



kern county Family m a g a z i n e

APRIL 2024



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Meet our Summer Camp Fair Exhibitors

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What Kind of Camp is best for your Child?

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SUMMER ADVENTURE *awaits*

PAGE 14

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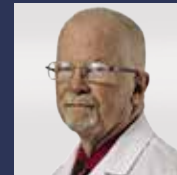


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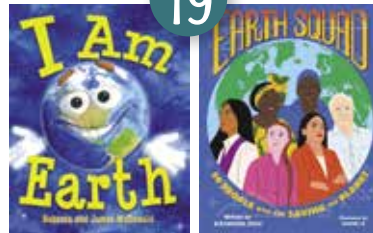
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ON THE COVER: Ivy, 7 Perry, 5 Wells, 2 of Bakersfield. PHOTOS BY TESSA WARNER PHOTOGRAPHY

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Vaun Thygerson
CONTRIBUTING WRITER

WHEN I PARODY Regina George’s mom and tell people, “I’m not like a regular mom, I’m a lacrosse mom,” their first reaction is usually one of shock that Bakersfield even has a lacrosse team. I then have to add that we actually have two local high school lacrosse teams: Bakersfield Mustangs and Garces Rams. In fact, my older son played on the OG team in its first year in town when there was only one at Garces and then he transferred to the Mustangs for their inaugural season.

When we started this journey, my older son was in sixth grade and his little brother was in fourth grade. And, I had never seen a lacrosse game in my life. The extent of my knowledge included that it was played with a stick and a ball and that was it. We had to learn the sport fast because my boys took off and loved it out of the gate.

Springtime means we are knee-deep in lacrosse equipment, gear, stinky cleats, and riveting games as we’ve been watching our younger son, a senior at Liberty High School, playing defense for the Bakersfield Mustangs. Thankfully this isn’t the end of our days as lacrosse parents, because after graduation he will be playing at St. Mary’s University in Kansas. It’s amazing to see what kinds of opportunities can happen when you try something new.

One thing about kids, school, and sports is that downtime is a luxury, and that’s why it needs to be made a priority. In Callie Collins’ article, **“FIVE WAYS TO STRUCTURE INTENTIONAL DOWNTIME,”** on page 30, she writes about how being overscheduled can cause stress and downtime helps to alleviate that anxiousness.

One of her tips includes making a downtime schedule and sticking to it. She also suggests that being a good role model and showing your children how to relax with purpose can encourage them to do the same.

With your kids involved in so many extracurricular activities and the prices at the grocery store and gas pump on the rise, the family budget is being stretched extra thin. To help with this universal challenge, Callie Collins and KCFM asked its readers to share some of their **“BEST MONEY-SAVING TIPS FOR FAMILIES,”** on page 10. Some of the tips included buying in bulk, eating in, and packing a lunch.

When you’re in the thick of parenting with little ones, it’s hard to imagine them as teenagers or adults, but it really happens so fast. In this month’s Humor at Home, Julie Willis’ article, **“NEW MOM SUPPORT GROUP: WHAT I REALLY LEARNED,”** on page 20, she reflects on her challenges of having a newborn baby. As she joined a new mom support group, she compared herself to these women there that seemed to have it all figured out. They didn’t, of course! She kept going to learn the secrets of motherhood from them, but the one who ultimately taught her how to be the best mom she could be was her own baby.

This time of my life is bittersweet for sure. As my son’s senior year is coming to a close and a new adventure awaits, I feel all the FEELS! I am so thankful we signed up with that first lacrosse clinic through Bakersfield Youth Lacrosse League, because it changed the trajectory of our lives for the better! To find a new passion or to sign up for a tried and true one, don’t forget to check out the 27th Annual Summer Camp & School Fair on Thursday, April 11th!

HAPPY SPRING!!!

APRIL 30TH 2024

Presented By:
VALLEY STRONG
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Susan Saelee
Opening Speaker

Mari Pérez-Dowling
Closing Speaker

65
Exhibitor Booths

26
Workshop Speakers

Keynote Speaker
Marlee Matlin
Academy-Award Winning Actress, Author, and Activist

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KERN
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KCFM's 27th Annual Summer Camp & School Fair is BACK!

Meet camp representatives and learn how kids can have the best summer ever at KCFM's 27th Annual Summer Camp & School Fair on Thursday, April 11th from 3 to 6 p.m. at the Westside Church of Christ's Gym. This family-friendly FREE event is the perfect place to learn more about summer camp opportunities for kids of all ages, abilities, and interests. **For booth information call Leslie at 661-861-4939 and for event information, visit kerncountyfamily.com.**



Bakersfield College Welcomes New President



Dr. Jerry Flinger
PHOTO COURTESY
BAKERSFIELD COLLEGE

Bakersfield College welcomes Dr. Jerry Flinger as its new President. Dr. Flinger's appointment by KCCCD comes after a comprehensive nationwide search, aimed at finding a visionary leader capable of navigating the complex challenges facing higher education today.

Previously, Dr. Flinger held the position of Vice President for Instruction at College of the Mainland in Texas City, Texas.

During his tenure, he achieved a significant milestone by transitioning the college to a bachelor's degree-granting institution. He also led the launch of various new programs in both academic transfer and workforce development and established an Academic Master Plan aimed at enhancing student access. Dr. Flinger has a comprehensive background that encompasses vital roles in instructional leadership, the development of academic infrastructure, and fostering relationships with industry partners, including the creation of specialized workforce training programs for the aerospace sector.

For more information, visit www.bakersfieldcollege.edu.

JJ's Legacy's 14th Annual Gala Brings Awareness to National Donate Life Month

Every April, National Donate Life Month helps raise awareness about donation, encourages Americans to register as organ, eye and tissue donors, and honors those that have saved lives through the gift of donation. Local nonprofit, JJ's Legacy's 14th annual Tropical Nights Gala on April 20 at 6 p.m. at Stockdale Country Club honors the life of Jeffrey "JJ" Johns and helps raise money and educates Kern County residents about this important issue.

For more information on organ donation, please visit www.donatelife.net and for more about JJ's Legacy's community work and Gala, please visit www.jjslegacy.org.



The Open Door Network Awarded \$9 Million for New Homeless Shelter

A \$9 million community project funding allocation, included in the recently passed Transportation and Housing and Urban Development bill sponsored by Congressman David Valadao, will be given to The Open Door Network (TODN) for their new homeless campus.



Congressman David Valadao visiting site of proposed homeless campus.

PHOTO COURTESY THE OPEN DOOR NETWORK

TODN's new homeless campus is scheduled to break ground this year with the support of public and private dollars, to ensure much-needed services for homeless women, families, and youth.

"This much-awaited community funding will give our organization a jump start to constructing a state-of-the-art facility, including needed emergency shelter and critically needed services for those facing homelessness and abuse," says Lauren Skidmore, CEO of TODN. "We could not make this project happen without Congressman Valadao's support. This project is going to truly transform clients and families who are experiencing homelessness and provide important services on-site, such as childcare, after-school programs, workforce development and healthcare services. This project is necessary to reduce homeless families throughout Kern County."

ADAKC Appoints New Executive Director

The Alzheimer's Disease Association of Kern County (ADAKC) welcomes Tamara Baker as its new Executive Director. Combining leadership, community engagement, and project management skills, Baker is ready to guide ADAKC into an exciting new phase of over four decades of service to the Kern County community.



New Executive Director
Tamara Baker

PHOTO COURTESY ADAKC

"More than her professional accomplishments, Tamara brings a personal touch to her role, drawing from her own experiences with Alzheimer's disease within her family," says Donna Sharp, ADAKC Board President and Regional Director of Community Health for Dignity Health Mercy and Memorial Hospitals. "This deep personal connection, combined with her roots in Kern County fuels her passion for ADAKC's mission and her dedication to positively impacting the lives of those dealing with the disease."

