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June 2023

PARENTING MEDIA ASSOCIATION
2022 GOLD Award Winner

PARENTING MEDIA ASSOCIATION
2022 SILVER Award Winner
Design & Editorial Awards Competition

kern county Family magazine

11 WAYS TO DECLARE A

Cease Fire!

this summer
pg 14

Bon Voyage!



be POOL COOL
Hot Giveaway inside!

YOU CAN DO IT:
EGG-CITING
Recipes

WARNING ON
MELATONIN
This might keep you **AWAKE!**

plus

ways to celebrate dad this Father's Day pg 23 sleep cycle tips pg 9
hello, happy balanced mama: Jenny Wang pg 12 summer books pg 18



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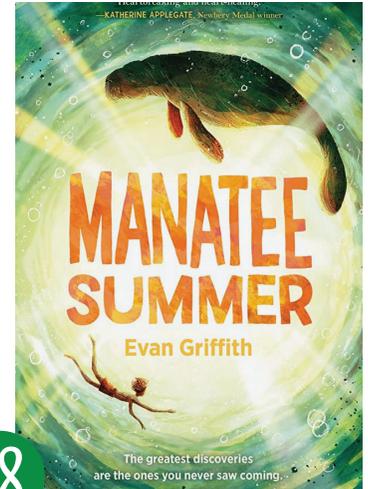
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dear reader by Vaun Thygerson



Vaun Thygerson, Contributing Writer

lyrics more and more. As I watch my children's friends grow up and accomplish these amazing things, I now know first-hand that the children really are our future.

Recently, I had a chance to meet one-on-one with some of the brightest young minds in Kern County. Friend of the magazine Lisa Krch from Career & Technical Education Center (CTEC) invited me to participate in her students' day of mock interviews. Sitting at tables with other community volunteers from various companies, we met with these students to grill them with tough questions they could expect from a real job interview. These teens blew my mind. Everyone that I interviewed was well-prepared: business casual in dress, resumes in hand, and handshakes firm and confident.

I met with teens who had started their own businesses, built their own video games, produced a film and shared an impressive video compilation. One teen had step-by-step plans on how he was going to become a Disney animator and then hopefully own his own animation studio. All of them had so much hope for their future and were ready to conquer the world. I wrote their names down in my notebook and told each of them that I can't wait to see their dreams become reality. And, I really believe these kids have the necessary qualities to put their plans in motion.

Whitney Houston, the iconic '80s Queen, sang, "I believe that children are our future. Teach them well and let them lead the way. Show them all the beauty they possess inside."

I bet the readers who grew up in the 80s just sang those lyrics in their mind rather than read them. It's a fact - you can't help but sing along to Whitney! One of my favorite childhood memories was seeing her in concert in New York City. To this day I am a HUGE fan! I love this song not only because it is fun to sing along to, but the lyrics are spot on.

As a mother, I am noticing the truth in these lyrics more and more. As I watch my children's friends grow up and accomplish these amazing things, I now know first-hand that the children really are our future.

One of the best ways to teach kids how to succeed in life is through participating in the Boy Scouts of America Organization. In this month's "Hello Happy (Balanced) Mama: Jenny Wang," Callie Collins writes about how this mom's passion for scouting helps her children and others in the community. Wang says she loves scouts because it's a chance to learn non-traditional skills like how to fold a flag, the importance of fire safety, or build a wood car for the Pinewood Derby. To read all about this amazing woman, turn to page 12.

Unique projects like these can also help you entertain your kids this summer to keep them busy and maintain family harmony. In the article, "11 Ways to Help Siblings Declare a Cease-Fire this Summer," on page 14, Callie Collins says one of the best ways to ensure a peaceful summer is teaching kids empathy. Other ideas include building bonds, creating teamwork tasks, and having zero tolerance.

In this month's Humor at Home, "Road Trip: Traveling with Children," on page 22, Julie Willis writes about her family's road trip misadventures, especially when her kids were younger. After all the years of screaming and crying, she says now her children have morphed into the most fun travel companions ever. Sometimes she does get nostalgic for the days when she packed their suitcases and they hung on her every word, but she's also excited for the next milestone when they actually pay their own way on trips.

This month as the thermostat rises and we fight the Bakersfield heat, take the time to seek opportunities for educational adventures. You never know what unique skills your children might learn when they are young that can spark a lifelong passion, and maybe even influence their career. After all, they are our future. Sing it Whitney!

Have a fabulous summer and don't forget to wear your sunscreen!



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Omni Family Health Offers High-Quality Healthcare Under Exceptional Leadership

Omni Family Health Chief Executive Officer Francisco L. Castillon, MPA, is the proud recipient of the 2022 National Association of Community Health Centers (NACHC) Lifetime Achievement Award. NACHC was founded in 1971 to promote efficient, high-quality, comprehensive healthcare accessible to all.

The Lifetime Achievement Award honors Mr. Castillon for more than 30 years of service, dedication, and contributions to the community health center movement. In addition, U.S. Congressman David G. Valadao recently honored Castillon with a Congressional Record for his NACHC Lifetime Achievement Award presented in the United States House of Representatives.

Following receipt of these honors, Francisco Castillon shared, "I am deeply appreciative of the recognition from NACHC and Congressman Valadao, and look forward to many more years of serving our communities with high-quality, affordable, and accessible healthcare."



Castillon with NACHC Lifetime Achievement Award.



Congressman David G. Valadao presents Congressional Record plaque to Castillon.



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Give Big Kern: Record-Breaking Success



Photo courtesy of Give Big Kern

This year, Kern Community Foundation's Give Big Kern, held last month, has raised a record-breaking \$965,893 for 137 local nonprofits. Since 2016, Give Big Kern has raised millions of

dollars, from thousands of donors, for hundreds of local nonprofits. Give Big Kern allows the people of Kern County to show support for organizations that improve our region, raising dollars and volunteer hours for local nonprofits through online crowdfunding, matching gifts, and pledges. The funds raised during Give Big Kern will go directly into the operational budgets of participating nonprofits. Every donation makes a difference in the lives of those who are in most need. The next Give Big Kern will be on May 7, 2024.

For more information, please visit www.givebigkern.org or contact Kern Community Foundation at 661-325-5346.

Dr. John Mendiburu Appointed Next Kern County Superintendent of Schools

Dr. John Mendiburu was recently appointed as the next Kern County Superintendent of Schools (KCSOS) by the publicly elected Kern County Board of Education effective July 1, 2023. This comes after current KCSOS Superintendent Dr. Mary Barlow announced her retirement.



