



kern county Family m a g a z i n e

JUNE 2024

Unstoppable Hello Happy Mama

Jenny Wilson shares
her parenting
advice and more

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Be Water Safe

5 Ways to
protect kids
this Summer
and beyond

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Indulge in a Gastronomic June

National Donut
and Cheese Days
are this month

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DELVE INTO READING

with Dad

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MORE RECOGNITION

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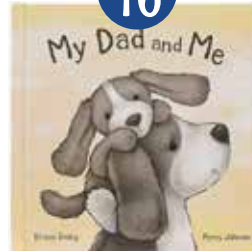
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Vaun Thygerson
CONTRIBUTING WRITER

ARE YOU A CAT PERSON or a dog person? Usually when asked this question, most people will pick one and say “cat” or “dog,” pretty emphatically. Some of us, however, are both. I grew up with cats, so naturally when my husband and I were first married, I wanted a cat; but he was

a “dog” person who’d never owned a cat. Well, he convinced me that dogs were cool and I got my first dog, Tonka, the cutest pug that ever lived, and he was spoiled rotten. I have to admit that both my husband and Tonka converted me from cat lady to dog mama and I never looked back, until last year when I rediscovered my inner cat fixation after spending a few months with my son’s tabby cat, Pickle Juice aka PJ.

My son attends college up north in San Rafael and he rescued the cutest kitten from the Home Depot parking lot. When he came home for winter break, he brought PJ with him and I fell in love. Okay... I became obsessed and realized how much I missed having a cat around. And, my husband liked it too, which surprised us all!

After 30-plus years of marriage and decades without cats, I have a new kitty named Oslo “Ossie” or as KCFM’s LJ likes to call her, “Lolo.” Ossie is just such a fun and sweet addition to our crazy family. Although her and my dog, Lincoln, have yet to bridge the dog versus cat stereotypical dynamic, I am still hopeful that one day they will be best friends. My husband, who swore he was not a cat person, has become Ossie’s favorite.

June is such a great month to celebrate all the father figures

in our lives. In KCFM’s Reader Respond article on page 10, we asked our readers, “**IF YOUR DAD WAS A SUPERHERO, WHAT WOULD HIS SUPER POWER BE?**” and their answers were fantastic. Some said their dad are superheroes through their charisma, knowledge, and kindness.

Special thanks to Jenny Wilson, featured in this month’s “**HELLO, HAPPY (UNSTOPPABLE) MAMA,**” article written by Callie Collins on page 12. Jenny is the Director of Emergency Services at Kern Medical and the Founder and President of the Sleepy Baby Box Foundation, which she started in 2017. With 20-plus years as a nurse, she has seen many preventable accidents with newborns, which inspired her to start her foundation that provides services from infant food and material goods to safety coordination and educational outreach.

One such preventable accident with children is drowning. In fact, the CDC says that drowning is the leading cause of death in children ages one to four. KCFM wanted to give you tips that will help ensure a safe summer this year, especially around water. In the article, “**FIVE WAYS TO KEEP KIDS SAFE AROUND WATER THIS SUMMER AND BEYOND,**” on page 18, Callie Collins writes about how to have fun while staying safe from swimming lessons and wearing life jackets. June is such a great month with the official start of summer on June 20th and the chance to celebrate the Superheroes in our lives that we call Dad. Whether it’s a lazy day by the pool or a quick day-trip to the beach, enjoy it all and play it safe. My goal this summer is to get my new kitty and poodle to become simpatico so we can have summer adventures together!

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Catrice Toles and Stephanie Holladay. PHOTOS COURTESY KCSOS FACEBOOK

2024 Kern County Education Champions of the Year

The Kern County Education Champions of the Year were recently honored at the Kern County Superintendent of Schools (KCSOS) recognition dinner sponsored by Valley Strong Credit Union. Congratulations to the Kern County Teachers of the Year finalists Stephanie Holladay, Transitional Kindergarten, Cesar Chavez Elementary BCSD; Catrice Toles, Restorative Classroom Teacher, Rafer Johnson Community Day School, BCSD; and Captain Charles Wallis, Cadet Corps Instructor, Rosamond High Early College Campus, Southern Kern Unified School District. These finalists will compete next at the state level.



Captain Charles Wallis

Congratulations also to all District Honorees and Classified Employees of the Year. For more information, please visit www.news.kern.org.

McFarland Robotics Team Makes Kern County History at World Championships

McFarland High School Early College Robotics Team, CougarBots, made history at the recent world championships, finishing in the top one percent of teams worldwide. The CougarBots are the first team in Kern County history to reach the quarterfinals at the annual VEX Robotics World Championship in Dallas, Texas.

The team, consisting of seniors Yasir Rubio, Francisco Vejar and Eric Ontiveros and led by coach David Cisneros and co-advisor Ryan Chavez, competed against nearly 1,000 teams from more than 40 countries. Demonstrating essential robotics skills, this team advanced to the world championships after qualifying through state and national championship competitions, beating out teams from across the region, state, and U.S.

For more information, please visit www.news.kern.org.

Bakersfield Pregnancy Center Opens Satellite Location Near CSUB



The Bakersfield Pregnancy Center (BPC) recently opened its satellite location at 9900 Stockdale Hwy, Suite 109. This opportunity is made possible by the overwhelming support and generosity of donors, including a recent match gift that completely

paid off the building mortgage at BPC's main location.

Both the new satellite location and main location offer pregnancy tests, ultrasounds at the nurse's discretion, STI testing and treatment, and 1:1 coaching for both men and women. In addition to those services, the downtown location also offers material assistance and classes will only be available there. BPC aims to serve Kern County by empowering individuals to make healthy, life-affirming choices regarding pregnancy and sexual health.

"Since 1985, the Bakersfield Pregnancy Center has had the honor of serving over 45,000 individuals in Kern County from our downtown locations," says Erin Rogers, Executive Director of the Bakersfield Pregnancy Center. "We are so excited to be in a new location, closer to the growth area of Bakersfield and near the CSUB campus. We will bring the same licensed medical services to this new location, and as always, all our services are free and confidential."

For more information about the Bakersfield Pregnancy Center and its services, please visit www.wehelpyou.org.

Arts Council of Kern Presents A Night in Provence Par Deux

The Arts Council of Kern celebrates art, culture and community with a French-inspired event, A Night in Provence Par Deux, on Saturday, June 8 at 6 p.m. The event will be held at the new home of the Arts Council of Kern at Brickyard, 1020 18th Street,



Bakersfield, and include an auction of 20-plus one-of-a-kind, hand-painted umbrellas created by Kern County artists.

If you want to help out the Arts Council of Kern through sponsorships, donations, or volunteering for this event, contact Sam Sharp at sam@kernarts.org. For more information about A Night in Provence Par Deux, visit <https://kernarts.org/event/a-night-in-provence-par-deux> or email info@kernarts.org.



Kern County Launches “MyKern” Application

Kern County has officially launched the MyKern application in the App Store and Google Play! This new resource provides residents with an elevated level of service and strengthens their connections to their local government.

MyKern is a pivotal step in supporting Kern County’s transparency and accessibility as a government agency and is one of the best ways for residents to report non-emergency issues and find helpful information about Kern County’s various services and departments.

Learn more about how to utilize MyKern’s features at <https://www.youtube.com/watch?v=Og6KTYI8aCc>. For more information, please visit www.kerncounty.com.

Kern Medical Accredited for General Surgery Residency and Addiction Medicine Fellowship

Kern Medical recently announced its accreditation for a General Surgery Residency and an Addiction Medicine Fellowship to train physicians in these specialties by the Accreditation Council for Graduate Medical Education (ACGME). Led by Dr. Amber Jones, Director of the Surgical Intensive Care Unit at Kern Medical, the General Surgery Residency Program is five years in duration, and will have 12 resident physicians. The first class will graduate in 2030.



