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JULY 2024

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SUMMER BLISS

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Tehachapi



Meghan Escoto, AGACNP-BC
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661-822-9105



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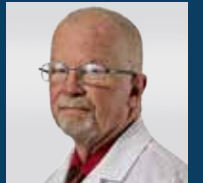
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Family Medicine
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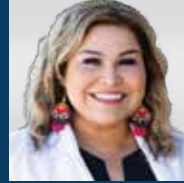
Iain Gallego, FNP-C
Family Medicine



Ambika Softa, MD
Internal Medicine



Rebecca Rivera, MD
OB/Gyn



Maritza Orozco-Robles, FNP-C
Family Medicine



Haylee Tracey, PA-C
Family Medicine



Bobbi Meyer, FNP-C
Family Medicine
661-771-8222



Bahareh Ghafarizadeh, MD
Internal Medicine



Arun Softa, MD
Internal Medicine



Donya Walker, FNP
Family Medicine



Gloria Nwigwe, FNP-C
Family Medicine
661-771-8222



Michael Pelzer, FNP-C
Family Medicine
661-771-8222



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OWNER/PUBLISHER

Lisajo Peterson Radon

ART DIRECTION

Creative Circle Media Solutions

CALENDAR & INSTAGRAM

COORDINATOR

Leslie Carroll

SOCIAL MEDIA COORDINATOR

Callie Collins

CONTRIBUTING WRITERS

Leslie Carroll, Callie Collins,
Pam Molnar, Andrea Rose,
Vaun Thygerson, Julie Willis

ADVERTISING INQUIRIES

661-861-4939

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1400 Easton Dr., Suite 112
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661-861-4939

WEB

www.kerncountyfamily.com

E-MAIL

kcfm@kerncountyfamily.com



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MEMBERS OF



ON THE COVER: Eloise Wood, 9, of Bakersfield. Have a berry delicious summer. **PHOTOS BY TESSA WARNER PHOTOGRAPHY**

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Vaun Thygerson
CONTRIBUTING WRITER

SUMMER SOUVENIRS: Little Reminders of Big Adventures

Summertime fun includes day trips, extended vacations, camping, and beach and lake destinations, but one thing that comes with all these adventures is souvenirs! We buy lots and lots of shiny, sparkly, kitschy little trinkets that remind us of these amazing memories. It can be stickers, patches, playing cards, or the like.

My boys haven't really found a tchotchke-specific niche, but they usually get a t-shirt or a sticker. At one point, my oldest son collected baseballs wrapped in the site's highlights or engraved with the name of the place, but it fizzled out. My younger son has a collection, but it's all LA Chargers memorabilia, so not really vacation inspired. On the other hand, my daughter and I have zeroed in on our finds — every place we go my daughter buys a snow globe and I always seek out a unique pen or pencil. In fact, last week we went to the Petersen Automotive Museum in Los Angeles and I found a toy car with workable wheels that doubles as a pen. Proof that you're never too old for the gift shop!

One souvenir that I always buy, because I'm a sentimental sucker, is the commemorative photo. This summer KCFM wanted you to be able to take some local photos that would be frame-worthy. In the article, **"READERS RESPOND: FAVORITE PHOTO LOCATION,"** on page 10, Callie Collins asked our readers where is the best place to take a family photo. Answers ranged from Hart Park to the Fox Theatre to the Kern County Library.

While you're adventuring around this summer, you can also

turn these excursions into a time to give back to the community. In the article, **"FIVE WAYS TO MAKE A DIFFERENCE FOR KERN COUNTY'S CHILDREN,"** on page 18, Callie Collins writes about July as National Make a Difference to Children Month. Locally, there are many ways to make a positive impact in a child's life such as volunteering as a family or supporting a children's charity.

Speaking of vacations — **"VACATION WOES: TRAVELING WITH KIDS,"** Julie Willis humorously recounts the trials of family trips, from tantrums to forgotten items, and hopes for smoother travels now that her kids are older. Find the full story on page 22.

July's Hello Happy Mama features Maggie Cushine, who is a longtime friend and supporter of KCFM. In Callie Collins' article, **"HELLO, HAPPY (COMMUNITY-MINDED) MAMA,"** she writes about Maggie's unwavering commitment to Kern County through her various jobs and activities. Currently, she works as the director of Grants Management and Program Facilitation at the Boys & Girls Clubs of Kern County. Along with her husband, Mike, and her two adult children, the entire family has made an impactful mark on this community. To read all about her, turn to page 12.

Summertime is here in full blast! It's time to celebrate the 4th of July and enjoy all the amazing mainstays of summer. Whether you are at the lake or taking a family photo, remember to make memories, and if you can, find a souvenir to cement them with a collectible of some kind! Now, when you get home and unpack, finding where to store all these tchotchkes is another story all together!

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The Open Door Network (TODN) awarded recognition at the annual ceremony hosted by CalNonprofits on the Assembly Floor in Sacramento.

PHOTO COURTESY OF TODN

Nonprofit of the Year

Assemblyman Vince Fong recently named The Open Door Network (TODN) as the Nonprofit of the Year for Assembly District 32. This recognition reflects TODN's unwavering dedication to its comprehensive support services that help assist women and families facing homelessness and domestic violence in Kern County.

"The Open Door Network is an essential part of the Kern County community, helping women and families experiencing homelessness and domestic violence find their footing," says Assemblyman Vince Fong. "The services provided by The Open Door Network are comprehensive and nothing short of life-changing for the people who are in need of their help."

From expanding its shelters to reach more women and children across Kern County, to offering career support services, TODN is dedicated to ensuring that women and families successfully transition out of homelessness and abusive situations and successfully reintegrate into the community.

"Supporting our most vulnerable populations across Kern County is no easy task. We are honored to be recognized for the difficult and honorable work our 300 employees pursue every day in hopes to change someone's life for the better," says Lauren Skidmore, CEO of TODN. "This is truly a recognition of all the amazing work being done to support those facing violence and homelessness."

Local 88.3 Life FM Wins Medium Market Station of the Year

Radio Station 88.3 Life FM was recently awarded the Medium Market Station of the year, a national award from Christian Music Broadcasters. The judges spotlighted the work



Life FM does in the community, the deep connection to local listeners, willingness to work alongside other radio stations, and the relational

aspect that comes through the on-air and in-person events.

"I was actually caught off guard when we won," says Matt Pelishek, 88.3 Program Director. "This is the highest award in our industry, and is incredibly humbling. Every person who has ever been a part of Life FM, or joined us at an event, should consider yourselves shared recipients of this award. Our goal has never been awards, it has been to bring hope to our community, and prayerfully honor God in that process. I can't thank our team enough for all of their hard work and dedication. What an incredible honor to receive as we celebrate the 30th anniversary of this ministry!"

For more information, please visit 883lifefm.com.



COURTESY OF KCDHS

The Kern County Department of Human Services' Benefits Express Mobile Office

The Kern County Department of Human Services (DHS) announces its new Benefits Bus that brings the benefits to the community. This program is thanks to a federal grant from the Federal Government's SNAP (Supplemental Nutrition Assistance Program), one of five received in the United States during this grant cycle.