Photo courtesy of Kern County Superintendent of Schools

Board President Ronald Froehlich, on behalf of the Board, praised Dr. Barlow for her outstanding leadership during her tenure with KCSOS. "It is important that the excellent work of KCSOS continue without interruption, and Dr. John Mendiburu is uniquely positioned to lead us into the future. He has the experience and knowledge needed for the job and has a passion for improving the community," he says.

Dr. Mendiburu joined KCSOS in 2019 as Deputy Superintendent, and has served as KCSOS Associate Superintendent since 2020, a position in which he has helped lead the day-to-day operations of the office.

"Tonight, I am honored and humbled by the opportunity afforded to me by the Kern County Board of Education to lead the Kern County Office of Education into the future," says Dr. Mendiburu as he accepted his appointment. "I am grateful to Dr. Barlow for her leadership, and I look forward to continuing the great work of this office serving more than 200,000 students throughout Kern County."

North of the River Invites Community to Join the Fun this Summer

North of the River Recreation & Park District invites the community to join the fun this summer with a wide variety of camps, classes, programs, aquatics, and activities. NOR's Funbook for Summer 2023 is available. You can pick up a copy at one of its community centers or view online at www.norfun.org/Playcation.



"It's easy to enjoy a staycation in the North of the River community," says Jasmin LoBasso, Superintendent of Recreation & Community Services. "By joining the fun at NOR, you'll transform your staycation into a 'Playcation!'"

Kern County Teachers of the Year Finalists Announced



Photo courtesy of Kern County Superintendent of Schools

The 2023 Kern County Teachers of the Year finalists have been announced.

Congratulations to:

Brian Devitt: Kern High School District
Stockdale High School: AP Microeconomics, CP Economics, Algebra I, Financial Services, Virtual Enterprise

Yazmin Herrera: Delano Union School District, Almond Tree Middle School 6th Grade: Special Education

Veronica Karr: Southern Kern Unified School District, Rosamond High Early College Campus: English.

The three finalists are now eligible to apply for the California Teacher of the Year program. 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.

ROC CTEC Students Win Medals at the 2023 California State's SkillsUSA Event



Students display their medals at the SkillsUSA Event
Photo courtesy of Kern High School District

Kern High School District's ROC CTEC students recently brought home 42 medals from the 2023 State Leadership and Skills Conference held in Ontario, California with 10 students qualifying for the National Conference held later this month in Atlanta, Georgia. The annual SkillsUSA conference was a showcase of career and technical education (CTE) students in the state with over 100 outstanding students from the ROC CTEC chapter competed in over 30 different trade, technical, and leadership events.

During the state SkillsUSA competition, the CTE students worked against the clock and each other, proving their expertise in occupations such as Automotive Refinishing Technology, Criminal Justice, Information Technology Services, Audio/Radio Production, Carpentry, Advertising Design and Welding Fabrication. All contests are run by SkillsUSA with the help of industry, trade associations and labor organizations, testing competencies set by industry.

The SkillsUSA conference showcases career and technical education (CTE) students in the state in 30 different trade, technical, and leadership events.

In addition, leadership contestants demonstrated their skills, which included American Spirit, Outstanding Chapter, Chapter Display, Opening & Closing Ceremonies and conducting meetings using parliamentary procedure. Top student winners received gold, silver and bronze medallions.

Boys & Girls Club Restaurant Week Campaign "Supporting Kern • Supporting Kids" Celebrates National Boys & Girls Club Week



This year, the Boys & Girls Clubs of Kern County is incredibly excited to celebrate National Boys & Girls Club Week (June 26 to June 30, 2023) because they are stepping outside the Club-house and bringing the festivities to the community. Each year, the Boys & Girls Club Week celebration includes fun activities for the Club members as part of Summer Day Camp, but this year's celebration includes their new Boys & Girls Club campaign, "Supporting Kern • Supporting Kids," with a percentage of the participating restaurant proceeds supporting local Boys & Girls Club programming. The "Dine Out for a Great Cause" campaign will kick off with Bingo at Temblor on June 26, 2023!

More than 5,000 Boys & Girls Clubs across the country and on U.S. military installations around the world will celebrate National Boys & Girls Club Week. The week-long celebration calls attention to the critical role Boys & Girls Clubs play in advancing the success of nearly 4 million young people. This year's theme – The Blueprint for Great Futures – encourages communities, families, and supporters to experience first-hand how Boys & Girls Clubs make a difference in the lives of young people.

For more than a century, Boys & Girls Clubs have helped young people develop skills, build character, and achieve their full potential. This Blueprint is comprised of providing a safe and positive environment, offering supportive relationships, and delivering opportunities for education, career development, and community involvement—the building blocks to great futures. The Boys & Girls Clubs of Kern County serves over 8,000 children daily at 68 Club locations in 11 school districts throughout Kern County.

Curious about which restaurants are participating in the week-long celebration?

Check out the Boys & Girls Club's website at www.bgclubsofkerncounty.org on June 26th for the reveal of the participating restaurants. For more information, please contact Ed Jacobs, Director of Development, at: ejacobs@bgclubsofkerncounty.org or call 661-325-3730 x242.

*Contributed by Maggie Cushine,
Boys & Girls Club*

Pediatricians Urge Caution with Melatonin Gummies



A new study shows that gummy melatonin supplements may contain higher doses of the sleep hormone than what's listed on the label. The findings were published in a research letter in the *Journal of the American Medical Association*. Out of the 25 melatonin gummy products analyzed by researchers, 22 (88%) were inaccurately labeled and only three (12%) contained an amount of melatonin within 10% of the amount declared on the label. The actual amount of melatonin in these products ranged from 74% to 347% of the amount advertised.

Melatonin is a hormone produced by the body that plays a role in sleep and is released by the brain in response to darkness. It's commonly used as an over-the-counter sleep aid. Melatonin gummies, like other vitamins and dietary supplements, are regulated by the U.S. Food and Drug Administration as foods, not drugs. The FDA does not approve the safety or effectiveness of these supplements, nor the accuracy of their labels, before they are sold to the public. Last fall, the American Academy of Sleep Medicine issued new guidance around melatonin for children, recommending that parents do not give it to their kids without talking to a pediatrician first.

