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July 2023



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doggy day out *pg 16* 11 ways for teens to make money this summer *pg 14*
hello, happy mama: Katy Fults *pg 12* blueberry biscuits for july *pg 23*

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Hello, Happy Mama
Katy Fults

Call for Entries!
Cutest Pet Photo Contest: De-TAILS!

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



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dear reader by Vaun Thygerson



Vaun Thygerson,
Contributing Writer

When I was growing up in Idaho, my family had a lot of “farm” cats that stayed outside and pretty much lived off the land. Taking a special interest in one of the cats named Cinnamon, I would sneak her into my room at night and she became my inside cat even though my parents never knew about it. When I first married I wanted a cat because I had never really been around dogs. But, my husband, who had always had dogs for pets, wanted a dog. As luck would have it, as newlyweds, we would be offered house sitting jobs that usually entailed

watching a dog or two. Well, after being around these dogs, I became obsessed with my boss’s dog, an Irish setter named Tucker. There and then I decided as soon as life circumstances permitted we would be getting a dog.

At 23 years-old I got my first dog, a pug named Tonka. I spoiled him rotten and took him everywhere with me. Since then we have always had a family dog and I will always have a dog. Our pet now is a black-and-white, parti, standard poodle named Lincoln. He adds another dimension to our lives and teaches our kids responsibility, patience, compassion, and love. Plus, he’s just so much fun. We joke that he is named a parti poodle for a reason.

So, when KCFM heard about a new program called the “Streets of Bakersfield,” sponsored by the Kern County Animal Services, where you can foster a dog for a few hours on a specified Saturday, I wanted to write the article. I’ll take any chance I can to be around dogs. In the article, **“Streets of Bakersfield: Doggy Day Out with Puppies, Cindy and Mindy,” on page 16**, you can read about my experience with fostering not only one, but two dogs for a Saturday afternoon. Cindy and Mindy are 8-month-old sisters who were found abandoned together. They both were so eager and friendly when I met them that when it came time to pick one, I just couldn’t decide between them, so I chose both to come home with me. It was a memorable afternoon for us and, hopefully, for them.

To help teach your children about responsibility, summer is the perfect time to not only spend time with a dog, but you can help them figure out other ways to make some money. In the article, **“11 Ways for Teens to Make Money,” on page 14**, Callie Collins writes about jobs that could become a small business. Her ideas range from a starting a lemonade stand to cleaning house(s) to tutoring. It’s the perfect time to hone their entrepreneurial spirit.

Coinciding with America’s birthday month, July is also National Hotdog Month! In the **“Readers Respond” article, KCFM asked, “What was the most unusual topping you’ve put on a hotdog?”** To find out which one of our readers put whipped cream or maple syrup on their hotdogs, **turn to page 10**.

In this month’s **Humor at Home** article, **“My Doctor v. My Kids’ Doctor: Why I Love Visiting the Pediatrician”** by Julie Willis, she writes about how fun pediatric waiting rooms can be. She likes to see the newborns all snuggled up in their car seats. When it’s someone’s baby you can relax without worrying about all the dirty diapers, sleepless nights, cranky car rides, etc. that go along with it. Visiting with your own doctor just doesn’t have that kind of magic – he or she wants you to take all kinds



Lincoln, a six-year-old parti-poodle, was so happy to meet and play with sisters Cindy & Mindy as part of the KCAS’ Streets of Bakersfield program.

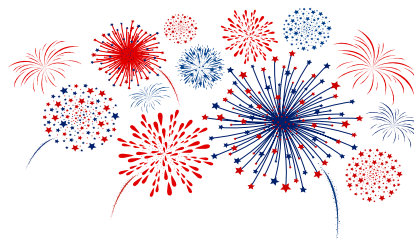
**Do you have perfect pooch or cute cat?
Enter your pet in our Cutest Pet Photo Contest! Details on page 17.**

of those dreaded age-related tests. To find out the number one reason why she does not like going to her doctor, **turn to page 22**.

Callie Collins writes in this month’s, **“Hello, Happy (Empathetic) Mama: Katy Fults,” on page 12**, about how this mama brings a full perspective to her worldview of motherhood. As a mother of two and a successful artist, she recently created a new devotional book for parents called, **“I Thought I’d Have It All Figured Out by Now.”**

This July we have a lot to celebrate and it’s a great chance to bring more people and animals in on the fun. Enjoy the barbecues, pool parties, beach outings, and everything summer brings with it because it goes way too fast!

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Birthday,
America!**





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Edison Middle School Celebrates Opening of New Student Farm



Edison Middle School's fifth through eighth graders recently celebrated the opening of their new student farm and the start of an agricultural club. Edison Middle and Orangewood Elementary school students and their families are excited

to have their own campus farm where they can explore agriculture and farming outside of the classroom environment. "We're excited to be one of the only middle schools in Kern County that will have an on-campus farm and garden," says Edison School District Superintendent Erica Andrews. "There's limited access to social services in Edison so our community schools are becoming hubs for our community so that we can support the needs of our families, especially those who experience transportation insecurity."

Edison School District, with the help of Toby Tootle from West Coast Pipe Inspection, Jimmy Ehoff from Triple E Trucking, and Wasco High School agriculture department volunteers, built elevated gardens and animal pens with a donation of surplus piping material from Aera Energy last year. After a series of weather delays, the district was finally able to put the finishing touches on the farm. Students will learn garden upkeep, order supplies, keep inventory, and raise animals through an Expanded-Learning Program.

Bakersfield Condors Announce Business Management Changes

Bakersfield Condors recently announced that Justin Fahsbender will take over the organization's lead business role as Team President Matt Riley departs. Riley has been with the Condors since their inaugural season in 1998-1999. Fahsbender, a Bakersfield native, started with the Condors as an intern 22 years ago.

Justin Fahsbender will assume the position of Senior Vice President, Business Operations and Ryan Holt will take on the position of Vice President, Marketing & Communications, while continuing as the team's play-by-play broadcaster.



Justin Fahsbender
Photo courtesy of Bakersfield Condors

"We thank Matt Riley for his passion for the Condors organization and Condors fans over the past two decades," said OEG Sports & Entertainment President Stew MacDonald. "We are fortunate to have two internal leaders in Justin Fahsbender and Ryan Holt who are more than ready to step up to larger roles with the team. Both are very familiar to Condors fans and our many partners in Condorstown, and we look forward to their expanded influence over the Bakersfield Condors off-ice success."

On February 9, 2023, OEG Sports and Entertainment and the City of Bakersfield announced a five-year lease renewal, keeping the Oilers American Hockey League (AHL) affiliate in Bakersfield.

For more information, visit www.bakersfieldcondors.com.

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Links for Life Receives Top Honors at Kern Alliance of Nonprofits Inaugural Leadership Awards

Links for Life Executive Director Jennifer Henry and board member Maritza Jimenez recently received top honors at Kern Alliance of Nonprofits (KAN) inaugural Nonprofit Leadership Awards. This event recognizes distinguished Kern County residents who have made significant contributions to the nonprofit sector in the region.



