



# kern county Family

MAY 2024

# magazine

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# EXPRESSING appreciation

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# MORE RECOGNITION

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**2024 KCFM SUMMER CAMP & SCHOOL FAIR:** KCFM Coordinator Leslie Carroll, Kelli Davis of State Farm, and KCFM Owner/Publisher LJ Radon.



**HELLO HAPPY MAMA**  
**Ashleigh Rossi on Family Traditions**



**KCFM RECOMMENDS**  
**Paying Tribute to Moms**

**LOOKING FOR SUMMER FUN?**  
Check out our Summer Camp Guide

*Plus*

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**ON THE COVER:** Amelia Garcia, age 5. **PHOTO BY TESSA WARNER PHOTOGRAPHY**

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Vaun Thygerson  
CONTRIBUTING WRITER

**ON THE 30TH** of this month, my youngest child will walk the field at Liberty High School (hopefully in warmish, not sweltering hot weather) to receive his high school diploma and then in August he will have Bakersfield in his rearview mirror as he heads to Kansas for college. He is such a presence in our house with his energetic personality; and there are many things I will miss about him not being around.

I think the main part of his life I will miss is hearing his piano playing! Starting lessons at five years old, he was immediately enamored with the piano and it stuck as he continues to take lessons. He even plans on continuing his lessons over Zoom while he's in the Midwest. Over the years, he has become quite the pianist. In fact, he now teaches beginning piano to some elementary-school age children. It's made my mama heart so happy to see him sharing his gift with new students and being so excited about it. He even composes original pieces for them to play so they can be more challenged.

Passing along your passion to the next generation is important as this month's Happy Mama knows and practices. In Callie Collins' article, **"HELLO, HAPPY (DANCING) MAMA: ASHLEY ROSSI SHARES HER CONNECTIONS TO LEADING THE NEXT GENERATION AND WHY YOU SHOULD COME TO THIS YEAR'S BASQUE FESTIVAL,"** she writes about how this mama infuses culture and family traditions into her life. Mother of three, Rossi works as an agriculture education teacher at Garces and still finds time to teach the local youth Basque dances. To read about this amazing teacher and find out more about the Basque Festival, turn to page 12.

Teachers really do make a difference; and May 6-10 is designated as National Teacher Appreciation Week. KCFM wanted to give some tips to help you make sure you made the most out of thanking those in your children's lives that help them so much. In the article, **"TEACHER APPRECIATION WEEK: FIVE WAYS TO THANK AN EDUCATOR IN YOUR LIFE,"** Callie Collins offers ways to create a memorable thank-you sentiment that your teachers are sure to remember, see page 21.

In this month's Humor at Home article, **"FAMILY MEANS EVERYBODY HELPS,"** on page 22, Julie Willis writes about how each member of the family has a different definition and work strategy when it comes to household chores. Her daughters have their own plan of action while her husband really excels at it. This month almost always is the demarcation line between school days and summer freedom; and for me, this year marks a huge milestone as all three of my children will be high school graduates. A new phase of life is upon us and it's exciting and scary too, but mostly exciting. I'm really going to miss hearing my son play the piano with all his pep and energy. I am so thankful for FaceTime, and trust me, I have a gazillion videos saved in my phone, so when I really miss hearing his musical pieces, I can reminisce. And, when I'm really missing him, I can go back and look at the videos I made when he was just learning the piano and pecking out a simple song. It's amazing as mothers how we are so proud of our children at every stage in their lives.

**Here's to a happy May and the start to a fabulous summer!  
Be sure to wear your sunscreen!**

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Students of the North High Blue Zones Project. PHOTO COURTESY KHSD

### North High Becomes First Blue Zones Project Approved High School

North High School recently became Bakersfield’s first Blue Zones Project Approved™ high school. To receive a Blue Zone designation, the school must implement positive, healthy choices for students.

North High students created a Blue Zones Project club and have worked to maintain its school garden and greenhouse where fruits and vegetables are grown. Organizers have also incorporated a mindfulness space called the Music Garden where students and community members have access to outdoor musical instruments to play and yoga mats to enjoy an outdoor yoga session or meditation.



In addition to North High, McKinley Elementary School became Bakersfield’s first Blue Zones Project Approved™ last fall for its school garden, Walking School Bus events, nutritional education, and more.

Blue Zones Project Bakersfield is a community well-being initiative sponsored by Adventist Health, in partnership with the California Resources Corporation, City of Bakersfield and Blue Zones LLC, that is designed to enable community members to live longer, happier lives with lower rates of chronic diseases and higher quality of life.

**For more information on North High’s designation, please visit [www.news.kern.org](http://www.news.kern.org). To learn more about Blue Zones Project Bakersfield, visit [www.bakersfield.bluezonesproject.com](http://www.bakersfield.bluezonesproject.com).**

### City Hall Summer Internship Opportunity for Students

Bakersfield Youth Jobs Program announces its City Hall Summer Internship where youth can begin their civic journey. This 8-week, paid internship offers high school students a chance to work part-time with City Departments. Applicants must be 16 years old and will make \$18/hour. Deadline to apply is May 3rd.

Other internship opportunities include a Parks Mobile Recreation Internship and a Nonprofit Internship for 18 to 30 year olds.

**For more information, please call 661-616-2610 or visit [www.kernfoundation.org/byjp](http://www.kernfoundation.org/byjp).**

### Give Big Kern Breaks Record



Recipient, Independence Through Grace

Last year, Big Give Kern had a record-breaking year and raised almost \$1 million (\$965,893) for 137 non-profits. This year, on Tuesday, May 7, the Kern Community Foundation is gearing up for another stellar year. Give Big Kern allows the people of Kern County to show support for organizations that improve our community through

matching gifts, pledges, and time commitments. This event gives nonprofits a platform to raise unrestricted dollars, collect volunteer pledges, and meet new donors.

Since its launch in 2016, Give Big Kern has raised more than \$4.2 million from thousands of community members to benefit hundreds of local charities. This one-day of online giving offers the opportunity for everyone to support a cause they care about. **To find a list of participating nonprofit organizations, please visit [www.givebigkern.org](http://www.givebigkern.org).**

### Kern County Animal Services Receives \$95,000 Grant

Kern County Animal Services recently received a \$95,000 grant from the Petco Love Foundation to help support life-saving programs for animals at the shelter. Petco Love, a national



nonprofit, improves the lives of pets and their people and give grants to nonprofits that are doing lifesaving work in their communities.