As Executive Director, Baker will direct ADAKC's strategic operations, including its valued day programs and staff, while also serving as a key representative to the community. **For more information, please visit www.adakc.org.**



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Parkinson's Disease Awareness Month

WHO HASN'T TAPPED fingers on a desk with anxiety or shook a leg under a table awaiting some sort of news? These motor impulses may seem involuntary, but they largely are under the control of the individual. For a portion of the population, fidgeting and tremors are out of their control, and are hallmarks of a movement disorder called Parkinson's disease.

The Parkinson's Foundation says Parkinson's disease (PD) affects 10 million people worldwide. PD is a progressive neurodegenerative disorder that predominantly affects the dopamine-producing neurons in an area of the brain called the substantia nigra.

Since PD affects the nervous system, various parts of the body controlled by nerves can be impacted by the disease. Symptoms often start slowly and may be virtually undetectable to the average person. The Mayo Clinic says the first symptoms may be a barely noticeable tremor in just one hand. Stiffness or slowing of movement also can be an early marker of the disease. Some people with PD may begin to have expressionless faces and speech may become soft or slurred. Symptoms worsen as the condition progresses.

The National Institute of Neurological Disorders and Stroke identify these four primary symptoms of PD, though it should be noted that everyone experiences symptoms differently.

TREMOR: Shaking often begins in a hand,

although a foot or the jaw may be first affected. One tremor characteristic of PD is a rhythmic back-and-forth motion that may involve the thumb and forefinger and appear as pill rolling. It is most obvious when the hand is at rest.

RIGIDITY: Muscle stiffness and resistance to movement affects many people with PD. The muscles remain constantly tense and contracted so that a person aches or feels stiff. This rigidity can become obvious when another person tries to move the individual's arm, which will only move in short, jerky movements known as cogwheel.

BRADYKINESIA: This is a slowing down of spontaneous and automatic movement. Activities that were once easily performed now take much longer. There often is a decrease in facial expression, called "masked face." A person with PD may not move his or her arms while walking.

POSTURAL INSTABILITY: This impaired balance and change in posture can increase the risk of falls. Postural instability also may affect walking gait. Someone with PD may appear to be shuffling.

The cause of PD remains unknown. Scientists believe a combination of genetic and environmental factors are at the root of the disease. There is no cure for PD, although there are treatment options that may help alleviate some symptoms. Currently there is no treatment to slow the progression of PD.

Youth Sports: Play it Safe

Participating in youth sports can be a great way for children to develop various interpersonal skills and stay active. Routine physical activity is part of a healthy lifestyle, which can help reduce the rates of obesity and overweight among modern youths. However, participation in sporting activities is not without risk.

According to Stanford Medicine Children's Health, more than 3.5 million children ages 14 and younger get hurt each year while playing sports or participating in recreational activities. The Centers for Disease Control and Prevention reports high school athletes account for an estimated two million injuries, half a million doctor visits and 30,000 hospitalizations each year. In the face of such data, parents may be left wondering what can be done to reduce injuries.

Cross train for overuse injury prevention

The Canadian Strength & Conditioning Association says overtraining may be one contributor to these injuries. Overuse injuries involve repetitive strain placed on bones, tendons and ligaments, which differ from acute injuries that occur during a traumatic event. A 2009 study from the American College of Sports Medicine found the number of anterior cruciate ligament (ACL) reconstructions performed on children between the ages of three and 20 in New York increased by 100 percent between 1990 and 2009. Children need to take breaks from sports to allow their bodies to recover and to incorporate cross training to avoid repetitive strain on one area of the body.



Use proper technique

It is essential that young athletes be schooled in the proper techniques when engaging in physical activity. Coaches should make sure that athletes are employing the proper techniques before sending them into games.

Get the proper equipment

Protective equipment, such as helmets, pads, shoes, and more, are vital for injury prevention and should never be overlooked.

Listen to your body

Young athletes should not be advised to play through pain. Doing so can exacerbate any injuries and lead to more damage that may sideline an athlete for a long time, says Johns Hopkins Medicine. Less focus on being the best at all costs from coaches and parents may remove the pressure to play no matter what.

Although there is some risk of injury when playing sports, young athletes can reduce their chances of getting hurt if they are smart about sports play.



Laughter Really is the Best Medicine

There's some truth to the popular notion that "laughter is the best medicine." The United States Department of Veterans Affairs notes that laughter has physiological effects on the body that lead to changes in body chemistry and brain function. For example, laughter increases heart and respiratory rates and oxygen consumption over a short period. These changes ultimately move individuals into a state of relaxation. Additional research has found that laughter can lower levels of the stress hormone cortisol, supporting the suggestion that laughter is an effective and even multi-faceted "medicine."

Get Outdoors and Garden!

Millions of people embrace opportunities to get back in their gardens each spring, and they might be reaping more rewards from that activity than they realize. According to the American Institute of Stress, gardening sparks a level of creativity among enthusiasts, and that can help to alleviate stress by lowering levels of the hormone cortisol. In addition, authors of a 2022 study published in the journal *Urban Forestry & Urban Greening* concluded that gardening during the COVID-19 pandemic helped people cope with coronavirus-related stress through outdoor activity.



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Q. What is your best money saving tip for families?

Sharp price increases continue to factor into family life. From the grocery to the gas pump, knowing how to stretch a dollar is more important than ever for many Americans. We asked our readers to share their tips!



Each paycheck, put money in envelopes for each bill due the extra put in an envelope for savings.

- Shannon Snyder



Try price comparison shopping in apps to save money.

- Shannon Whitaker



Make your own dry goods! Grow your own produce since it's outrageously costly now!

- Shyan Chrissakis



We rotate our streaming subscriptions every month. Paying for one instead of three at a time helps with budget and also keeps variety in our movies and shows.

- Corrie White

Make meals based on what food you already have (either in your pantry or in the fridge- back corners included).

- Heidi Frye

I try shopping in bulk and breakdown into smaller portions myself to save money.

- Krystal Wood



Meal prepping my lunches saves money. It does require more planning and time, but then I'm not stuck spending \$15 for a simple lunch at a fast food restaurant. Plus it's healthier!

- Jennifer Resolme



Buy store brands and generics.

- Bonnie Munoz

Make coffee at home! - Candice Gonzales



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AGES 2-18

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Tuesday - Friday

Beale Memorial Library

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Taft Branch Library

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Monday - Wednesday

Delano Branch Library

925 Tenth Ave, Delano
Wednesday - Friday

Wasco Branch Library

1102 7th Street, Wasco
Monday - Tuesday

Frazier Park Branch Library

3732 Park Drive, Frazier Park
Tuesday - Friday

Wilson Branch Library

1901 Wilson Road, Bakersfield
Tuesday - Thursday

McFarland Branch Library

500 West Kern Ave, McFarland
Tuesday - Friday

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For more information, visit us at kernlibrary.org

This program is supported in whole or in part by funding provided by the State of California, administered by the California State Library.



Bakersfield Women's Business Conference Board of Directors

PHOTOS BY CYPRESS MEDIA

I'M POSSIBLE

"Nothing is impossible, the word itself says, 'I'm Possible.'"



Hello Mama!
I just love that quote by the iconic Audrey Hepburn. Audrey was the epitome of talent, style, and grace. She knew how to make the impossible possible throughout her life as a dancer, actor, and fashion icon. But it was her humanitarian efforts as Goodwill Ambassador for UNICEF that I most admire. Audrey saw what was possible in the most "impossible" situations for impoverished children around the world. Did she give up when people told her that the situation was too dire or too difficult or too hopeless? No, instead she chose to show up and use her celebrity to raise more awareness even if it were to help just one more child. To me, Audrey's most iconic role in her life was that of humanitarian.