The 38-foot-RV named, "Benefits Express," took over two years to build and includes five work stations, as well as a handicapped entrance. The vehicle will be used to provide easier access to those who may not be able to get to one of DHS's offices throughout the county. Some of the services offered through Benefits Express will include CalFresh, Medi-Cal, CalWORKs, and general assistance. **To apply for these services online, please visit www.kerndhs.org or www.benefitscal.com.**

For information regarding upcoming locations and times for accessing this new service, please visit www.kcdhs.org/BenefitsExpress.

Bank of America Awards \$175,000 to Kern County Nonprofits

Bank of America recently announced its first round of grants totaling more than \$175,000 to five Kern County nonprofits focused on improving the lives of individuals and families through jobs and the health of underserved communities. Economic growth is directly correlated to a community's access to quality education, skills training, and employment opportunities. Yet, according to recent U.S. census data only 19 percent of Kern County residents have a bachelor's degree or higher form of education. To help close this education gap, Bank of America supports a range of educational and workforce development opportunities, including upskilling and reskilling



The Boys and Girls Clubs of Kern County's Summer Jobs Program Students. PHOTO COURTESY OF BANK OF AMERICA

programs and paid workforce readiness programs that will help individuals and families stabilize and advance.

GRANTEES INCLUDE: The Boys & Girls Clubs of Kern County's Summer Jobs Program, Garden Pathways' Summer Youth Paid Internship Program; Taft College's Allied Health Studies program; The Open Door Network, Hopester, Inc.; and the Kern Economic Development Foundation's internship program.

"Partnering with impactful local organizations to address important issues like youth workforce development and pathways to employment is part of our commitment to creating real change in Bakersfield," says Karen Zuber, president, Bakersfield. "Investing in Kern County's nonprofits helps provide the resources and support needed to help build thriving communities long-term."

My Husband's Nuts Owner Thanks Customers for 21 Years in Business

After 21 years in business, Jennifer Rogers-Etcheverry, owner and farmer's wife of My Husband's Nuts, has decided to move on to the next chapter in her life. "I opened the doors to My Husband's Nuts in 2003. Over the past 21 years, I have been blessed to have met some



of the most amazing customers who have become special friends," she says. "From store owners to individual clients far away, you trusted me and my product. I will miss you!"

As the great granddaughter of Will Rogers, Jennifer has been the family representative travelling nationally to promote his legacy and to receive awards on the family's behalf. For her next chapter, she will focus on this mission fulltime.

She invites everyone to follow along on her new journey through "The Will Rogers Experience" on Facebook and Instagram and www.shopwillrogers.com.

North Rotary Club & Foundation makes Community Impact

Congratulations to the Bakersfield North Rotary (BNR) on their achievements and positive impact within the community. With over 50 dedicated members, including some honorary ones, you may have not met yet, the collective impact is profound and significant, as evidenced by our reports to Rotary District 5240.

Patrick Hoffman, President of Bakersfield North Rotary, shared highlights of the top clubs in District 5240, showcasing the substantial impacts that clubs and their foundations have made through volunteer work and charitable actions during the 2023-2024 Rotary year. Out of the nearly 70 clubs in our district, our club proudly stands at the 5th position, and only Kern County Club, in terms of the financial impact we've made in our community—a



Frontier Interact Students Aid Derby Dinner Fundraiser for BNR Scholarships.

PHOTO COURTESY OF LJ RADON, BNR MEMBER

truly remarkable feat! Kudos to Bakersfield North Rotary!

Our "impacts" stem from various fundraising initiatives like the Thanksgiving Baskets, French Connection (previously known as Wine Mafia), and Dinner at

the Derby. Additionally, our foundation's support extends to donations for local non-profits and scholarships for NHS and FHS Interact students. The success of these endeavors is a direct result of your unwavering support—through quarterly billed fines, recognition of personal milestones, engagement in our Partners in Philanthropy program, and your active participation in our events. Our club's history is rich with member support, and we are fortunate to have additional backing from community partners such as Chevron, Standard School District, Supervisor Jeff Flores, and the Boys & Girls Clubs of Kern County, among others. It truly does take a village, and we are incredibly grateful for ours.



Cleaning a grill immediately after each use can make it easier to remove all the debris. ADOBESTOCK / SHAIITH

From Grimy to Gleaming: Get Your Grill Squeaky Clean

For millions of people across the globe summer means one thing: grilling season. Cooking over an open flame imparts a unique flavor to a variety of foods, but a dirty grill can pose health and safety risks. Here are a few strategies to ensure a squeaky clean grill this summer.

Clean after each use. Cleaning a grill immediately after each use can make it easier to remove all the debris that can gather as foods cook. Fat, grease, melted cheese, marinades, and other substances can accumulate on the grill over time. Keep the fire going until after eating then scrape food and other debris off the grill.

Oil the grates before cooking. A light coating of oil brushed onto the grill grates prior to cooking can reduce the likelihood that food sticks to the grill while it's being cooked. Food stuck to a grill can be difficult to remove, but the oil can reduce the likelihood that ground beef from burgers or chicken breasts will stick to the cooking surface.

Deep clean the grill every so often.

Grill grates may not need a deep clean after each use, but cleaning after heavy usage can remove debris that can accumulate over time. Follow the grill manufacturer's instructions regarding cleaning the grill. Some might suggest traditional dish soap like Palmolive is safe to use, while others might recommend particular soaps that can protect the long-term life of the grill. Make sure to clean out grease traps and ash pans as well.

Use the right tools. Steel grill brushes are popular, but these cleaning tools can be unsafe. Steel brush bristles can break off during vigorous cleaning sessions, and they may get stuck on the grill and attach to food. Cooking experts note steel brush bristles can cause throat and/or abdominal issues if consumed. Alternatives to steel bristle grill brushes are widely available.

Grilling is a wildly popular summer pastime. Ensuring grills are clean prior to cooking can make foods more flavorful and decrease the risk of illness.

Fun Facts about Hot Dogs

July is National Hot Dog Month, and according to the National Hot Dog and Sausage Council, Americans will be consuming the infamous little red tubes of meat in record numbers this summer. The Council estimates that over seven billion hot dogs will be eaten by Americans between Memorial Day and Labor Day. During the July 4th weekend alone (the biggest hot-dog holiday of the year), 155 million will be consumed. Every year, Americans eat an average of 60 hot dogs each. They are clearly one of the country's most loved, but most misunderstood, comfort foods.

Basketball Named Most Dangerous Sport to Learn at Home

A new study has uncovered the sporting equipment that most frequently sends Americans to the hospital for treatment, with basketball appearing at the top.



The analysis by injury lawyers Bader Scott compared the most recent consumer product injury data from the CPSC's Electronic Injury Surveillance System to sports commonly performed and practiced at

home. This was to determine which sporting products caused the highest emergency department visits across America.

The data reveals that basketball is the most dangerous sport to learn at home. From finger fractures during passing to sprains and falls, basketball equipment sends more Americans to the emergency room than any other sporting equipment, leading to an estimated 314,000 injuries per year.

Injuries caused by basketball equipment may be so high because participants have minimal protection, unlike football or soccer. The data also reveals that people aged between 15-24 account for almost half of all basketball equipment injuries, at 144,000.

Celebrate Smart: Keep Your Kids Safe Around Fireworks

You probably wouldn't let your child play with a blowtorch, right? Well, experts say letting a child handle 4th of July sparklers can pose some of the very same risks.