Jennifer Henry and Maritza Jimenez
Photos courtesy of Links for Life

Henry was awarded the Nonprofit Professional of the Year, which honors a nonprofit leader who uses the tools of passion, drive, and intellect to make a dramatic impact on the lives of their clients, and whose service improved the communities of Kern County. "Each survivor has a story to tell and things to teach," Henry says. "Listening to them, I learn the power of strength and tenacity. They inspire me, and that is the reason I work so hard for those facing breast cancer in our community."

Jimenez, a volunteer for Links for Life, received the Board Member of the Year award for her service as a past president and current Board Member. She works at Kern Health Systems as the Community Engagement Supervisor and has been involved with Links for Life for 12 years. The KAN Board Member of the Year award is given to the nonprofit member whose commitment, engagement, and stewardship has helped shape growth, improvement, and accountability at a Kern County nonprofit.

For more information about Links for Life, please visit www.linksforlife.org.

Kern Lawmakers Name 2023 Nonprofits of the Year

The 2023 California Nonprofits of the Year have been announced. This year 114 organizations statewide were honored for playing a critical role in their communities.

In the Central Valley, Assemblyman Vince Fong, R-Bakersfield, chose Bakersfield Angels, which provides support to youth experiencing foster care and works to walk alongside foster families through outreach and mentorship programs.



Allison McClain, Assemblyman Vince Fong, and Jenn Young
Photo courtesy of Bakersfield Angels

Sen. Melissa Hurtado, D-Bakersfield, recognized the Central Valley Chapter of the American Red Cross for its rapid response to extraordinary storms earlier this year.

Sen. Dr. Jasmeet Bains, D-Delano, chose the Valley Fever Institute at Kern Medical, which is currently the region's sole clinic for people who contract valley fever.

Sen. Shannon Grove, R-Bakersfield, who represents portions of Fresno, Kern and Tulare counties, chose the Fresno-based Light House Recovery Program, which works to provide support to individuals and families struggling with addiction.

KHSD: Free Summer Breakfast & Lunch



Summertime is a break from school, but the need for good nutrition does not take a break. The Kern High School District will provide FREE breakfast and lunch to all children between the ages of two to 18 through July 14. Please note that all meals must be consumed on campus.

For a listing of times and locations, visit www.kernhigh.org.

Boys & Girls Clubs' Performance Art Members Win SPARKLE Scholarship



*L to R: Sarah Skenfield, Emily Darbee, Ava Briscoe
Photo Courtesy of Boys & Girls Club of Kern County*

The Boys & Girls Clubs of Kern County recently announced that three members of the Club's performance team, known as Music Fusion, received The SPARKLE Fund college scholarship award. Graduating seniors of the class of 2023, Sarah, Emily, and Ava, will be given a \$12,000 scholarship to help them achieve their academic pursuits while in college.

The girls enthusiastically "perform" their community service to support their local Club, other nonprofits, community agencies, and causes that impact quality of life for others. Today, there are over 85 past and present SPARKLE Scholars across the United States including two former recipients from the Kern County Clubs.

SPARKLE stands for Students Pursuing Academic Rewards, Knowledge and Empowerment. As a SPARKLE Scholar, college students receive \$3,000 annually for 4 years, for extras such as clothing, entertainment, transportation needs, food, family or even helping others. This applies to undergraduate studies and is renewable annually as long as the students are making steady progress toward graduation in a reasonable timeframe.

For more information, visit www.bgclubsofkerncounty.org.



Celebrate America's Birthday with Flag Etiquette

Speaker of the House Kevin McCarthy encourages flag etiquette when celebrating America's birthday and displaying the American flag. Throughout its 246-year history, the American flag has been a beacon of hope to the world, representing our nation's enduring commitment to freedom and democracy. It also serves as a constant reminder of generations of brave patriots who have carried the flag into combat and made the ultimate sacrifice to preserve the liberties and values maintained to this day.

Section 7 and 8 of the U.S. Flag Code includes the proper display and respect of our flag, that "the flag of the United States should be at the center and at the highest point of the group when a number of flags of States or localities or pennants of societies are grouped and displayed from staffs" and that "the flag should never touch anything beneath it, such as the ground, the floor, water, or merchandise."

Most outdoor flags can be washed in mild detergent and thoroughly rinsed. Indoor and parade flags should be dry-cleaned. Damaged flags can be repaired and utilized as long as the overall dimensions are not noticeably altered. Store your flag in a clean, well-ventilated area. Local American Legion Posts and local governments often have facilities to dispose of unserviceable flags.

To find an American Legion post near you, visit www.legion.org.

To purchase a flag that has flown over the US Capitol, with certificate authenticity, please visit www.kevinmccarthy.house.gov/services/flag.

Don't be Blue! Celebrate this healthy berry in July



July is National Blueberry Month! If any fruit deserves its own month of honorable recognition, the little blue beauty certainly does. July is the best time to harvest blueberries and is the peak season for this fruit. Beyond being delicious, blueberries are packed full of health benefits.

A compound known as anthocyanin gives blueberries their color but also contributes to their nutritious properties. Consumption of foods that are high in anthocyanin can help individuals lower their risk of developing coronary heart disease, according to studies noted by The Mayo Clinic. In addition, blueberries are a good source of vitamin C and dietary fiber.

[SEE OUR BLUEBERRY BISCUITS RECIPE ON PAGE 23!](#)

Birthday Cake Bacteria



A food scientist examined what happens when someone blows out candles on a birthday cake. The results could make you think twice at your next birthday party. Paul Dawson, Professor of Food Safety at Clemson University found "about 1,000" bacteria being released in a single blow. The culprits, according

to Professor Dawson, are water droplets that come out when we blow the candles.

"My advice would be if someone's blowing the candles out, especially if they are sloppy doing it, when I get a slice I would scrape the top layer off," Professor Dawson added.

Melanoma: Vitamin D Supplements Linked to Reduced Skin Cancer Risk



A new study finds that the regular use of vitamin D supplements is associated with lower rates of melanoma skin cancer. According to researchers at University of Eastern Finland and Kuopio University Hospital, people who took vitamin D regularly were less likely to have had melanoma in the past or currently and were deemed by dermatologists to be less likely to develop melanoma in the future.

Researchers say the vitamin may protect against the cellular changes that lead to cancer. It's a good idea to consult your physician before taking supplements of any kind.

Stay Hydrated, Stay Healthy



The Dog Days of Summer mean fun in the sun, but staying hydrated to reduce the risk for heat illness is imperative. Water will almost always help people remain hydrated even when working in

the heat, but eating regular meals can also help prevent heat illness by replacing salt lost through sweat, according to the Centers for Disease Control and Prevention. The CDC advises against consuming energy drinks and alcohol when spending time in the hot summer sun.

Many energy drinks contain more caffeine than standard servings of coffee, tea and soft drinks, and excessive caffeine consumption can contribute to dehydration. The CDC also reports that drinking alcohol within 24 hours of work in the heat can increase the risk of heat illness.



Brain Freeze: The Science behind an Ice Cream Headache

Technically known as cold neuralgia or sphenopalatine ganglioneuralgia (say that five times fast), the sensation widely known as “ice cream headache” likely occurs because eating something very cold can cause the temperature of the palate to drop substantially.

According to Johns Hopkins Medicine, that drop initially causes blood vessels to constrict before they ultimately open up. It's during that expansion when the painful feelings associated with ice cream headache present.

THE FIX?