In addition, the Addiction Medicine Fellowship will see its first fellow in July. Led by Dr. Sarah Gonzalez, MD, FASAM, the fellowship seeks to train physicians that will increase awareness, treatment, and access to care for those with substance and alcohol use disorders as well as behavioral addictions.

“Kern Medical has been training physicians for 67 years. Many of the physicians and surgeons in our community are here because they’ve been introduced to it through our training programs,” says Dr. Amir Berjis, Kern Medical’s Vice Chair of Surgery and Director of Medical Education. “We are proud to serve as our county’s teaching hospital and continue to look to expand our physician training programs to bring more doctors into the area.”

For more information, please visit www.kernmedical.com.

Give Big Kern Donations Surpass \$1.5 million

GIVE BIG KERN (GBK) breaks donation record having surpassed \$1.5 million in a single year for local nonprofits. This year’s event was the most successful to date with 2,788 individual donors who raised \$1,529,018 and an incredible 22,067 pledged hours for 131 local charities.

Held annually, Kern Community Foundation hosts GBK to help local nonprofit organizations raise money and volunteer hours. This year, May 7 was the Official Giving Day for Kern County, the City of Bakersfield, and the City of Taft. GBK allows the people of Kern County to show support for organizations that improve the region, raising dollars and volunteer hours for local nonprofits through online crowdfunding, matching gifts, and pledges. The collaborative effort helps Kern’s community-based organizations raise unrestricted resources at no cost while growing their



visibility, capacity, and sustainability.

Independence Through Grace (ITG), a faith-based enrichment activities and community employment services for people with diverse abilities, received the most monetary donations in the human services and community benefit nonprofit category to win a \$1,000 #GiveBigKern bonus.

They placed second overall for donations. Nonprofits like ITG rely on community support to provide their services. “We are so incredibly grateful for our supporters: volunteers, donors, prayer warriors, and community partners! We could not accomplish our vision to provide valuable, person-centered services to each and every ITG participant without your support,” according to ITG’s Instagram @itgfoundation. Out of the 131 nonprofits participating in GBK, the top five on the leaderboard were American Cancer Society

at \$188,594; Independence Through Grace at \$158,400; Kern County Cancer Foundation at \$146,385; Dolores Huerta Foundation at \$121,579; and Links for Life at \$98,140. The nonprofit with the most individual donors was the Bakersfield Angels. Winning in the volunteer category: Alzheimer’s Disease Association of Kern County (ADAKC) received the most volunteer pledges from the largest volunteers and Honor Flight Kern County received the most pledged volunteer hours by completing the volunteer form on GBK’s website.

The funds raised during Give Big Kern will go directly into the operational budgets of participating nonprofits. The participating organizations range from arts and culture to social services and environmental conservation. Every donation makes a difference in the lives of those who are most in need. Mark your calendars for next year’s Give Big Kern on May 6, 2025. For more information, please visit www.givebigkern.org.



Poor diet is a recipe for disaster

The phrase you are what you eat can serve as a warning that the foods a person consumes greatly affect his overall health. Although eating a cheese-laden burger with a side of deep-fried potatoes every so often will not turn a person's health on its head, repeatedly making poor dietary decisions can lead to chronic health problems. Health experts say foods (and beverages) can affect hearts, waistlines and brains. Foods that are grouped under the category of junk food tend to be the largest dietary offenders. The term junk food refers to foods that contain high levels of fats, sugar or salt, and lack nutrients such as fiber, vitamins and minerals. Here's a more in-depth look at certain foods or ingredients and what they can do to the body.

Industrial and processed seed oils:

According to Harvard nutritionist Dr. Uma Naidoo, highly processed oils are usually extracted from soybeans, corn, grape seed, cottonseed, sunflower, and safflower seeds, and contain a lot of omega-6 fatty acids. Excessive consumption of omega-6 fatty acids can trigger inflammation in the body and the brain. Inflammation is recognized as a risk factor for Alzheimer's disease. Olive, coconut or avocado oils are healthier alternatives.

Processed foods: Foods are processed to keep them shelf stable longer. Heavily

processed foods like crackers, baked goods, and jarred pasta sauces are potentially unhealthy. It is estimated that more than half the calories in the average American diet come from ultra processed foods. A five-year study of more than 100,000 people found that each 10 percent increase in consumption of ultra processed food was associated with a 12 percent higher risk for cancer.

Sugar: Foods and beverages with added sugar can be problematic. A high sugar diet can contribute to excess glucose in the brain that can cause memory impairments, and Institutes of Health indicates studies have shown that individuals who consume greater amounts of added sugar tend to gain more weight and have higher risk of obesity, type 2 diabetes, hypertension, and cardiovascular disease.

Saturated fat: Eating too much red meat can be bad for the heart and brain. WebMD says red meat is high in saturated fat and can contribute to cardiovascular disease. The same can be said for butter and full-fat cheeses. Opting for low-fat dairy and alternatives is beneficial.

Certain foods can compromise long-term health. Careful dietary planning that emphasizes nutritious meals over junk food and processed foods can promote both short- and long-term health.

Golf Good 'Fore' Your Health

The next time your husband tells you that playing a round of golf is good for his health... you may have to believe him!

Though many see golf as recreation, the sport can offer some notable health benefits. The Royal and Ancient Golf Club of St. Andrews, which was founded in 1754 published a golf and health report in 2020. That report highlights research indicating the ways golf promotes both mental and physical health. Here are three notable health benefits of playing golf.

1. Golf may help you live longer.

Frustrated golfers who can't master their short game may suggest otherwise, but a study published in the Scandinavian Journal of Medicine and Science and Sports discovered a 40 percent reduction in mortality rates among 300,000 members of the Swedish Golf Federation. That corresponded to an increased life expectancy of roughly five years and applied to golfers of all ages, genders and socio-economic backgrounds.



2. Golf can help combat disease.

A summary of findings conducted by researchers at the University of Edinburgh and published in the British Journal of Sports Medicine in 2016 found that golf can help prevent and treat 40 major chronic diseases, including diabetes, heart attack, stroke, depression, dementia, and cancers of the breast and colon. That link probably has something to do with golf being a physical activity that encourages people to embrace a less sedentary lifestyle.

3. Golf promotes social interaction.

The Alzheimer's Society reports that social isolation can increase a person's risk for dementia by roughly 60 percent. People who play golf tend to play in groups of two, three or four, and that social interaction can promote social interaction among people of all ages. Social isolation also has been linked to additional mental health issues, including anxiety and depression, so activities like golf that encourage social interaction can help people safeguard their mental health.

What constitutes a migraine?

Headaches can be debilitating. One type of headache in particular often garners extra attention because it can be more severe than others. Estimates suggest one billion people suffer from migraines. Migraines often affect adults, but they can be common in children as well. Although migraines produce pain in the head, the symptoms may be even more far-reaching.

With so many different types of headache - some with overlapping symptoms - it can be difficult to identify which is affecting an individual at any given time. According to Brandeis Brockman, CRNP, BSN, MSN, a Pennsylvania-based nurse practitioner, fewer than 5 percent of people affected by headaches have been accurately diagnosed. A few significant distinctions separate migraines from other forms of headache.

- Migraine headache is a neurological disease that can involve chemicals in the brain in nerve pathways.
- Migraines often produce an aura or



light haze (a visual disturbance) minutes before patients feel pain. An aura may be characterized by blurred vision and blind spots that expand over time.

- Migraine pain typically occurs on only one side of the head at a time, but some-

times it can affect both.

- A person can experience sensitivity to sounds, touch or smells. Nausea often accompanies a migraine.
- Migraines may be preceded by a period characterized as the pre-headache phase. This features painless symptoms that manifest hours or days before the migraine, and include mood swings, food cravings and stiffness of the neck.
- Some migraines do not produce any head pain, but they may feature other notable migraine symptoms.
- When pain hits, it can be mild to debilitating. Many people get severe pain that makes it difficult to function. A migraine can last for hours or even days.
- Extreme fatigue may set in with migraines. People may go to bed to block out noise and light.