The Children's Hospital of Philadelphia says people often treat sparklers much too casually, even though they can burn at temperatures of about 2,000

degrees Fahrenheit. Children are allowed to hold and wave these red-hot metal rods like toys. Sparkler sticks pose a serious burn risk, and the sparks can cause additional burns and eye injuries, warns the CHOP. Young children who would not be trusted with other hot materials should not hold sparklers, warn health

experts. Older children should be carefully supervised around sparklers and other fireworks.

Those who want to avoid any possible injuries on July 4th and during other summer celebrations would be wise to avoid sparklers in favor of safer forms of entertainment. **Here are some ideas.**



- **Glow sticks** light up in the dark and can be worn or waved around safely.
- Fill **water balloons** with a mixture of glitter and water. When the balloons pop, it is a festive display.
- Send children around with **canned string** products that they can spray on one another. If making a mess isn't an issue,

shaving cream "fights" also can be fun diversions for children.

- Purchase battery-powered **blinking lights**, such as those sold at circuses or concerts. Kids can spend hours running around with them in hand. Less expensive flashlights purchased at a dollar store can create the same effect.

- Let children play with **confetti cannons**.

- **Snappers or "poppers"** could be an option if they are sold nearby. These are small noisemakers that explode and pop when they are thrown at a hard ground surface.

Sparklers may be festive and beautiful to behold, but they are not designed to be handled by children. Alternatives to sparklers are equally fun and much safer.

How's Your Hydration?

You probably aren't examining what's left behind in the toilet after visiting the restroom. Most people just flush and go on with their business. But checking the color of your urine can be a good way to determine if you are getting enough fluids and avoiding dehydration. Generally, the darker the urine, the greater the likelihood that dehydration is occurring. Consult with this color chart to understand where urine color should fall for a healthy range.

You + Us = a better day!



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Q. Where are your favorite family photo locations in Bakersfield?

Summer is a beautiful season in Kern County. We asked our readers to share some of their favorite locations to take portraits in Kern County.



"We have made exploring Kern County a must-do family activity this year and one of our favorite places is Lake Ming because we get the best photos of my nephew Jeremiah, usually with quacky photo-bombers and amazing views."

- Lisa Keosouphanh

The Bluffs

Stephanie Johnson

Almond orchards

Caitlin Flaviland

Lake Ming

Megan Whaley

CSUB

Lori Murphy

Windwolves

Sherry Coontz

Dewar's Ice Cream and Fine Candies

Sophie Zavala

The wings on the wall off F St. and Hart Park

Tonya Eagle

Mill Creek Park

Shannon Snyder

Hart Park

- Amanda Prado

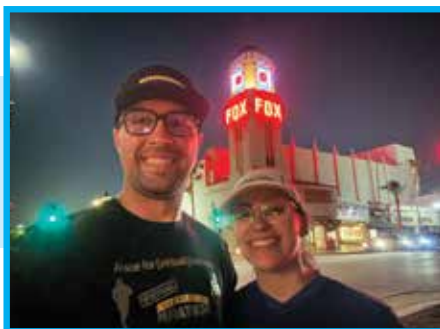
(Editorial note: Nearly half of all respondents chose Hart Park, a first in our submissions.)



"We loved Hart Park to take photos for graduation of my son, Zane"

Vaun Thygerson

Photo by Tessa Warner



Fox Theatre

- Michael Cushine

Derrel's Mini Storage

They have bushes for a background and a water element. There's also no shade in the front entrance making it great for family photos.

- Lindsey Panick

Every summer, our family takes a photo at the top of a hill at the Park at River Walk. It's a silhouette that poignantly shows just how quickly our kids have grown.

- Nina Fla





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HELLO, HAPPY (COMMUNITY-MINDED) MAMA: **MAGGIE CUSHINE**



Maggie Cushine. - PHOTO BY MACKENZIE CUSHINE

When Maggie Cushine moved to Bakersfield in 1985 to play softball at California State University, Bakersfield, she could not have known then what an impact she and her future family would make on the community. “I fell in love with the city and its people. Bakersfield still has a great small-town feel. My husband and I would go places around town and see who ran into someone we knew first, and then it expanded to include my two adult children, Mickey and Mackenzie, who are involved with the community now,” she said.

Maggie has been director of Grants Management and Program Facilitation at Boys & Girls Clubs of Kern for more than

15 years. She worked formerly as a resource development manager for CASA of Kern County, in addition to leading family volunteer efforts alongside her children throughout their childhood.

Maggie’s husband, Michael, is a Gifted and Talented Education (GATE) teacher in the Panama Buena Vista Union School District and a CSUB sports announcer. He is perhaps best known, however, as the host of local TV show “Do The Math.”

“I have a great family who is always there for me when I need a hug, to vent, or to go do something fun, but we are very busy,” said Maggie.

Son Mickey, 28, leads a similar professional life: he is also a teacher in the

Panama Buena Vista Union School District, a sports announcer for CSUB and a host for “Do The Math.” He is president of the Bakersfield Marathon. Mickey and his wife, Alejandra, are expecting their first child this month, Maggie and Michael’s first grandchildren.

Daughter Mackenzie, 26, works in digital television media production with KETN/Kern County Superintendent of Schools. Additionally, she volunteers as a photographer for local non-profits, including the Junior League of Bakersfield, Boys & Girls Clubs of Kern County and the Bakersfield Museum of Art.

That sense of connection to community has been so important to the Cushine family, through their individual involvement in schools, charitable organizations.

“I am always amazed at the number of nonprofits in our community. Volunteering is a great way to meet new people and get involved, and it is also a way for children to learn about their community and help others. Both my children have volunteered since they were little,” said Maggie. “We did it together with the hope that they would volunteer on their own as adults and that’s what has happened.”

Q&A with Maggie Cushine

We often talk with mothers in phases of life that can seem lonely or isolating, especially as they raise young children. Now from a different vantage point as the mother of adult children, what advice do you have for respite and renewal for women going through that phase of life?

MAGGIE’S MESSAGE: It gets better.

■ The big thing about having adult children is the freedom to renew when



From left to right: Mickey Cushine, Alejandra Ruiz-Cushine, Michael Cushine, Magie Cushine, Christian Labanowitz and Mackenzie Cushine. - PHOTO BY DIANA RUIZ

I need it. I can binge-watch k-dramas [Korean TV shows and movies] (Mackenzie got me hooked), immerse myself in a romance novel (I love my Kindle), pull weeds in the garden, volunteer in the community or just go shopping without having to check everyone's schedules. If my husband and I want to run away for the day or the weekend, we can, or if Mackenzie and I need to go on a girls' trip, we can. I am lucky that both of my adult children are still living in Bakersfield, so we meet up at the movies or go to dinner for a quick check-in, which is way cool.

Q. What's something others would never guess upon meeting you?

- I was a softball pitcher in the past and

my team at CSUB won two National championships.

Q. What is your parenting PSA?

- As parents, Mike and I always wanted to keep our children busy (so they couldn't get into trouble) and support their passions, so they were always involved in extracurricular activities, be it sports, learning the trumpet or piano, becoming a photographer, learning to ride a horse, becoming a pilot at 16 or getting their first jobs with the Bakersfield Blaze or the "Do The Math Show" when they were 15.

BONUS TIP: Chalkboard-painted kitchen cabinet doors really helped keep track of everyone's schedules. Mike and I still use them to help us keep track of our week.

