER

puzzle answers on page 26

I Love Dairy Word Search

Presented by Pacific Ag Rentals

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

ANTIBIOTICS
BLOCK
BUTTER
CHEESE
CHURNING

CLARIFY
CLOTTING
COW
CREAMERY
DAIRY

ENZYME
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MILK
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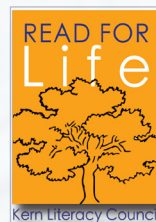
Go to a surprise place to read

Make a special snack

Set challenges and rewards

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