If headaches occur frequently or persist, it is a good idea to discuss symptoms with a doctor. Something more potent than over-the-counter pain relievers may provide relief from migraines.

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Q. If your Dad was a superhero, what would his superpower be?

Dads are superheroes! With Father's Day on the horizon, we asked our readers to share what their fathers' superpower would be. A selection of their answers is featured below.



My Dad would be called "The Encourager"! He would be equipped with stamps for writing and mailing the sweetest cards and a phone for checking in on his daughters and grandchildren often! He's always there for a lifting conversation or a sentimental note to let us know he's always thinking of us!

- Courtney Wright



If my Dad were a superhero, his super powers would be the ability to fly, super strength to lift heavy objects, and laser vision to see through obstacles.

- Dahlia Garcia



My Dad's super hero power is kindness. He treats everyone with respect. He is a friend to the friendless. He is always willing to help someone who needs help. I love him and he's such a great example to my son.

- April Lenzi

Appearing whenever I wanted to visit him.

- Carlianne Hodges



My Dad's super power was being patient with all of us kids. Letting us make our mistakes and learning from them. But still always there for us.

- Araceli Hurley



My Dad's superpower is super knowledge. If I have a question about anything, I know I can ask him and he will guide me.

- Maria Naba

My Dad is the strong, silent type, so his superpower would be psychic communication!

- Jennifer Resolme

Like Belle in Beauty and the Beast, I am the inventor's daughter. My Super Inventor dad has MacGyvered his own "over-the-bed-iPhone-holder," a pulley system for watering plants, and a retractable cord organizer from random parts in his garage. He's efficient, resourceful and fun!

- Nina Fla

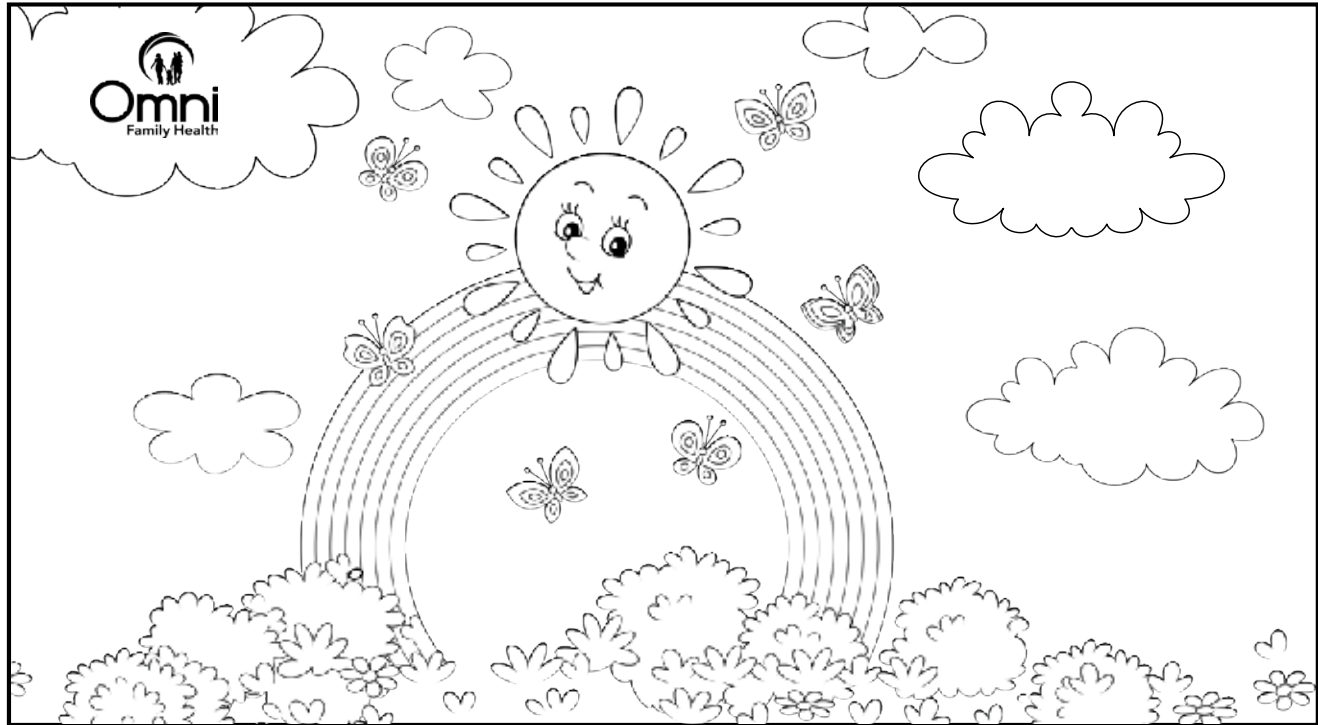


His superpower was making me feel like I could do anything!

- Stephanie Sheffield



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HELLO, HAPPY (UNSTOPPABLE) MAMA: JENNY WILSON

The day Jenny Wilson agreed to a phone interview for this article, her morning had started with the Sia song “Unstoppable.” A fitting introduction to her Monday, the song reminded Wilson of the powerful role she plays at home, at work and in the community.

“Women are powerful. We can do anything,” she said.

Wilson knows about taking action to make a difference. As Director of Emergency Services at Kern Medical, she interacts with patients and practitioners every day. A nurse for more

than 20 years, she has led executive roles in other local health systems with grace, success and accomplishments, including the opening of Dignity Health’s pediatric emergency room. Now with more than a decade of supervisory experience in ERs, Wilson will also open another specialized emergency facility focused on children for Kern Medical this fall. Extending solutions to problems Wilson has seen at work has also characterized her life. She is the founder and president of the Sleepy Baby Box Foundation. Wraparound services, from infant food and material goods to safety coordination, are available paired with intentional education outreach.

Wilson started the nonprofit in 2017. It has aided more than 15,000 clients since opening, with about 30 caregivers currently seeking services each day, including about 200 recurring clients every month.

“When I was working the ER, my son was about two years old and I was doing rounds one day when I heard shrill cries. The sound was so loud and so violent that I stopped and asked the nurses what that noise was, what was going on,” she explained. “They explained that an 18-year-old mother had woken up on top of her baby, who died in bed. A few months later, a dad smothered his baby while sleeping in a recliner.”

In the same way many European countries distribute a new baby box complete with an open cardboard container for makeshift safe sleep along with other essentials, the foundation provides goods, services and information.

“We see so many preventable accidents in early childhood, from SIDS [Sudden Infant Death Syndrome] to falls down the stairs, burns from the microwave, drowning and more. The Sleep Baby Box Foundation came about as a focal point for education that morphed into educational initiatives for children like carseat and water safety,” said Wilson. “We know people need baby items but while they’re here to pick something up, the goal is to combine tangible products with education so I don’t see them in the ER later.”

Services are open to all, with barriers like income verification, insurance and

immigration status removed.

"If you say you need help, we will give you help, no questions asked. I wanted to make that part of the nonprofit because sometimes, we as parents feel bad about asking for help or think it may not be given to us," said Wilson. "Here, all children qualify. We will not turn you away."

Originally from a small fishing village in Newfoundland, Wilson started her career in Bakersfield.

A single mother of three children, ages 6, 8 and 12, she is successfully co-parenting her children after divorce.

"Just focusing on the love and how much we both had in common has been a path forward," she said. "The fact that we both love them so much has helped us move on; it takes a lot more energy to be angry than to just forgive. Even though we didn't work out, it doesn't mean our kids can't have the best life. Our goal as parents was to make sure the divorce only minimally affect them and I've been learning to live life as a single mom. To live your life with gratefulness and forgiveness is a choice. We all have choices to make that can empower us and be opportunities instead of obstacles."

Q&A WITH JENNY WILSON

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?