Taking small bites of ice cream can help prevent a headache and ensure those summertime scoops are pain-free, especially in July, which is National Ice Cream Month!

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July is National Hotdog Month! We asked our readers to share some fun answers related to the observance, just in time for summer grilling.

Q. What's the most unusual topping you've put on a hotdog?



I love hotdogs! My most unusual topping is macaroni salad! One big scoop on the dog, oh my so delicious!! Happy 4th, KCFM!

-Florita Flores



Just sauerkraut.

-Carrie Singleton



Pineapple.

-Amberly Haney



Honey makes the hotdog taste sweet and delicious.

-Natalie Zavala

Shredded cheese, bacon and barbecue sauce.

-Val Anderson



The most unusual topping is nori.

-Tanya George

Corn chips. - Amber Henson

Cabbage and carrot slaw. - Corrie White

Probably has to be...mini donuts and whipped cream with bacon bits! - Danielle Goodin

Whole pickle spear. - Samantha Olivarez

Lettuce and jalapenos. - Dennise Alatorre

Pork and beans. - Andrea Jackson

Sour cream and chips. - Shanelle Aguayo

Whipped cream. - Jeff Uecker

Crispy onions are so delicious. - Tony Gonzalez

Pico de gallo. - Rose Hicks

Nutella. - Leland Lee

Egg, chorizo and shredded cheese. - Ralph Alcocer

Pink mustard and purple ketchup at Franks in SLO. Born and raised on the coast and one of the most memorable experiences. Bonus points if your mom bought the rainbow tie dye bread from the San Luis Sourdough Factory. - Lindsey Panick

Mayonnaise, nacho cheese & jalapeños, yum!
- Vanessa De La Cruz

Bell peppers, onion and avocado. - Luz Robles

Thai sweet chili sauce. - Melody Ybarra

Maple syrup. - Shanon Goodwin

Mango salsa. - Autumn Hobson

Onions and balsamic glaze. - Jennifer Resolme

Chocolate syrup. - Josh Carpenter

Candied bacon - just trust me, it works! - Johnnie Lisuk

Cucumber. - Marietta Mahinan

Guacamole. - Jose Castro

Pickled beets! - Sheila Lemberg

My daughter likes peanut butter and jelly. - Anthony Meeks

Hot Cheetos is the only usual topping that has ever been on my hotdog. I'm a pretty simple person and hotdogs are good just the way they are.
- Anamarie Grijalva

I put spaghetti on mine with ranch dressing on top. So delicious! Don't knock it until you try it. - April Pizano

Shredded barbecue beef. Reminds me of the Vest Drugs downtown hotdogs! - Jason Dodson

Strawberry jelly. - Barbi Barboza

Mayonnaise! Seems like it wouldn't go, but with onions and bell pepper on a bacon wrapped dog. >chefs kiss< perfect.
- Julie Garcia

Mashed potatoes. - Cassie Deras-Coker



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Empathetic

Hello, Happy Mama:

Katy Fults brings a full perspective to her view of motherhood: candor, empathy, inclusion



Miles, Katy, and Camden Jane

An artist and mother of two, Katy Fults is also the creator behind a new devotional book especially for parents.

“What you see is what you get with me. I am a mom and a wife and I do hand-lettering and I'm an artist and I just released a book with DaySpring, my publisher, called “I Thought I'd Have it All Figured Out by Now,” said Katy in a single breath. “I do not have this mom thing figured out at all. Like the rest of us, I'm just doing my best. It's a hard job to make it as a woman and a mom and an artist and do all the things.”

Katy and her husband, Scott, are the parents of Miles, 13, and Camden Jane, 11. The couple of 18 years met while

living next door to each other at California Polytechnic State University. Scott is an engineer at a local firm.

Katy has worked as a contract artist with DaySpring since 2018 and her work is also visible on Instagram @katygirlsgirlsdesigns. She describes recent years as one of the loneliest parenting seasons she has experienced.

“Sometimes, moms go through periods where they don't want to talk about things and no one wants to admit they don't have it all together. We all go through seasons where we think we have it all figured out. Then something new happens and we don't. The truth is, no one actually does

but no one wants to admit what they don't know,” said Katy. “None of us know what we're doing and it changes every single day.”

A couple of years ago, that difficult season culminated on one particular day that stands out in Katy's mind: July 4 brought noise, a party to attend and difficult behaviors.

“I remember other parents looking at my son and even in the kindness of their heart, what they were trying to do wasn't helping. I also recall thinking ‘that's not what he needs right now,’” said Katy. “I remember feeling hot with embarrassment because my kid wasn't acting like every other kid and there was nothing anyone could do. I wanted a way to say ‘I just need you to love us right now, to come alongside us and I love us. On my worst parenting day, I remember falling into bed and sobbing. I needed someone to be a listening ear or hold my hand.”

The best book I've read lately is...

The “Harry Potter” series. I am reading it for the very first time.

That feeling stayed with Katy and eventually contributed to the idea for her book. Her children were later diagnosed with attention-deficit hyperactivity disorder (ADHD); anxiety and obsessive compulsive disorder (OCD) are also part of Miles's profile.

“Something that really has helped me is learning how to help my kids through their diagnoses. Neither function in the same way. I try to understand why my daughter is acting that way or why my son can't empty the dishwasher right now,” said Katy. “It takes a willingness to learn how to understand my children. A lot of parents struggle to talk through different issues and seasons of life. Then, once I learned how many other people are going through similar things, I realized we are not alone. It is so much easier to root for each other and support one another.”



During the same period when family issues became pressing, Katy also experienced a loss of faith.

"I have walked with the Lord almost my entire life but a couple of years ago, I went through a dark phase where I didn't know what I believed in anymore. I felt like everything was crashing in on me and it took a long time for me to come back around," said Katy. "My book is about the journey back to God and all that He had to reteach me."

Katy recalled an incident during the summer of 2021 when Miles hit his head on a

Sunday. He seemed to be fine with an ice pack at home but two days later, he began complaining of a headache.

"I told him to go sit down and have some water. I gave him Advil but within a few minutes he was on the ground with no motor skills. I was on the phone with his pediatrician who told me to hang up and take him to the emergency room," said Katy. "We got CAT scans and MRIs and while we were waiting in between all the tests, we started asking Miles basic questions like his name and birthday and our address. I asked him who I was to him, expecting I would hear him say that I'm his mom. He didn't. Instead, he looked into my eyes and said 'I think I should know you but I don't.' It was hands-down the worst day of my life." Miles had experienced a delayed concussion and recovered without further incident. While on a run during that phase of spiritual questioning, Katy felt she was approaching God with similar confusion.

Today, the strangest thing in my purse is...

An old Disneyland hotel key.

"It was in this season where I was asking God questions and questioning everything about God that I took a run and realized I was doing the same thing. I felt like God was saying 'Look in my eyes' and I was responding with 'I think I should know you but I don't,'" she explained. "Once I realized that, it made me come to terms with things and turn my life back and move forward in my relationship with the Lord."

changed and worked on; there is behavior that cannot. I would never want a family to think I am judging their choices. Families know what's best for them, whether that is choosing medication, taking a break or seeking other help.