The Skinny on Living Longer: Low-carb vs. low-fat diets



A new study looks at whether adhering to a low-carb diet or a low-fat diet has a better chance of extending your lifespan. The study, published in the *Journal of Internal Medicine*, analyzed dietary data from more than 370,000 middle-aged and older adults. It concluded that consuming a low-fat diet full of healthy foods during middle age may lengthen your life. In contrast, a healthy low-carbohydrate eating pattern did not lead to much of an improvement in longevity. The new study comes on the heels of a new evaluation of popular diets by the American Heart Association, which rated DASH, Mediterranean, vegetarian and pescatarian diets as the most heart healthy, while giving mid-range scores to low-fat and low-carb diets.

If you're 40, it's Time to Start Mammograms



Alarmed by an increase in breast cancer diagnoses among younger women and persistently high death rates among Black women in particular, health experts are offering a stark revision to the standard medical advice on mammograms. New guidelines issued by the U.S. Preventive Services Task Force state that women of all racial and ethnic backgrounds who are at average risk for breast cancer should start getting regular mammograms at age 40, instead of treating it as an individual decision until they are 50, as previously recommended. Breast cancer is very treatable when caught early, and mammograms, which are X-ray images of breasts, are a reliable screening test to detect it. Breast cancer makes up nearly 30% of new cancers in U.S. women each year. The median age for diagnosis across all women is 62, but that can vary by racial group.

Summer Mistakes that Can Mess with Your Sleep Cycle

The dog days of summer are almost here and while you may love the warmer weather and longer days, some of the most enjoyable parts of summer can mess with your sleep cycle. Things like increased light, heat and socializing can negatively impact sleep. Michael Breus, a clinical psychologist known as the "sleep doctor" and fellow of The American Academy of Sleep Medicine has some strategies to combat these obstacles and help you get a better night of sleep.

Mistake #1: Nighttime skincare in bright bathroom lights

Since we're already getting increased sunlight exposure from longer summer days additional exposure to light in the evening can lead to later bedtimes and less hours of sleep. Breus recommends limiting light exposure in the evening from things like indoor lights, lamps, or screens. This may also mean altering your nightly skin care routine. "A lot of people take off makeup or do a skincare routine right before bed in this tremendously brightly lit mirror," says Breus. Depending on the brightness of your bathroom or mirror lights and the length of your skincare routine, this can really mess with your sleep. In addition to avoiding indoor light exposure right before bed, Breus recommends trying blackout curtains and eye masks.

Mistake #2: Exercising within 2-3 hours of bedtime

"Exercising raises the body's core temperature and it can remain raised for hours after our workout ends," says Breus.



"If you're too hot, you don't get the melatonin release and that can inhibit your sleep." Breus also recommends keeping your bedroom temperature at about 65 to 68 degrees at night, which is optimal for sleeping. During the summer, use air conditioning, fans and window shades to keep the bedroom cooler.

Mistake #3: Drinking alcohol right before you go to sleep

People's social lives are livelier in summer, leading to them drink more alcohol, eat later and socialize a little later. Since alcohol can interfere with sleep it's never a good idea to imbibe too close to your bedtime. "While this pertains to all times of the year, some people may find they drink alcohol more commonly in the summer, so it's best to avoid it for several hours before bed," says Breus.

You + Us = a better day!



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Highlights of The Bakersfield Women's Business Conference

Photos courtesy of Christa Hunt Photography, April & Co., and Cypress Media Ave.

THE BOARD



Our panelists, exhibitors and workshop speakers were unmatched this year! The Bakersfield Women's Business Conference was a huge success thanks to the many attendees and sponsors that made it happen. The morning high-energy tone was set by Bakersfield College cheerleaders and transitioned into a casual orange-couch "Coffee Talk" conversation with leading women in our community. The tools, resources, and connections built go beyond Conference Day and will help women in our community in all aspects of life. We were provided with tips and gems from the dynamic keynote, The People's Shark, Daymond John. And wrapped up with the day with our Cool Down band 24k Magic! The 2023 Executive Board did a phenomenal job "Bringing Business Back! We are looking forward to next year's conference on April 18, 2024, where we will "Make Impossible, Possible".

VENDORS



KEYNOTE: DAMON JOHN



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Balanced

Hello, Happy Mama:

Jenny Wang: Cub Scout Mom and Balanced Planner



Jenny Wang

Teaching life skills, cultivating experiences and adding to childhood memories: Jenny Wang has found enriching experiences for her family through one local organization she believes would also benefit other families. Cub Scout Pack 33 serves boys and girls in

So far, my best life advice is...

Just have fun. Travel!

ages kindergarten through fifth grade. Jenny is grateful for the opportunity to participate with her elementary-age children.

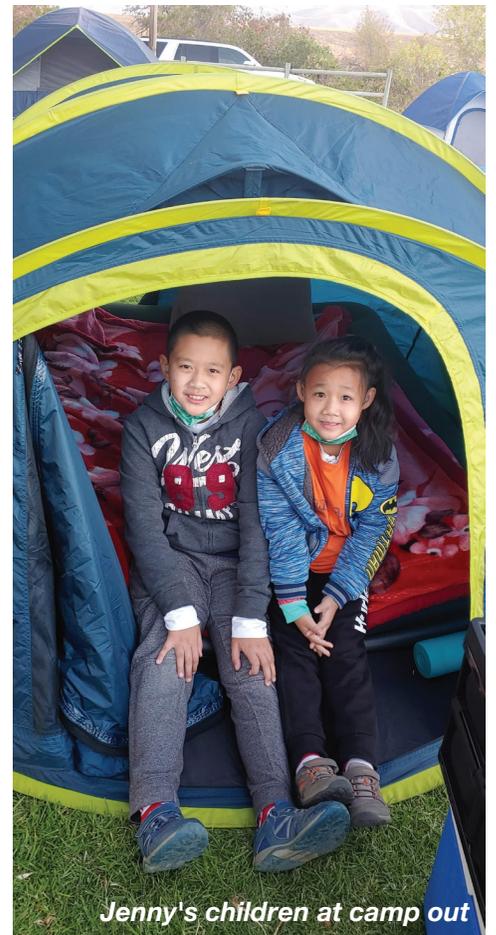
Born in Taiwan, Jenny immigrated at age 5. Her father transferred from New York to Chicago and eventually settled in Bakersfield before sending for the family in 1987. Jenny graduated from South High and started college before returning home to help her parents with their restaurant, Mandarin Ex-

press, which was a Kern County fixture for two decades.