*Do you have an impossible challenge right now?
Are there skeptics telling you that there is no way you can do it?
What mountain are you trying to climb?*

We are given “mountains” to show others that they can be moved. We all have different challenges in this life. We all have different talents. We all have different paths. It is how we choose to use our talents and how we show up in this world that really matters. For me, I choose to speak life into others and encour-

***Let's keep this conversation going. How will you make the impossible, possible?
Email me at: jcapra@bako-chamber.com with subject: I'm Possible.***

age moms like you to share their God-given gifts. There is only one YOU to share your gifts with the world!

If you are looking for an opportunity to find your “I’m Possible” moment, I would

like to personally invite you to attend the 2024 **Bakersfield Women’s Business Conference on Tuesday, April 30th at Mechanics Theatre presented by Valley Strong Credit Union.** The theme this year is “Making the Impossible Possible” which embodies the spirit of resilience, innovation, and determination that defines us. You will enjoy various workshops, including one that I am leading called, “Chambers Unite: How to Use Membership to Better Your Business.” Plus, you will have the opportunity to check out local vendors, non-profits, networking, and a sponsored luncheon with keynote speaker, Academy Award winner, Marlee Matlin. Despite the odds, Marlee’s journey is an inspiration to everyone, regardless of the barriers they face. She refused to let naysayers get in the way of her dreams and will encourage you to do the same.

Mama, I believe in you and hope that you will join me at BWBC 2024. Together, we will celebrate new connections, climb the mountain of success, and expand our horizons with what is possible! But wait, there’s more...because I want YOU to have a chance to join us, the Executive Board is giving away two FREE Premier tickets! Enter today at “Hello, Happy Mama” (see information on how to enter on this page).

Keynote speaker and Academy Award winner Marlee Matlin.



PHOTO BY MEGAN SHUPTAR

Hello, Happy Mama!

ENTER TO WIN!

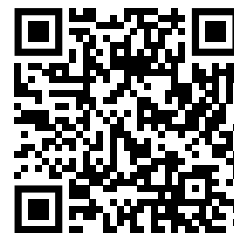


2 PREMIER TICKETS

Bakersfield Women's Business Conference

APRIL 30TH

Valued at \$125 each



TO ENTER GO TO:

<https://kerncountyfamily.secondstreetapp.com/April-contest/>

**The contest will end on
Wednesday, April 24 at midnight.**

Camp Quiz:

Where should your kid go?

Sports? Arts? STEM?
Good old outdoor activities?
Take our quiz with your
child to determine what's
the best fit for your kids



When you were a kid life may have been simpler you may have just hung around the house during the summer and played with neighborhood friends or maybe you attended a local day camp near your home.

Fast forward today. There are camps for everything you can imagine it can be confusing - even stressful trying to find the right camp for your kid. Sometimes it's important to choose different camps for each of your kids based on their individual interest.

Finding the best camps, essential for your child's comfort and growth, can offer kids experiences and tools to go out into the world to discover who they are, and what they want to become, and can only truly grow when they're given the freedom and chance to gain confidence by exploring new ideas and activities, and eventually finding their passion.

If you know your child could benefit from a summer camp experience this summer don't wait as camps fill up quickly beginning this month. There are camps for every interest and budget. Does your



child want to try theater? No problem. Do you have a kid who loves swimming. Done. STEAM-focused kid? There's a camp for them.

According to the American Camp Association (ACA) campers' parents have reported that when their kids return home from camp, they are more caring, understanding the importance of giving, are more equipped to stand up for what they know is right, and are willing to be

more responsible.

Camps vary from a few days a week, a month, or an entire summer. Determining what your child is ready for matters.

INVOLVE YOUR CHILD

One of the most important aspects of choosing Camp is to involve your child in the decision-making process, allowing them a voice will help ease any anxiety they may have about camp.

Camp Quiz

How would you best describe your child?

- Artistic
- Athletic
- Brainy
- Adventurous

What is your child's favorite subject in school?

- Music
- Physical education
- Math or science
- My child likes a variety of classes

What is your child's favorite activity after school?

- Music lessons
- Playing a sport
- Robotics or science club
- Participating in a bunch of different activities with friends

Which type of birthday party would your child most likely choose?

- Dance party
- Indoor soccer or gymnastics
- Science museum
- Every year it's different

What does your child usually do on weekends?

- Goes to theater rehearsal
- Has a game
- Competes in a robotics or math tournament
- Mixes it up with bike rides, art projects, and shooting hoops

What is your child's favorite role in a group project?

- Presenter
- Collaborator
- Researcher
- Fills in wherever needed

What's your child's favorite rainy day activity?

- Listening to music
- Running around the house
- Playing a video game
- Inviting a friend over to hang out



Which would be your child's dream vacation?

- Seeing Broadway shows in New York City
- Touring sports stadiums around the country
- Visiting science museums
- Doing something different every day including hiking, playing on the beach, and amusement parks

What would your child hope to achieve at summer camp?

- Starring in a musical
- Being team captain
- Creating an app
- Trying new things

What does your child want to be when he/she grows up?

- Movie star
- Coach
- Engineer
- No clue

Tally up your answers and match your child to the type of camp.



Types of camps

Creative/Performing Arts Camps

Specialty art and musical theater camps focus specifically on the arts. Some may offer a variety of art forms to choose from, such as pottery, woodworking, painting, and photography. Others focus solely on one type of art, such as sewing camp or band camp. Musical theater camps are quite popular and typically showcase a production after a few weeks of rehearsals. Art camps come in all lengths and locations. You can sign your child up for a one-week-long art camp at your local recreational center or find multi-week overnight art camps where they can truly hone their craft.

Sports Camps

Sports camps usually consist of only one sport that a child plays throughout the day. The main goal is for participants to improve their skills by focusing extensively on a sport they love. Depending on where you live, you can find all types of sports camps like tennis, golf, soccer, baseball, lacrosse, or gymnastics. It is also a way for your child to try a new sport or something only offered during the summer, such as surfing and sailing.

Science/Tech Camps

If your child loves to code, build, and tinker, then a tech camp may be the right fit. These types of camps make learning about science and technology fun and exciting for kids. They also provide an opportunity for kids to dive deeper into a subject they love, such as working on a science experiment, designing a website, or programming a robot. You can find science and tech camps through local schools, colleges, and museums.

Traditional Camps

Traditional camps are what you think of when you envision summer camp—canoeing, hiking, archery, relay races, swim lessons, and crafts. They can be considered “jack-of-all-trades” camps because they offer all types of activities for children to try. If your child enjoys exploring and experiencing new things and has not yet found one specific activity that they are passionate about, then a traditional camp is a wonderful choice. They are very common and can be found all over. Some are day camps, while others are overnight experiences where your kids can also learn more independence skills. Overnight camps also offer a more rustic, outdoorsy experience with campouts, cabins, campfires, and activities on the lake.



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Presents



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Can you believe it's already time to start planning summer break activities? If you're looking for programs to keep your children entertained and engaged during the dog days of summer we've got just the event for you!

Don't miss the **2024 KCFM Summer Camp & School Fair on Thursday, April 11 from 3-6pm at the Westside Church of Christ 7300 Stockdale Hwy.** This FREE event offers parents and families an opportunity to talk one-on-one with representatives from dozens of local day and sleep-away camp programs. Bring the kids to browse various camp booths, collect materials, and find out about all the fun available this summer. Check out a sampling of our 2024 exhibitors.