I also believe we should respect the fact that families have a whole spectrum of issues and it is okay to admit every person needs help at one time or another. That can be especially hard for moms. If mom is not healthy, the house is not healthy. If mom is struggling with sanity, the rest of the house is also struggling. I have had to learn a lot about what that looks like: to live a balanced life, I work out daily and have a career, but I also spend a lot of time with the Lord. I try to set my day right with Him first thing and pray for

Hello,
Happy MAMA!

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See full details on entry page.
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<https://kerncountyfamily.secondstreetapp.com/July-2023-contest/>



Katy pitched her project concept to Day-Spring last February. She wrote and illustrated every page, a process she describes as the hardest thing she has ever done.

"I think the Lord will use it to speak to women going through the same things," said Katy. "I love Jesus and following Him. I am a person who loves sunsets and pink clouds. Everyone knows that about me. I post cloud pictures about me and I get texts from my friends saying 'Outside there are pink clouds.' I have a cloud tattoo on my wrist. I have to remind myself to stay focused on the Lord to help my anxiety. Clouds help me remember: don't forget to look up."

"I Thought I'd Have it All Figured Out by Now" is available on Amazon.com and sold locally at Barnes and Noble, Walmart, Hallmark and at Majesty Bible and Gifts next to Trader Joe's.

3 Comments From Katy

Q. What do you wish other families knew about families like yours?

A. I wish parents would teach their kids not to give up on people who are going through a difficult time because one day, they might need others. Empathy and acceptance should be part of every family's teachings, including how to accept people for who they are and love them through the difficulties. We experienced a lot of bullying in sixth grade and I think more people should be aware of that issue. There is behavior that can be helped and

my children. Look for space to be yourself and have things be right with you so you can be the best mom you can be to your kids.

Q. What should families in the Kern County area know more about in their community?

A. My family members and I are big lovers of All Out Sports League. It offers football, soccer and basketball. We have been involved with All Out since our son was 5. We started with flag football; my husband has coached since our son was young. **It teaches kids how to be involved on a sports team and practice sportsmanship.**

Q. What is your parenting PSA?

A. There is always hope.

11 WAYS FOR teens to make money this summer

Summer has a way of bringing out the entrepreneurial spirit in teens too young for formal employment. Whether saving for a serious goal or just pocket change, now is the perfect season to encourage trying something new.



01 Host a Lemonade Stand

A summer favorite, the traditional lemonade stand can be tailored in levels of participation according to age. Other options like upselling friendship bracelets, homemade art and more are also popular choices.



02 Clean Houses

Children of almost any age can take on household chores for extra allowance. Older children may offer to clean for neighbors.

03 Detail Cars

Teens may be too young to drive but they can still clean parked cars with precision and a good shop vacuum.



04 Pet Sit

If your child is ready to take on pet care, starting around the house can be a good way to earn extra money at home before offering pet sitting services for neighbors. Dogwalking is also fairly well paid for teens.



05 Help with a Garage Sale

Whether your child can organize a small sale on their own or participate by adding items to a larger event taking place in your neighborhood, choosing to sell items is an option.



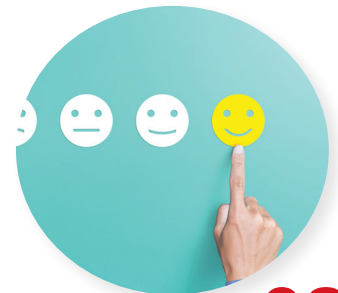
06 Mow Lawns

Teens with experience and a safety-first approach may be able to find customers, especially as families plan summer travel. Weeding and helping with flowerbeds may be options as well.



07 Tutor Peers

Working with younger students or even those in the same grade who need extra help in a particular subject can provide an affordable alternative for parents.



08

Take Surveys or Scan Receipts

Teens with a phone can use apps like iBotta and Fetch or take Google and other surveys to earn points or dollars to turn in for gift cards.



09 Babysit

Whether taking care of a younger sibling or a neighbor's child, responsible teens should be certified in CPR and first aid before taking charge of others. Filling supervision gaps for date nights, camp pickup and for parents to run errands can be a win/win.



11 Run Errands

Teens who can drive or coordinate services may have a viable business option depending on friends' and neighbors' needs. Teens with a bike may also be able to run errands for a small fee, depending on the situation, just make sure to take proper safety precautions and consider adding a basket to help transport small items.

10

House-sit

Bringing in mail and packages, watering houseplants and occupying houses while residents are away is best reserved for older teens who can work independently.



Celebrate July 4th

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661-695-9713

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Sully's Grand Island
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Sully's Stockdale
250 Coffee
661-885-9705

Smith's Bakeries
White Oaks Plaza
6401 White Ln. #103
661-834-1916

Smith's Bakeries
Sully's Buena Vista
4833 Buena Vista Rd.
661-885-6024

Smith's Bakeries
Brookside Market
4700 Coffee Rd.
661-588-2070

Thank you For making us Bakersfield's Best Bakery again this Year

A Doggy Day Out

local program, Streets of Bakersfield, pairs pups with potential adopters



Cindy, an 8-month old puppy, meets Lincoln, a 6-year old standard, parti poodle as part of the KCAS's Streets of Bakersfield doggy day out program.

Cindy and Mindy are eight-month-old puppies that live at the Kern County Animal Services shelter on Fruitvale. They were found abandoned near Malaga Road in Bakersfield. Lucky for these sisters, I was able to take them for a fun-filled doggy day out thanks to the shelter's program, the "Streets of Bakersfield," where volunteers can foster them for an afternoon. These days are held on various Saturdays where you can pick up the dogs between 10 and noon and return by 3:30 p.m., after filling out a short application online or in-person.

"The 'Streets of Bakersfield' program allows our community to participate in advocating for shelter dogs. There are far more dogs entering our shelters right now than there is kennel space to hold them, and some time out of our shelter is extremely beneficial for out shelter pets' health and wellness," says Nick Cullen, Director of Kern County Animal Services. "Taking a dog out for the day also allows for our community to advocate for these animals by showcasing them to friends and family, and posting them on social media. At the end of the day the only requirement is to fill out a report card and tell us all about the adventure! This is valuable information that we can then pass on to potential adopters."

Originally, I had planned on bringing one dog home with me for the afternoon, but that changed after visiting the shelter. As you walk through the kennel, the dogs that are participating in the "Streets of Bakersfield" program are designated with a special sign, so you know which ones to choose. At Cindy's and Mindy's kennel, they both were so eager and excited that after meeting these sisters, I knew they both had to enjoy the fun together. Cindy was the more spirited one of the two, and Mindy was more shy.

Kern County Animal Services volunteer, Meagan Allen said we picked out the most "Ying and Yang" pairing at the shelter to balance their energy. Allen says the public response to this program has been tremendous. It's really helped to get the public invested for people wanting to foster or adopt. And if they can't do that, they have really helped network the animals through social media and word of mouth.

Once we arrived to my house, the girls got to play with my cute neighbor, seven-year-old Franki Boyd. Even she noticed their different personalities, but she also said that's what she liked most about them. "I like them because they are different," she says. "It's fun to meet different kinds of dogs."

My dog, Lincoln, a six-year-old black-and-white parti standard poodle was so happy to meet Cindy and Mindy. All three ran around the yard, enjoyed some bones and treats, and drank a lot because it was a warm day.