I'm always laughing at...

The stuff that comes out of my kid's mouths!

Jenny met her husband through a friend. She and her husband, Sam Liu, an electrician, have been married for 10 years. They moved to Los Angeles for a time but later returned to Bakersfield to raise their family. She found out about Pack 33.



Jenny's children at camp out



Jenny's children work on earning badges during Scout meetings.

**Hello,
Happy MAMA!
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<https://tinyurl.com/3vdwmjp7>

“It’s one meeting per week, all in the same location. My children are different ages so they separate out to their own dens and do their own things. I like participating because we are not committed to multiple evenings per week,” said Jenny. “They’ve learned so many non-traditional skills, from how to use a pocket knife or fold a flag, how to set up a tent and start a fire safely to values like respect, patriotism and how to be a good friend.”

Before I go out, I always make sure I have...

My battery pack.

Special events, including the Pinewood Derby with homemade matchbox racing cars and the family’s first real campout, are highlights of Scout partic-

Best parenting advice is...

Be a parent, not a friend.

icipation. An annual event, the campout is hosted near San Simeon’s Hearst Castle.

When she isn’t participating with her children, Jenny can be found enjoying hobbies of her own. She recommends other parents pick up hobbies, do crafts and allow for breaks.

“Set a schedule and plan outings to the park. Do a day-trip but pace yourself. It’s okay to approach life little by little. Your kids do need a rest. You need a rest. Don’t do too much at once,” she advised.

My favorite food is...

Fried chicken!



Jenny and daughter honor veterans



Jenny's son honoring veterans

11 WAYS TO

to help siblings declare a cease-fire this summer



Summer brings family closer, sometimes a little too close. Fighting between siblings can contribute to a frustrating dynamic.

Here are 11 suggestions, some silly, some serious, to make summer OK instead of a KO.

01

Establish a Zero Tolerance Culture

Make your home's culture one in which fighting is not tolerated by modeling kind behavior and speaking kindly. Talk through your family's rules and expectations. Be clear that fighting will not be tolerated. Zero physical aggression should be permitted.



02 Build Bonds

Fighting is unacceptable but it is also unnecessary when children bond well with another. Give them opportunities to be together in non-competitive ways. Create one-on-one time with each child for you as their parent to invest in a close relationship that fosters respect.

03

Read a Story with Caring Siblings

"The Boxcar Children," "Hansel and Gretel," or "The Five Little Peppers and How They Grew." Introduce your children to sibling pairs through literature who solve mysteries and go on adventures together.



04 Give Each Other Space

Separate children's use areas if needed. Help them respect boundaries by designating areas and items. Teach children to take turns.



05 Be Empathetic

Dig deep. It isn't always easy to remember how we felt as children or what we would feel in a similar situation. Finding genuine empathy is part of the Love and Logic method of authoritative parenting.



06 Take a Break

Bickering and being petty grate on a person. Get out of the house and find family fun in the community. Go to a movie, visit a park, swim together but escape your daily routine.

07 Set up Teamwork Tasks

Teach children how to value each other through the importance of working together in age appropriate tasks. It may seem counterintuitive to pair children together who are not getting along but highlighting how we all need one another is key. For example, there is no dinner without one person adding forks to set the table and the other adding plates. A tangible result can show them the difference between success and failure in a concrete way.



08 Ignore the Noise

You know the noise. That noise, the one you should probably check on but are debating the level of hazards. Is there fire? No? Is everyone still alive and well? Yes. Call that a win! Ignore crashing sounds, chatter and arguments. Choose to find your own calm so you can bring that peace to your children.



09 Offer a Bribe

There is nothing wrong with incentives. "I'll give you a prize" is a perfectly fine way to start the day. No one is above sugar, toys or privileges in moderation.

10 Give Out Chocolate

See above. Is it a bribe? A prize? Sugar? Yes. It's fine.



11 Fake-call Santa



Just kidding. Sort of. In general, good parenting advice would suggest only enforceable, realistic consequences that can be followed through on immediately. Not everyone can be on their A-game all the time. Candidly, summer in Bakersfield can feel tedious and irritating, two characteristics that also describe how a day of playing referee with fighting kids can feel. Give grace, especially to yourself this summer. Do what you have to do. There's always next summer.

readers respond by Callie Collins

We asked our readers to share their holiday plans. A selection of their answers is below



Q. What are your July 4th celebration plans?

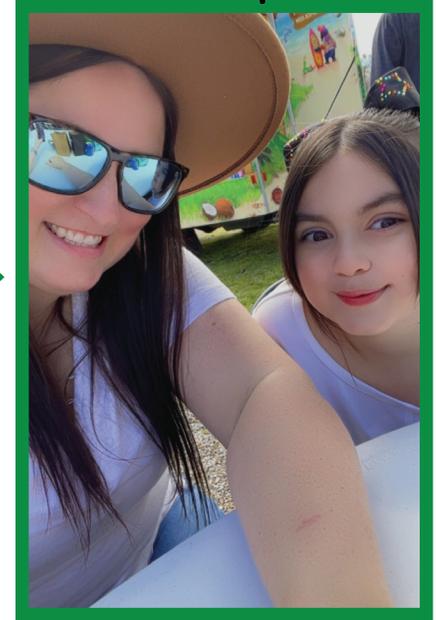


Friends and a bbq. And probably some sparklers.

- Ariana Martin

Playing with a sprinkler and Slip 'n Slide with friends!

- Cari Crowling



Enjoying the fireworks from Riverwalk in the comforts of our backyard.

- Dawn Brown

We celebrate our freedoms with gratitude, fireworks and BBQ!

- Chrystal Sheppard

At home with family! Stock up on sparklers and let the kids have fun!

- Evelyn Chavarin



We go camping every year in Pismo. This year we will be home. My first granddaughter will be born and we are just all going to be together at home.

- Barbi Barboza

Limiting fireworks to keep our furry friends safe.

- Denise Alatorre

We would love to celebrate the 4th of July by going to the beach since the weather is getting hot.

- Astrid Ovalle

Simply being able to go outside and have a huge water balloon fight with the other children from the neighborhood.