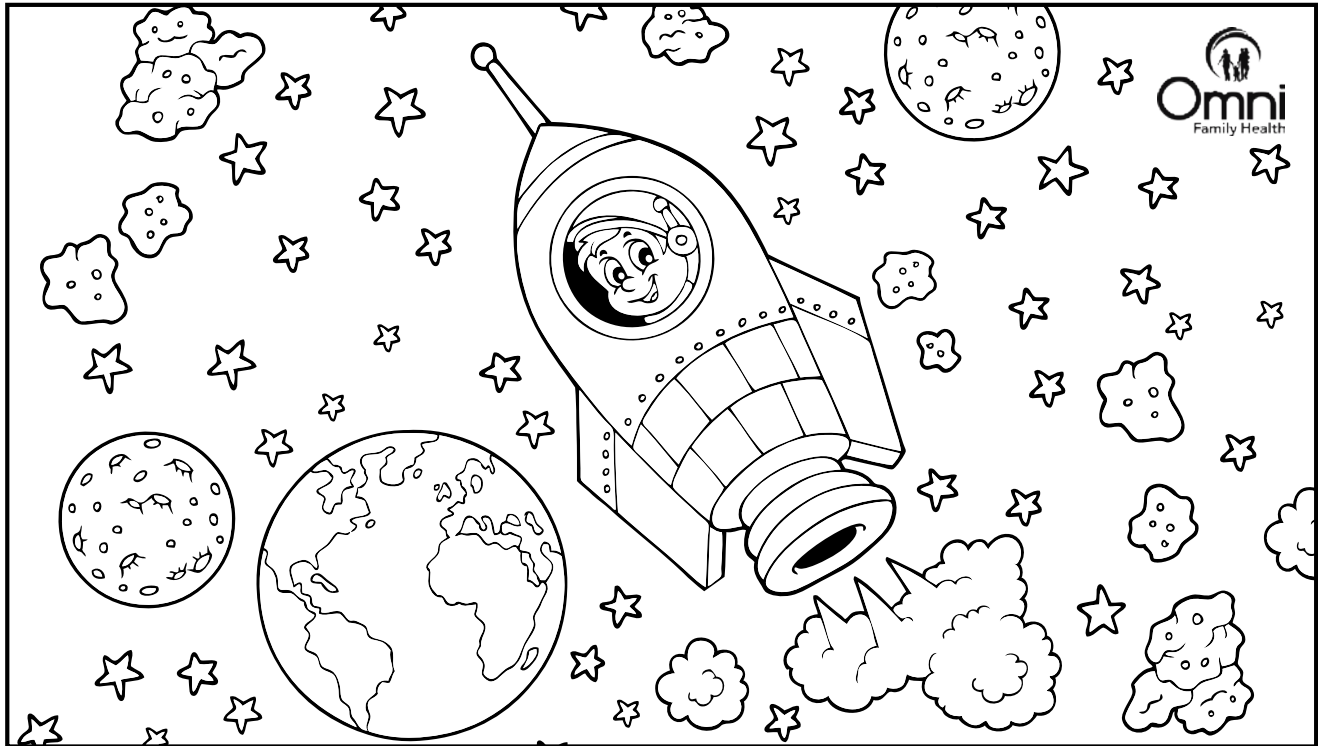
This money will help enhance programs in areas like Oildale and East Bakersfield where most strays are found, as well as help support medical procedures, fostering and adopting programs, and spay and neutering surgeries.

**For more information, please visit [www.kerncountyanimal-services.org](http://www.kerncountyanimal-services.org) or [www.petcolove.org](http://www.petcolove.org).**





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# May is Skin Cancer Awareness Month

As the summer months approach and you start to spend more time outdoors, it's important to remember to protect your skin. May is Skin Cancer Awareness Month, a time dedicated to raising awareness of melanoma, the most serious type of skin cancer. It develops in the cells that produce melanin. Melanoma can develop anywhere on the body, but it is most commonly found on areas that have had significant exposure to the sun, such as the back, legs, arms, and face.

The American Skin Cancer Society says that there is no definitive way to prevent melanoma, but you can lower your risk of developing the disease by making a few simple changes. The most important step to take is to protect yourself from UV rays, that includes both natural sunlight and tanning beds. Make sure to use sunscreen every day, wear large wrap-around sunglasses, and schedule routine skin exams.

## Medical School Applications on the Decline

It may be one of the world's most respected professions, but it seems fewer people are working toward becoming doctors. According to data released by the Association of American Medical Colleges, the 2023-2024 school year marked the second consecutive year medical schools saw a drop in applicants. There were 52,577 applicants, which was a decline of 4 percent over the previous year. This is in contrast to the 2021-2022 year, which was likely driven by people inspired to engage in careers in medicine during the COVID-19 pandemic. In 2021, there were a record number of medical school applicants, with an 18 percent increase over the previous year.



Despite a decline in applications, first-year enrollments remain high and rose 1.2 percent compared to 2023, according to AAMC data. Schools also are seeing more ethnically diverse medical students.

## Benefits of Curling up with a Good Book

Books can serve as a great form of escapism, but they offer much more than that. In fact, curling up with a good book can benefit readers in ways that might surprise even the most devoted book-worms. One benefit, reading helps readers understand the world. A 2015 study published in the journal *Social Cognitive and Affective Neuroscience* found that reading fiction enhances social cognition by facilitating greater activation of parts of the prefrontal cortex involved in building perspectives. Reading can also be therapeutic for adults with depression. A 2017 study in *Clinical Psychology* found that bibliotherapy can effectively reduce depressive symptoms in adults over a long period of time. Perhaps the most significant benefit of reading relates to its apparent connection to living longer. A 2016 study published in *Social Science & Medicine* observed a 20 percent reduction in mortality for individuals who read books compared to those who did not read books.







## Summer Grilling Safety

Cooking over an open flame produces a unique flavor that's difficult to match, but it also comes with certain safety risks. As grilling season heats up make sure you are especially careful when cooking outdoors. The Centers for Disease Control and Prevention offer these tips to avoid food poisoning.

- **Keep foods cool at all times.** The CDC recommends picking up meat, poultry and seafood right before checking out so the food remains as cool as possible at all times. If it's a long drive from the store to home shoppers can place items in insulated coolers and keep them at 40° F or below.

- **Thaw foods safely.** The CDC notes that foods should never be thawed on a counter, even if they're in a pot or bowl of lukewarm water. Foods should be thawed in a refrigerator or by utilizing the defrost function on a microwave.

- **Routinely clean hands when handling raw meat, poultry and seafood.** Cooks should wash their hands thoroughly after handling raw meat, poultry or seafood.

- **Clean the grill thoroughly.** A grill should be given a thorough cleaning before each use. The CDC urges individuals using a wire bristle brush to thoroughly inspect the grilling surface before lighting a flame and cooking. Wire bristles can be dislodged during cleaning, and then end up on food, where they can pose a significant health hazard once foods are eaten.

- **Cook foods to the appropriate temperature.** Foods require different cooking temperatures, and cooks are encouraged to determine those temperatures for each food they grill. Utilize a meat thermometer to ensure foods are cooked hot enough to kill germs.

# You + Us = a better day!



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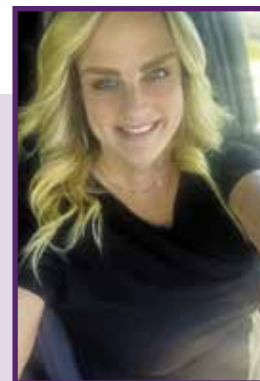
## Q. What habits make you feel like you're taking the best care of yourself?

Self care can feel especially necessary as we look to summer. We asked our readers about the habits that make them feel healthiest. A selection of their answers is included below.



Taking time to have a monthly dinner with girlfriends.

- *Lori Murphy*



Hydromassage at the gym.

- *Lesly Minney*

As a mother, I think it's important to set aside time to do something that caters to who I am outside of being a mom. Reading a book (non-parenting), watching a show or movie that I like (no kid content). Identity maintenance is crucial in parenthood.

- *Johnnie Lisak*

I face each day with a positive attitude, and tell myself daily positive affirmations. We manifest our own happiness.

- *Marilyn Perez*



Praying as soon as I wake up and being grateful for the small things. It's a daily reminder of how precious life truly is.

- *Bivianna Chavez*



Always trying to help others and those less fortunate than me.

- *Yolanda Sanchez*

By having a forgiving heart & holding no grudges.

- *Sandra Cisneros Gonzalez*



The habit of making my bed in the morning makes me feel like no matter how the day goes, I have a bed to slip into.