The Boys & Girls Club of Kern County

661-325-3730
www.bgca.org

Summer fun is just around the corner! The Boys & Girls Club enriches the lives of children, ages 5 - 18, with Visual and Performing Arts, STEAM, Field trips, Sports, Character/Leadership Development, and more!

Our 2024 Summer Camp is available at the following locations:

Armstrong Youth Center: 801 Niles St.

Stockdale Boys & Girls Club: 5207 Young St. #200

Lamont Boys & Girls Club: 8301 Segrue Rd.

Day Camps runs Monday - Friday from 7a.m. - 6 p.m. and Lamont Club runs 12 p.m - 5 p.m.

To register your child or for more information visit us at www.bgckc.org/daycamps

Better yet, come for a personal tour - you will be amazed at what the Club can offer to your child!

Bakersfield Christian High School

661-410-7000
www.bakersfieldchristian.com

Bakersfield Christian High School is thrilled to announce registration is now open for our robust line up of summer classes. For high-schoolers, we have several math classes, as well as health class, and a flexible online P.E. course! For students entering grades 4-8, there is a wide assortment of 2-hour summer camps; everything from art, to various

sports, theater, and even cooking! There are more than twenty camps to choose from in the month of June. Space for these classes and camps are limited, so don't miss your chance to register for these enriching summer experiences at BCHS! For more information, or to register, visit Bakersfield Christian.com.

Bakersfield Gymnastics Academy

661-800-4528
www.bakersfield.academy

Get ready to flip, twist, and soar to new heights at BGA's Summer Gymnastics Camp! Join us for an action-packed summer where every week is a journey through the world of gymnastics. Our camp is designed to ignite passion for athleticism, creativity, and teamwork in every young gymnast. In addition to gymnastics fundamentals, cooperative games, and challenging obstacle courses; we'll learn routines for all Olympic events, practicing skills and techniques under the guidance of our experienced coaches. Whether it's mastering the balance beam, conquering the uneven bars, or nailing that fly away off the still rings, there's something for every aspiring gymnast to excel in. But the fun doesn't stop there! At the end of each week, our campers have the opportunity to perform their newfound talents in a showcase, where families can witness their progress firsthand. It's a chance for our gymnasts to shine like the true stars they are! Our Summer Gymnastics Camp promises an unforgettable experience for every participant. Don't miss out on the opportunity to make this summer one to remember. Enroll now and let the gymnastics adventure begin!



Bakersfield Swim Academy

661-615-6530

www.bakersfieldswimacademy.com

BSA offers several summer programs with opportunities for swimmers of all ages & levels. Starting practice in May, we offer a high quality 10 week Swim Program. Our hope is that being a part of our team grants each swimmer individual improvement of stroke, fitness and technique with a better understanding and appreciation of team work. It offers exposure to healthy competition and an overall wonderful summer with family and friends.

Swimmers must be between 5-18 years of age and must have reached a minimum of BSA's Level 4, Pufferfish. Get in quick to ensure you receive your customized team gear in time for our swim meets.

We also offer a Summer Blitz program for Parent & Me through to level 4 swimmers, a 2 week daily program that will accelerate your swimmers abilities & confidence.

We will also maintain our regular year round program of weekly lessons for all ages and levels, so feel free to give us a call and we can help you to make your next step, swimming is a skill for life and we hope we can help all of our community to become not only water safe but to love swimming as much as we do.

Girl Scouts of Greater Los Angeles Camp Lakota Sleepaway Camp

Frazier Park, CA

213-213-0123

www.girlscoutsla.org

The magic and fun of Camp Lakota awaits you! Nestled in Frazier Park, this Girl Scout camp is a hidden gem of classic camp activities. Lakota offers exciting opportunities for the first-time camper as well as the seasoned camper. From the thrill of horseback riding, swimming in the sparkling pool, zip lining, taking aim at archery, traveling across the low ropes, and enjoying new friendships around the flickering campfire, Lakota truly has something for everyone. With emphasis placed on teamwork and building community, campers develop strong bonds and leadership skills and make lifelong friends. Campers go home with a stronger feeling of independence and self-esteem and an incredible sense of accomplishment and belonging. Exciting adventures, new friends, and memories to last a lifetime are here at Camp Lakota. **For more information email Lakotacamp@girlscoutsla.org.**

KHSD ROC & CTEC Entrepreneurship Resource Centers

661-397-7301

erc.kernhigh.org

Join us for a one-week session to explore an entrepreneurial mindset in a FUN learning space! This opportunity is open to all incoming 7th to 12th grade students, but space is limited. Students bond with peers, engage in hands-on activities, and discover their WHY. Students must provide their own transportation. Not for academic credit.

Choose one week session:

Monday, June 10 – 14, Monday, June 17 – 21, Monday, June 24 - 28

AM Session: 8-11a.m.

PM Session: 12-3 p.m.

ROC: 501 S Mt. Vernon Ave. Bakersfield, CA 93307

CTEC: 7301 Old River Rd. Bakersfield, CA 93311

For more information, email angel_almendez@kernhigh.org

SEE SUMMER CAMP FAIR, PAGE 18

GREAT THEATRE STARTS HERE

STAGE DOOR ACADEMY

IN PARTNERSHIP WITH STARS THEATRE PRESENTS

THIS SUMMER IS GOING TO BE SCRUMDIDDLEYUMPTIOUS



AM CAST
JUNE 3 TO JUNE 29

PM CAST
JUNE 10 TO JULY 6

AGES 6 - 18



SUMMER 2024

\$325 PER WORKSHOP



INTO THE WOODS

Teen Workshop
Ages 13 - 18
June 17th - July 20th

VISIT BGCKC.ORG/STAGEDOORACADEMY TO REGISTER.

TWO SPECTACULAR SHOWS TO CHOOSE FROM: DIRECTED BY JILL BURDICK AND FRANK SIERRA



College? Retirement? Find out how to prepare for both.

Let's prepare for your future together.



Crystal M Zazueta
Financial Advisor

7906 Downing Ave Ste A
Bakersfield, CA 93308
661-843-7296



Freddie Vigil
Financial Advisor

3100 19th St Suite 150
Bakersfield, CA 93301-3119
661-404-4242



Julianne Finch
Financial Advisor

3100 19th St Suite 150
Bakersfield, CA 93301-3119
661-404-4242



THE LAZZERINI FAMILY FOUNDATION PRESENTS
the heart never forgets
SENIOR PROM

**4203
Buena Vista
Road
93311**

**May 17
2024
5pm-8pm**

**FOR TICKET &
SPONSORSHIP
INFORMATION
CALL
661.665.8871**

**A Senior Prom for "Seniors"
Come & Enjoy the Fun**



**SUMMER CAMP FAIR
2024 EXHIBITORS**



CONTINUED FROM PAGE 17

Providence Classical Academy

661-381-1503
www.bakersfieldclassical.com

Providence Classical Academy may be new to town, but our curriculum and our methods are time-tested and traditional. Classical Christian Education is a movement to recover the traditional goals, content, and methods of education. The mission of Providence Classical Academy is to provide the children entrusted to its care with an education that forms godly, virtuous, self-governing men and women. Full-time day school is available for grades Pre-K through 8th. Additionally, we offer our Homeschool Enrichment Program on Fridays and Homeschool Resource Program for more classical homeschool support. We invite you to learn more about our school by attending a school tour. **Visit us at bakersfieldclassical.com or contact us at office@bakersfieldclassical.com.**

North of the River Recreation & Park District

661-392-2000
www.norfun.org

NOR offers a wide variety of camps and activities for summer fun, including 9 weeks of summer camp, multiple sessions of youth tennis ranging from beginner to intermediate, skateboard and fingerboard camp, and multiple sessions of sports camp in basketball and volleyball. NOR also offers ways to beat the heat, including spray parks and rec swim at the Greenacres Pool. For those learning to swim, lessons are available in multiple class levels.