- Alexandra Paiz

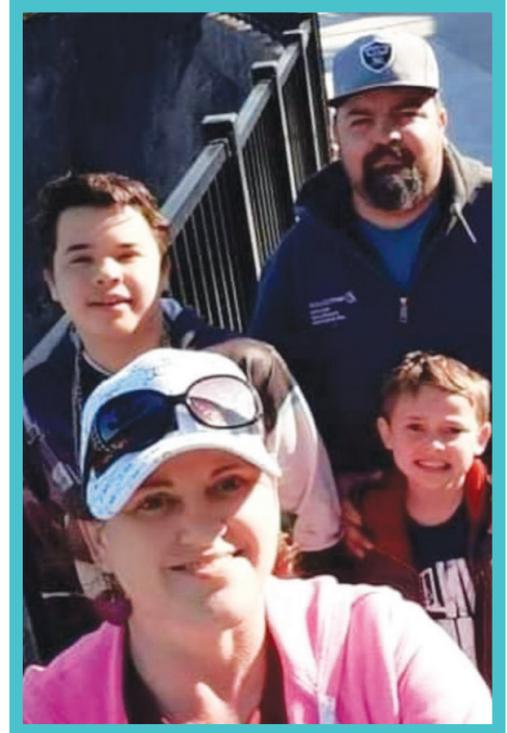
Barbecuing and pool party with family and our new baby!

- Grace Zuniga Atkinson



My family will go to the Bakersfield Speedway race & firework show 1st, then our own Taft firework show. Our whole family loves the whole Red, White, & Blue. It's even around our pool as a theme. Also my husband & I are the ones who worked hard and had a meeting at our chamber of commerce to bring it back. Years ago, we didn't have them for a while, so we chatted and worked with the community of taft and outside areas to come together and donate. We held car washes, and stood on main corners with a bucket. This family loves fireworks.

-Jessica Schulyer



Family camping at the beach... can't ever forget the kites, shell searching, sand castle competition, eating packed sandwiches with a beautiful view, s'mores around the campfire and falling asleep to the sound of the waves. Finally waking up and running to the water with your friends, cousins and/or siblings.

-Diana Medina

Going to the waterslides!

-Courtney Wright

With my family! Eating some good food and watching the fireworks.

-Andrea Morales

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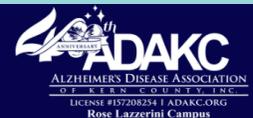


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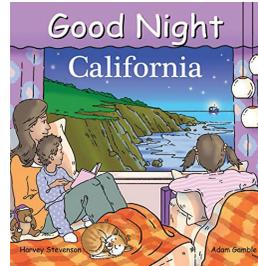
NOR Recreation & Park District www.norfun.org 661.392.2000

KCFM Recommends by Andrea Rose

Summer Fun Reading!

Ahh, June! The beginning of summer! Thoughts of vacations Adrift through our minds like the warm breeze through our windows. Summer is the perfect time for finding a great book to enjoy while sitting in the shade or on a sandy beach—and it's the perfect time for getting the kiddos into a regular reading habit. Here are a few of our favorite summertime books:

Goodnight California

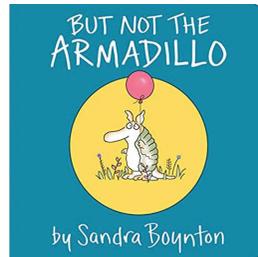


By Adam Gamble, Harvey Stevenson
 Publisher: Good Night Books
 \$9.95; Ages 0-4
www.amazon.com

Wherever you live or wherever you travel, if you have little ones, you need to find a copy of the Goodnight board book for that state. (In our house, we choose these as travel souvenirs for the little ones!) The adorable California book reminds us of everything

great in our state, from the giant redwoods to the Pacific Ocean and more. It's a great way to introduce children to a new place or remind them of their trip or teach them the beauty of their homeplace.

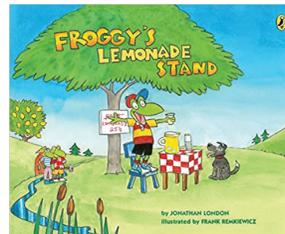
But Not the Armadillo



By Sandra Boynton
 Publisher: Boynton Bookworks
 \$5.99, Ages 1-4
www.barnesandnoble.com

This board book follows the armadillo as he chooses the less-traveled road: he picks cranberries, stops and smells the flowers, naps in the meadow, and at day's end passes an overeager hippo sprinting in the other direction. Expect a delightful rhyming read typical of Boynton.

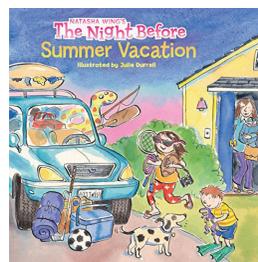
Froggy's Lemonade Stand



By Jonathan London & Frank Remkiewicz
 Publisher: Puffin Books
 \$7.99, Ages 3-5
www.amazon.com

If you like the "Froggy" series, you'll love this one. Our friendly frog has high hopes of earning big bucks when he sets up a lemonade stand on a hot summer day. The problem is it's a HOT summer day and Froggy is very thirsty! How will he and his friends beat the heat and earn cold cash?

The Night Before Summer Vacation



By Natasha Wing & Julie Durrell
 Publisher: Grosset & Dunlap
 \$4.78, Ages 3-6
www.amazon.com

We've all been there—trying to get ready for summer vacation. In this book a little girl and her family are desperately trying to pack everything they will need for their trip—but what will they forget?!

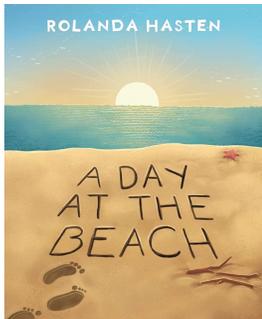


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A Day at the Beach



By Rolanda Hasten
Publisher: Christian Faith
\$14.68, Ages 5-9
www.amazon.com

A Day at the Beach shares the adventures you can experience at the beach from sunrise to sunset and teaches kids the simple things. This is a good one for young readers because the text is simple and there aren't too many words on the page. Younger kids can look for the starfish on each day!

The Summer of Bad Ideas



By Kiera Stewart
Publisher: Harper Collins
\$16.99, Ages 8-12
www.amazon.com

In this feel-good story, 12-year-old Edie and her cousin, Rae, set out to complete a mysterious list of "Good Ideas for Summertime" that their late grandmother wrote when she was their age. But are they really good ideas? Or are they terrible ideas? The girls will have to find out!