- *Daisy Medrano*

As a mother in recovery, my involvement with meetings and the fellowship is the most important kind of self-care I can participate in. Without it, my children wouldn't have the mother they need and deserve for me to be on a daily basis.

- *Caitlin Flaviland*





JOIN US!

AGES 2-18

# NOW SERVING **FREE SUPPER & SNACKS!**



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### Baker Branch Library

1400 Baker Street, Bakersfield  
Monday - Tuesday

### Beale Memorial Library

701 Truxtun Ave, Bakersfield  
Monday - Friday

### Delano Branch Library

925 Tenth Ave, Delano  
Wednesday - Friday

### Frazier Park Branch Library

3732 Park Drive, Frazier Park  
Tuesday - Friday

### McFarland Branch Library

500 West Kern Ave, McFarland  
Tuesday - Friday

### Northeast Branch Library

2671 Oswell St. Suite B, Bakersfield  
Wednesday - Friday

### Rathbun Branch Library

200 W. China Grade Loop, Bakersfield  
Tuesday - Friday

### Taft Branch Library

27 Cougar Court, Taft  
Monday - Wednesday

### Wasco Branch Library

1102 7th Street, Wasco  
Monday - Tuesday

### Wilson Branch Library

1901 Wilson Road, Bakersfield  
Tuesday - Thursday

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For more information, visit us at [kernlibrary.org](http://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.



Rossi family: Ashleigh and Anthony Rossi with Jackson, 12, Bennett, 9, and Nicolette, 4.  
PHOTOS COURTESY ASHLEIGH ROSSI

# HELLO, HAPPY (DANCING) MAMA

Ashleigh Rossi shares her connections with the next generation and why you should come to this year's Basque Festival

Preserving culture and preparing the next generation have characterized Ashleigh Rossi's life in so many ways. As Memorial Garces High School's agriculture education teacher and Future Farmers of America (FFA) advisor, she has pioneered a new local program in her professional life. Continuing family traditions is the focus of a role in her private life as a Basque junior dancer instructor. The mom of three runs the Basque Culture Club at Garces, where all things personal and professional come together in service to Kern County's youth.

Spring is certainly a busy season for Ashleigh, with the school year's end now on the horizon and the Kern County Basque Club's annual Basque Festival coming up May 24 through May 27. Lifelong connections to culture underscore her current role. "My Mom is Basque; her father was Basque. She put me in Basque dancing when I was in Tiny Tots, before kindergarten. That was the culture we celebrated. We went to the festival every year and I danced in it well into my 20s and even while pregnant with my second child," she explained.

When instructors were needed during her oldest son's kindergarten year, Ashleigh stepped in with her best friend, Liz, to lead the way for the next generation of Basque dancers.

Ashleigh and her husband, Anthony, are the proud parents of Jackson, 12, Bennett, 9, and Nicolette, 4. They met through a mutual friend in college and married in 2009. Anthony, a Garces alum, works for Oregon-based Rossi Ranches; Ashleigh attended Bakersfield College and the couple later graduated from California State University, Fresno before moving back to Kern County.

Now in the sixth, seventh and eighth grade division, Jackson continues to dance, with Nicolette joining soon.

"I think we're in it for the long haul," said Ashleigh. "We used to say that if we have to be there every Sunday, we might as well be teaching. I love that the Basque culture has dance to celebrate; it has so much meaning and depth. Bakersfield is rich in Basque connections, which is so special. You can go to Basque restaurants and see pictures of your relatives dancing. I enjoy learning about the dances and costumes and their meanings. I fell in love with that aspect of the culture."

The Kern County Basque Club began in 1944. This year's celebration is extra special, with a themed observance of its 80th anniversary. The North American Basque Organization, founded in 1973, is hosting its annual convention in conjunction with the festival, known as Besta, now in its 50th year as well. Dances will take place throughout the weekend, with Ashleigh's group performing on Sunday.

"It's so heartwarming. Our whole community comes together and people come to enjoy it even if they're not Basque," said Ashleigh. "It doesn't matter because you're immediately immersed in the culture and celebrated. The welcoming nature of it is nice and it's an unique environment, kind of like a big family reunion. Every year, we see people we know, especially at the annual picnic, some of whom are Basque and many who are not. Come witness it for yourself."

**More information about the 2024 Basque Festival is available at <https://kcbasqueclub.com/basque-festival/>.**

The sense of community that keeps Ash-





Jackson, Bennett and Nicolette Rossi use traditional Basque dress for cultural dance performances.

leigh coming back to foster connections is also present in her day job. She started at Garces as a cheerleading coach in 2010 while working for Bolthouse Farms with her degree in agriculture communications - communications/public relations.

"I'm a cradle Catholic, born and raised, and the faith aspect drew me to it. I noticed friends and family who went to Garces often ended up in ag-related careers. The families who were deeply connected to Garces tended to be in that field," she said.

Ashleigh was hired as director of operations in 2015 and began teaching a class with the understanding she would eventually start an ag program. Now in its sixth year, she oversees 89 students on campus and five graduates who are continuing their post-graduate American degree in FFA.

"My dream is to incorporate agricultural mechanics. I would love to bring that program to the school next," she said of future plans. "Right now, I am really proud to be able to fulfill students' needs, meet them where they are and hear what their dreams are."

Helping students in diverse disciplines

just may be the fulfillment of Ashleigh's dreams, too.

### Q&A: THREE QUESTIONS WITH ASHLEIGH ROSSI

**Q. We often talk with mothers in phases of life that can seem lonely or isolating, especially as they raise young children. What advice do you have for respite and renewal for women going through that phase of life?**

It comes down to perspective. Every stage of motherhood grows with the child and it has a weird tendency to tuck away the hard times; blissful moments tend to erase the difficult aspects of being a parent. That's where I depend on my faith too, to be able to ask God for mercy in those moments, because I know it will get better. Parenting ebbs and flows. There's always something coming up and there are moments of joy. I try to see the good in any situation. Disconnecting at times can be important. The laundry or dishes can always be done tomorrow but now is the time our children are young or that we need to rest. I know I'm not alone if someone stops by the house and I have dishes in the sink; the majority of the people stopping by probably don't even see mine and they will only focus on the good, so when I only focus on the good, it's fine. This too shall pass. Also know that not everything on social media is real. It's easy to compare yourself and think everything in your life should look neat and tidy but that's probably not their reality either and could very well be the corner or the moment they're filming. Even when the good is really hard to see, know that it's probably God preparing you for something in the future. Whatever happens then,

### Fill-in-the-blank questions:

**I'm always laughing at:** The words that come out of my children's mouths.

**The first thing I do when I wake up in the morning is:** Get coffee.

**Today, the strangest thing in my purse is:** A floral knife; I teach floral; it meets the art requirements.

**My favorite food is:** Nachos.

**My favorite dessert is:** Cake.

**In my pantry, you will always find:** Green beans.

**Before I go out, I always make sure I have:** My cell phone.

**My favorite music group is:** Miranda Lambert.

**The best book I've read lately:** "The Gift of Imperfection" by Brené Brown

**So far, my best life advice is:** Not caring what everyone else thinks. Do what makes you happy.

you'll get through it because you've gone through worse.

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

Definitely Basque culture! The celebration actually celebrates you, too. It's a perfect cocktail of a feel-good event with music all day and everyone feels like family.

**Q. What is your parenting PSA?**

Be proud of doing what works for you. It may not work for someone else or sound good or fit in another family's lifestyle but if everyone is happy and healthy, who cares? Do what works best for you. Whatever works needs to be enough.