The two sisters were inseparable, and you can tell they rely on each other. Cindy was much more adventurous and explored the area more; while Mindy was more affectionate. At one point, Mindy just curled up at my feet and rested from all the excitement.

I was surprised how fast the time went with them. When it was time to take them back, I thought a Starbucks whipped cream Pup Cup would be the perfect ending for their doggy day out. Cindy didn't love the pup cup as much, so Mindy ate both of theirs. She even got a milk, doggy stache.

Admittedly, I was sad to take them back, but I know in our own small way, we gave them a happier day. Once in the entry way waiting to check the sisters back into the shelter, I met the cutest five-year-old girl named Claire Ashmore, who found her "dream" dog through this amazing program. With her mother, Brittany, they have participated in the "Streets of Bakersfield" program a handful of times, but this day they found their forever pet, Candy, a gorgeous German shepherd. Claire says, "I can't wait to play with her, give her lots of treats, and give her loves!"

Brittany was no stranger to fostering animals. She had fostered 12 puppies and was the first in line for the "Streets of Bakersfield" program. She said Candy, whose name at the shelter was Lilo, was the perfect fit for their family. According to Claire, they all voted "yes" to keep her. She told her mom, "It feels like happiness. I feel like crying happy tears but my body won't let me."

My son and I filled out the sisters' "Streets of Bakersfield" report cards, which the shelter puts into their permanent files. These reports give the shelter and prospective families more information about the dogs' temperament and activity level during certain situations. We gave both our dogs A+s. These adorable puppies would make great family pets, but I really think they would do better being adopted together.

Walking through the shelter, you realize how many animals need a loving home. This program is the perfect chance to meet a shelter pet and see him or her in your own environment.

To find out which Saturdays are the "Streets of Bakersfield" days, you can check out the Kern County Animal Service's Facebook page. For more information, and to fill out a short-term foster application, please visit www.kerncountyanimalservices.org/how-to-help/streets-of-bakersfield/.

CALL FOR ENTRIES!

ENTER NOW THROUGH JULY 14th!



CUTEST PET PHOTO CONTEST

Sponsored by these fine Kern County Businesses!



WOOF! ENTER TODAY!

Calling all pet owners in Kern County!

Does your pooch belong in pictures?
Is your kitty cover-worthy?

We want to find the cutest pets in Kern County!

Here are the de"TAILS" about how to enter:

1. Fill out a short form and upload your pet's photo at <https://kerncountyfamily.secondstreetapp.com/2023-Pet-contest-2/rounds/1/gallery>
2. Return to the website daily between July 15th and July 27th at noon to place your vote! (One vote per email per day.)
3. Encourage your family and friends to vote for your pet by sharing the link on social media.
4. Photos with the most votes will be named 1st, 2nd and 3rd place winners! (Please note, no previous winners will be crowned again.)

GRAND PRIZE:

- Deluxe care package from Fur and Feathers Luxury Pet Resort
- \$100 gift card to Grocery Outlet on Brimhall & Jewetta
- \$100 Gift card to Temblor Brewing Company courtesy of Gregory D. Bynum & Associates

2nd & 3rd PLACE PRIZES:

- \$50 gift card from Fur and Feathers Luxury Pet Resort
- \$50 gift card to Grocery Outlet on Brimhall & Jewetta
- \$50 Gift card to Temblor Brewing Company courtesy of Gregory D. Bynum & Associates

Winners will be announced
via Kern County Family
Magazine social media
the week of AUGUST 4, 2023.

SCAN CODE TO ENTER



Continues on Page 18

MEET OUR PET CONTEST SPONSORS!

Go to <https://kerncountyfamily.secondstreetapp.com/2023-Pet-contest-2/rounds/1/gallery> to enter and vote!

Fur and Feathers Luxury Pet Resort

3329 Allen Road, Bakersfield
furandfeatherspetresort.net
661.829.1099



Pam Shockley with
Fred and Flossie

Pam Shockley is the proud local owner of the Allen Road location of Fur and Feathers Luxury Pet Resort. A registered veterinary technician, Pam had more than 20 years of clinical experience, including 10 years of emergency care, before opening the business in 2006. She is used to seeing dogs, cats, birds, guinea pigs, lizards, potbelly pigs and other household pets each day.

Boarding, daycare and grooming are the main services offered. A staff of 28 takes care of the animals with procedures in place to ensure their individual needs are met. Two 4,800 square-foot buildings at the corner of Allen and Meacham Roads make it possible for animals to be housed with ample space to enjoy grassy areas and supervised play. Dogs experience outdoor play times four to five times per day in designated groups classified by compatible characteristics like size and breed. "We see dogs literally pulling their owners through our doors from the parking lot because they are so excited to come in and play," said Pam. "Socialization is so healthy and important for them. It can absolutely build their confidence and lets them learn how to play with other dogs. They are inherently social animals. During this time of quarantine, with less social contact overall, many dogs have only seen their owners and been in their new homes. Dogs really need to know how to be with other dogs."

Pam's previous experience with medical issues helps inform the oversight the facility offers when working with dogs in need of consistent, specialized care due to conditions like diabetes or during post-operative circumstances. She also feels strongly about educating the public on the issue of kennel cough, which can be similar to the concept of a cold for dogs that spreads during social interaction with other dogs. The importance of the bordatella vaccine to aid in prevention is key.

Pets are an important part of Pam's life at work and at home. She is the proud owner of a Doberman, a Collie, a Pomeranian-Chihuahua mix and a new poodle puppy, in addition to two cats, two cockatoos and a blue front-ed amazon that sings "God Bless America." She is also a mother of two and a grandmother of two, with plans to open a new location in Yuba City later this year.

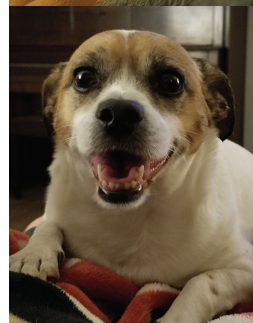
Fur and Feathers Luxury Pet Resort is known for attention to detail and optimal care of animals, which makes the business an ideal provider for our Cutest Pet Contest grand prize.

Grocery Outlet

11200 Brimhall Road at Jewetta Ave.
Derek and Amanda Steitz, Grocery Outlet
Bakersfield franchise owners



Derek & Amanda are
the proud owners of
Buster Brown (top) &
Boo Bear (bottom).



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Greg Bynum

Greg Bynum, local entrepreneur, has made our Temblor Brewing prize possible for each winner.

See more about Temblor at temblor-brewing.com



Mary & Greg Bynum with
Yellow Labrador Retriever, Sonny

Bynum, Inc. is a full service real estate company specializing in real estate development, architecture, appraisal-analysis, consultation, property management and brokerage services in Bakersfield and surrounding areas.

stuff we love



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This easy-to-use camera includes three different functions in one device – a digital camera, instant printer, and a video camera! The compact design, wrist strap, printer, and funny effects make the Photo Creator perfect for parties! \$48, ages 8+ www.amazon.com



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- Developing dog and cat babysitting skills
- Basic obedience training
- First aid and animal safety course

And of course, there will be plenty of animal-themed games, crafts, and activities to keep you entertained. Foster a furry friend and make memories that will last a lifetime. Don't miss out on this amazing opportunity!