Manatee Summer



By Evan Griffith
Publisher: Quill Tree Books
\$11.99, Ages 8-12
www.amazon.com

When Peter and his best friend, Tommy, spot an injured manatee in a Florida canal, the boys join the fight to save Florida manatees. But saving the planet isn't easy and when Peter's grandfather needs help, too, everything he thought he knew changes.

Never Coming Home



By Kate M. Williams
Publisher: Delacorte Press
\$10.49, Ages 14-17
www.amazon.com

When 10 of the nation's hottest teenage influencers are invited on a free trip to an exclusive island resort, they don't know murder will be on the agenda. Apparently, each of the 10 is hiding a deadly secret—and it's payback time. Will any of them live to go home?

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**BOYS & GIRLS CLUBS
OF KERN COUNTY**

local feature by Leslie Carroll



Get a Jump on Summer Fun!

2023 Kern County Family Magazine Summer Camp & Adventure Fair

The dog days of summer are just around the corner and if you're worried about beating boredom for your kids', summer camp could be the answer! Day camps and educational programs offer a wide range of benefits for children by helping to expand their world. Camps take kids out of their comfort zone and encourage them to try new things as well as explore their already established interests.

Parents and caregivers who attended our Summer Camp & Adventure Fair were able to learn about the countless camps that Kern County has to offer, which include activities like sports cooking, art and robotics.

A BIG thank you to everyone who came to our annual Summer Camp & Adventure Fair! Thank you to our event sponsors: Kern Family Health Care, DM Camp & Sons, State Farm Keith Stonebraker, and Westside Church of Christ.



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stuff we love

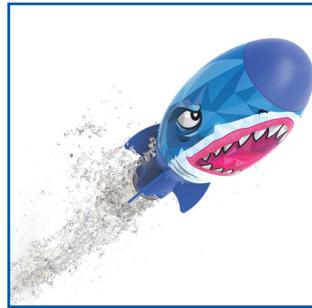
WE LOVE IT!



JUNE

By Elena Epstein
Director of the National
Parenting Product Awards

SwimWays Shark Rocket



Launch up to 6 ft above the water with this hydrodynamic designed rocket that's completely pool-powered. With soft foam and

lightweight construction, it is easy to carry and safe for launching. \$10.99, ages 5+, spinmaster.com

Hungry Hungry Hippos SPLASH



A spin on a classic made just for outdoor fun. Players race against their friend to feed their hippo the fastest...

but now, your favorite hippo sprays water. \$19.99, ages 4+, amazon.com

Cry Babies Magic Tears Tropical Series



These new Tropical Beach Babies are ready to hit the waves in cute beach outfits. So much to unbox and they cry real tears. \$9.99

(Beach Babies) and \$12.99 (Shiny Shells), ages 3+, amazon.com

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Road Trip

Traveling with Children

I was not a brave mom who traveled with my kids when they were little.

Well, let me back up.

I TRIED once or twice to travel with babies and toddlers, but I found out that it was not for me and gave up early on.

You see, they cried in the car. And not just on a long trip. They cried on the half-mile drive to Grandma's house. I would be yelling at the top of my lungs in the happiest voice I could: "We are going to Grandma's house! It is not very far. We will be there in less than five minutes," as if any of these words meant anything to my babies. These short trips should have prepared me for longer drives. But... alas, I did not learn.

I TRIED to travel. Once, after a five hour cross-country flight with my 4 year old and a 2 year old, as we were waiting to taxi in and waiting for the seatbelt light to go off, my 2 year old started screaming, "I am DONE with this! I want OFF!"

I am sure the rest of the passengers felt the same way if for no other reason than they wanted to escape the piercing screams of my child.

Road trips were no better. "Drive at night," well-meaning friends and advice articles suggested. "Your kids will sleep through it." So we tried. Our kids did not sleep through it.

After driving from 6pm til 3am, stopping every twenty minutes or so for a break from the chaos and screaming, we gave up on any hopes of reaching Phoenix and got a hotel in Blythe. Not that the kids did a whole lot better in the morning, but at least we had gotten some rest and could tolerate their intolerance.

The ride back from Phoenix was ok until Mojave, when the then-one year old started screaming. She screamed nonstop until we got home.

So by the time our kids started school, I had given up on all hope of ever traveling with children. When the pandemic hit, I was like, "Yeah, I don't want to go anywhere anyway." And I was fully prepared to stay home until my children move out.

And then, somewhere along the way, my children changed into big kids. All of a sudden they can sit in a car for hours on end without even a whine. And I feel like I need to see the world. Like right now. Before September. Because my oldest will be starting high school... and so, you see, our traveling days are numbered.

They tell you when your kids are small that it "goes fast" and to "appreciate every moment." Well, I will be honest: I was not appreciating any of the screaming sessions we suffered through when our kids were small. Not even a little bit. Not even enough to just think, "Aw, poor kid. She is so miserable." Nope. I will confess right here and now that I was thinking, "Poor me," not "Poor kid."



But now, I find myself feeling nostalgic for the days when I would pack their suitcases, and they would unpack right behind me, trying on hats and gloves and leaving a trail of clothing throughout the house.

I miss being needed.

Now they pack their own suitcases. They bring their own entertainment for long drives. They hardly ask to stop for a break. They want to go and do and see. And they still have boundless energy. They are like... the most fun travel companions ever.

Next up: They will pay their own way....

feature by Leslie Carroll

Memorable Ways to Celebrate Dad



Dads do a lot for their families, and Father's Day is the perfect time to acknowledge those efforts. The days when dads would receive a colorful necktie for Father's Day are largely a thing of the past. Modern Father's Day celebrations tend to involve thoughtful planning. Here are a few ways to make this year's Father's Day one to remember.

Take Dad on a tour through his own history. The popularity of genealogy has skyrocketed over the last decade-plus, as various firms have made it easier than ever for individuals to trace their family histories. If Dad counts himself among the millions across the globe interested in their family histories, moms and kids can work together to create a virtual tour through that history. Present the history as a printed book or as a video, sharing interesting things you learned about Dad's ancestors but also highlighting key moments in his life. You could also tour some of Dad's childhood haunts or enjoy a meal in the neighborhood where Dad grew up.

Take to the great outdoors. Father's Day is celebrated in mid-June, making the day a perfect time to enjoy the great outdoors (weather permitting). Plan a day around Dad's favorite outdoor activity. If Dad is an avid fisherman, book a family outing on a charter boat so Dad can focus on catching fish and not navigating. If Dad loves being in natural settings, camp out the night before Father's Day so he can wake up to the sound of birds chirping in the crisp morning air. If Dad has a favorite baseball team, take him out to the ballgame so he can soak up some Father's Day sun.