Fill-in-the-blank questions for Maggie Cushine

I'm always laughing at... My family's antics.

The first thing I do when I wake up in the morning is... Check my emails, and my schedule for the day and then go for a walk with my husband.

Today, the strangest thing in my purse is... A deck of cards. You never know when you need to pass the time.

My favorite food is... Chile verde anything.

My favorite dessert is... Yellow cake with chocolate frosting.

In my pantry, you will always find... I don't know. I don't really cook but Mike makes sure I have chicken noodle soup available, as I love it for breakfast.

Before I go out, I always make sure I have... My cellphone with me (which is also my wallet).

The best book I've read lately is... The "Bridgerton" series.

So far, my best life advice is... To always look for the other side of a story or the rest of the story (looking at the situation with a positive lens) before making a decision or judgment.



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Wrigley is a Goldendoodle who was born in a puppy mill and sent to a pet store. A family came into the store just before the holidays to ooh and aah at the puppies and fell in love with Wrigley's golden curls and clumsy walk. He licked the children's faces and chased after the toys they threw for him. The staff at the pet store told them that Wrigley would be gentle, playful, large enough to intimidate intruders and non-shedding. This would be the family's first pet.

It wasn't too long after they brought him home that the novelty of a new puppy wore off. Wrigley had a hard time distinguishing between his toys and the family's shoes. He grew bigger than they were promised and had a lot of energy. Wrigley was never taught to walk on a leash and instead pulled his family along like a boat pulls a water skier. They also discovered that Wrigley took after the Golden Retriever side of his family and was a dog who sheds.

Unfortunately, the family didn't know what to do with him and without proper discipline, he became a hyper, uncontrollable dog who left a trail of dog hair wherever he went. Sadly, in less than a year, Wrigley became one of the 3.9 million dogs who enter an animal shelter each year.

Not every family is equipped for a dog. If your family is considering adding a fur baby to your home, take a minute to ask yourself if you can make this lifelong commitment.

1. DO YOU HAVE TIME FOR A DOG? Plan to spend an average of 1 to 2 hours a day with or for your dog depending on breed.



That includes feeding, training, exercise, grooming and cleaning up. Dogs are natural people pleasers and want to be with their pack when you are home so plan time for cuddling, too. If you are a family that is away from your pet for long periods due to work or other commitments, you need to make arrangements for their care in your absence.

2. CAN YOU AFFORD A DOG? According to a study by Synchrony, the average lifetime cost of owning a dog ranges between \$20,000 and \$55,000. Besides the initial purchase (whether to a breeder or rescue), your dog will also need regular veterinary visits, monthly preventatives like heartworm pills and flea and tick prevention and of course, food. You will also need to consider boarding costs when you travel and grooming costs de-

pending on the breed you choose. Like children, you need to plan for unexpected medical bills and damage repair.

3. CAN YOU TOLERATE A MESS? Dogs are messy. They drip water on the floor when they drink. They bring mud and leaves into the house from outside. Some dogs shed. Some dogs drool. They leave piles in the backyard and sometimes have accidents in the house. If you are not the kind of person who can clean it up and move on, maybe a dog isn't right for you.

4. ARE YOU WILLING, AS AN ADULT, to take on the responsibility? My kids, just like thousands of others, promised to do EVERYTHING for the dog. However, I am the one to remind the kids to take care of their dogs and many times, I just take care of them myself. The average lifespan of a dog



is 10-13 years. Getting a dog when your youngest child is 10 means that you as the parent will be caring for this dog long after the kids have left for college.

5. IS EVERYONE ALL-IN? If you or your

spouse or even your live-in mother-in-law is not all-in, your dog will not be successful in your house. Dogs always seem to flock to people who don't like them, probably trying to win them over.

Unfortunately, some people are not dog people and will never come around to barking, messes and the responsibility that goes along with them. The dog will become a constant thorn in their side and will probably need to be rehomed.

6. CAN YOU SURVIVE A TRIAL PERIOD?

Sometimes getting a dog looks good on paper, but in real life is another matter. If you think you have the time and money commitment, why not try pet ownership in small doses? You can pet sit for a friend while they are on vacation to see if the novelty wears off before the owners come home. If that goes well, contact your local shelter about fostering. This longer care situation is a great way to see how a dog will fit into your daily routine. You might even find the lifelong friend you were looking for.

Pam Molnar is a freelance writer and mother of three humans and two fur babies. Their dogs came to live with them after the first family returned them to the shelter for growing too big and shedding too much.

Calling all pet owners in Kern County!

Does your pooch belong in pictures?
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Return to the website daily between July 10th and July 24th at noon to place your vote!
(One voter per email per day)

Winners will be announced via Kern County Family Magazine social media the week of August 5th, 2024.

More de-TAILS and prize information on line at Kerncountyfamily.com

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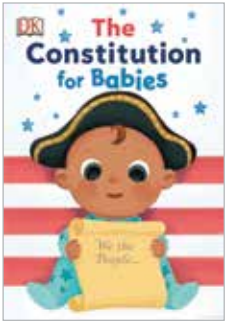
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Let's Celebrate History of our Great Nation!

IT'S JULY—AND IT TYPICALLY COMES IN WITH A “BANG!” on the fourth! The holiday is noted for its community fireworks displays to celebrate an historic milestone: the 1776 adoption of the Declaration of Independence announcing the colonies' separation from Great Britain. Interestingly, the observation of Independence Day only became commonplace after the War of 1812 and we've been celebrating it annually since. But how much history do you really know about the founding of our great nation? We rounded up books for kids of all ages to learn a little something about the history of the USA.



The Constitution for Babies

By DK
\$7.99; Ages 0-4
Publisher: DK Children
Amazon.com

The Constitution is rather heavy reading, but this board book uses simple

text and illustrations to introduce the youngest Americans to our Founding Fathers and their work.

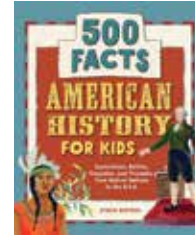


America the Beautiful: Celebrating America's History, Landmarks, Parks, Artists, Food, Maps and More!

By Cholena Rose Dare and Katie Melrose

\$12.29; Ages 5-8
Publisher: Cottage Door Press

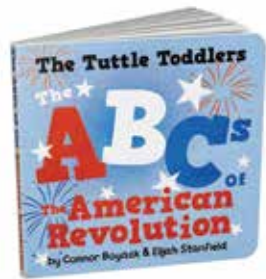
Packed with fun facts, maps and more, this luxury storybook gives kids a look at everything that makes America unique.



American History for Kids: 500 Facts!

By Stacia Deutsch
\$10.18; Ages 8-15
Publisher: Callisto Kids
Amazon.com

Through the use of bullet points, timelines and succinct historical information, curious kids can learn all about the founding of our nation.



The Tuttle Toddlers ABCs of the American Revolution

By Connor Boyack and Elijah Stanfield
\$7.99; Ages 0-3

Publisher: The Tuttle Twins
TuttleTwins.com

It's never too early to consider the past. This board book is an intro into the American Revolution for the littlest learners.



National Monuments of the USA

By Cameron Walker and Chris Turnham

\$15.62; Ages 6+
Publisher: Wide Eyed Editions
Amazon.com

View some of the nation's most popular landmarks and find out secrets of each in this illustrated book packed with maps and facts.