Visit NORfun.org to find out what's new, confirm the most up-to-date program information, and register for activities. Register online today!

American Kids

661-589-2100
www.aksc.com

Join AKSC for an unforgettable day camp experience! With activities ranging from gymnastics to ninja zones, your child will thrive in our dynamic environment. Available at NW and SW locations with flexible half and full-day options. Discover endless fun and learning opportunities at our EPIC! and Ninja camps.

Bakersfield Skyhawks

661-444-0927
www.skyhawks.com/Bakersfield

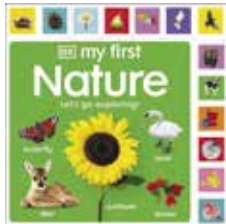
Skyhawks Sports Academy is the leading provider of safe and engaging sports experiences for children aged 4 to 14, we're excited to announce our summer camps in Bakersfield.

Running from June 10th to the first week of August, our half-day camps from 9:00 AM to 12:00 PM, Monday through Friday, offer a dynamic blend of sports and activities tailored to each child's age and ability. Whether your child is a budding soccer star, basketball enthusiast, flag football fanatic, aspiring golfer, or track and field champion, our expert coaches ensure they learn, grow, and have a blast.

Every camper receives a complimentary ball (if applicable), an award recognizing their achievements, and a stylish Skyhawks t-shirt to commemorate their summer adventures. With convenient locations across Bakersfield, including partnerships with North of the River, the City of Bakersfield Parks and Recreation department, D-BAT Bakersfield, and Kern County Soccer Park, there's a camp near you!

Get Earth-Smart and Help Out Mother Nature

EVERY YEAR SINCE 1970, Americans have been championing a healthier planet with a day — or more! — of celebration and earth-friendly activities. This year, Earth Day is April 22 and there’s plenty of time to ponder the state of the planet with every turn of the page! Read, get inspired and help save our planet!



My First Nature: Let's go exploring

By DK
\$10.99; Ages 0-3
DK Children
Amazon.com

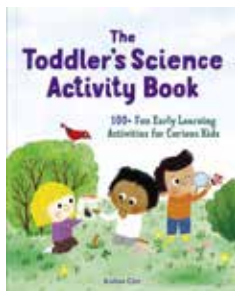
This tabbed board book teaches little ones about the world around them through a variety of wildlife habitats. With more than 180 colorful photos, children are encouraged to learn through speaking, listening and observation skills.



Counting on the Earth

By Mudpuppy and Ekaterina Trukhan
\$8.50; ages 0-4
Mudpuppy
Amazon.com

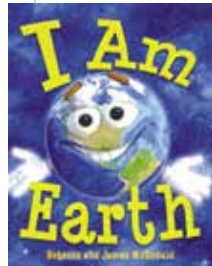
This adorable board book does double duty—it teaches the youngest children about nature and teaches them how to count!



The Toddler's Science Activity Book

By Kailan Carr
\$13.99; Ages 1-3
Rockridge Press
Amazon.com

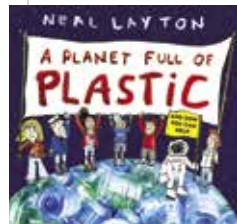
Get your toddler up and out to do a simple activity designed to help kids practice core science skills through play. You can choose activities based on the skills developed, how long they take, or even how messy things might get!



I Am Earth: An Earth Day Book for Kids

By James McDonald and Rebecca McDonald
\$10.93; Ages 3-5
House of Lore Publishing
Amazon.com

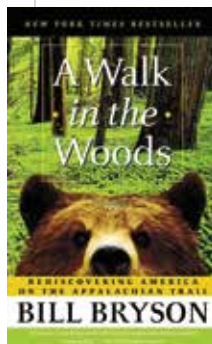
Give an early lesson on Earth Day with this book. Children will learn to care for the environment by understanding why the environment is so important and what they can do to help keep nature in balance—like reuse, recycle and conserve.



A Planet Full of Plastic

By Neal Layton
\$12.79; Ages 4-7
Wren & Rook
Amazon.com

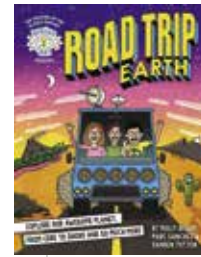
Plastic is in almost everything. Award-winning author-illustrator Neal Layton explains where plastic comes from, why it doesn't biodegrade and why that's dangerous for animals and humans alike. And, most importantly, through his book, he provides ideas for how kids can help save the planet.



A Walk in the Woods: Rediscovering America on the Appalachian Trail

By Bill Bryson
\$9.48; Ages: 15-adult
Anchor
Amazon.com

The Appalachian Trail stretches from Georgia to Maine and covers some of the most breathtaking terrain in America—majestic mountains, silent forests, sparking lakes. Learn about the history and ecology of the trail and the nature you can find along the way.



Brains On! Presents: Road Trip Earth: Explore Our Awesome Planet From Core to Shore and So Much More

By Molly Bloom & Marc Sanchez

\$16.78; Ages 8-12
Little Brown Books for Young Readers
Amazon.com

This book is for kids who always ask “WHY?!” This book will answer all the relevant questions about our earth. Packed with scientific research, trivia, jokes and illustrations, kids will love to learn.



Earth Squad: 50 People Who are Saving the Planet

By Alexandra Zissu and Nhung Le

\$9.48; Ages 8-12
Publisher: Running Press Kids
Amazon.com

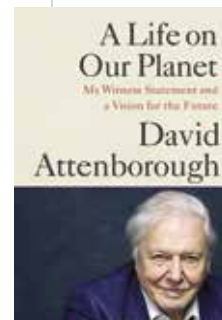
Eco-passionate kids can choose a mentor from the 50 crusaders who are working to save the planet. The book offers illustrations and biographical information as well as practical tips that anyone can do to help save the earth.



The Wondrous Workings of Planet Earth: Understanding Our World and Its Ecosystems

By Rachel Ignatofsky
\$12.82; Ages 10-14
Ten Speed Press
Amazon.com

Using art, maps and infographics, this book explains how our Earth works and how we can protect it for the future through attention to biodiversity, the cycles of nature.



Life on Our Planet: My Witness Statement and a Vision for the Future

By David Attenborough
\$17.99; Ages adult
Grand Central Publishing
Amazon.com

The award-winning broadcaster and historian provides his witness statement of the world's decline and his vision for the future. Is there still time to set things right?

New Mom Support Group: What I Really Learned



I got up at 5am that Friday, hoping to walk the dogs, shower, and get myself and my two-week old baby ready for New Mom Support Group at the hospital at 9:00. “I can do this,” I thought. “People take babies out of the house all the time.”

We did not make it. Something about a diaper blowout at the exact moment I had the baby, the keys, and the diaper bag in hand and was holding the dogs back with one leg while opening the door in my attempt to escape.

I wanted to scream. I wanted to cry. I had been looking forward to this for... well, two weeks.

I sat down on the floor and held my baby and just stared off into space and waited for the day to end.

So the next week, I was like, “OK, I can do this. For reals.” Through sheer deter-

mination (or, let’s be honest, blind luck), I was the first person there.

When the nurse showed up, I introduced myself, all smiles, pretending like getting out of the house with a baby was no big deal.

“How’s feeding going?” She asked me. And I broke down and spilled the whole story in one breath: “I do not have enough milk and I’m taking fenugreek but it upsets my stomach but I take it anyway to try to increase my supply but I feel sick all the time and the pediatrician told me that my baby was failing to thrive and if I did not supplement her, she would—she would—” I broke off.