Book a private chef. If Dad has a fascination with food, perhaps nothing can make Father's Day more memorable than a delicious meal served by a private chef. Private chefs will do all the work, giving moms and kids more time to spend with Dad throughout the day. Identify Dad's favorite dish and then look for a chef who specializes in that type of cuisine.

Appeal to Dad's inner adventurer. Some Dads may just want to relax on Father's Day, while others may prefer a more adventurous celebration. If Dad falls into the latter group, book a fun and adventurous activity the whole family can enjoy together. A kayaking trip, a skydiving session, a round of paintball, or even tickets to a rock concert on Father's Day weekend can connect Dad with his inner adventurer.

There's no shortage of ways for families to make this Father's Day one Dad won't soon forget.

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Bakersfield, CA 93311
www.trinitybakersfield.com
LIC # 153810005

you can do it by Leslie Carroll.....

Egg-citing News! June 3 is National Egg Day.

Eggs are a delicious ingredient that can be scrambled, fried, poached, boiled, and baked into so many tasty treats. While eggs are often associated with breakfast, they absolutely do not need to be limited in such a way. Eggs can be yummy for any meal, so why not whip up one of these delicious recipes and celebrate this versatile protein.

Avocado Toast with Egg

Recipe courtesy of incredibleegg.org.



INGREDIENTS:

- 1 Large egg
- 1 slice thick country white bread
- 2 tsp. unsalted butter
- 2 thin slices avocado
- 2 slices tomato
- 2 tsp. chopped fresh cilantro
- Salt & pepper to taste

DIRECTIONS:

1. TOAST bread. SPREAD with butter.
2. Meanwhile, boil the egg. Place the egg in a 2-quart saucepan. Add cold water until the water is at least 1 inch above the egg. Heat uncovered on high heat until water boils. Remove the saucepan from the heat. Cover with lid; let stand 15 minutes. Immediately place egg in cold water with ice cubes or run cold water over eggs until completely cooled. Once cooled remove shell and slice egg.
3. TOP bread with avocado and tomato. SPRINKLE with cilantro. PLACE egg on top. SPRINKLE with salt and pepper if desired.

EGGS ARE CHEAPER!

Over the past year, the price of eggs increased 70% transforming the breakfast staple into a luxury. The good news is that prices are finally coming down! Since January of this year, egg prices have fallen by 18%. So what is behind that huge price swing? Last year, deadly avian flu wiped out a significant number of hens, reducing supply. On top of that, farmers were dealing with higher costs for feed and fuel. Now supply is back on track, and demand has not outpaced it.



Huevos Rancheros (Serves 4)

Recipe is courtesy of the American Heart Association.



INGREDIENTS:

SALSA:

- 1 teaspoon canola oil
- 1/2 cup diced yellow onion
- 1/2 cup diced poblano pepper, seeds and ribs discarded
- 1 small fresh jalapeno pepper, seeds and ribs discarded, minced
- 1 1/2 teaspoons minced garlic
- 1 can (14 1/2 ounces) no-salt-added crushed tomatoes
- 2 tablespoons water
- 1/4 teaspoon salt

HUEVOS RANCHEROS:

- 1 teaspoon canola oil
- 4 large eggs
- 4 corn tortillas (6 inches), warm
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 1/4 cup shredded low-fat Mexican cheese blend
- 1 small avocado, quartered and sliced
- 2 tablespoons chopped fresh cilantro (optional)
- 1 medium lime, cut into four wedges (optional)

DIRECTIONS:

To make salsa: In medium saucepan over medium heat, heat oil, swirling to coat bottom. Cook onion 2 minutes, or until almost soft, stirring frequently. Cook poblano and jalapeno peppers 2 minutes, stirring frequently. Stir in garlic. Cook 1 minute. Stir in tomatoes, water and salt. Bring to boil. Reduce heat to low. Simmer 5 minutes. Remove from heat. Cover to keep warm.

To make huevos rancheros: In medium nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook eggs 3-4 minutes, or until whites are set and edges are fully cooked.

Place one tortilla on each plate. Top each tortilla with beans and one egg, being careful not to break yolk. Gently top each egg with warm salsa, cheese and avocado slices. Sprinkle each serving with cilantro and serve with lime wedge, if desired.

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 2

Movies in the Park

Come see a free screening of the movie Minions! Movie begins at dusk. Bring your lawn chairs and blankets.

Kaiser Permanente Sports Village
9001 Ashe Rd.
Bakersfield, CA
661-326-3866
www.bakersfieldparks.us

June 3

2023 Ronald McDonald House Walk for Kids



walk for kids

The Walk for Kids™ is an annual community

fundraiser that supports the children and families who rely on the life-changing services and programs provided by the Ronald McDonald House Bakersfield. This fun, family-friendly event calls on volunteers, companies, and donors within their local community to keep families close when they need it the most.

9:00 AM
Kern County Museum
3801 Chester Ave.
Bakersfield, CA 93301
www.walkforkids.org

June 3

Community Day at the Park



Join the Bakersfield Police Department for its 2nd Annual Community Day. This FREE event will have a variety of vendors, music, games, and food!

10:00 AM - 2:00 PM
Jefferson Park
801 Bernard St.
Bakersfield, CA
661-326-3077
nbachman@bakersfieldpd.us

June 3

The Bako Market

100+ local vendors, food trucks and more!

9:00 AM - 2:00 PM
Centennial Plaza at
Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA

June 8

Oil Can Do it Food Drive



Help the Golden Empire Gleaners fill their shelves for the summer months! You are invited to donate food and funds at the kick-off to their Oil Can Do It Food Drive. Breakfast burritos will be for sale.

6:00 AM - 9:00 AM
Chevron
9525 Camino Media Bakersfield, CA
661-324-2767
www.goldenempiregleaners.com

June 10 & 23

Night Hike at Wind Wolves Preserve

Naturalists will discuss night-time wonders. Recommended for ages 6 and up. Bring flashlights. The hiking distance is about two miles.

8:00 PM
Wind Wolves Preserve
16019 Maricopa HWY Bakersfield, CA
661-858-1115
<https://wildlandsconservancy.org/preserves/windwolves>

June 11

Aztec Image Car Show



Come bring the family for cool cars, food and fun! \$20 for adults. Kids age 10 and under are free.