American History for Kids: A Captivating Guide to Major Events in US History

By Captivating History
\$19.69; Ages 9-12
Publisher: Captivating History
Amazon.com

Part of the History for Children series, this book takes kids back in time to discover why the first settlers moved to America, who and what they discovered here and more.



Hello, America!

By Martha Zschock
\$9.99; Ages 2-5
Publisher: Commonwealth Editions
Amazon.com

America's bald eagles introduce children to the beauty and history of the U.S. as they take kids on a trip through our landmarks and more.



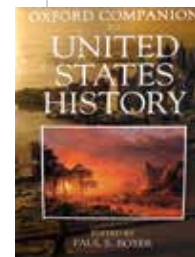
Who Was Betsy Ross?

By James Buckley Jr., Who HQ and John O'Brien

\$4.54; Ages 8-12
Publisher: Penguin Workshop
Amazon.com

Each school day, students across the nation say a pledge to the flag. But how

many students know who may be responsible for our American flag? Betsy Ross lived in Philadelphia, Pennsylvania, when the colonies were seeking independence from British rule. As a seamstress, she made tents, repaired uniforms and had a hand in the flag of our nation.



The Oxford Companion to United States History

By Paul S. Boyer
\$25.93; Ages 15-adult
Publisher: Oxford University Press
Amazon.com

This isn't light reading but it's a great resource to have on hand for homework help or to be prepared for pub trivia. The book is organized like a dictionary or encyclopedia and includes more than 1,000 entries written by historians and scholars to explain America's political and military history as well as social, cultural and scientific trends.



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Championing Children: Kern County's Call to Action

Five Empowering Ways to Support Our Youth

"Societies are often judged by how they treat their children."
– Kim Ratz, motivational speaker and youth welfare proponent

JULY IS NATIONAL MAKE A DIFFERENCE TO CHILDREN Month. Child advocate Kim Ratz proposed the observance in 2006 as an initiative to raise awareness of issues like poverty, child labor, abuse and neglect. Although systemic issues are pervasive and complex, developmental research shows that one consistently caring adult can make a difference in the life of a child.

HERE ARE FIVE WAYS TO HELP A LOCAL CHILD:

1

Support children's causes

Getting involved with what matters to you can happen in ways that are convenient. Be present at community events benefiting Kern County youth. Donate when you can. Advocate on the legislative level by writing to your representatives.

2

Volunteer formally

Choose an organization where you can lend your time and talent. Volunteers make the world go round, especially in the nonprofit sector, which covers most organizations in service to children and their families.

3

Show up informally

Serve others as a kind neighbor, substitute grandparent or parent helper. Get to know children's parents or guardians and try to help. Giving back to others is often its own reward.

4

Be the change

From creating Little Free Libraries to helping children learn to read, every adult has unique talents to share. Identify a problem in your church, school or the greater community. Figure out how to implement a solution. Whether it's donating material resources to a foster family, tutoring at your neighborhood school or implementing a pantry program, you can play a part in making lives better.

5

Listen

People of all ages need mentors. If you are not sure how to help, just being willing to listen to youth is enough. Lending an ear is a good first step.



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School Supply Wish List

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

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

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



BOYS & GIRLS CLUBS
OF KERN COUNTY

Throw a Gold Medal Party: A Celebration for Your Little Olympians

THE OLYMPIC GAMES IS THE PREMIER multi-sporting event watched by the world. This year's Games of the XXXIII Olympiad will take place July 26th to August 11th, 2024, in France, with Paris as the main host city. Approximately 10,500 athletes from 206 National Olympic Committees (NOCs) will compete in 32 different sports.

Four new sports will be added this year – breaking (dance), sport climbing, skateboarding and surfing. Sadly, three sports will be absent from this summer's Olympics including karate, softball and baseball.

If you are looking for a way to get into the spirit of the games this summer, start by hosting Olympic themed events in your own backyard. Check out a few of our ideas for games, crafts, decorations, food and goody bags.

Events

ARCHERY: Start by creating your own bow and arrows with small branches, adding a string to complete your bow. Instead of a sharp point, glue a cotton ball to one end of the arrow. For a fun game, dip the cotton ball tip into paint and try out your skills on a paper target.

VOLLEYBALL: Challenge yourself with a pint-sized version of volleyball. Players will get into the crabwalk position and only touch the ball with their feet. Lower the net to just above the players' heads or use a rope or pool noodles in place of a net. For a lighter ball, use a balloon or beach ball.

GOLF: If it is a warm day, challenge the golfers to the putting obstacle course. Make round golf balls in a circle ice cube tray. Players must get their ball through the obstacle course before the ball melts. If the game takes place indoors using a regular ball, blindfold the golfer and have his partner give him directions to get his ball through the obstacle course. Use mini cones, boxes or croquet hoops to make the course more challenging.

BASKETBALL: The outdoor version of this game requires water balloon basketballs and a kitchen colander net. One player will wear the colander on his head while another player tries to get the water balloon in the basket. Points are given to the team with the most baskets and bonus points are counted for the balloons that don't break. The inside version of this game is played the same way – just without water. The balloons will be more difficult to sink when they are filled with air.



SAILING: This game can be played in a kids' pool. Players will use sailboats made of pool noodles and a paper sail. Each opponent will float their boats one at a time and try to get them across the pool by waving a paper fan to create a breeze. Time the boaters to see who can get their boats across the fastest. Another version of this game can be played if you have a running stream. All boats can be sailed at once to see who makes it to the destination first.

SHOOTING: For this game, fill water guns with colored water. Players aim their water guns at a white cloth target (old sheets or tablecloths work well) to see who the best shot is. To cool off, you can use human targets wearing white t-shirts. The indoor version of this game is to use Nerf guns and plastic cups. Players try to knock over the paper cups to reveal the prize inside.

Decorations

Inexpensive decorations can be found at the dollar store. Use colored tissue paper to create flames inside vases. Colored plastic tablecloths can be draped on walls. Wrap Olympic colored yarns around foam wreaths to create Olympic rings. Use construction paper to create paper garland flags to hang at points of interest.

Food Ideas

Make it a simple buffet of Olympic colored fruits, veggies and Jello. You can also do food from around the world. Expand your menu to include more open-minded eaters or use kid friendly versions of international foods such as Vienna sausages and French fries or a taco or pasta bar.

Goody Bags

Fill reusable water bottles with Goldfish crackers, gold coins or other gold wrapped candy. Oriental Trading.com has a wide variety of international games buttons, flags and jewelry that will complete your Olympic themed bags.

Medals or Trophies

Simple Trophies can be made by painting plastic wine classes in silver and gold and gluing them to a cardboard base. You can create your own medals by attaching a ribbon to a silver or gold candy, cookies sprayed with Wilton Color Mist, Perler beads or felt.

Pam Molnar is a freelance writer and mother of three. See more of her party games on Etsy at Pam's Party Printables.



Blueberry Cheesecake Cottage Cheese Ice Cream

Blueberry Cheesecake Cottage Cheese Ice Cream adds a boost of blue to this trendy, better-for-you dessert. It's easy to make (no churn!) and uses just a few simple, staple ingredients: cottage cheese, blueberries, honey, vanilla, kosher salt and crushed graham crackers. This ice cream is delicious, high in protein and features a beautiful, blue-purple hue. It's perfect to sweeten any day!