BAKERSFIELD SPCA

\$250
Weekly Registration Fee

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26-29

JULY
10-13

JULY
17-20

JULY
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Bakersfield, CA 93308

CONTACT US
861.323.8353 Ext 2
BakersfieldSPCA.org

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- Explore art, science and cooking in our Creative Corner.

Sport Camps

- Practice forehand & backhands in Tennis.
- Go for the gold in Tot Olympics!
- Stay sharp on the courts in Basketball & Volleyball.

Playcation

Summer Fun with NOR

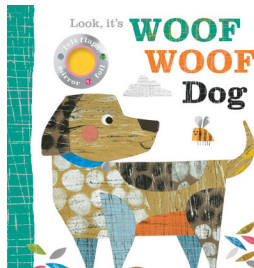
- Discover the weekly scavenger hunt.
- Participate as much or as little as you'd like.
- End your week with a Movie in the Park.

NOR Recreation & Park District www.norfun.org 661.392.2000

KCFM Recommends by Andrea Rose

Meow! Woof! Tweet! Let's Read About Pets!

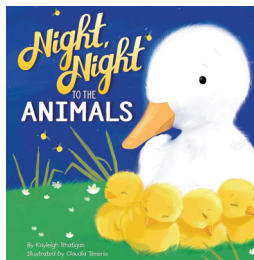
Whether you have a cat, a kitten, a pup, a senior dog or a bird, ferret or fish, our pets are a treasured part of our families. And did you know National Kitten Day is July 10, All-American Pet Photo Day is July 11 and Pet Fire Safety Day is July 15? Make sure to kiss your kitty, snap a pic of your pooch and make sure all of your pets are safe from danger (find tips at www.americanhumane.org/blog/pet-fire-safety). Here are a few of our favorite books about pets:



Look, it's Woof Woof Dog!

By Camilla Reid and Clare Young
\$10.99; Ages 0-3
Publisher: Nosy Crow
www.amazon.com

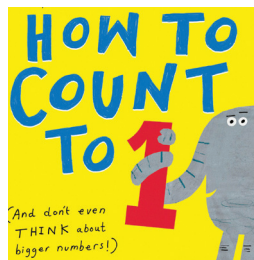
This lift-the-flap board book introduces an exciting, multi-sensory world to preschoolers, with friendly animals, high-contrast collage artwork, decorative highlights and signature animal noises, plus tiny creatures hidden behind felt flaps.



Night, Night to the Animals

By Little Hippo Books & Claudia Tenorio
\$8.99; Ages 0-3
Publisher: Little Hippo Books
www.amazon.com

Every animal has their den, their burrow, a barn, nest or pen. This delightful, soothing lullaby illustrates to little ones that just like them, the little animals must also go to sleep. With this rhyming bedtime story, you can explore the outdoors with your toddler and introduce them to all the places where animals make their homes.



How to Count to ONE: (And Don't Even THINK About Bigger Numbers!)

By Caspar Salmon and Matt Hunt
\$17.99; Ages 3-6
Publisher: Nosy Crow
www.amazon.com

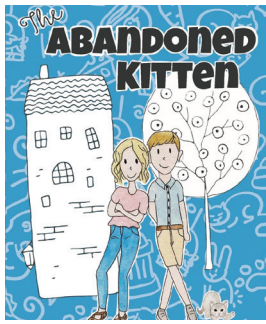
Get ready to show off your skills in this fun new counting book! There are lots of fun things to count in this book: whales, baboons, rainbows, pyramids—there's just one rule: You must only ever count to one! Or can you count higher?!



This is NOT a Unicorn!

By Barry Timms and Ged Adamson
\$15.99; Ages: 3-5
Publisher: Nosy Crow
www.amazon.com

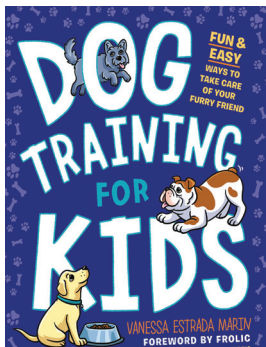
This book is NOT about a unicorn! Well . . . OK, maybe it is! But THIS unicorn has a horn that can turn into the most incredible things - a magic wand, a helicopter, even a space rocket! Join the hilarious adventure and prepare to be amazed by your brilliant new friend. This fabulously funny story has tons of appeal for all children.



The Abandoned Kitten: The Pet Vet Series Book #1

By Cindy Prince and Ali Prince
\$12.99; Ages: 6-10
Publisher: Button Press
www.amazon.com

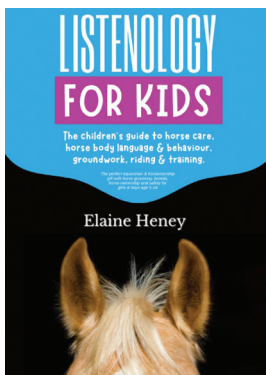
When Sophia and Justin's dad came home from work, he was carrying a surprise in the backseat of his truck: a tiny kitten left cold and alone on the front steps of his veterinary clinic. Luckily, Sophia and Justin are exactly the right kids to help in a situation like this. With lots of teamwork, problem-solving skills, and a little help from Mom and Dad, they're equipped to tackle any pet emergency. Part of the Pet Vet series of three books.



Dog Training for Kids

By Vanessa Estrada Marin & Alisa Harris
\$14.36; Ages 5-10
Publisher: Z Kids
www.amazon.com

Dog Training for Kids breaks down lessons and tutorials in simple steps and easy-to-follow instructions. Kids will have everything they need to be caring and responsible dog owners, from basic obedience to super fun games.



Listenology for Kids: The children's guide to horse care...

By Elaine Henry
\$14.46; Ages 9-14
Publisher: Grey Pony Films
www.amazon.com

Discover the world of horses! This much-loved children's book is based on the philosophy of listening to the horse, being kind and practicing good horsemanship, including language, behavior, grooming, feeding and more. The perfect equestrian and safety book.



Fun Facts About Betta Fish: 37 Frequently Asked Questions

By Fiona Weber
\$8.99; Ages: 8-10
Publisher: Independently published
www.amazon.com

Written by a zoology major and an exotic pet expert with years of experience in animal raising and nurturing, this book will educate children about what it's like to keep a Betta Fish as a pet while also hopefully inspiring them to learn more about these fascinating creatures.



School Supply Wish List

- 3-RING BINDERS
- BACKPACKS
- BLACK, BLUE, AND RED PENS
- COLORED PENCILS
- COMPOSITION BOOKS
- CRAYONS
- DRAWING COMPASSES
- ERASERS
- GLUE STICKS
- GRAPH PAPER
- GRAPHING CALCULATORS
- HIGHLIGHTERS
- INDEX CARDS
- LOOSE-LEAF PAPER
- LUNCH BOXES OR LUNCH SACKS
- MARKERS
- ORGANIZERS/PLANNERS
- PAGE PROTECTORS
- PENCIL CASES
- PENCIL SHARPENERS
- PENCILS (MECHANICAL AND REGULAR)
- POCKET DICTIONARIES
- THESAURUSES
- POCKET FOLDER
- PROTRACTORS/RULERS
- SCIENTIFIC CALCULATORS
- SCISSORS
- SPIRAL NOTEBOOKS
- STAPLERS
- STICKY NOTES
- TISSUES
- WHITE SCHOOL GLUE

Donations made to the Boys & Girls Clubs of Kern County will benefit the youth we serve throughout our community. For more information contact Natalie Martinez at 661-325-3730 ext. 222

To give a monetary donation, scan the QR Code below or go to bgclubsofkerncounty.org/schoolsupplies.