11:00 AM - 5:00 PM
Kern County Fair Grounds
1142 South P St. Bakersfield, CA
661-833-4900
<https://www.kerncountyfair.com/events/2023/aztec-image-car-show>

June 11, 18, & 25

Concert in the Park Series with The Beale Park Band

The Bakersfield Municipal Band will perform at Beale Park Amphitheater for free concerts! Bring your blankets or lawn chairs. FREE!

8:00 PM - 9:00 PM
Beale Park Ampitheater
500 Oleander AVE. Bakersfield, CA
<https://www.bsonow.org/calendar>



CONTINUED:

KERN COUNTY FAMILY MAGAZINE *daily happenings* THE **BEST** LOCAL CALENDAR OF EVENTS!

June 14



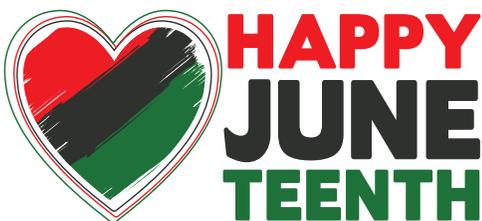
June 15

Food Trucks at the Fairgrounds

Bring the family and enjoy a night with all your favorite local food trucks in one spot!

5:00 PM - 9:00 PM
Kern County Fairgrounds
1142 South P St. Bakersfield, CA
661-833-4900
<https://www.kerncountyfair.com/events/2023/food-trucks-at-the-fair>

June 17



Juneteenth Festival 2023

Bring the whole family to this FREE event featuring music, games, food, activities and more! Hosted by the NAACP Bakersfield.

2:00 PM - 7:00 PM
Silver Creek Park
7011 Harris Rd. Bakersfield, CA

June 17

Caring for the Caregiver Event

Caregiver resource fair featuring information about self-care, exercise and nutrition. Admission is free.

8:00 AM - 12:00 PM
ADAKC Rose Lazzarini Campus
4203 Buena Vista Rd. Bakersfield, CA
661-665-8871
<https://www.adakc.org/>

June 18



June 20

1st Annual Central Valley Veteran Filmfest

This first of its kind film festival will feature four films depicting the stories of Kern County veterans. This event is FREE to the public.

7:00 PM
The Historic Bakersfield Fox Theater
2001 H Street
Bakersfield, CA
661-324-1369
<http://thebakersfieldfox.com/event/1st-annual-central-valley-veteran-film-fest-2023/>



June 23



June 23

Marca Registrada in Concert



Grupo Marca Registrada's sound is characterized by its fusion of traditional Latin rhythms with modern beats.

8:00 PM - 10:00 PM
Mechanics Bank Theater
1001 Truxtun Ave. Bakersfield, CA
661-852-7301

June 29

Art After Dark



The Bakersfield Museum of Art's premiere after-hours art experience returns for its 8th year, with community art projects, live music, unique performances, and much more.

7:00 PM - 9:00 PM
Bakersfield Museum of Art
1930 R St. Bakersfield, CA
661-323-7219
www.bmoa.org

ONGOING HAPPENINGS

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

Every Thursday in June

Concerts by the Fountain

Enjoy the FREE summer concert series at The Marketplace by the main fountain!
7pm-9pm
The Marketplace 9000 Ming Ave.

Tuesday and Wednesday Mornings

Regal Summer Movie Express

\$2 movies all summer on Tuesday and Wednesday mornings.
Edwards Cinema Bakersfield
9000 Ming Ave. #G

Until July 31st

Take the Summer Reading Challenge!

You are invited to take the Summer Reading Challenge! Pick up a Reading Log at your local Kern County Library branch, read titles you choose, & turn in your Reading Log by Monday, July 31st to receive a FREE Book from the Friends of the Kern County Library, Inc. and other goodies.

Every Tuesday through June 27

Greater Bakersfield Legal Assistance Outreach Program

Come speak to a member of the GBLA. The organization works to help individuals that are low-income and the elderly with a diverse range of services. Civil rights, health and public benefits, housing, homelessness, and more.
5:00 PM - 6:00 PM
Beale Memorial Branch Library 701 Truxtun Ave Bakersfield, CA 661-868-0701
angela.reyes@kerncountylibrary.org
<https://kerncountylibrary.org/>

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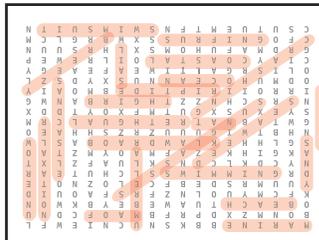


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ACTIVITY CORNER ANSWERS

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

- CROSSWORD**
- Across**
- 1. Cautious
 - 1. Candles
 - 2. Syrup
 - 3. Neighbor
 - 6. Idol
 - 8. Sweet
- Down**
- 1. Cautious
 - 1. Candles
 - 2. Syrup
 - 4. Galore
 - 5. Basket
 - 7. On



Crossword
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- | | |
|---|---|
| EARLY SIGNS OF AUTISM: | SERVICES OFFERED: |
| <ul style="list-style-type: none"> • Delayed language development • Repetitive language • Little or no eye contact • Repetitive mannerisms • Inflexible routines or rituals • Preoccupation with object parts • Little interest in friendships | <ul style="list-style-type: none"> • Monthly Parent Support Groups • Adults on the Spectrum Support Group • Law Enforcement Trainings • Autism/Asperger Workshops-Seminars • Local Resources, Community Projects • Camps & Activity Scholarships • Evening & Weekend Phone support |

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JUNE ACTIVITY CORNER

Sudoku

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

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!

Crossword

1								2
3			4		5			
6								
								7
	8							

ACROSS

- Careful
- One who lives nearby
- One who is adored
- Tastes like sugar

DOWN

- Sweets
- Thick liquid
- In great numbers
- Woven storage item
- Opposite of "off"

DID YOU KNOW?

Five Famous Boy Scout Dads

Established in 1910, the Boy Scouts of America is well over a century old. With so many years under the organization's belt, it's no wonder that many famous faces have spent time as scouts.

- Neil Armstrong
- Martin Luther King,
- Harrison Ford
- Chris Pratt
- George W. Bush



**BOY SCOUTS
OF AMERICA**

SOUTHERN SIERRA COUNCIL

puzzle
answers
on page
27

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





Outdoor Sand-n-Sun Word Search

Presented by Pacific Ag Rentals

puzzle
answers
on page
27

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

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