And just as I started hyperventilating and ugly crying and looking for a baby wipe for my face, another mom walked in—dressed in interview clothes and wearing make-up and jewelry and dressy shoes.

Her baby had a hair bow that matched her outfit. My baby was in a plain onesie and a diaper. No shoes, no socks, and definitely no hair bow. It was a warm day, and her hair was sticking to her forehead because I drove a Honda Civic, and it didn’t have vents in the backseat.

All the moms in that group exuded class. They had brand new mini-vans and brought their babies into the room in designer strollers with detachable car seat baby carrier thingies. I had carried my baby in my arms. I looked in my diaper bag for some shoes, but the only things in there were diapers and a bottle. Something told me that you didn’t give babies bottles at New Mom Support Group.

I did not belong here.

And yet, I couldn’t stop going. Watching perfect moms was addictive. Every one of those moms had it together. They did not arrive in crumpled clothes with burp stains on their shirts. They entered the room bursting with confidence. They looked fabulous. And their babies looked fabulous.

One day, they asked me to join them for lunch after the session.

I tried to imagine it: They are at Village Grill downtown under the shade trees, with their strollers parked in a row and their babies on their knees while they sip iced tea and nibble at their arugula as their gold bracelets sparkle in the bit of sunlight dripping through the shade from the trees.

I did not want to embarrass them by actually going, yet I longed to watch them in action.

I went to Mommy Group faithfully until my baby aged out. I tried to keep my mouth shut and my eyes and ears open. I kept hoping I would learn how to be a mom.

But only my baby could teach me that.

You Can Do It

It's peanut butter and jelly time!

Peanut Butter and Jelly has long been a fan favorite for children and adults alike! We celebrate this beloved flavor combination every year on April 2.



Peanut Butter and Jelly Muffins

(Makes 12 muffins)

INGREDIENTS:

FOR THE MUFFINS:

6 tbsps unsalted butter	1/2 cup brown sugar, packed
3/4 cup peanut butter	2 tsp vanilla extract
1-3/4 cups all purpose flour	1/4 cup milk
1 tsp baking soda	1/2 cup plain Greek yogurt
1/4 tsp salt	9 oz berry (or Grape if you must) preserves
1 large egg	

FOR THE CRUMB TOPPING:

1/3 cup brown sugar, packed	1/4 tsp salt
1/3 cup granulated sugar	1/2 cup unsalted butter, melted
1/4 tsp cinnamon	1-1/2 cup all purpose flour

Preheat the oven to 350 degrees and line 12 muffins tins with cupcake liners and spray the inside of the liners with nonstick cooking spray. Place the butter and peanut butter in a microwave-safe bowl and microwave for 30 seconds. Stir well until completely melted and mixed together.

In a medium bowl, whisk together the flour, baking soda, and salt. In the bowl of an electric mixer, beat together the egg, brown sugar, and vanilla extract until smooth. Add the butter and peanut butter mixture and continue beating until well incorporated. Add the milk and yogurt and mix again. With the mixer on low speed, slowly add the dry ingredients and mix until just incorporated. The batter will be very thick.

Divide the batter among the liners so that each one is about 3/4 of the way full. Use your fingers to create a little well in the top of the muffin batter and place a dollop (about 1 tbsps) of jelly onto each one.

For the crumb topping, whisk together the sugars, cinnamon, salt and melted butter until smooth. Then add the flour and use a wooden spoon or rubber spatula to fold in the flour until a paste-like dough results. Crumble the mixture with your fingers and add a generous amount of crumbs to each muffin top, covering the jelly and pressing the crumbs down well so they stick to the batter. Add a few more dollops or drizzles of jelly to each muffin and bake for 18-22 minutes, or until a cake tester comes out clean. Allow muffins to cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

— By Erica's Sweet Tooth

661.322.6380 | WWW.JAKESTEMEX.COM | INSTA/FB@JAKESTEMEX

9425 Rosedale Hwy. Bakersfield, CA 93312 (661) 587-8437 Takeout & Delivery

6801 White Ln. Bakersfield, CA 93309 (661) 847-9955 Takeout & Delivery Drive-Thru Open

Salty's
BBQ & Catering

BANQUET & EVENT CENTER
661-563-2739
6720 Schirra Ct. Bakersfield, CA 93313 John 14:6

Join the FUN at Trinity Preschool!

Monday-Friday 6:30am-6:00pm
Half days & Full days available
Ages 2yrs-6yrs (non-potty trained welcome)
Snacks and Lunch Provided

(661) 665-7713
11300 Campus Park Dr
Bakersfield, CA 93311
www.trinitybakersfield.com
LIC # 153810005

Read Us ONLINE!

kerncountyfamily.com



APRIL 1

April Fools' Day!

APRIL 3

Gaither Vocal Band

One of the largest independent Christian music companies in the world and a household name for millions of fans, Gaither Music Group is known worldwide for its award-winning and top-selling recordings, including the Gaither Gospel Series.

6 - 10 p.m.

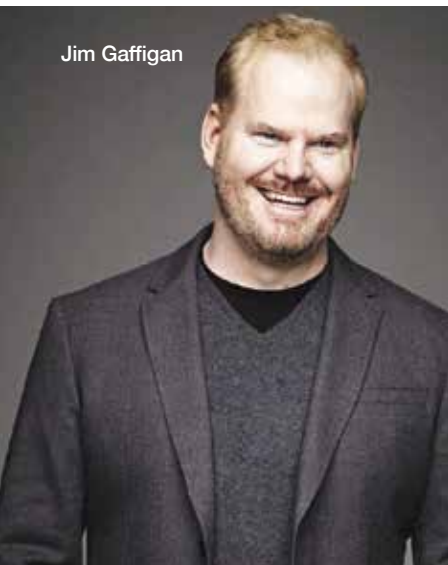
The Bakersfield Fox Theater
2001 H ST
Bakersfield, CA 93301
(661) 324-1369
www.thebakersfieldfox.com

APRIL 4

Jim Gaffigan - Barely Alive Tour

Jim Gaffigan is a seven-time Grammy nominated comedian, actor, writer, producer, two-time New York

Jim Gaffigan



2023 KCFM Summer Camp Fair. Balloons by: Bidi Bomb Balloons.

Times best-selling author, three-time Emmy winning top touring performer, and multi-platinum-selling recording artist. He is known around the world for his unique brand of humor, which largely revolves around his observations on life. Tickets for his Barely Alive Tour are currently available at JimGaffigan.com

7 p.m.
Mechanics Bank Theater
1001 Truxtun Ave.
Bakersfield, CA
www.mechanicsbankarena.com/events/detail/jim-gaffigan

Fortune Feimster: Live Laugh Love!

Affable, charismatic and one of a kind, Fortune Feimster is a standup comedian, writer and actor who uses her confessional comedy to bring people together.

7 - 9 p.m.
The Bakersfield Fox Theater
2001 H St.
Bakersfield, CA 93301
(661) 324-1369
www.thebakersfieldfox.com

APRIL 6

Spring Plant Sale

The Edible Schoolyard will open its garden to the community for its annual plant sale.

9 a.m. - 1 p.m.



Fortune Feimster is bringing her "Live Laugh Love!" Tour to The Historic Bakersfield Fox Theater on April 4.
PHOTO COURTESY FACEBOOK

Edible Schoolyard Kern County
6520 Buena Vista Rd.
Bakersfield, CA 93312
esykerncounty.org/

Youth Jersey Giveaway Night- Bakersfield

Condors Game
The first 2,000 kids 12 & under will receive a Brad Malone baseball-themed jersey!