INGREDIENTS

- 2 cups full-fat cottage cheese
- 1 cup blueberries, divided
- 1/3 cup + 1 tablespoon honey
- 1 tablespoon vanilla extract
- 1/2 teaspoon kosher salt
- 2 graham crackers, crushed

INSTRUCTIONS

Place the cottage cheese, 3/4 cup blueberries, honey, vanilla extract, and kosher salt in the blender and blend until smooth.

Pour about half of the ice cream batter into a freezer-safe container, then layer on half of the remaining 1/4 cup of blueberries and half of the crushed graham crackers.

Pour in the rest of the ice cream batter, then top with the remaining blueberries and crushed graham crackers. Cover and freeze, stirring every hour until frozen for a better freeze. This will take at least 4 hours, but up to 8 hours.

When ready to serve, bring the mixture out of the freezer for 10-15 minutes beforehand as it will be icier than regular ice cream.

<https://blueberry.org/recipes/blueberry-cheesecake-cottage-cheese-ice-cream/>



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Vacation Woes

Road Trips and Plane Trips, Oh My

So, I planned this vacation. Because I did not learn my lesson, apparently, after the last vacation. That vacation where we blew out a tire on Interstate 10 when it was a hundred and six degrees outside. With a truck full of luggage. And dogs. And two small kids. And there I was thinking I had it hard, trying to keep the kids entertained and the dogs from dehydrating. But at least I wasn't the one trying to find the spare tire underneath all the luggage.

Or the vacation before that when the kids unpacked their suitcases without my knowledge, and we ended up in Las Vegas with no socks. Or the time when we ended up in the snow with no hats or scarves and only one glove between us, thanks to their stealthy unpacking talents.

Or the time when we made it all the way to Mojave coming home from Phoenix, only to break the happiness spell by having to stop for gas, initiating a screaming fit that lasted the rest of the way home to Bakersfield.

Or the time my husband told the immigration officer we had no fruit, and I had nightmares for weeks about him being thrown into jail over his three apples while the kids and I waited on the side of the road, roasting in the heat, as they made us unpack every bag to see what other contraband we were trying to sneak across state lines.

Or the time we landed in New York and sat waiting on the tarmac for two hours after a direct flight from LA after driving to LA from Bakersfield, and my then almost three-year-old decided she was ready for the captain to turn off the seat belt sign. She screamed, "I am DONE

'Or the time my husband told the immigration officer we had no fruit, and I had nightmares for weeks about him being thrown into jail over his three apples...'

with this PLANE!" And I could not even take her out of her seat to rock and comfort her, and the other passengers just had to listen to her complaints until

Daddy found some jelly bellies in his bag and started passing them to her one at a time and she was able to calm down.

Or the time I asked that same three-year-old if she wanted to go to the beach, and she said, "No. It's wet."

Or the time when the kids were 2 and 4 and within one mile of our house, after a seven hour drive, they BOTH decided they had to go potty right then and started letting out panicked screams to let us know that, NO they could not wait the ninety-five seconds it would take us to get to the house, so we set up their

potty chair in the back of the truck on the side of the road and then they couldn't even go.

Or the time they wanted to go on the cable car in San Francisco and did not even care that the line was two hours long for a four-minute ride.

Or the time we stopped at a Starbucks on a road trip—to use the bathroom—and ended up in a power struggle with our then seven-year-old who was quite sure that she was old enough to get her very own latte.

With our long and tarnished history of travel with children, I thought it would be a great idea to plan a trip that involves long plane rides in addition to long drives. And so, we sally forth on this next trip. I keep telling myself it will be fine. They are bigger now.

I will have to let you know how it goes.



MACROVECTOR / FREEPIK

WE LOVE IT!

By Leslie Carroll

SUMMER IS HERE! That means long, lazy days for kids. Lots of free time can often translate into too much screen time. For parents who want to prioritize getting kids off screens this summer, we've rounded up our favorite toys that will be sure to keep your child entertained for hours on end.



Canal Toys Airbrush Plush Neon Unicorn

Customize your own adorable and soft plush unicorn! Stick the stencils onto the plush and use the airbrush tool to apply your favorite colors and create seamless, color-blended effects. Explore your personal style and creativity by customizing over and over again. When you're ready for a new design, simply wash off the old one and start over! www.target.com, \$19.99

Connetix Rainbow Ball Run Pack

Explore endless open-ended STEAM learning opportunities with the Connetix 92 Piece Ball Run Pack! This pack features the Connetix exclusively designed clear fluted tubes including special effect stair soundscape tubes, S-bend tubes and split tubes, as well as 6 rainbow wooden balls for endless racing fun. www.amazon.com, \$109



Tumple

Stack, Build, and Win with Tumple! This thrilling game combines strategy, dexterity, and luck as players compete to have the fewest bricks in hand when the game ends. Roll the dice, strategically place bricks and tumps, and outwit your opponents to claim victory. Suitable for 2 or more players aged 8 and up, Tumple is perfect for family game nights and gatherings. www.amazon.com, \$21.99



Old World Christmas Beach Bucket, Ice Cream Pop, and Sunscreen Ornaments

Nothing says summer more than a day at the beach, the smell of sunscreen, or a refreshing ice pop on a warm day. These beautiful ornaments are cute reminders of summer childhood days spent at the shore eating hotdogs, ice pops and playing in the sand. Lather up,



enjoy the sun and remember, cooler days are ahead! <https://oldworldchristmas.com/> \$21.99 each

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JULY 1

Discount Day - McMurtrey Aquatic Center

In celebration of Recreation and Parks Month, the City of Bakersfield is offering discounted open swim. \$3 per person.

1 - 3:30 p.m.

McMurtrey Aquatic Center
1325 Q Street
Bakersfield, CA
661-852-7430

JULY 5

Movies in the Park

Join us under the stars for an unforgettable cinematic experience at Movies in the Park! From timeless classic films to blockbuster hits, enjoy outdoor cinema suitable for all ages. Movies begin at sunset. Events will be canceled if the temperature reaches 104° or higher.

Mondavi Park
601 Mondavi Way
Bakersfield, CA
661-392-2000
www.norfun.org/movies-in-the-park

JULY 6

Sunrise Hike

Rise and Shine for a sunrise hike! Registration is required.

5:30 - 7:30 a.m.

Wind Wolves Preserve
16019 Maricopa Hwy
Bakersfield, CA 93311
661-858-1115
wildlandsconservancy.org/



Breakfast With the Bears at C.A.L.M July 7 at 8 a.m.



Christmas in July 5K Run

This fundraiser is a family fun event that has something for everyone! There will be Food Trucks, Music, Water Slide, Photo Booths and more! This event benefits Orlie's Shoe Drive and its mission to give shoes to Kern County kids in need.

8 a.m.

5500 Olive Drive
Bakersfield, CA
www.orliesshoedrive.com

JULY 7

Breakfast with the Bears

C.A.L.M.

8 a.m.

10500 Alfred Harrell Highway
www.calmzoo.com

JULY 10

National Kitten Day

JULY 11 & 12

Movies in the Park

Join us under the stars for an unforgettable cinematic experience at Movies in the Park! From timeless classic films to blockbuster hits, enjoy outdoor cinema suitable for all ages. Movies begin at sunset. Events will be canceled if the temperature reaches 104° or higher.