I make it a priority to get up an hour before my kids each morning. That means I'm making it happen to have

five hours alone each week. I make sure to take that time for myself. I also have time in the evenings because we have an established routine. We always have dinner at the table, talk and then do homework. Then, the kids go and play for an hour. That's my hour to clean up dinner and maybe call my Mom or a friend and find out how her day went, just to decompress. I also like gardening. Pulling weeds, mowing the lawn and netting the pool are activities that zen me and cause everything else to melt away. On Sundays, we go to church. Spirituality is big in my life and my children's life. Without my faith in God, I may not be where I am today.

Q. Do you have any hidden talents? What's something I would never guess upon meeting you?

I can drive a snowmobile and fish. I could feed my family if I had a lake and a fishing rod.

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

There are so many resources in our community but there is the perception they are for low income families. It is often actually the lower middle class that struggles a lot. We're a one-of-a kind nonprofit in that regard, so the Sleepy Baby Box Foundation should be on something everyone knows about.

Q. What is your parenting PSA?

Where a lot of parents lack is knowledge. All of our curriculum at the Sleepy Baby Foundation is created with resources from the American Academy of Pediatrics and by healthcare providers.

List of Jenny Wilson's top parenting PSAs:

- Kids aren't little adults. Be aware of the development milestones that your children have to reach.
- Know CPR and the safety hazards that are all around.
- Keep tabs on your child's phone, including their apps and social media.
- Recognize that sex trafficking can happen in middle school.
- Know who your kids are hanging out with.
- Don't let your guard down as they age.
- At all ages, choose not to cut corners. Accidents are preventable; for example, so many children come into the ER after not being strapped into their carseats.

Fill-in-the-blank questions:

I'm always laughing at: My 6 and 8 year old getting in an argument.

The first thing I do when I wake up in the morning is: Hit the snooze button for 10 minutes.

Today, the strangest thing in my purse is: Flat Stanley book.

My favorite food is: Poutine.

My favorite dessert is: Tiramisu.

In my pantry, you will always find: Nutella, chocolate chip muffins and fruit snacks.

Before I go out, I always make sure I have: A cup of coffee.

My favorite music group is: Imagine Dragons.

The best book I've read lately is: The Bible. Every time I read it, I get something different from it.

So far, my best life advice is: Don't worry about things that are out of your control.

Hello Happy Mama!

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The Peg Perego Rialto is an adjustable table booster seat that follows the child's growth and adapts to any chair.

Beat the Summer Slide with Reading

School may be out for the summer, but that doesn't mean books and laptops should stay closed for the season.

According to statistics, children who don't read during the summer can lose up to two months of learning by the time they return to school in the fall.

That's not cool!

Fortunately, the local libraries are there to keep your kiddos in the swing of things through a variety of educational programs.

THIS SUMMER AT SHAFTER LIBRARY & LEARNING CENTER

Kids of all ages can participate in Shafter Library & Learning Center's summer reading program, which runs from June 3-July 19.

Reading logs may be picked up at the library in preparation for summer reading.

"Complete the logs by July 19th and we will have an end of summer event," explained Samantha Saldana, a library technician at Shafter. "All participants will get a certificate and an invite to the party."

Raffles tickets will be offered as well for food, movie and restaurant gift cards.

The program is free and participants need not live in Shafter to participate. For more information, visit www.shafterlearning.com.





A mother reads to her children at the Kern County Library. PHOTO COURTESY OF KC LIBRARY

KERN COUNTY LIBRARY CELEBRATES SUMMER FUN

Kern County Library has offered a Summer Reading Challenge annually for the past 10 years.

“Summers at Kern County Library are so much fun,” said Fahra Daredia, of Kern County Library. “All ages can read 10 books or for 10 hours and get a book from our Friends of the Library to help build their libraries at home. Kids who complete the challenge can also get local incentives donated by businesses to help encourage the love of reading.”

Keeping kids in the reading mode is critical for their ongoing success in school.

“Programs such as the SRC aim to close the gaps caused by ‘summer slide,’” Daredia said. “When students participate in SRC, they return to school better prepared for the new academic year.”

But feeding young minds isn’t all the library does over the summertime.

Kern County Library also offers Lunch at the Library, a free meal program that provides lunches to children age 2-18 throughout June and July.

In Kern County, 1 in 5 children experience food insecurity and only 16% of students test at or above the proficient level for reading.

Lunch at the Library helps fill the void by supporting the community in need.

The program is a partnership between

the library and local school districts, which provide the meals thanks to a USDA reimbursement.

“For the second year in a row, we are proud to offer free summer lunches for kids and teens at all 22 library locations,” Daredia said.

Lunch service is available weekdays from 11:30 a.m. to 12:30 p.m.

In addition to those offerings, the library will offer many activities throughout the summer for all ages, including magic shows, puppet shows, crafts and more.

Visit Kerncountylibrary.org for more details.

THREE TIPS FOR SUMMER READING

Families looking to incorporate summer reading into their busy schedules can build on these three tips from the National Center on Improving Literacy:

1. Create time for daily reading. Access to books over the summer increases reading opportunities, encourages a love of reading and helps students maintain important literacy skills. Finding books that match a child’s reading level and interests is key to developing a love of reading. Your local library or bookstore—and don’t overlook thrift shops and second-hand stores—can be a great place to find great reads.

2. Ask your child questions while reading. Parents can engage in a conversation with their children about what

Great Summer Reads

Moms and grandmas can set a great example for the children in their lives by finding their own books to read. Check out these great summer reads from Barnes & Noble (www.barnesandnoble.com). Whether curled up on the porch swing or under a beach umbrella, start your summer reading wherever you are!



Remarkably Bright Creatures

by *Shelby Van Pelt*

The Last Animal

by *Ramona Ausubel*

The God of Endings

by *Jacqueline Holland*

Assistant to the Villain

by *Hannah Nicole Maehrer*

How to Become the Dark Lord and Die Trying by *Diango Wexler*

Pretty Girls by *Karin Slaughter*

The Silent Patient by *Alex Michaelides*

The Devil in the White City: Murder, Magic and Madness at the Fair That Changed America by *Erik Larson*

American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer by *Kai Bird and Martin J. Sherwin*

The Storyteller: Tales of Life & Music by *Dave Grohl*

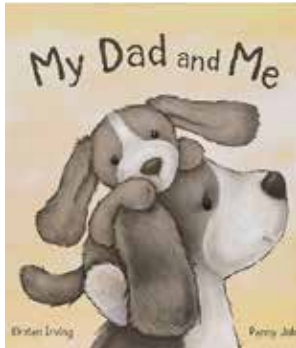
they are reading by asking questions before, during and after reading. You can help with unfamiliar words or talk about the stories they are reading to ensure they are understanding what they read. Talking about books, answering questions, and re-telling stories helps children develop their ability to understand language.

3. Practice literacy skills. You don’t have to rely on having a nose in a book to practice speech sounds, letters and language skills. Use every opportunity as you travel and go about your summer fun: Look for letters on signs and say its sound. Use toys and games to talk about how spoken words use sound parts. When visiting the library, have your child practice their language skills by telling about their interests or asking where to find the information they are seeking.

This summer, don’t forget to make reading FUN! A child who enjoys opening a book will build reading skills that will last a lifetime!

Here's to All the Awesome Dads!

LAST MONTH, WE HONORED OUR MOMS and now we dedicate June to dads! Celebrate Father's Day with a few of our favorite books. Gather the kids, find a cozy corner and enjoy spending time talking about dad!



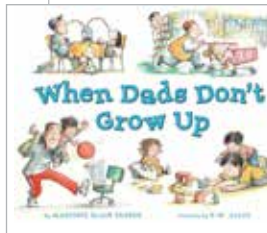
My Dad and Me

By Kirsten Irving and Penny Johnson

\$15; Ages 0-3
Jellycat
www.ninesmw.com

This adorable board

book follows along on the adventures of a puppy and his dad. Kids will love the beautiful illustrations—and all the puppies!