My Doctor v. My Kids' Doctor

Why I Love Visiting the Pediatrician

I was falling asleep in the exam room at my doctor's office. I just laid back and made myself comfortable. Or as comfortable as I could get with my legs hanging off the end. (Now that I think about it, it may have been worth the effort to slide out the little extension thingy.) I could hear the conversation my doctor was having with an older gentleman in the room next to mine.

I think most of his patients are older than I am. Sometimes I feel like that should get me out of the dreaded health screenings like colonoscopies and mammograms, but my doctor knows I'm not THAT young. He has my birthdate right on my chart in case he forgets. He doesn't forget.

The man in the next room is telling my doctor all sorts of interesting things about his family and his pets and what he used to do for a living. When it becomes quiet, I suddenly sit up, aware that the doctor will be coming in at any moment. And I prefer not to be snoring when he opens that door.

He looks bedraggled. I am his last appointment of the day, and I have been waiting for an hour and twenty-seven minutes.

He walks in and smiles. "You are my favorite," he jokes. I have a feeling he is exhausted from listening to the life story of the patient before me.

As for me, well, I am all business. I am just here to renew my prescriptions, so I am hoping to be done in like five minutes.

A medical assistant enters the room, waits patiently for the doctor to take a breath, and quickly asks if he will add another appointment to his day. He says no. When she leaves, he looks at me very seriously and

confides that if he were to say yes, every one of those women in the front office would be mad at him because they would all have to stay late. (And he was already running an hour-and-a-half behind.)

This is not how things go at the pediatrician's office.



There is never a wait there. I guess a baby doesn't have much of a life story to tell the doctor. So the chit-chat part goes fast. (Though I have occasionally seen a mom, desperate for adult conversation, get a little chatty.)

I love sitting in the waiting room at the pediatrician's office because a lot of newborns tend to go there. They come in, all tucked into car seats. Sometimes the moms cover them, so you can't see their faces. But once in a while you get a glimpse of a new baby. Sometimes I think if I am feeling a bit down, I will just sit in that waiting room and hope a baby shows up.

Looking at other people's babies is the fastest cure to remembering the sleepless nights and the vomit. (I have had sickly, senior pets who threw up less than my babies.) Also the screaming in the car. ("Put them in the car," they said. "They'll sleep," they said. Not mine. They just screamed.) But one look at someone ELSE's newborn, looking up with big, wondering eyes and giving no indication that either screaming or vomit is on the way, just makes me forget the tough times.

But the absolute best part of going to the pediatrician's office—better than the cute babies and better than the short wait time—is that I am not the one getting on the scale. I get to just hold the shoes.

you can do it

Blueberry Biscuits



Provided by <http://www.pinkpistachio.com/blueberry-biscuits/>

Biscuits Ingredients:

- 2 cups flour
- 2 tsp baking powder
- 2 Tbsp. sugar
- 1/2 tsp salt
- 1/4 tsp nutmeg
- 1 1/2 cups whipping cream
- 18 ounces fresh blueberries
(1 cup for biscuits, 2 cups for compote)

Biscuits Instructions:

1. Preheat oven to 425°F.
2. In a large mixing bowl, sift together: flour, baking powder, sugar, salt, and nutmeg.
3. Add one cup of blueberries and toss in flour.
4. Gently fold in cream, just until mixed (dough should look lumpy - the key to making them light & fluffy is not overworking the dough).
5. Lightly flour your counter and gently knead (4 flips) into an 8 inch square (1 inch thickness).
6. Using a pizza cutter or knife divide dough into 12 portioned biscuits (making sure not to cut all the way through, leaving the square as one whole piece).
7. Transfer the dough onto a parchment lined baking sheet and bake (upper half of oven) for 20-25 minutes or until golden brown and toothpick comes out clean.
8. Serve with fresh blueberry compote.

Compote Ingredients: *(prepare while biscuits bake)*

- 1/4 cup sugar
- 2 Tbsp. water
- 1/2 Tbsp. fresh lemon juice
- 2 cups blueberries
- 1 tsp vanilla extract

Compote Instructions:

1. In a small saucepan combine: 1 cup blueberries, water, lemon juice, and sugar. Turn stove to medium-high heat.
2. Stir constantly and bring to a boil. Boil until blueberries burst.
3. Reduce heat to medium-low, stirring continuously. Simmer until sauce thickens.
4. Remove from heat and stir in 1 cup fresh blueberries and the vanilla extract.
5. Serve warm with the biscuits.

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Happy 4th of July

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John 14:6

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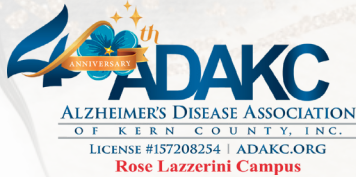
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DE-"TAILS" ON PAGE 17!

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

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



July 1



Christmas in July 5K Run

Bring out your Christmas spirit for this 5K run/walk benefitting Orlie's Shoe Drive. \$20 per entry. Each entry provides a pair of shoes to a deserving Kern County child at Christmas.

9:00 AM
5500 Olive Drive Bakersfield, CA
www.orliesshowdrive.com

July 2

Breakfast with the Bears

The California Living Museum (CALM) will host it's first-ever Breakfast with the Bears event to help fund enrichment items for the zoo's beloved bears, Cinnamon & Louie.

8:00 AM
10500 Alfred Harrell Hwy
Bakersfield, CA
661-872-2256
<https://calmzoo.org/>

July 4

All American 4th of July Festival

The City of Tehachapi is hosting its annual All-American 4th of July Festival. Activities include 5K race, pancake breakfast, fireworks show.

7:00 PM
Tehachapi, CA
<https://liveuptehachapi.com/>

July 1

Night at the Nile

Live music is coming back to The Nile! This show will spotlight five local bands representing genres ranging from country to alternative rock.

7:00 PM
The Nile Theater
1721 19th Street Bakersfield, CA
<http://thebakersfieldfox.com>

July 3

Shafter Fireworks Celebration



The Shafter Chamber of Commerce sponsors the annual 3rd OF JULY FIREWORKS SHOW. Free event will include food, fun, music & a raffle.

6:00 PM - 10:00 PM
Shafter HS Sports Complex
526 Mannel Ave. Shafter, CA
661-910-9185
shafterchamber@gmail.com

July 7 & 29

Wind Wolves Preserve Guided Night Hike

8 PM - 10 PM (*registration required*)
16019 Maricopa HWY Bakersfield, CA
<https://wildlandsconservancy.org>

July 10

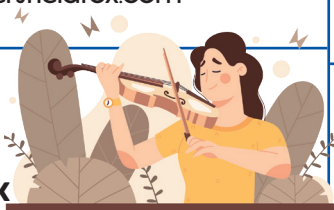
National Kitten Day!

Enter your kitty in our Pet Contest on page 17!