Liberty Park (July 11)
11225 Brimhall Road
Emerald Cove Park (July 12)
4303 Patton Way
Bakersfield, CA
661-392-2000
<https://www.norfun.org/movies-in-the-park>

JULY 12 & 26

Family Fun Night

Children and adults can play games, swim and zip down water slides for \$5 per person. Spin the wheel at water safety booths to win prizes.

6 - 9 p.m.

McMurtrey Aquatic Center
1325 Q Street
Bakersfield, CA
661-852-7430

JULY 12

Ronny Chieng: The Love to Hate it Tour

Ronny Chieng is a stand-up comedian, actor, and Correspondent on "The Daily Show". In addition to two Netflix stand-up comedy specials, Ronny has starred in "Crazy Rich Asians" and more.

6 p.m.

The Historic Bakersfield Fox Theater
2001 H Street
Bakersfield, CA 93301
661-324-1369
www.thebakersfieldfox.com

Night Hike

Enjoy a guided night hike at Wind Wolves Preserve. Reservations are required. This event is free.

8- 10 p.m.

Wind Wolves Preserve
16019 Maricopa Hwy
Bakersfield, CA 93311
661-858-1115
www.wildlandconservancy.org



Family Fun Night comes to the McMurtrey Aquatic Center July 12 & 26.

THE BEST LOCAL CALENDAR OF EVENTS!

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

JULY 13

2nd Annual Houchin Blood Bank Summer Social & Fundraising Event

This event benefits the Houchin Heartbeats High School Scholarship Program and encourages interested participants to donate blood for a chance to win a Dodger Game Package. Attendees, regardless of donation, will be treated to ballpark food, refreshments, sweet treats, live music from local artists, activities for kids, "Baseball Gear Best Dressed" competition prizes, Celebrity Dunk Tank & Raffle Fundraiser, and much more!

11a.m. - 3 p.m.

Houchin Community Blood Bank
11515 Bolthouse Drive
Bakersfield, California 93311
661-323-4222
kpollack@hcbb.com

Mobile Rec

Summer Tour 2024

Grades K-8. Free drop-in program featuring arts and crafts, recreational activities, yard games and more!

9 a.m. - 12 p.m.

Wilson Park
2400 Wilson Road
Bakersfield, CA
661-326-3866

Kings of the West

Concert featuring hip-hop and rap artists like Too Short, Warren G, and Bone Thugs n Harmony.

6:30 p.m.

Mechanics Bank Arena
1001 Truxtun Avenue
Bakersfield, CA
661-852-7300
www.axs.com

JULY 14

National Mac & Cheese Day



July 4th Celebration Guide



JULY 2

Star Spangled Spectacular Fire Show & Community Family Fun Day

This FREE community celebration includes a car show, vendors, food trucks, and spectacular fireworks show to end the evening!

4 p.m. to 9 p.m.

Memorial Park
uu100, S Lexington St, Delano, CA 93215
business.delanochamberofcommerce.org/events/calendar

JULY 3

Shafter Fireworks Celebration

The Shafter Chamber of Commerce sponsors its annual fireworks show! This FREE event will include 12 different food vendors, Sudz N Fun (bubble machine which we hope will help cool off the kids) and several bounce houses! Minter Field Air Museum will bring out



a helicopter, fire truck, and jeep where families and kids can have their pictures taken.

6 p.m.

Sports Complex
700 E. Tulare Ave.
Shafter
661-910-9185
shafterchamber@gmail.com

Taft 4th of July Celebration

2024 Taft Firework Show! There will be food, craft vendors, bounce houses, beer garden, live music, and MORE! Come join us for a great time and an even better show!

4:30 p.m. to 10 p.m.

Taft District Chamber of Commerce
400 Kern Street, Taft
<https://www.taftchamber.com/upcomingevents/2024/7/3/taft-firework-show-rails-to-trails-taft-ca>

JULY 4

Tehachapi Fireworks Spectacular

This year's Tehachapi fireworks show is presented by the city of Tehachapi and Kaiser Permanente. The city of Tehachapi has many activities planned for the day starting with the annual All-American 5K starting at 7am. Then the Beer Garden, live music, and food booths from 11am to 4 pm. To the night ending with the annual firework Spectacular.

9 p.m.

314 Hayes St.,
Tehachapi
www.tehachapinews.com/news/fun-events-planned-for-july-4-but-remember-no-personal-fireworks-allowed/article_b5c780f8-12d9-11ee-8c42-7fbb6d93ddc6.html

Summer Movie Series

Bring the family to watch the animated favorite Cars on the big screen at The Fox Theater for just \$5. Sponsored by Bakersfield Hyundai.

1 p.m.
The Historic Bakersfield Fox Theater
2001 H Street
Bakersfield, CA
661-363-3179
www.thebakersfieldfox.com

JULY 19

Movies in the Canyon

Bring the family for a fun movie night and come watch Shrek!

8 p.m.
Wind Wolves Preserve
16019 Maricopa Hwy
Bakersfield, CA
661-858-1115
wildlandsconservancy.org/



Join us under the stars for an unforgettable cinematic experience at Movies in the Park, July 5 at Modavi Park.

JULY 20

Mobile Rec Summer Tour 2024

Grades K-8. Free drop-in program featuring arts and crafts, recreational activities, yard games and more!

9 a.m. - 12 p.m.
Central Park
600 19th Street
Bakersfield, CA
661- 326-3866

JULY 20

Steam Train Southern Pacific 2914 69 Anniversary

Come celebrate a milestone anniversary - 69 years since

the donation of Southern Pacific 2914! This magnificent turn-of-the-century steam locomotive, built in 1898, served the rails for an impressive 52 years, with a significant portion of its service dedicated to Kern County.

10 a.m. - 1 p.m.
Kern County Museum
3801 Chester Ave
Bakersfield, CA
661-437-3330
kerncountymuseum.org

JULY 21

National Ice Cream Day



2024 Bakersfield Music Awards

The Bakersfield Music Awards unfolds with a dazzling entrance of the local music industry and some celebrities walking the vibrant red carpet. The stage is set for a mesmerizing array of performances, showcasing the diverse talents within Bakersfield's music scene.

4 - 11 p.m.
The Iron Lily Venue
424 24th Street
Bakersfield, CA
661-510-9524
rstevens@bakersfieldmusicawards.com

JULY 22

First 5 Kern Children's Mobile Immunization Clinic

Access FREE vaccines for children ages 0-5 regardless of health insurance and ages 6-18 under certain criteria. Child's immunization cards are required and registration ends 30 minutes before closing time.

9-11a.m. & 12-2 p.m.
Riverview Park
401 Willow Dr
Bakersfield, CA 93308
66-869-6740
www.first5kern.org

ACTIVITY CORNER ANSWERS ACTIVITY CORNER: PAGES 30-31

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

CROSSWORD

Across
Down

1. Invents 5. 1. Ice cream
2. Vacation
3. Nutrient 4.
7. Rot 8.
Mantees
Sundae



WORD SEARCH SPONSORED BY:



JULY 25

KC Public Health Mobile Clinic

Access child and adult immunizations, tuberculosis testing, family planning services, health screenings, and more. No appointments necessary and walk-ins are welcome

9 a.m. - 3 p.m.