# Hello Happy Mama!

Enter to win \$100 gift certificate to Wool Growers Restaurant!



Enter by midnight, May 22

TO ENTER GO TO:

<https://kerncountyfamily.secondstreetapp.com/May-2024-Hello-Happy-Mama-contest/>



# Smooth Sailing to Dreamland:

## Navigating Your Toddler's Transition to a Big Kid Bed



TATIANA SYRIKOVA / PEXEL

**T**he moment I have been dreading for months has arrived. I can no longer contain my triplet two-year-olds in their cribs. Two thirds of them are climbing out of them and destroying the room. The one child who cannot climb out has declared her crib as party central. The two monkeys go straight into her crib after they have destroyed their entire bedroom, with such fun activities as opening the shades, emptying drawers, and dumping diapers. I find them like this on a daily basis. Screaming and cheering as they bounce up and down in one crib together. This is how I knew I could no longer wait to make the transition to toddler beds. Here are some toddler bed transition tips from a triplet mom.

### WAIT AS LONG AS POSSIBLE

If your child is climbing out of their crib and wandering the room, it is time to switch to a big kid bed. Climbing in and out of their crib puts your child at a higher risk of falling and getting hurt. However, if your child is content in their crib and has made no attempt to escape, don't rush to make the switch. My oldest son slept in his crib without trying to climb

out until almost three years old. Eventually, he became too tall for a crib and he had an easy transition to a twin bed.

### CHOOSE THE RIGHT TIME

Many parents will transition their kids to a twin or toddler bed because they need the crib for a soon-to-be arriving younger sibling. If possible, try to make the transition to a big kid bed when there are few other transitions going on in your child's life. Starting a new school, potty training, moving, or the arrival of a new sibling can all be reasons to delay the switch. If you do have a new baby arriving and need the crib, consider starting shortly after you find out you are pregnant, using a bassinet for the baby for a few months, or purchasing a second crib.

### MAKE IT THEIR OWN

If you have decided the time is right to make the switch, get your child excited about their new bed. Purchasing new bedding and pillows can make their new space more welcoming and exciting. Consider updating their room with new big kid decorations or buying fun pillowcases with their favorite cartoon character on them.

### CREATE A SAFE ENVIRONMENT

Whether your child was climbing out of bed before the switch or not, they will have more freedom in their bedroom than they have had in the past and it is important to make sure they are safe during rest times. If a child were to climb on their dresser or bookshelf it could tip forward and cause serious injury or death. Bolt dressers, bookshelves, changing tables, or any other furniture to the wall to make the safest environment for your toddler. Put away breakable items, cover outlets, and clear the room of any hazards. If your child can open the bedroom door, consider installing a door knob safety cover or gate so that they cannot wander the house freely if they wake up earlier than mom and dad.

### BE CONSISTENT

Transitions can be difficult for toddlers but they are easier when you are consistent and stick with it. Most parents worry that once their child does transition to a big kid bed, they will stop sleeping well. For the best results, lay your child down when they are tired and ready to rest. If you follow a daily routine before laying your child down in their crib, continue it. If not, try starting a daily routine that might look something like this: take a bath, put on pajamas, read a book, brush teeth and visit the restroom, have some snuggles and then get in bed. When your child knows what to expect, they will know that it is not playtime and is time to rest.

Transitioning from a crib to a big kid bed is a big deal! It is exciting, fun, and sometimes challenging. Parents can help their kids with this milestone by being supportive and giving positive reinforcement. Praise and reward your child for making it through each night, for taking a nap, and for following rules. Before too long, the crib will be a thing of the past.

*Sarah Lyons is a midwestern mom of six children, including 9 year old triplets. The triplets have recently made the transition from cribs to big kid beds.*



# WE LOVE IT!

By Leslie Carroll

**DID YOU KNOW THAT SEPTEMBER** is the most popular birth month? That means a lot of baby showers will likely be happening over the summer months. Be prepared with all the must haves from nursery furniture to bottles and swaddles, these items are the perfect gifts to shower a new mom with!



**TruBliss Evi Smart Bassinet**  
 More than a standard close-to-the-bed sleeper, the TruBliss Evi Smart Bassinet boasts state of the art technology to help calm and put baby back to sleep. The Evi Smart Bassinet's unique motion, light, and sound features easily connect to Amazon Alexa, Google Home or through its mobile app for hands-free support when you need it most. \$399.99, [www.amazon.com](http://www.amazon.com)



**Storkcraft Santos 3-in-1 Convertible Crib**  
 Meet the Santos 3-in-1 Convertible Crib - a signature Storkcraft design. This crib has rounded posts for a soft silhouette, and a natural wood base for stylish two-tone flair. Available in 4 colors: White, Olive, Black, and Midnight Blue. \$349.99, [www.amazon.com](http://www.amazon.com)



**Little Unicorn Outdoor Blankets**  
 The Outdoor Blanket is water-resistant, easy to clean, durable and compact for every family adventure or trip to the park with baby. \$50-\$70 (depending on size), [www.littleunicorn.com](http://www.littleunicorn.com)

**Kyte Baby Sleep Bags**



The Original Bamboo Sleep Bag™. A wearable blanket that helps baby fall asleep (and stay asleep), so you're not up all night. Designed for safe sleep and to be diaper change friendly, temperature-regulating, and so soft you'll have to touch it to believe it. \$55, [www.amazon.com](http://www.amazon.com)

**Comotomo Baby Bottle Bundle**

This 7-piece set is the perfect gift for new or expecting parents. Comotomo's beloved bottles feature an innovative and sensible design to most closely mimic breastfeeding - making it easier to transition from nursing to bottle-feeding. \$59.99, [www.amazon.com](http://www.amazon.com)



**Peg Perego John Deere Gator XUV**  
 The perfect ride-on vehicle for your little helpers! Designed for ages 3-5, this 12-volt motorized ride-on toy supports up to 130 lbs and comes with a battery recharger included. \$398.00, [www.amazon.com](http://www.amazon.com)

# Take a Quiet Moment to Read a Tribute to Mom

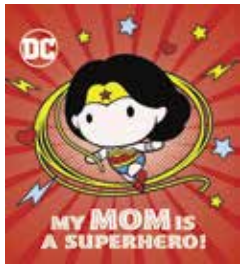
**WE ALL HAVE A MOTHER** and she just may be the most influential person in our lives! With Mother's Day upon us, now is the time to focus on relationships with mom — and the stories that go with her. Here are a few of our favorites. Enjoy them with your favorite kiddo on your lap!



**Love, Mom and Me: A Mother-Daughter Keepsake Journal**

By *Katie Clemons*  
\$9.59; Ages 7-10  
Sourcebooks Explore  
Amazon.com

This journal lets kids (and moms!) record memories, swap stories, compare perspectives and explore common and unique interests. It's chock full of lists and spaces to reflect, write and doodle about memories and milestones. It would make a great Mother's Day gift for mothers and daughters who are looking for a way to connect with each other and make memories.



**My Mom is a Superhero (DC Wonderwoman)**

By *Rachel Chlebowski and Red Central LTD*  
\$6.29; Ages 0-3  
Random House Books for Young Readers  
Amazon.com

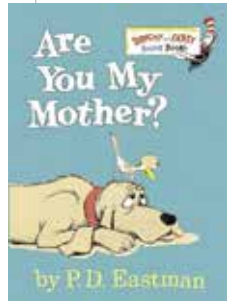
This board book takes DC Comics Wonder Woman to a new generation! The littlest kiddos will enjoy a story about everything moms do and how they are always there.