When Dads Don't Grow Up

By Marjorie Blain Parker and R.W. Alley
\$14.19; Ages 3-5
Publisher: Dial Books
Amazon.com

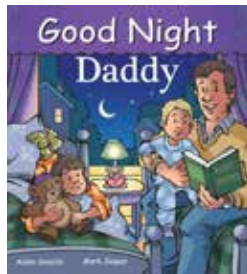
The great thing about most dads is they aren't afraid to get dirty, be silly and show that they are just grown-up kids.



Between Us Guys: Life-Changing Conversations for Dads & Sons

By Joel Fitzpatrick
\$15.49; Ages 11-14
New Growth Press
Amazon.com

Fitzpatrick is a youth and family pastor who wants to deepen the conversations between fathers and sons. This book helps guide the through challenging topics like faith, focus and the responsibilities of being a Christian man.

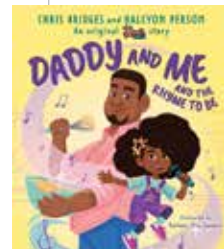


Good Night Daddy

By Adam Gamble and Mark Jasper
\$9.87; Ages 0-3
Amazon.com

If you have any of the other "Good Night ..."

board books, you'll want to add this to your library. This one isn't based in any particular city or town, but it does cover all the places dads and kids might see and do!



Daddy and Me and the Rhyme to Be

By Chris Bridges and Halcyon Person
\$5; Ages 4-8
Scholastic Inc.
Kohls.com

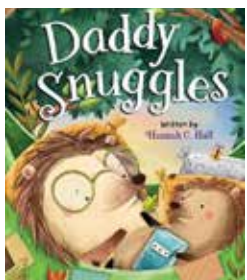
Legendary musician Chris "Ludacris" Bridges brings the Karma's World Picture Book, offering a humorous and heartwarming take on the special relationship between father and daughter. In the story, Karma tries to write her dad a rap for his birthday—but she needs her daddy's help!



Dreams from My Father (Adapted for Young Adults): A Story of Inheritance

By Barack Obama
\$19.16; Ages 12-16
Walker Books
Amazon.com

The former President's bestseller has been adapted for Young Adult readers to inspire them to reflect on where they have come from and where they can go, as he details his journey from childhood to the White House.



Daddy Snuggles

By Hannah C. Hall and Aleksandra Szmids
\$7.99; Ages 2-5
WorthyKids
Amazon.com

Who doesn't love hedgehogs?! This adorable board book from best-selling author Hannah C. Hall shares the special bond between kids and their dads. The story is told through a family of hedgehogs who go about everyday life, making the most of the ordinary tasks.



Our Shed: A Father-Daughter Building Story

By Robert Broder and Carrie O'Neill
\$14.76; Ages 5-7
Little Bigfoot
Amazon.com

When a girl and her dad work together on a project, learning becomes a sweet memory! In this tale, as dad shows the technical and practical side of the project, the daughter brings the imagination, passion and love.



The Expectant Father: The Ultimate Guide for Dads-to-Be

By Armin A. Brott and Jennifer Ash Rudick
\$11.08; Ages adult
Abbeville Press
Amazon.com

Children don't come with instruction manuals, but this book provides everything a dad-to-be needs to know about child development before birth and what to expect the first few months after baby comes home. A great gift for a dad-to-be!



Tell Me Your Life Story, Dad

By Questions About Me
\$11.29; Ages 10 and up
Questions About Me
Amazon.com

Here's a guided journal that could have a huge impact on the future! This one poses 200 questions and prompts to help dads

record their stories for their children and grandchildren.



Free Summer Lunch at the Library!

Escape the summer heat beginning in June by joining us for Lunch at the Library! Enjoy **FREE** activities, special performances, and more!

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BAKER BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

BEALE MEMORIAL LIBRARY

MONDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

HOLLOWAY-GONZALES BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

NORTHEAST BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

RATHBUN BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

WILSON BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

SOUTHWEST BRANCH LIBRARY

CLOSED FOR RENOVATIONS

WEST KERN LOCATIONS

BUTTONWILLOW BRANCH LIBRARY

MONDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

TAFT BRANCH LIBRARY

MONDAY - WEDNESDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

EAST KERN LOCATIONS

BORON BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

CALIFORNIA CITY BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

KERN RIVER VALLEY BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

MOJAVE BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

RIDGECREST BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

ROSAMOND BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

TEHACHAPI BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

NORTH KERN LOCATIONS

DELANO BRANCH LIBRARY

WEDNESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

MCFARLAND BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

WASCO BRANCH LIBRARY

MONDAY & TUESDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE
 Parents & Caregivers - \$6

SOUTH KERN LOCATIONS

ARVIN BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

FRAZIER PARK BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE

LAMONT BRANCH LIBRARY

TUESDAY - FRIDAY
 11:30AM - 12:30PM
 Children, ages 2-18 - FREE



LUNCH
 at the
 LIBRARY

ALMUERZO EN LA BIBLIOTECA



SCAN ME

Parents and caregivers can eat at an additional cost. Price varies per library branch. Scan the QR code to learn more!

**Disabled adults are also FREE. This institution is an equal opportunity provider. The Summer Food Service Program is a program of the U.S. Department of Agriculture, administered in California by the California Department of Education. Lunch at the Library is a project of the California State Library, supported with funds from the State of California and made possible through partnerships with Arvin Union School District, Bakersfield City School District, Delano Union Elementary School District, El Tejon Unified School District, Kern County Superintendent of Schools, Kern High School District, Lamont Elementary School District, McFarland Unified School District, Sierra Sands Unified School District, Southern Kern Unified School District, Taft City School District, Wasco Union Elementary School District*

How to Keep Kids Safe Around Water this Summer and Beyond

FUN IN THE SUN OFTEN involves being around water. Summer is a wonderful season to enjoy a refreshing splash but keeping everyone safe is especially important with children in the water. Drowning is the leading cause of accidental death in children ages 1 to 4, according to the Centers for Disease Control and Prevention (CDC), with just under 1,000 victims nationwide each year.

1

Be water aware

Know that drownings happen in seconds, not minutes, and even occur in shallow water. Start your water experience by pointing out how to exit the pool. Show children ladders and other safety features; limit the number of people in the pool at one time. Children who are not yet competent swimmers should never be more than an arm's length away from an able-bodied adult.

2

Make swimming lessons part of your summer

Children of all ages can benefit from the lifesaving skills and physical activity swimming provides. Having formalized instruction through classes from a certified instructor can reduce drowning among young children by as much as 88%, according to StopDrowningNow.org.

Summer is an excellent time to take lessons or participants can practice their skills all year long at an indoor pool.

3

Equip children with life jackets

Using US Coast Guard-certified life jackets around open water, including at lakes and the beach, has also been shown to reduce youth drownings. Even if your family is not boating or otherwise planning to get in the water, having children wear life jackets can help them survive.

5

Designate a supervising adult

Take turns supervising children in the water. It is easy to become complacent, especially with social conversations or party activities going on nearby. Set expectations from the beginning that children will always be supervised in your pool or at your lake activity. Actively engaging by being in the water with young swimmers is also advisable, as is being sober and phone-free. Being CPR-certified and knowing the signs of dry drowning, which can occur up to 48 hours after an adverse water event, are also advisable prevention steps. Get more tips at www.cdc.gov/drowning/index.html.

4

Avoid extra devices in the pool

Waterwings, pool noodles, flotation devices and inflatable toys are not safety-certified. They can be a distraction that gives a false sense of security. Do not allow children to use them unsupervised.





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

Let's prepare for your future together.



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National Donut and Cheese Day: A Week of Gastronomic Delights

AS THE CALENDAR TURNS TO JUNE, the United States gears up for a week-long celebration of two beloved food items: doughnuts and cheese.

National Doughnut Day, observed on the first Friday of June, is a sweet tradition that dates back to 1938. It was established by The Salvation Army to honor the women who served doughnuts to soldiers during World War I. This day is marked by doughnut shops and bakeries giving away free doughnuts, a gesture that pays tribute to the treat's storied history. The doughnut's journey to America is traced back to its European roots, introduced by the Dutch as "oliekoeken," and has since become an integral part of American culinary culture.