Riverview Park
401 Willow Dr
Bakersfield, CA 93308
www.kernpublichealth.com

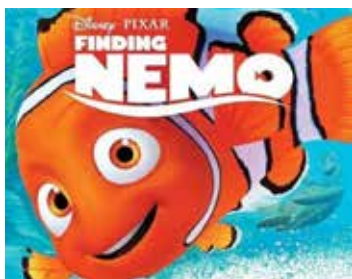
JULY 27

Science Saturday

Last Saturday of each month (April-August)! Come and learn about science with hands-on science demonstrations from our very own community science groups, organizations and vendors. Regular admission price also includes access to the entire museum including the Oh-Zone Discovery Area!

11 a.m. - 2 p.m.

Buena Vista Museum
of Natural History
2018 Chester Ave
Bakersfield, CA
www.buenavistamuseum.org/



JULY 28

Summer Movie Series

Get out of the heat and come watch the animated favorite Finding Nemo on the big screen at the Fox Theater for just \$5. Sponsored by Bakersfield Hyundai.

1 p.m.

The Historic Bakersfield
Fox Theater
2001 H Street
Bakersfield, CA
661-324-1369
www.thebakersfieldfox.com

ONGOING EVENTS

MONDAY-FRIDAY

Lunch & Play!

Now through July 26
AGES 2-18 Take a trip to your NOR park! Kids and teens aged 2-18, regardless of income, are welcome to enjoy a FREE healthy meal at the Riverview Community Center and Park Monday thru Friday. Meals are provided through the Kern County Superintendent of Schools and the Beardsley School District.

11:30 a.m. - 12 p.m.

Greenacres Community
Center
2014 Calloway Drive
Bakersfield, CA

12 - 12:30 p.m.

Riverview Park
401 Willow Dr
Bakersfield, CA
www.norfun.org

EVERY TUESDAY & WEDNESDAY MORNINGS

Regal Summer Movie Express

\$1 Family Movies
all summer

11 p.m.

Edwards Cinema Bakersfield
9000 Ming Ave.
Bakersfield

SATURDAYS

RiverLakes Farmers Market

Join a vibrant community of small farmers, producers, and artists with locally-sourced goods, fresh produce, and handcrafted treasures for sale. Seasonal features vary by week.

9 a.m.-1 p.m.

Riverlakes Community
Center
3825 Riverlakes Dr.
Bakersfield, CA 93312

Worship Guide

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Sweep It Away

*"Do you want to be great? Pick up a broom and sweep the floor."
- Mother Teresa*

Now that many households have a robot that vacuums for them, and most at least have a vacuum cleaner, the humble broom seems a vestige from ancient times. And indeed, there are plenty of references to brooms in ancient literature. The gospel of Luke contains the parable of the woman who loses a coin and who lights a lamp and sweeps the house until she finds it. (Luke 15:8-10) In Isaiah there is a more ominous reference to the "broom of destruction" which God uses to sweep away Babylon and its inhabitants (Isaiah 14:23). In Roman mythology the goddess Deverra was symbolized by a broom and was thought to protect women in labor. The broom was the instrument used to purify the temple by sweeping out evil influences. We all have things that we need to sweep out of our lives, from bad habits to bad influences (or these days, bad influencers in social media). Consider what needs sweeping away in your life and take up the appropriate broom to sweep it away.

- 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 4th of July!

Autism Sensory Art Hour @ the Bakersfield Museum of Art - Saturday, July 13th 9 a.m.-10 a.m. only! Register via: www.kernautism.org

Autism Family Sensory Swim Day @ McMurtrey Aquatic Center Sunday, July 7th @ 10:00 a.m. Register via: 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

SERVICES OFFERED:

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- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

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



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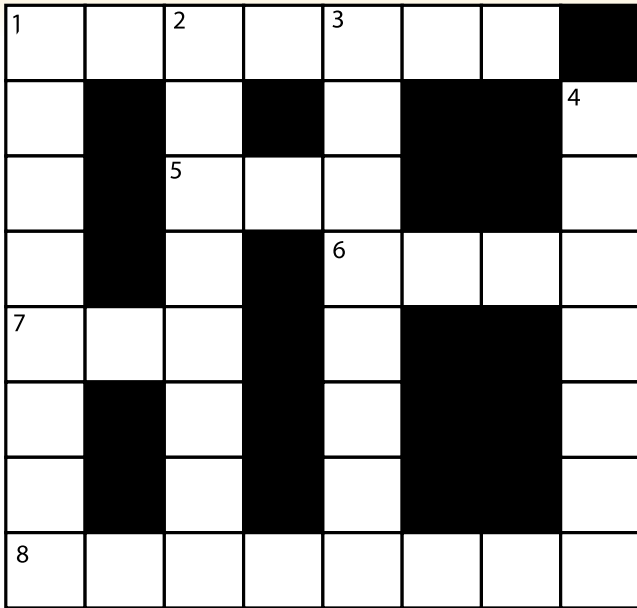
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JULY ACTIVITY CORNER

Crossword



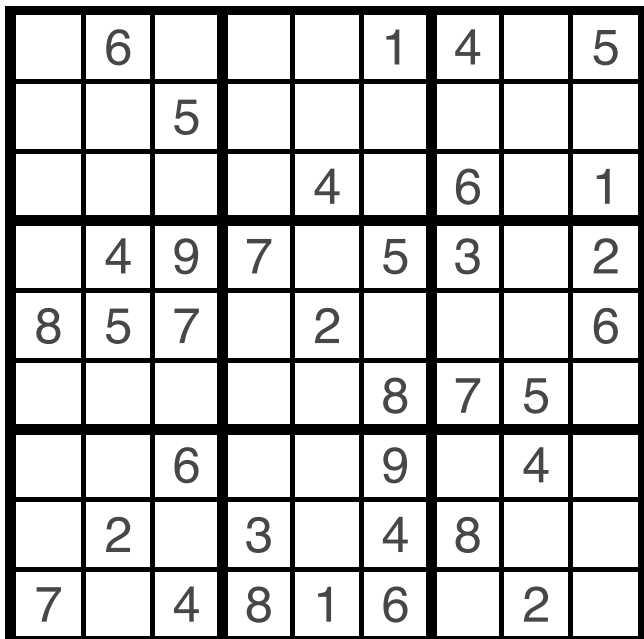
ACROSS

1. Creates an idea or product
5. Feline
6. Destroy
7. Go bad
8. Large marine mammals

DOWN

1. Frozen treat
2. Trip or travel
3. Vitamin or mineral
4. Ice cream creations

Sudoku



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



DID YOU KNOW?



Despite their diminutive size, blueberries pack quite a powerful, healthy punch. Blueberries contain a compound known as anthocyanin, which gives them their blue hue but also contributes to their nutritious properties. For example, the Mayo Clinic notes that studies have found consumption of foods that are high in anthocyanins can help individuals lower their risk of developing coronary heart disease. In addition, blueberries are a good source of vitamin C and dietary fiber, making them worthy of addition to anyone's diet.

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

JULY ACTIVITY CORNER

PUZZLE ANSWERS
PAGE 26

GRILL AND BBQ WORD SEARCH

PRESENTED BY PACIFIC AG RENTALS

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

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SMOKE

BARK

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FLAME

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TEMPERATURE

BASTE

CHAR

FLAT

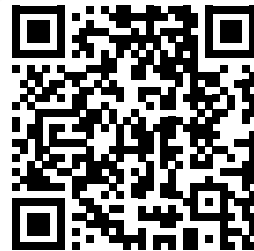
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