**What NOT to Give Your Mom on Mother's Day**

By *Martha Seif Simpson and Jana Christy*  
\$8; Ages 2-4  
wo Lions  
Amazon.com

What would mom really like for Mother's Day? Well, it depends on what kind of a mom she is! Is she an animal? An insect? One little boy uses his imagination.



**Are You My Mother?**

By *P.D. Eastman*  
\$10.45; Ages 2-10  
Random House Books for Young Readers  
Amazon.com

The easy-to-read classic follows a baby bird who goes on a search for his mother in this classic Seuss story.



**Me and My Mom**

By *Alison Ritchie and Alison Edgson*  
\$9.70; Ages 0-2  
Tiger Tales  
Amazon.com

This beautifully illustrated board book shares the love between mama bear and Little Bear.



**Mommy Time**

By *Monique James-Duncan and Ebony Glenn*  
\$9; Ages 4-8  
Candlewick  
Amazon.com

When mom's day is full of laundry, play dates and chasing after her children, it makes for a day of challenges and blessings. Children get a glimpse into all mom does for her babies through rhyme and illustrations.



**Mom School**

By *Rebecca Van Slyke and Priscilla Burris*  
\$7.99; Ages 5-8  
Dragonfly Books  
Amazon.com

Young readers will enjoy this story of moms who act like kids and return to school where they learn amazing skills. What doesn't your mom know how to do?



**For You, I Will**

By *Elle Duncan and Laura Freeman*  
\$16.19; Ages 3-5  
Disney Hyperion  
Amazon.com

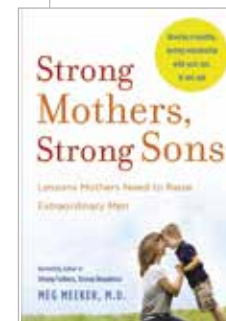
Inspired by ESPN SportsCenter anchor Elle Duncan and her daughter, this book uses poetic text and inspiring illustrations to depict a mother teaching her daughter how to be confident, how to be a part of a community, and how to be herself.



**What a Girl Needs from Her Mom**

By *Cheri Fuller*  
\$12.99; Ages adult  
Bethany House Publishers  
Amazon.com

Girls today may face more challenges than any other generation. It's a different world, but you can guide her along the way—if you know where to begin. Cheri Fuller shares how you can become a more welcome influence at every stage in your daughter's life by answering all the popular questions.



**Strong Mothers, Strong Sons: Lessons Mothers Need to Raise Extraordinary Men**

By *Meg Meeker*  
\$11.69; Ages adult  
Ballantine Books  
Amazon.com

This book is a guide to help mothers find the strength and confidence to raise their sons by providing encouragement, education and practical advice. And who couldn't use practical advice in these times?





**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



**Crowning of Prom King & Queen, DJ, Dancing, Food & Fun!**

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**



GREAT THEATRE STARTS HERE

**Willy Wonka JR.**

MORNING WORKSHOP  
MONDAY TO FRIDAY - 9AM TO 12PM  
JUNE 3RD TO JUNE 29TH

AFTERNOON WORKSHOP  
MONDAY TO FRIDAY - 1PM TO 4PM  
JUNE 10TH TO JULY 6TH

TO REGISTER VISIT [BGCKC.ORG/STAGEDOORACADEMY](http://BGCKC.ORG/STAGEDOORACADEMY)

**STAGE DOOR ACADEMY**

BOYS & GIRLS CLUBS OF KERN COUNTY

IN PARTNERSHIP WITH

*Stars*

PRESENTS

**TWO SPECTACULAR SUMMER THEATRE WORKSHOPS DIRECTED BY JILL BURDICK AND FRANK SIERRA**

**INTO THE WOODS**

Teen Workshop

Afternoon Workshop  
Monday - Thursday - 3pm to 7pm  
June 17th - July 20th

To register visit [bgckc.org/stagedooracademy](http://bgckc.org/stagedooracademy)

**TO REGISTER VISIT [BGCKC.ORG/STAGEDOORACADEMY](http://BGCKC.ORG/STAGEDOORACADEMY)**





kern county  
**Family**  
magazine



**THANK YOU**  
**TO OUR COMMUNITY,**  
**VENDORS & SPONSORS**  
**FOR PARTICIPATING**  
**IN THE 2024**  
**SUMMER CAMP FAIR!**



**MISSED OUT?**  
**CHECK OUT OUR SUMMER CAMP GUIDE ONLINE AT**  
**[www.kerncountyfamily.com](http://www.kerncountyfamily.com)**



# Searching for SUMMER FUN?

Sponsored by



Agent, Kelli Davis



**T**he dog days of summer are just around the corner. If you're looking for ways to beat boredom for your kids, we have just the thing! Summer camp is a great way to keep your child engaged and entertained all summer long by taking them out of their comfort zone and exposing them to new things. At our 2024 Summer Camp & School Fair vendors from dozens of local sleepaway and day camps spoke with parents about the exciting activities they will offer this summer. Things like sports, cooking, art, and robotics. Take a look at some of these programs.



PHOTOS BY TESSA WARNER PHOTOGRAPHY

## The Boys & Girls Club of Kern County

661-325-3730  
[www.bgca.org](http://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 7 a.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](http://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](http://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](http://BakersfieldChristian.com).

## Bakersfield Gymnastics Academy

661-800-4528  
[www.bakersfield.academy](http://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!

SEE SUMMER CAMP FAIR, PAGE 20



CONTINUED FROM PAGE 19

## Bakersfield Swim Academy

661-615-6530

[www.bakersfieldswimacademy.com](http://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.

## Providence Classical Academy

661-381-1503

[www.bakersfieldclassical.com](http://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](http://bakersfieldclassical.com) or contact us at [office@bakersfieldclassical.com](mailto:office@bakersfieldclassical.com).**

## Fitness Unplugged

661-808-1674

[www.fitunplugged661.com](http://www.fitunplugged661.com)

Fit & Fun Summer Retreat, June 3rd- July 12th., 9 a.m. -12 p.m.

Fun Activity Programs: Fitness games, Obstacle Course, Arts & Crafts's, Team Building, Water Balloon Games, Relay Races, Fitness Challenge, Yoga & Mindfulness Sessions, Sports Skills Clinics, Cooking & Nutrition Workshops. The last day we will have a swimming day at a pool with lots of fun games, pot luck. Contact Jason Coontz @ 661-808-1674 or Sherry Coontz @ 661-401-8506 email is [kidsfitnessclass@gmail.com](mailto:kidsfitnessclass@gmail.com)

## Girl Scouts of Greater Los Angeles Camp Lakota Sleepaway Camp

Frazier Park, CA

213-213-0123

[www.girlscoutsla.org](http://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](mailto:Lakotacamp@girlscoutsla.org).**

## KHSD ROC & CTEC Entrepreneurship Resource Centers

661-397-7301

[erc.kernhigh.org](http://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](mailto:angel_almendez@kernhigh.org)**

## North of the River Recreation & Park District

661-392-2000

[www.norfun.org](http://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](http://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](http://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](http://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!



# Teacher Appreciation Week:

## Five ways to thank an educator in your life

### TEACHER APPRECIATION WEEK

**BEGINS MAY 6!** Before the school year ends, express your gratitude for lessons learned in academics and in the lives of Kern County students. Knowing what the recipient wants and values is an important part of gift giving and educators are no different. Here are five ideas for teacher gifts that will shine brighter than the proverbial apple on a desk.