July 2

Concert in the Park with the Beale Park Band



Bring your blankets or lawn chairs and picnic baskets for this patriotic concert in the park. Free to the public. Fun for all ages.

8:00 PM - 9:00 PM
Beale Park Amphitheater
500 Oleander Ave. Bakersfield, CA
661-323-7928
<https://www.bsonow.org/calendar>

July 4

Bakersfield's Annual Independence Day Celebration



The City's annual 4th of July celebration is back! Live music starts at 6 p.m. The fireworks show starts at 9pm. This event is FREE!

6:00 PM - 9:30 PM
The Park at River Walk
11298 Stockdale Hwy
Bakersfield, CA

July 13

Movies in Liberty Park

Grab your lawn chairs & blankets for Tangled!

8:00 PM-10:00 PM
1225 Brimhall Rd.
661-706-9401



July 15

Charity Farmers Market

Proceeds go toward establishing a school garden at the Kern Resource Center.

8:00 AM
Chuy's Mesquite Broiler
8660 Rosedale HWY Bakersfield, CA

HAPPENINGS CONTINUE →

CONTINUED:

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

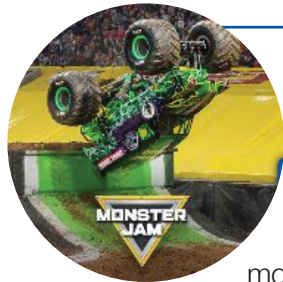
July 15

Mobile Rec Summer Tour '23

Bakersfield Recreation & Parks Department is bringing recreational activities to a city park near you!

9:00 AM - 12:00 PM

Jastro Park
2900 Truxtun Ave. Bakersfield, CA
www.bakersfieldparks.us



July 15 & 16 Monster Jam!

For the first time in two decades, the most unforgettable motorsports experience returns to Bakersfield!

Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA
661-852-7301
www.mechanicsbankarena.com

July 16

National Ice Cream Day!

July 20

Food Trucks at the Fairgrounds



5:00 PM - 9:00 PM

Kern County Fairgrounds
1142 South P St. Bakersfield, CA

July 21

El Fantasma in Concert

8:00 PM

Mechanics Bank Theater
1001 Truxtun Ave. Bakersfield, CA

July 21

We Can't Make This Stuff Up! Comedy Tour



"Bored Teachers" presents the funniest teacher-comedians in the world.

8:00 PM

Fox Theater
2001 H Street Bakersfield, CA
www.thebakersfieldfox.com

July 22

MLB Pitch, Hit & Run



Register your child for MLB Pitch Hit & Run! Winners earn a paid-trip to finals during the MLB World Series. This free, one-day competition is for boys and girls, ages 7-14 years old.

9821 S Martin Luther King Jr Blvd.
Bakersfield, CA 93307
gba.littleleague@gmail.com

July 22

Brit Floyd in Concert

Pink Floyd tribute band.

8:00 PM

The Fox Theater
2001 H St. Bakersfield, CA
www.thebakersfieldfox.com

July 26

Community Professional Development Conference

Hosted by the United Way: grow personally and professionally!

Bakersfield Marriott
801 Truxtun Ave. Bakersfield, CA
<https://uwkern.org/>

July 27

Movies in Liberty Park

Grab your lawn chairs & blankets for The Croods!

8:00 PM - 10:00 PM

11225 Brimhall Rd.
Bakersfield, CA
661-706-9401



July 29

Mobile Rec Summer Tour '23

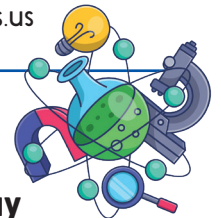
Bakersfield Recreation & Parks Department is bringing recreational activities to a city park near you! The tour features arts and crafts; recreation activities, inflatable games and giant yard games.

9:00 AM-12:00 PM

Jefferson Park
801 Bernard St. Bakersfield, CA
661-326-3866
www.bakersfieldparks.us

July 29

Science Saturday



Come and learn about science with hands-on science demonstrations from our very own community science groups, and organizations. Regular admission price also includes access to the entire museum.

11 AM-2 PM

Buena Vista Museum of Natural History and Science
2018 Chester Ave Bakersfield, CA
<https://www.buenavistamuseum.org>

ONGOING HAPPENINGS

Lunch at the Library

Each weekday through July 28
 FREE lunch for children and teens ages 2-18. You do not need to sign up or show identification. Lunch will be served on a first come, first served basis.
 11:30 AM - 12:30 PM
 Kern County Library Branches
<https://kerncountylibrary.org/>

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.


Stay & Play Fridays Every Friday through July 7

Join the library for time to play, learn, sing, read, and have fun together! Each session will feature a story time, snacks, and a guest speaker.
 9:30 AM - 10:30 AM
 Beale Memorial Branch Library
 701 Truxtun Ave Bakersfield, CA
 661-868-0701
<https://kerncountylibrary.org/>


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PAGE 30 **ACTIVITY CORNER ANSWERS**

CROSSWORD


Across

1. Sporadic
2. Oil
3. Cheating
4. Multiple
5. Pear
6. Rows
7. Sum
8. Swimming


Down

1. Summer
2. Oil
3. Cheating
4. Multiple
5. Pear
6. Rows
7. Sum
8. Swimming

Crossword
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Happy 4th of July

Sensory Storytime at Beale Library on Saturday, July 22nd registration is required via Eventbrite at kernautism.org space is limited.
Bowling for Autism Awareness on Sunday, July 30th registration is required via Eventbrite at kernautism.org space is limited.
Summer Hours for the office are by appointment only for June and July. Email us at kernautism.org for an appointment or call 661-489-3335

- | | |
|---|---|
| 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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JULY ACTIVITY CORNER

puzzle answers on page 27

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



DID YOU KNOW?

The 4th of July was not declared an official Federal holiday of the United States of America until 1941.



Crossword

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | | 2 | | | | | 3 |
| | ■ | | ■ | ■ | ■ | ■ | |
| 4 | | | | | | | |
| | ■ | ■ | ■ | ■ | ■ | ■ | |
| | | | | 5 | | | |
| 6 | | | 7 | ■ | ■ | ■ | |
| | ■ | ■ | | ■ | ■ | ■ | |
| 8 | | | | | | | |

ACROSS

- Happens irregularly
- More than one
- Type of fruit
- Things in a straight line
- Moving through water

DOWN

- Hot season
- Liquid used for fuel or lubricant
- Shouting for joy
- Total from adding two numbers

Sudoku

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



JULY ACTIVITY CORNER

puzzle answers on page 27

Safe and Sound Pet Word Search

Presented by Pacific Ag Rentals

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

CARE
 CAT
 COLLARED
 COMPANION

CONTAIN
 DOG
 FENCE
 HEALTH

EMBEDDED
 LATCHED
 LEASH
 LOCATE

LOST
 MICROCHIP
 OWNERSHIP
 PRECAUTION

PROTECT
 REGISTER
 SECURITY
 SHELTER
 VETERINARIAN

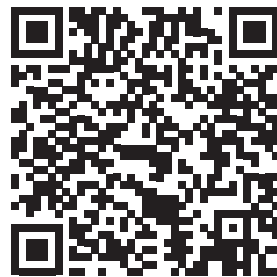




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De-Tails inside on page 17!

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