7 p.m.
Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA
www.bakersfieldcondors.com

APRIL 6 & 7

9th Annual Spring Nature Festival

This event includes educational booths, reptile presentations, guided hikes, a planting station and more!

10 a.m. - 3 p.m.

Wind Wolves Preserve
16019 Maricopa Highway
Bakersfield, CA
(661) 858-1115
www.wildlandsconservancy.org

APRIL 7



2024 Bakersfield Marathon

Smack in the middle of our most historic landmarks, local runners get an opportunity to run a Boston qualifying marathon. Half Marathon, 10K, and 6K run/walk also available.

7 a.m.
Kern County Museum
3801 Chester Ave.
Bakersfield, CA 93301
runsignup.com/Race/CA/Bakersfield/BakersfieldMarathonandHalf

THE BEST LOCAL CALENDAR OF EVENTS!

This calendar is edited for space. For details about these events or other activities, please visit kerncountyfamily.com



APRIL 11

KCFM Summer Camp & School Fair

This free event offers parents and caregivers an opportunity to talk one on one with representatives from dozens of local summer programs.

3 - 6 p.m.

Westside Church of Christ
7300 Stockdale Hwy
Bakersfield, CA
(661) 861-4939
www.kerncountyfamily.com

KCMEA Jazz Day

This all-day event will feature student jazz ensembles from throughout Kern County. The program will include special guests, noted clinicians, and showcase performances by the BC Jazz Ensemble and the Kern County Honor Jazz Band.

8 a.m. - 5 p.m.

Bakersfield College
PAC Indoor Theater
1801 Panorama Dr.
Bakersfield, CA
www.bcjazz.org/events

APRIL 12

Dinner at the Derby

The Kentucky Derby won't be run until May, but the annual "Dinner at the Derby" fundraiser benefiting Youth Connection, Boys & Girls Clubs of Kern County, and Bakersfield North Rotary Foundation will be off to the races!

6 p.m.

Seven Oaks Country Club
2000 Grand Lakes Ave.
Bakersfield, CA 93312
(661) 325-3730

APRIL 13

Garden Fest 2024

You are invited to Garden Fest 2024! There will be so many activities for participants of all ages, including food trucks, games, seminars, and much more.

9 a.m. - 4 p.m.

Bakersfield College
1802 Panorama Dr.
Bakersfield, CA
www.bakersfieldcollege.edu

Financial Literacy Day

For ages 15-18. Attendees will receive a Valley Strong Account voucher, the 'Bite of Reality' Experience, free access to Zogo app, and time to speak with local colleges and professional development organizations. Registration required.

9 a.m. - 12:30 p.m.



Kern County Library booth at 2023 KCFM Summer Camp Fair.

Valley Strong
Administrative Office
11500 Bolthouse Dr.
Bakersfield, CA 93311
www.valleystrong.com/workshops

Tacos & Taxes

Join the United Way of Kern County for free tacos and tax services.

10 a.m. - 4 p.m.

East High School
2200 Quincy St.
Bakersfield, CA
www.kernvita.org

APRIL 14

Village Flea - Spring Flea

Vintage Furniture. Artisan Products. Art. Glass. Clothing. Curiosities. Food. Drink. & More! Admission \$5. kids 12 and under free.

8 a.m. - 3 p.m.

Kern County Museum
3801 Chester Ave.
Bakersfield, CA 93301
kerncountymuseum.org/village-flea/

APRIL 19

3rd Annual KEEP CALM Jamboree

Back by popular demand is live music act Yächtley Crëw, a Los Angeles area based band performing 70s and early 80s soft rock classics, also known as "Yacht Rock."

5:30 p.m.

CALM
10500 Alfred Harrell Hwy
Bakersfield, CA
Phone: (661) 524-7416
www.calmzoo.org



Garden Fest 2024 takes place April 13 at Bakersfield College.
PHOTO COURTESY GARDEN FEST



APRIL 20

Bakersfield Mac & Cheese Fest

The 9th Annual Mac and Cheese Fest is a delectable celebration of all things cheesy showcasing mouthwatering mac and cheese bites crafted by Bakersfield's top chefs and eateries.

2 - 6 p.m.

Stramler Park
4003 Chester Ave.
Bakersfield, CA
bakersfieldmacandcheesefest.com/

Fan Appreciation Night - Bakersfield Condors Game



Come cheer on the Condors on home ice!

7 p.m.

Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA
www.bakersfieldcondors.com

APRIL 21

Earth Day 661

Come celebrate Earth Day with fun in the outdoors! Enjoy recycled arts & crafts, live dj & performances, interactive vendor booths, yoga



Come be a part of the crew as a volunteer to contribute to the Great American Clean up, April 27. PHOTO COURTESY GAC

movement at the park and more!

9 a.m. - 2 p.m.

Yokuts Park
1624 Oak St.
Bakersfield, CA 93301
www.lagreencleanpros.com/earthday661



APRIL 22

Happy Earth Day!



The BC Jazz Ensemble performs April 22. PHOTO COURTESY BC JAZZ

BC Jazz Spring Concert

The BC Jazz Ensemble presents a concert of classic and contemporary works for big band. The Jazz Combos will also perform original student compositions.

7 p.m.

Bakersfield College Edward Simonsen Performing Arts Center
1801 Panorama Dr.
Bakersfield, CA
www.bcjazz.org/events

APRIL 23

All About Mom Shopping Social

Come and enjoy Bakersfield's greatest shopping night of the year! Plus Guest Artist Aliza McCracken.

5:30 - 7:30 p.m.

The Discovery Shop
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ACTIVITY CORNER ANSWERS

ACTIVITY CORNER: PAGES 28-29

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

- CROSSWORD**
- 11. Reaction
 - DOWN
 - 1. Looniest
 - 5. AO
 - 1. Laughter
 - 2. Oasis
 - 3. Noon
 - 4. Thirteen
 - 8. Son
 - 10. None
 - 9. Or
 - 7. Gtins
 - 6. So
 - ACROSS



WORD SEARCH SPONSORED BY:



APRIL 27

Great American Cleanup

The Keep America Beautiful Great American Cleanup™ (GAC) is one of the largest community service events in the nation. Come be part of the crew as a volunteer or sponsor to contribute to this community cleanup tradition.

8 a.m. - 1 p.m.

Yokuts Park
4200 Empire D.
Bakersfield, CA
(661) 326-3539
www.keepbakersfieldbeautiful.us

2024 Festival of Baskets

Luncheon,
fashion
show and
raffle

presented
by The
Women's
Club of
Bakers-

field. Proceeds
benefit local charities.

10:30 a.m.

The Women's Club of Bakersfield
2030 18th St.
Bakersfield, CA
(661) 282-6457
www.womansclubbakersfield.org/



APRIL 30

Bakersfield Women's Business Conference

Join thousands of local business-minded women for this annual event. This year's keynote speaker is Academy Award-winning actress and activist Marlee Matlin.

8 a.m.

Mechanics Bank Theater &
Convention Center
1001 Truxtun Ave.
Bakersfield, CA 93301
www.bakersfieldwomen.org

ONGOING EVENTS

EVERY WEEKEND IN APRIL

The World's Biggest Bounce Park®

The World's Biggest Bounce Park® Launches in Bakersfield! FUNBOX, a 25,000 sq ft inflatable playground is a unique entertainment and amusement experience consisting of 25,000 square feet of inflatable fun, will be bringing the ultimate adventure to the Bakersfield area.

3- 6 p.m.

Valley Plaza Mall
2701 Ming Ave.
Bakersfield, CA 93304
funbox.com/bakersfield

THIRD FRIDAY OF THE MONTH

Commodities Food Boxes

Drive through event to all families in need of food. Volunteers are always welcome.