1

#### Give a handwritten note

Express your thoughts in a pretty card. Kind words go a long way, especially when written sincerely. Ask your child to include a note or drawing, too.

2

#### Prepare a bouquet

Whether you send flowers or create your own bouquet, flowers can be an elegant way to end the year.

3

#### Create something memorable

A photo collage, printed pictures or unique art can remind teachers of the special moments in the classroom for years to come.

4

#### Reach out at any age

There is no time limit on expressing gratitude to teachers from years past. There are now more ways than ever to reconnect. Make a teacher's day and reach out.

5

#### Consider the personal and the professional

School culture and classroom details would not be the same without teachers' dedication. So much of their personality tends to show in their workspace. Consider a gift card; more than likely, any supplies purchased will find their way back to local students through the class in future years and anything personal can contribute to renewal as a person. Children's books for elementary teachers with a cover page note often combine both the personal and the professional; many teachers do treasure them. It's also fine to simply ask teachers if there is a need you can meet in their honor, as most are apprised of wanted items or special situations they might otherwise quietly resolve on their own.

# Family Means Everybody Helps



I have been telling my kids from the time they were toddlers, “Family means everybody helps.” Back then, they loved turning on the Roomba and waiting for it to get stuck under the couch, so they could slide the couch over to rescue “Epsy Hammer,” the name they had given it (based on their mispronunciation of M.C. Hammer, which, apparently, is a good name for a robot vacuum).

Ashley used to love to clean the windows. She would take the Windex bottle and spray about  $\frac{2}{3}$  of its contents onto a single window and then wipe it with a rag from the middle of the window (as high as she could reach) and down. Which, if you think about it, is sort of helpful. I was about to explain why, but... I can't.

Now she will sit on the floor of her room “putting away clothes” for hours on end. With an open laptop next to her, and headphones.

Samantha once dared to protest the overwhelming burden of chores. She did not think it was “fair” that she had to put

away the clean dishes. I told her I would trade her any one of my chores for her job of putting away dishes. For some reason, she decided that putting away the dishes was a good deal after all.

But the best “helper” is my husband. He walks in the house, kicks off his shoes, and tosses his wallet and a handful of pens on the table.

He does like to “clean” and “organize” the insides of things. He will take every single thing out of his desk and pile it onto the bed. Then he will spend three days “going through” the contents. This means he finds the “perfect place” in the desk for about  $\frac{1}{12}$  of the items in the pile. Now his desk is “clean and organized.” Yep. And there is a pile of  $\frac{11}{12}$  of the desk stuff. On the bed. For days and days and days until I toss it into a box and put it in the garage so that I can sleep in peace.

He recently cleaned out the cabinet under the kitchen sink. So every time I need the Soft Scrub or a trash bag, I have to go out to the garage with my pick and

shovel, like an archeologist searching for lost treasure.

I am not sure how this strategy makes any sense. But it must because he tells our children that they need to clean their rooms, like he is overwhelmed and flabbergasted by the amount of mess they make.

Um....?

And then he will take my water glass—that I have had out for less than one day and that I am currently drinking out of—and empty it into the sink and put it in the dishwasher. When he does this, I glance around the kitchen at all of his dirty dishes and jars of seeds he is collecting and all of the useless appliances that don't fit in a cabinet and the crumbs from the sandwich he made and the stack of empty grocery bags hanging from the door knob... and I think, “Seriously? You looked in this room and the one thing you decided to pick up is the water glass that you JUST saw me drinking out of?”

So, yeah, in our family everyone “helps.”



## Celebrate National Pet Month!

Did you know that about 80 million homes in America have an animal family member? And about half of those households have more than one? Say "Hello" to National Pet Month, celebrated in May. And if you're looking for a great way to celebrate how important our pets are check out these ideas or try these home-baked doggy treats!

### Ways to celebrate national pet month

- Donate to or volunteer at an animal shelter.
- Pamper and spoil your pet.
- Fundraise for an animal charity.
- Have a professional photo taken with your pet.
- Research! Find out as much as you can about animal care and breeds, go to American Kennel Club, [www.AKC.org](http://www.AKC.org)



### Make Your Own Dog Treats

Kids love helping in the kitchen (with proper supervision, of course) and making homemade dog treats in a fun way to work together! You can make these treats for your own dog or as a gift!

#### INGREDIENTS:

- 1 ½ cups of dry oatmeal
- 1 large banana
- ½ cup peanut butter (try to use natural with less sugar)

#### DIRECTIONS

Preheat the oven to 350° F.

Use a blender or food processor to grind the oats into powder. Alternatively, you can use oat powder if your stove carries it. Be sure to check the label for foods that might harm your dog.

In a bowl, blend together the banana and peanut butter. This would be a good task for your child!

Keep out about a tablespoon of oatmeal powder, otherwise pour the rest into the bowl and mix.

Use the tablespoon of oatmeal powder to dust your surface.

Roll the dough into a large ball and roll out ¼ inch thick. Another great task for your child!

Cut into shapes of your choosing (a dog bone cookie cutter is fun) and place on a cookie sheet lined with parchment paper.

Bake treats for about 15 minutes until lightly browned.

Cool completely and store in an airtight container for up to one week.

*Courtesy of American Kennel Club*



## MAY 2

### 49th Annual CSUB Spring BBQ

The annual event raises money for CSUB athletics.

**5 p.m.**  
 CSUB Icardo Center  
 9001 Stockdale Hwy  
 Bakersfield, CA  
 661-654-2583  
[www.gorunners.com/bbq](http://www.gorunners.com/bbq)

## MAY 3



### Taylor Swift Dance Party

Themed dance party with professional laser show. Dance the night away to your favorite Taylor Swift songs.

**8 - 10 p.m.**  
 The Nile Theater  
 1721 19th St  
 Bakersfield, CA  
 661-324-1369  
[info@thebakersfieldfox.com](mailto:info@thebakersfieldfox.com)

## MAY 4

### Bakersfield Symphony Orchestra SCHEHERAZADE

World-renowned guest pianist Roman Rabinovich will then join the orchestra for what is sure to be a memorable performance of Prokofiev's thrilling Piano Concerto No. 3.



### 88.3 Life FM Celebrating 30 years!

You're invited to 88.3 Life FM's 30 Year Anniversary Celebration! This free event includes local worship bands, guest artist Jordan St. Cyr, vendor fair of all sorts of foods, businesses, outreach- es, raffles, games for the kids, bounce houses and more!

**10 a.m. - 2 p.m.**  
 Bakersfield Christian High School  
 12775 Stockdale Hwy.  
 Bakersfield, CA  
 661- 375-8426  
[ellie@kaxl.com](mailto:ellie@kaxl.com)

**6:30 - 8 p.m.**  
 Mechanics Bank Theater  
 1001 Truxtun Avenue  
 Bakersfield, CA 93301  
 661-323-7928  
[info@bsonow.org](mailto:info@bsonow.org)



Bakersfield Symphony Orchestra Scheherazade will feature world-renowned guest pianist Roman Rabinovich, May 4.

### Community Yard Sale

Support suicide prevention efforts in Kern County. All proceeds benefit Save a Life Today Kern County.

**7 a.m. - 12 p.m.**  
 5614 Via Ravenna  
 Bakersfield, CA  
[www.saltkc.com](http://www.saltkc.com)

### 2nd Annual Honor Flight Corn Hole Classic



Join us for an intensely fun morning which includes the ever-popular 50/50 drawing. Payouts are based on

how many teams play. Music, fun and vendors

Register at 10am. Bags FLY at 11am!