A few days earlier, on June 4th, cheese aficionados celebrate National Cheese Day. This day is dedicated to the appreciation of cheese in its many forms and flavors. From the sharp tang of an aged cheddar to the smooth creaminess of brie, cheese has the power to elevate any dish it graces. It's a day for cheese lovers to indulge a little more, whether it's paired with crackers, enjoyed on its own,

or used to enhance a variety of recipes.

In the year 2024, these two days of culinary celebration fall particularly close to each other, creating a week filled with the simple pleasures that doughnuts and cheese bring. It's a time to reflect on their historical significance and the joy they continue to provide in our daily lives. Whether it's the comforting sweetness of a freshly fried doughnut or the rich, savory taste of cheese, there's something for everyone to enjoy.



To fully embrace these celebrations, consider creating your own homemade treats. For those with a sweet tooth, Cookies and Cream doughnuts offer a delightful combination of crushed cookies and luscious cream. For a savory option, a Grilled Cheese sandwich with smoky Gouda and roasted red peppers provides a gourmet twist on the classic. These homemade recipes are a perfect way to partake in the essence of National Doughnut and Cheese Day, blending tradition with personal culinary creativity. Enjoy the festivities by creating these delicious dishes at home with your family that pay homage to the timeless traditions of doughnuts and cheese.



Cookies and Cream Donuts

Makes 6 donuts

INGREDIENTS

- | | |
|--------------------------------------|---|
| 1½ teaspoons distilled white vinegar | ¼ cup unsweetened applesauce |
| 1 cup gluten-free flour | 2 teaspoons coconut oil, melted |
| ¼ cup unsweetened dark cocoa powder | 1 teaspoon vanilla extract |
| ½ teaspoon baking soda | 12 vegan crunchy chocolate cookies, crushed |
| Pinch of salt | 1 12-ounce jar Dollop Gourmet frosting or make your own |
| ½ cup granulated sugar | Milk or Almond Milk |

DIRECTIONS

- Preheat the oven to 350 F. Spray a donut pan with nonstick cooking spray.
- Pour the vinegar into a ½ cup measure. Add enough milk to come to the brim. Let sit until slightly thickened, 5 to 10 minutes.
- In a small bowl, whisk together the flour, cocoa powder, baking soda, and salt. In a large bowl, mix the sugar, applesauce, coconut oil, and vanilla. Slowly add the flour mixture and mix until smooth. Add the almond milk mixture and continue mixing for 1 minute more. Add half of the crushed cookies and mix until just combined.
- Scoop the batter into the prepared donut pan, filling three-quarters of the way full. Bake until a toothpick inserted into the center comes out clean, 10 to 15 minutes. Let cool before frosting.
- Microwave the uncovered frosting jar for 5-second intervals, stirring in between, until soft. Gently frost the top of each donut. Sprinkle the remaining crushed cookies over the donuts.

— Courtesy of Heather Saffer's "Crazy Easy Vegan Desserts" (Sterling Epicure)

Smoked Gouda and Roasted Red Pepper Grilled Cheese



INGREDIENTS

- | | |
|--|--|
| 8 ½-inch-thick slices Pullman bread | 1 medium jarred roasted red pepper, drained, dried and thinly sliced |
| 4 ounces smoked gouda, very thinly sliced with a cheese slicer | 2 cups baby arugula |
| 4 slices muenster cheese | 6 tablespoons unsalted butter, softened |

DIRECTIONS

- Lay out 4 slices of the bread on a work surface. Layer each with some of the smoked gouda, 1 slice of the muenster, a thin layer of sliced red pepper (about 2 tablespoons), ½ cup of the baby arugula, and another layer of smoked gouda. Close the sandwiches with the remaining bread. Thinly and evenly spread the butter on both sides of the bread using 1½ tablespoons of the butter for each sandwich.
- Place 2 sandwiches into a medium nonstick skillet over medium heat. Cover the skillet with a lid and cook until the bread is evenly golden brown, about 2 minutes. Flip, cover again and cook until the bread is golden brown and the cheese is visibly melted, about 2 minutes more. Repeat with the remaining sandwiches.

— Courtesy of the Food Network Kitchen.



The Ultimate Summer Camp Packing Guide

SUMMER CAMP—AN ADVENTURE WAITING TO UNFOLD!

As parents prepare their kids for this exciting journey, here's a comprehensive packing guide based on the American Camp Association's expert tips. Let's dive in!

CLOTHING ESSENTIALS:

- **Light Layers:** T-shirts, shorts, and lightweight pants for warm days.
- **Sweatshirts or Hoodies:** For cooler evenings.
- **Rain Gear:** A waterproof jacket and boots.
- **Swimsuits:** Don't forget goggles and flip-flops!
- **Underwear and Socks:** Pack extra—they'll come in handy.
- **Pajamas:** Comfortable sleepwear for cozy nights.

FOOTWEAR:

- **Sturdy Sneakers:** Ideal for hikes, sports, and exploring.
- **Sandals or Flip-Flops:** Perfect for beach days and showers.
- **Extra Pair of Shoes:** Just in case!

BEDDING AND LINENS:

- **Sleeping Bag or Bedding Set:** Check camp guidelines.
- **Pillow:** A little comfort goes a long way.
- **Towels and Washcloths:** Quick-dry ones are great.

TOILETRIES:

- **Toothbrush and Toothpaste**
- **Shampoo and Soap**
- **Sunscreen and Bug Repellent**
- **Hairbrush or Comb**
- **Lip Balm with SPF**

HEALTH AND SAFETY:

- **Medications:** Clearly labeled with instructions.
- **First Aid Kit:** Bandages, antiseptic, and any necessary supplies.
- **Health Insurance Card:** Just in case.

MISCELLANEOUS ITEMS:

- **Flashlight with Extra Batteries:** Nighttime adventures await!
- **Reusable Water Bottle:** Hydration is key.
- **Stationery and Stamps:** For writing letters home.
- **Small Backpack or Daypack:** Handy for day trips.

OPTIONAL FUN STUFF:

- **Books or Magazines:** Reading material for downtime.
- **Deck of Cards or Travel Games:** Bonding with bunkmates.
- **Camera or Disposable Camera:** Capture memories.

Remember, label everything with your child's name! And most importantly, pack a sense of adventure and curiosity. Happy camping!

— By Kern County Family Magazine

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Meat, Mussels, and Madness

When Someone Else Writes the Grocery List

Confession. I am not the cook or the grocery shopper. I don't know the difference between tuna in water and tuna in oil. I couldn't tell you if \$1.00 for an avocado is a good price. I consistently choose mushy watermelons. And I can never figure out if I should stand in front of the cart at the checkout line or behind it, a dilemma which inevitably ends with me embarrassing myself as I have to squeeze past it in line or reach into it from some impossible angle.

My food disability alienates me from the other moms. When I'm in the company of Other Moms and the conversation drifts to food or menus or something called "meal prepping," I immediately feel like Imposter Mom and try to sneak away to see what the kids are up to.

So when my husband asked me to go grocery shopping for him, I said ok with all the enthusiasm of a teenager being asked to clean her room.

"I will do it if you make me a list," I said, trying to disguise my trepidation.

Armed with a list, I felt empowered. I was a Real Adult Who Grocery Shops.

Until I could not find a "jar of sliced red bell peppers." (Did people actually eat that? Like in California? Where there were actual fresh bell peppers? Wasn't the jar for people in, like, South Dakota, who didn't have real produce?)

The next conundrum was an item on the list that simply said, "meat." This left me with zero direction. What did he plan to do with this "meat"? Was he planning a pot roast or spareribs? Crock pot shredded beef or hamburgers? There was no way to know.

Frustrated, I moved onto this item: "one pound of fresh mussels," and I stifled an eye roll. Who says, "meat," which could mean anything, and then gets specific about the exact number of mussels they want?