10 a.m. - 12 p.m.

Liberty Christian Center
8801 S H Street
Bakersfield, CA 93307
661.837.3720

EVERY TUESDAY

Open Arms Support Group

Grief support for those who have experienced a miscarriage, still birth or sudden infant loss.

5 - 6:30 p.m.

Hoffmann Hospice
4325 Buena Vista Rd.
Bakersfield, CA
(661) 410-1010
www.hoffmannhospice.org

Worship Guide

SPONSORED BY:



Sing to the Lord

*"I will give thanks to you, Lord,
with all my heart; I will tell of all your wonderful deeds. I will be glad and
rejoice in you; I will sing the praises of your name, O Most High."*

Psalm 9:1-2 NIV

There is an old proverb which says "Who sings well prays twice," to which I would add that even if you don't sing particularly well, it's worth singing if you enjoy it. When we are really driven to sing it is often because we are compelled to do so by our feeling something within us. We are musical beings, driven to tap our feet or clap our hands when the rhythm moves us, and driven to sing when the spirit moves us. Saint Paul advised the Colossians to "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts." (Colossians 3:16 NIV) This advice brings home the point that singing is not only part of praying, but also of teaching and learning. Children learn their ABCs perhaps more from the melody of the song they are singing than from the letters. And who doesn't remember the songs and nursery rhymes of their youth with a touch of nostalgia? I still remember "Frere Jacques" even though the French lyrics are mostly lost on me. Finally, we should remember that it's not just that we ought to sing when we are happy, but that we should sing in order to be happy.

— by Christopher Simon



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"Kern Autism Network Inc. provides support, awareness, information and education to families and the public throughout Kern County"



April is Autism Awareness Month!

- Parent Support Group - Wednesday, April 3rd at 6 p.m.
- April Autism Family Festival Saturday, April 6th @ Beach Park 10 a.m.-1 p.m.
- Chess Club for Teens & Adults Saturday, April 20th at 11 a.m.
- Father's Virtual Autism Support Group Saturday, April 20th at 2:30 p.m.
- Condor Autism Awareness Night Saturday, April 20th 7 p.m.

Tickets on Sale @ our office till gone!
LEGO Workshop for Autistic Children Super Hero Theme April 27th in Delano.
Registration is required on Eventbrite.
To attend all events register at Eventbrite@Kernautism.org

EARLY SIGNS OF AUTISM:

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships

SERVICES OFFERED:

- Monthly Parent Support Groups
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- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com
2200 Oak Street, Annex Building



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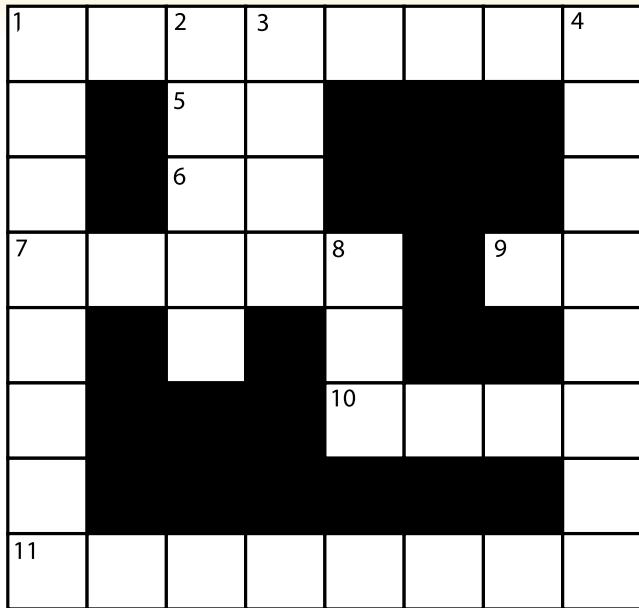
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APRIL ACTIVITY CORNER

Crossword



ACROSS

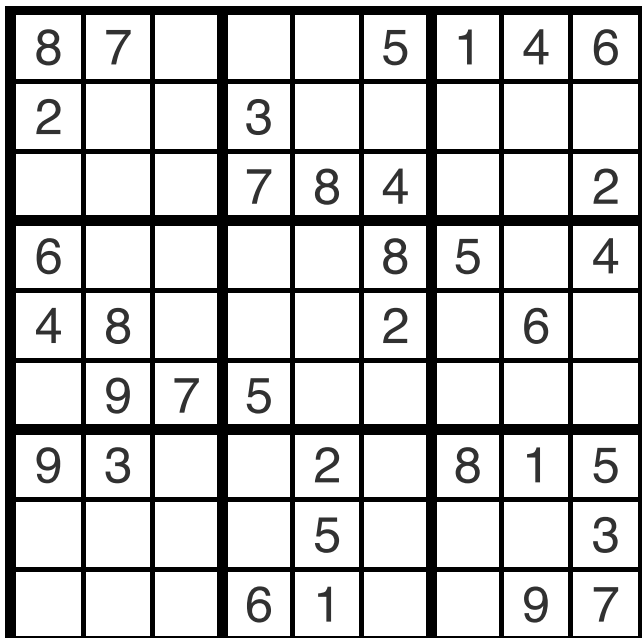
- 1. Silliest, craziest
- 5. Account of (abbr)
- 6. To a great extent
- 7. Smiles slightly
- 9. Either ___
- 10. Not any

11. Response to a situation

DOWN

- 1. Happy sound
- 2. Calm, pleasant place
- 3. Midday
- 4. Unlucky number
- 8. Boy child

Sudoku



Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve: the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes. The more numbers you name, the easier it gets!

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



DID YOU KNOW?

April 7 is National Coffee Cake Day



The first known coffee cakes are thought to have originated in Germany in the form of sweetbreads. Coffee cake got its name because it is typically served with coffee.

Get This Recipe! www.kerncountyfamily.com

APRIL ACTIVITY CORNER

PUZZLE ANSWERS
PAGE 24

Lots of Laughs Wordsearch

PRESENTED BY PACIFIC AG RENTALS

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

APRIL FOOLS

BELLY

BRAY

BRIGHT

CAKLE

CHEEKS

CHUCKLE

COMEDIAN

COMEDY

CONTAGIOUS

CRYING

FUNNY

GIGGLES

HAHA

HICCUP

JOKING

LAUGH

LOL

MOOD

POSITIVE

RELIEF

SMILE

SNICKER

SNORT



Structure Intentional Downtime

TENSION, STRESS AND ANXIETY: Being overscheduled can cause emotional problems in children. Making room for intentional downtime can help ease feelings of overwhelm.

1

Schedule free time

Allow for intentional gaps in your family's calendar. Keep a regular schedule of free time that is predictable and respected. Know that the time your family has free is just as important as your schedule of commitments. Having unscheduled time is vital for children to explore their space, dream, imagine and play creatively.

2

Schedule time together

Use your downtime to reinforce social relationships. Check in with your spouse, children and friends. Include time together to improve your communication. Find out how everyone else is doing during their busy times as well.

3

Plan for a mental break, too

Filling free time with books, video games, movies or your phone can feel like it defeats the purpose of planned free time because of the mental capacity required to engage in something else. Disconnect with time away from screens and alternate realities. Give your mind a break to improve your focus and ability to process new information.

4

Give yourself permission

Change starts with oneself. Slowing down from endless chores, work and outside obligations can be a difficult shift. Taking care of yourself should be a priority over pressing issues for at least a few hours each week.

5

Set a good example

Children learn from what they observe. If our young people grow up seeing their parents and other caregivers prioritizing their wellbeing, that sense of balance will be passed along. Just as we would hope our children will have the opportunity to relax and recharge, we must make the most of those opportunities for ourselves in order to pass along positive life habits.





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