**9 a.m. - 3 p.m.**  
 Chuy's Restaurant  
 8660 Rosedale Hwy  
 Bakersfield, CA  
 559-284-3626

### The Bako Market- ToyCon Thrill Zone

A ComiCon-inspired market! More than 100+ vendors will be on hand showcasing toys, collectible, comics, anime and Pop Art. May the Fourth be with you!

**10 a.m.- 3 p.m.**  
 Centennial Plaza and Mechanics Bank Arena  
 1001 Truxtun Avenue  
 Bakersfield, CA



### 11th Annual CASA Derby Party

The annual fundraiser includes dinner, dancing, an array of live, raffle, and silent auction items, as well as the thrilling 2024 Kentucky Derby races. Proceeds benefit Court Appointed Special Advocates of Kern County (CASA).

**4:30 p.m.**  
 Gardiner Ranch  
 24747 Sullivan Road  
 Bakersfield, CA  
 (661) 631-2272  
[info@kerncasa.org](mailto:info@kerncasa.org)

### Concert for the Causes

M.A.R.E. Riding Center, and The Wounded Heroes Fund, both local nonprofit organizations, have partnered for our 4th annual event. This year we are featuring multi-platinum selling, trailblazing Country star and ACM Award winner, Chris Janson.

**4:30 p.m.**  
 Kern County Fairgrounds  
 1142 South P Street  
 Bakersfield, CA  
[www.concertfortheauses.com](http://www.concertfortheauses.com)

## MAY 4 & 5



### Relay for Life

Relay For Life is a community-based fundraising event for the American Cancer Society that celebrates cancer survivors, remembers loved ones lost to cancer, and raises funds to improve the lives of people with cancer.

Kern County Fairgrounds  
 1142 S P St  
 Bakersfield, CA  
[www.relayforlife.org/bakersfieldca](http://www.relayforlife.org/bakersfieldca)



# THE BEST LOCAL CALENDAR OF EVENTS!

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



**MAY 5**

## Happy Cinco de Mayo!

### Spring Village Flea

Come shop vintage and antique items.

**8 a.m. - 3 p.m.**

Kern County Museum  
3801 Chester Ave.  
Bakersfield, CA  
[www.kerncountymuseum.org](http://www.kerncountymuseum.org)

**MAY 7**

### Give Big Kern

Every year on the first Tuesday in May, the Kern Community Foundation hosts Give Big Kern to help local nonprofit organizations raise money and volunteer hours. Give Big Kern allows residents to show support for organizations that improve our region.

[www.givebigkern.org](http://www.givebigkern.org)

**MAY 10**

### Riley Green Ain't My Last Rodeo Tour

2020 Academy of Country Music's 2020 New Male Artist of the Year in concert.

**7:30 p.m.**

Dignity Health Amphitheatre  
11200 Stockdale Highway  
Bakersfield, CA

**MAY 11**

### "Healing Hearts" A Mother's Day Event

If you need solace and support this Mother's Day you are invited to attend the Healing Hearts event. Live music, motivational speaks and more!

**2- 4:30 p.m.**

The Mission at Kern County  
821 E. 21st Street  
Bakersfield, CA  
661-489-5988  
<https://themissionkc.org/women-with-children/>

### Jazz in the Garden

The Bakersfield College Jazz Studies Program presents a series of free outdoor concerts at the Bakersfield Museum of Art. Bring a blanket, your lunch, and some friends and enjoy live jazz in the beautiful, shady Tejon Sculpture Garden.

Bakersfield Museum of Art  
1931 R St.  
Bakersfield, CA  
[www.bcjazz.org/events](http://www.bcjazz.org/events)

### Pickleball Palooza 2024

Hoffmann Hospice annual pickleball event.

All proceeds benefit Hoffmann's community programs.

**8 a.m.**

Stockdale Country Club  
7001 Stockdale Hwy.  
Bakersfield, CA  
[www.hoffmannhospice.org/events/](http://www.hoffmannhospice.org/events/)

### Runnin' to the Rig 5K

1st Annual Runnin' To The Rig 5k Run/Walk. The 5k course is designed as a nostalgic run/walk throughout the historic campus ending near the famous football tunnel in Griffith Stadium.

**8:30 a.m.**

Bakersfield High School  
1241 G St.  
Bakersfield, CA  
951-544-1785  
[bakersfieldptso@gmail.com](mailto:bakersfieldptso@gmail.com)

HAPPY  
*Mother's Day*

**MAY 12**

### Happy Mother's Day!



Hoffmann Hospice Pickleball Palooza 2023. PHOTO LESLIE CARROLL





## MAY 13

### Pete Davidson Comedy Tour

Pete Davidson is a celebrated stand-up comedian, actor, writer and producer.

**7:30 p.m.**

The Historic Bakersfield Fox Theater  
2001 H St.  
Bakersfield, CA  
[www.thebakersfieldfox.com](http://www.thebakersfieldfox.com)

## MAY 16

### Honor Flight Melodrama Fundraiser Night

Join us for a fun night at Melodrama Gaslight Theater. Proceeds to benefit Honor Flight Kern County.

**6 - 9 p.m.**

Melodrama Theater  
12748 Jomani Dr.  
Bakersfield, CA  
559-284-3626  
[mg\\_cisneros@hotmail.com](mailto:mg_cisneros@hotmail.com)

## MAY 17

### ADAKC The Heart Never Forgets Senior Prom

Senior Prom for "seniors!"  
Come and enjoy the fun!

**5 - 8 p.m.**

Alzheimer's Disease Association of Kern County  
4203 Buena Vista Rd.  
Bakersfield, CA  
661-665-8871  
[www.adakc.org](http://www.adakc.org)

## MAY 18

### Armed Forces Day

## MAY 18 & 19

### May Madness - Jet Boat Races

This is the third race of the NJBA 2024 Season. Bring your coolers, chairs, and EZ Ups. Parking is free.

**8 a.m.**

Lake Ming  
12768 Lake Ming Rd.  
Bakersfield, CA  
<https://njbaracing.com/race/may-madness/>

## MAY 19

### Cody Jinks in Concert

Multi-platinum, award-winning independent artist Cody Jinks will perform a headline show.

**7 - 10 p.m.**

Mechanics Bank Theater

1001 Truxtun Ave.  
Bakersfield, CA  
[www.axs.com](http://www.axs.com)

## MAY 22

### AEW DYNAMITE

AEW is offering an alternative to mainstream wrestling, with a roster of world-class talent that is injecting new spirit, freshness and energy into the industry.

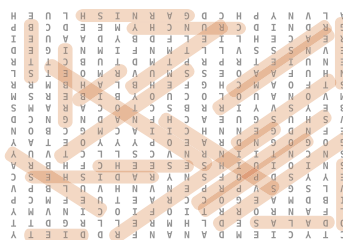
**4:30 p.m.**

Mechanics Bank Arena  
1001 Truxtun Ave.  
Bakersfield, CA  
[www.axs.com](http://www.axs.com)

## ACTIVITY CORNER ANSWERS ACTIVITY CORNER: PAGES 30-31

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

- CROSSWORD**
- ACROSS
  - 1. Country
  - 2. Three
  - 3. Savory
  - 4. User
  - 5. Together
  - 6. Home



WORD SEARCH SPONSORED BY:







**MAY 24-26**

### 50th Annual Basque Festival

The weekend will be filled with a variety of events to celebrate Basque culture in Bakersfield.