SHUTTERSTOCK

The next conundrum was an item on the list that simply said, "meat." This left me with zero direction.

So, I asked the guy at the fish counter for one pound of mussels, to which he replied, "How about a hundred and twenty pounds of muscle?" as he flexed his biceps. It took me a second to get the joke, and when I did, I wished I hadn't. I wished I didn't have to stand there while he wrapped up my husband's mussels. I wanted to walk away. But I was 0 for 2 already with this list, and I felt like I had to come home with something.

I breezed through milk, eggs, "cucumbers" (which I took to mean cucumbers), and tuna. (I figured out the tuna by just grabbing one randomly.)

Finally, I made it to the check out. The checker caught my eye and held up that can of tuna. She squeezed the can. It made a hollow, popping noise. She looked at me with what seemed to be

anger in her eyes and said, "You can't eat this. This can is bad. A cat wouldn't even touch this."

Um. OK. Maybe talk to me like I'm five and just don't know about tuna (BECAUSE I NEVER EAT TUNA BECAUSE I CAN'T STAND IT). But goodness, don't be angry. Why would someone else's stupidity (like mine) make you angry at them (er, um, me)?

And anyway, why did they have a can of bad tuna on the shelf?

So, then I had to wait for someone to go get a new can of tuna while the checker looked down her nose at me for what felt like forever and was actually about 34 seconds.

This all happened in 2001. It was the last time I went into a store with a list that I did not write myself.

WE LOVE IT!

By Leslie Carroll

WHEN WE THINK OF SUMMER, we think of waterslides and playground slides, but there's one slide to avoid when the weather gets warm: the "summer slide." That's the loss over the long summer break of new skills gained during the school year. Check out the items we love to help prevent the "summer slide" in your child.



Clever Noodle- Popped!
 Popped! is a collaboration with world-re-nowned artist Jeff Koons, using his iconic Bal-loon Dog to create a colorful, visually engaging new reading game. Popped! engages children in a super-fun, fast-paced, high-stakes game of risk and reward while teaching essential reading skills. Based on the cutting-edge science of how children learn to read and co-devel-oped with national literacy experts, Popped! accelerates children's reading. \$29.95, www. CleverNoodle.com



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Highlights- Find the Kind:
The Biggest Day in Kindness History
 The FIRST ever book that contains characters! The Gnumans are moving! And they are in for quite an adventure. Packed with hilarious details, larger-than-life characters and endless amounts of kindness, this zany read-aloud story reimagines classic search-and-find kids books with a whole new world of fun..With its focus on kindness, friendship and community, this storybook makes a perfect gift for kids ages 3-6. \$17.99, www.amazon.com

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JUNE 1



2024 Ronald McDonald Walk for Kids

The Walk for Kids™ is an annual community fundraiser that supports the children and families who rely on the life-changing services and programs provided by the Ronald McDonald House Bakersfield.

9 a.m.
Kern County Museum
3801 Chester Ave.
Bakersfield
www.walkforkids.org



The Bako Market

100+ local vendors, food trucks and more!

10a.m. - 3 p.m.
Centennial Plaza
Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield



Come down to the Craft & Garden Market June 1st at the Apostolic Rock Church.
PHOTO COURTESY VISIT BAKERSFIELD

Craft & Garden Market

Enjoy some delicious pies, Philly cheese steak sandwiches, macaroons & 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
661-332-2811

Bakersfield Senior Center Community Festival & Car Show

A fun-filled day of community spirit, live music, delicious food, and amazing cars. Vendors, face painting, and horse rides.

9 a.m. - 2 p.m.
Bakersfield Senior Center
530 4th St.
Bakersfield
661-325-1113
info@bakersfieldseniorcenter.org

JUNE 5

2nd Annual Central Valley Veterans Film Fest

In recognition and honor of our American Heroes-Veterans, Silver Titan Productions presents the 2nd Annual Central Valley Veterans Filmfest.

Admission is FREE to the

public.

Four films will be screened. Two films are stories of Kern County Veterans.

6 - 8 p.m.
The Historic Bakersfield Fox Theater
2001 H St.
Bakersfield
661-324-1369
www.thebakersfieldfox.com

JUNE 7

Movies in the Park

Come see a free screening of the Super Mario Brothers movie. Bring your lawn chairs and blankets. Movies will begin at dusk.

Bakersfield Sports Village
9001 Ashe Rd.
Bakersfield
661-326-3866
www.bakersfieldparks.us

JUNE 8



Golden Empire Gleaners Yard Sale

Great deals on NEW and slightly used items! Mattresses, Lawnmowers, Pet Food, Toys, Cleaning Supplies, and so much more.

Golden Empire Gleaners
1326 30th St., Unit A
Bakersfield
661-324-2767
www.goldenempiregleaners.com/programs

Worldwide Knit in Public Day

Worldwide Knit in Public Day was started in 2005 by (Australian) Danielle Landes.



It began as a way for knitters to come together and enjoy each other's company.

Beale Library Auditorium
701 Truxtun Ave.
Bakersfield
661-900-6160
claire@dbchristian.com



THE BEST LOCAL CALENDAR OF EVENTS!

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



Sesame Street Live! comes to the Mechanics Bank Theater June 12.

Fietsa Fest Bakersfield 2024

Bakersfield thrives on the spirit of fiesta, and we're bringing together the finest Latino/Hispanic eateries in the region for a celebration like no other. Indulge in tantalizing tasting portions of the most delectable Latino/Hispanic culinary creations in town. This event is exclusively for ages 21 and up.

4 - 8 p.m.
Stramler Park

4003 Chester Ave.
Bakersfield
www.eventbrite.com/e/fiesta-fest-bakersfield-2024-tickets

A Night in Provence Par Deux

The Arts Council of Kern celebrates art, culture and community with a French inspired event. A highlight of the event will be an auction of 20 or more one-of-a-kind hand-painted umbrellas created by Kern County artists.
Arts Council of Kern at Brickyard

1020 18th St.
Bakersfield
661-324-9000
www.kernarts.org

JUNE 9, 16, 23, 30

Concert in the Park Series

The Bakersfield Municipal Band, also known as "The Beale Park Band", will return to the Beale Amphitheater this summer to perform free concerts. Bring your blankets, lawn chairs and picnic

blankets!
8 p.m.
Beale Park Amphitheater
500 Oleander Ave.
Bakersfield
661-323-7928
www.bsonow.org

JUNE 12

Sesame Street Live!

Elmo, Abby Cadabby, Cookie Monster, and their friends from Sesame Street are coming to your neighborhood to say hello! In Sesame Street Live! Say Hello, you can sing and dance with your favorite furry friends while enjoying fun surprises along the way.

6 p.m.
Mechanics Bank Theater
1001 Truxtun Ave.
Bakersfield
robyn.klass@premierproductions.com
www.axs.com

JUNE 14

Happy Flag Day!



Concert in the Park series returns this summer featuring the The Bakersfield Municipal Band, also known as The Beal Park Band.
PHOTO COURTESY VISIT BAKERSFIELD



JUNE 14

Movies in the Park

Come see a free screening of the movie *Eternal*. Bring your lawn chair and blankets. Movies begin at dusk.

Greystone Park
5709 Mountain Vista Dr.
Bakersfield
661-326-3866
www.bakersfieldparks.us

JUNE 15

Community Day at the Park

Join the Bakersfield Police Department for its 3rd Annual Community Day. This free event will have a variety of vendors, music, games and food.

10 a.m. - 2 p.m.
Jefferson Park
801 Bernard St.
Bakersfield
661-326-3077
nbachman@bakersfieldpd.us

JUNE 16



Happy Father's Day!

JUNE 22

Juneteenth Festival 2024

Free & Open To The Public. Many African American organizations, businesses, churches, youth groups, and community members will



be represented. Enjoy great Music, Singing, Dancing, Poetry, Food, Games, Jumpers, Prizes and much more.