The Kern County Basque Club's 50th Annual Basque Festival will include a Catholic mass, NABO Gateau Basque Competition, barbecue lamb lunch and more!

The Kern County Basque Club  
2301 S Union Ave.  
Bakersfield, CA  
<https://kcbasqueclub.com/basque-festival/event-details/>

**MAY 25**

### Memorial Day Ceremony

Family members may honor their fallen heroes by placing flags on their loved one's gravesite.

**7:30-8:30 a.m.**  
Bakersfield National Cemetery  
30338 East Bear Mountain Blvd.  
Arvin, CA 93203  
661-867-2250

**MAY 26**

### 24th Annual Latino Food Festival

Attendees are in for good food, music and entertainment. Don't miss the menudo and pezole cookoff!

**11 a.m. - 6 p.m.**  
Kern County Fairgrounds  
1142 South P St.  
Bakersfield, CA  
[www.kchcc.org](http://www.kchcc.org)

**MAY 27**

### Happy Memorial Day!

## ONGOING EVENTS

### FIRST SATURDAY OF THE MONTH

#### Craft & Garden Market

We offer a variety of delicious foods & crafts and house plants. Visit us and enjoy some delicious pies, Philly cheese steak sandwiches, macarons & baked goods. Beadable pens, hair accessories, children's clothing, hats, homemade candles, waxes, oils, and a basket where you may place your prayer requests.

**9 a.m. - 1 p.m.**  
Apostolic Rock Church  
2761 Mosasco St.  
Bakersfield, CA  
661-332-2811

### 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 St.  
Bakersfield, CA  
661-837-3720  
[hicksr@gfusd.net](mailto:hicksr@gfusd.net)

### EVERY TUESDAY

#### Open Arms Support Group

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

**5 - 6:30 p.m.**  
Hoffmann Hospice  
4325 Buena Vista Rd.  
Bakersfield, CA  
661-410-1010  
[www.hoffmannhospice.org](http://www.hoffmannhospice.org)

# Worship Guide

SPONSORED BY:



## What's the Fear?

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

Romans 12:2 NIV

I had a therapist years ago who would often ask the question, "What's the fear?" This question usually came up when I was stuck in some situation and paralyzed with doubt about what to do next. We all have things that we know we should do, such as file our taxes or change jobs, or perhaps ask someone for a date. So why do we hesitate to act? When it's not sheer laziness that keeps us from acting, it's usually some fear that holds us back. I discovered years ago that the fear of asking someone out on a date was not usually a fear of rejection but rather a fear that she might say yes, and then a whole series of other decisions would have to be made (where and when to go, etc.). It's understandable why we might fear changing jobs or doing something we've never done before; it takes us out of our comfort zone and most of us fear the unknown. On a spiritual level we should consider that life is an adventure and that getting out of our comfort zone is essential to growth. If we truly believe the part of the Lord's prayer which says "Thy will be done" then we have to be open to new and unexpected experiences. Life at its best is a spiritual adventure and if we can experience the adventure of life with a sense of fearlessness it opens us up for continued growth and development.

— by Christopher Simon



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**Miscellaneous**

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**KERN AUTISM NETWORK, INC.**

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

**Happy Cinco De Mayo!**

- Parent Support Group - Wednesday, May 1st at 6 p.m.
- Mother's Day photo w/autistic child/teen May 5th at Bakersfield Museum of Art 11am-12:30pm
- Father's Virtual Autism Support Group Saturday, May 11th at 2:30 p.m.
- Female Support Group Thursday May 16th at 6pm
- Chess Club for Teens & Adults Saturday, May 18th at 11 a.m.

Registration is required on Eventbrite.  
To attend all events register at [Eventbrite@Kernautism.org](http://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

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- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • [kernautism.org](http://kernautism.org) • [kernautism@gmail.com](mailto:kernautism@gmail.com)  
2200 Oak Street, Annex Building



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EVENTS & FACILITIES



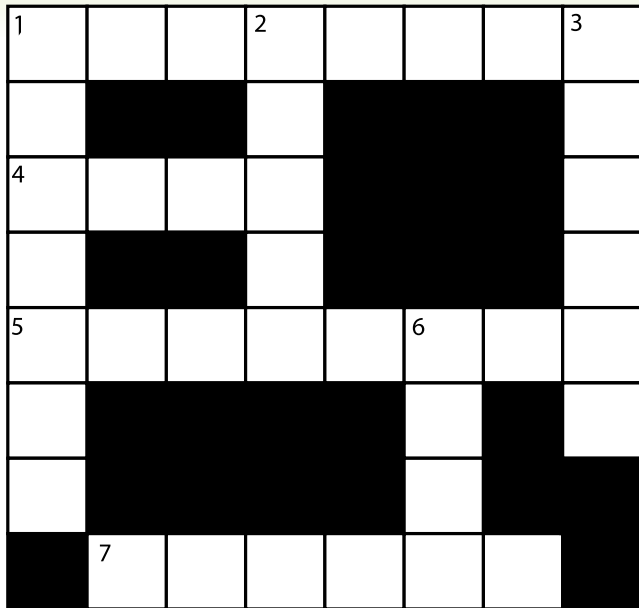
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**Looking for  
Summer  
Camps?**  
See  
Page 19

# MAY ACTIVITY CORNER

## Crossword



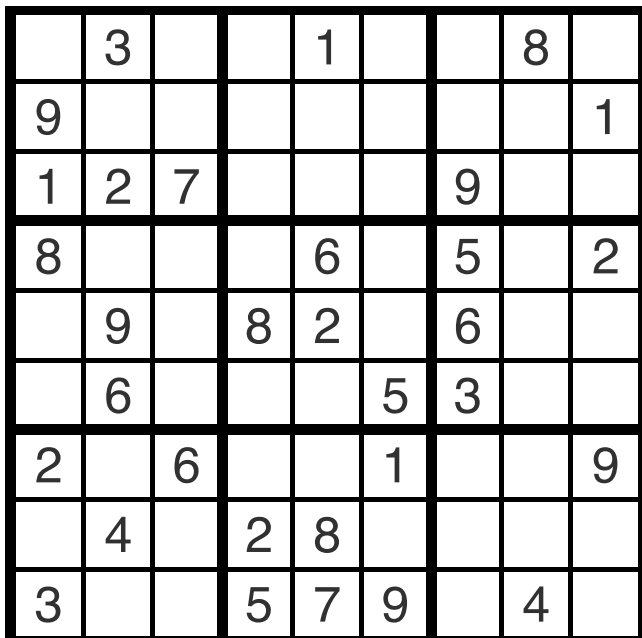
### ACROSS

- 1. Arts, customs, and behaviors of a social group
- 4. Person who operates something
- 5. With others

### DOWN

- 1. Nation
- 2. A number; trio
- 3. Salty or spicy
- 6. A place one lives
- 7. Menu items

## 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?

### The 2023 Most Popular Dog Names



The American Kennel Club reports that the most popular dog names of 2023 were "Luna" for girl dogs and "Max" for boy dogs. Luna beat out "Bella" for the top spot while Max bested "Charlie." In a nod to the popularity of football and the personal life of the world's most recognizable pop star, "Kelce" was the top trending dog name of 2023 according to data compiled by the online pet ownership marketplace Rover.



# MAY ACTIVITY CORNER

PUZZLE ANSWERS  
PAGE 26

## Tasty Salad Wordsearch

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

- |        |          |         |            |          |
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