1 - 7 p.m.
Silver Creek Park
7011 Harris Rd.
Bakersfield

Candlelight: The Best of The Beatles

Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before in Bakersfield. Get your tickets

now to discover the music of The Beatles at Doré Theatre under the gentle glow of candlelight.

6:30 p.m.
Doré Theatre
9001 Stockdale Hwy.
Bakersfield
402-249-2445
fever@eventvesta.com

JUNE 26

United Way Professional Development Conference

You're invited to the 33rd Annual United Way Professional Development Conference. This year's conference will be centered around public health. Through the conference, attendees will have the opportunity to engage in insightful discussions, workshops, and panels led by experts in the field of public health.

7:30 a.m. - 3:30 p.m.
Bakersfield Marriott Hotel
801 Truxtun Ave.
Bakersfield
661-834-1820
www.uwcec.org

JUNE 27

Art After Dark

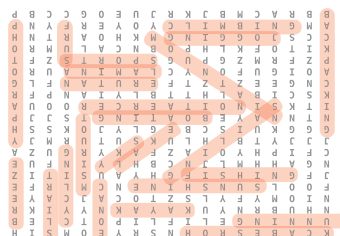
Bakersfield Museum of Art's premiere after-hours art experience returns for its 9th year, with community art projects, live music, unique performances, and much more.

7 - 9 p.m.
Bakersfield Museum of Art
1930 R St.
Bakersfield
661-323-7219

ACTIVITY CORNER ANSWERS ACTIVITY CORNER: PAGES 30-31

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

CROSSWORD
ACROSS
DOWN
1. Squirrel 4. 1. Shelters 2.
Cats 5. EventUnsure 3.
7. Sunlight 4. Cot 6. CT



WORD SEARCH SPONSORED BY:





Lee Brice Live in Concert

Country music star and Grammy nominee Lee Brice performs in Bakersfield with special guest Carson Wallace. **7:30 p.m.** Mechanics Bank Theater 1001 Truxtun Ave. Bakersfield www.axs.com

JUNE 28

One Night in Memphis "One Night in Memphis" features over 90 minutes of pure rockabilly, country, gospel and rock and roll in a very authentic and energetic presentation featuring nationally known talent. The show recreates that magical night of December 4th, 1956 when Elvis Presley, Carl Perkins, Jerry Lee Lewis and Johnny Cash found themselves jamming at Sam Phillip's Sun Studios in Memphis, TN. **7 - 10 p.m.** The Historic Bakersfield Fox Theater 2001 H St. 661-324-1369 www.thebakersfieldfox.com

ONGOING EVENTS EVERY THURSDAY

Concerts by the Fountain Enjoy the free summer concert series at The Marketplace by the main fountain. Due to popular demand, seating may not be available. Lawn chairs may be permitted in designated locations only. **7-9 p.m.** The Marketplace 9000 Ming Ave. Bakersfield



EVERY TUESDAY & WEDNESDAY MORNINGS

Regal Summer Movie Express \$2 Movies all summer **10 a.m** Regal Edwards Cinema Bakersfield The Marketplace 9000 Ming Ave. Bakersfield

Worship Guide

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A Child of God

"I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."

2 Corinthians 6:18 NIV

Being a child of God can mean many things. Perhaps one of the most obvious meanings is that God is our father or mother, in the sense that God is the ultimate source of our existence. Another aspect of being children of God, which is analogous to how children typically feel about their parents is that as God's children we can trust that we are protected and that our needs will be taken care of. But just as children eventually grow up and become independent of their parents, as children of God we are also free to live and enjoy life, and to make our own decisions about life. Just as good parents want what is best for their children and want them to be happy and fulfilled, so too does God want this for all of us. All of God's children have been given instructions on how to live good lives, whether those instructions come from the Bible, the Koran, from the Hindu or Buddhist scriptures, or any of the myriad other sacred books. It seems clear that God has provided guidance for all His children. And even for those of His children who are untutored or have no access to these sacred user manuals, God has provided us with a conscience to guide our actions. We are all children of God and should do our best to be good children, that is, respectful, obedient, and loving children.

- by Christopher Simon



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Cell: 661-873-3483
dwdavenport@aol.com
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"Kern Autism Network Inc. provides support, awareness, information and education to families and the public throughout Kern County"

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Father's Day Photo & Brews June 15, register via Eventbrite on our website www.kernautism.org
Female Support Group: Contact us for summer hours

The office is closed for the summer and available via appointment only or by email at kernautism@gmail.com

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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- Camps & Activity Scholarships
- Evening & Weekend Phone support

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EVENTS & FACILITIES



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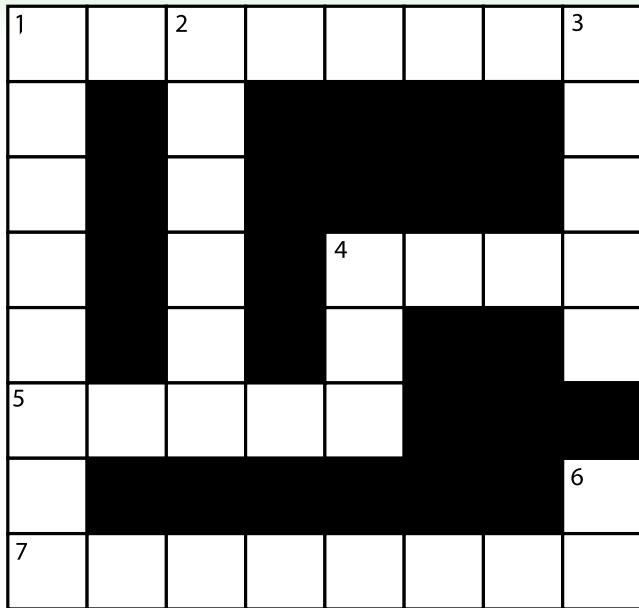
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JUNE ACTIVITY CORNER

Crossword



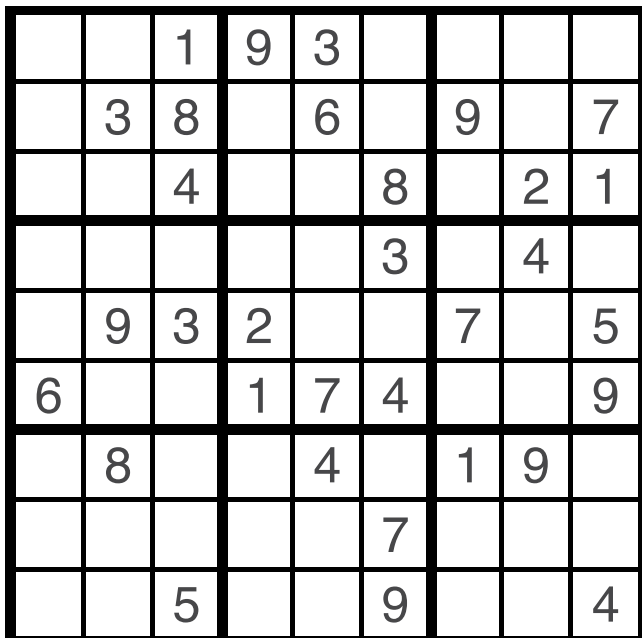
ACROSS

- 1. Curly-tailed rodent
- 4. Felines
- 5. Occasion
- 7. Daytime light

DOWN

- 1. Houses unwanted pets
- 2. Not certain
- 3. Corrals dogs on walks
- 4. Portable bed
- 6. East coast state

Sudoku



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



DID YOU KNOW?

KIDS HAVE THE POWER TO MAKE A REAL IMPACT IF THEY BELIEVE IN THEMSELVES.



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!

JUNE ACTIVITY CORNER

PUZZLE ANSWERS
PAGE 26

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

- | | | | | |
|-------------|-----------|-------------|------------|----------|
| ANIMAL | CLIMBING | KAYAK | RECREATION | SUNSHINE |
| BACKPACKING | CYCLING | LAKE | RUNNING | SURF |
| BOATING | FISHING | MOUNTAIN | SAILING | TOURISM |
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