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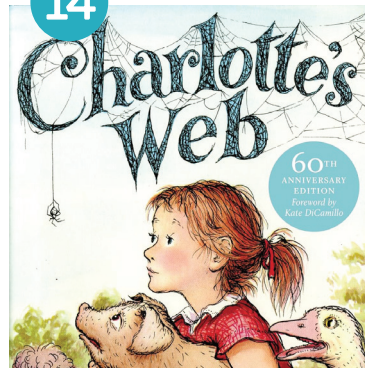
ON THE COVER: Hello Happy Dad Doc Waller, center, with sons Bentley, left, and Kadar. WWW.TESSAWARNER.COM

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OUR TOWN

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Vaun Thygerson
CONTRIBUTING WRITER

Bakersfield never ceases to amaze me. With my writing gig at KCFM, I feel pretty informed about the community, but I keep finding these hidden gems that exist in our backyard. I recently spent an afternoon at a magical place on the Kern River: Okihi. When my friend Darron Nilsson invited me to come out and check out the nature preserve, I had no idea what to expect, but it turned into a fun and surprising day.

Stephen and Katherine Winters have taken on the challenge to restore this beautiful riverfront oasis to restore and protect a wild, community space that will be available for future generations of Kern County.

Located off Round Mountain Road, Okihi, which means "Can-Do" in the Chumash language, provides many educational opportunities for adults and children. Once on the property, I met Sky and Spirit, their two fluffy, white Great Pyrenees pups, chickens, turkeys, goats, and sheep. The highlight of my visit was feeding carrots to their two horses, Leroy and Basil. With a permanent amphitheater overlooking the river, they can feature local musicians in concert and an outdoor classroom setting for school-age children. They also host yoga, sound baths, and camping opportunities. This place and staff were so inspiring that I became an Okihi member, and I can't wait to explore the area more and visit my new animal friends.

Anyone who knows me knows how much I love animals, especially dogs, so when I heard the story about how former Mrs. Bakersfield 2020, Leslie Aldridge, saved the life of an elderly dog named Gus, I knew I had to learn more. June is a special pet month celebrated as National Foster a Pet Month

and the American Humane Society's 47th Annual National Adopt a Cat Month. In the article, **"From Foster to Forever: How One Dog and One Mom Changed Everything,"** on page 16, you'll learn all about Gus's journey from being found all alone on the streets to being adopted into a forever home. She also recommends keeping your pets safe by making sure they're either chipped or always wearing a collar with a number to call if lost, or ideally having both.

For this month's dose of humor, you will laugh at a topic you can relate to in Julie Willis' Humor at Home article, **"Lost in Translation: Receipts and Waiting Rooms."** She writes about how chaotic doctors' waiting rooms can be and how easily you can mix up the paperwork and billing. To read all about it, turn to page 21.

This month, as summer officially begins, it's time to celebrate the men in our lives who make such amazing father figures. Callie Collins' usual Happy Mama column features a local father and role model in her article, **"Hello, Happy (Motivating) Dad: Doc Waller,"** on page 12. She writes about how Doc, with his wife Dr. Arlene Waller, not only help his two sons, Kadar & Bentley, succeed in life and college, but with his job as CSUB's Runner Ready Program Coordinator, he gets to help many scholar athletes as well.

As Bakersfield's famous triple-digit heat creeps up on us, while you're out and about, look for animals in need. If you can, keep some water and food in your car. And, if you want to make some new animal friends or enjoy a beautiful nature walk down by the river, visit Okihi! Trust me, you'll fall in love with this beautiful, wild space just like I did!

Happy Father's Day! And don't forget to wear your sunscreen!

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Adventist Health Reopens Revitalized Emergency Department Front Entrance

Adventist Health Bakersfield's Emergency Department Entrance has officially returned to its original location at the front of the hospital, adjacent to the main entrance off Chester Avenue. After months of revitalization, the newly modernized entrance and waiting area are now open to better serve the community, offering an enhanced experience for patients and their families. All walk-in emergency patients should now use the entrance off Chester Avenue.



For more information, call 661-395-3000 or visit www.adventisthealth.org.

Kern County Gives Big — Give Big Kern raises over \$1.75 million



Every year, Kern Community Foundation hosts Give Big Kern to help local nonprofit organizations raise money and volunteer hours. This year's event helped 138 organizations cumulatively raise \$1.75 million and almost 8,000 pledged volunteer hours. The funds raised during the campaign will go directly into the operational budgets of participating nonprofits contributing to causes ranging from animal welfare and education to supporting veterans and mental health.

For more information, please visit www.givebigkern.org.

3rd Annual Give Big at the Park: Nonprofit Meet and Greet. Over 80 nonprofits participated. DAT KREW Academy wrapped up the event with a performance. PHOTO BY APRADO PHOTOGRAPHY

Susan Holloway Clothing Bank Opens at Greenfield Family Resource Center

The Greenfield Union School District (GFUSD) recently opened its Susan Holloway Clothing Bank at the Greenfield Family Resource Center as part of Greenfield's outreach efforts and community contributions to offer vital resources to the families it serves. This clothing bank has been the passion project of retired sixth-grade teacher, Susan Holloway, who began collecting various clothing and hygiene items for more than two decades in her classroom to give to her students and their families in need.

"It's so special to turn around and see your name on something that is for the children of Greenfield School District, and it's going to continue even when I'm gone," says Holloway.

The clothing bank was previously located at McKee Middle School, where Holloway taught. Since her retirement from teaching last year, the district moved the items to the Family Resource Center, so that families could find clothing, food, job information, support, and other resources all in one place.

For more information, please visit <https://news.kern.org/2025/04/susan-holloway-clothing-bank-opens-at-greenfield-family-resource-center>.

Mira Monte High School FFA Agriculture Learning Center

Mira Monte High School recently celebrated its new FFA Agriculture Learning Center with a ribbon cutting. The facility will house three classroom spaces for students learning about agriculture.

As part of the FFA chapter's efforts, the new agriculture learning center will help with local food insecurity with its new program "Farm to Fork." This will include opportunities to provide for the school by working with the nutrition services team in the district, as well as opening a farmer's market where people in the community can get access to locally

grown produce.

FFA is the top school-based youth leadership development organization in the country with more than one million members in all 50 states, as well as Puerto Rico and the U. S. Virgin Islands. Formerly known as Future Farmers of America, the organization was rebranded to FFA because it now teaches students skills for more than 350 careers in business, science, engineering, education, communications, policy, and more.

For more information, please visit www.ffa.org.



Mira Monte FFA: Students who are part of the Future Farmers of America, Mira Monte chapter. PHOTO COURTESY MIRA MONTE FFA

California Dairies Hosts Ribbon-Cutting for New Local Bottling Plant

California Dairies, Inc. (CDI), the largest dairy farmer-owned cooperative in the state, recently celebrated the grand opening of its new, state-of-the-art manufacturing plant, Valley Natural Beverages (VNB) in Bakersfield. The 200,000 square-foot vertically integrated facility represents a farmer-owned vision for the future of dairy. It will begin processing an estimated 116,000 gallons of local dairy milk, showcasing the local nature of California's dairy industry.

"We are thrilled to officially open this cutting-edge facility," says Brad Anderson, President and Chief Executive Officer of CDI. "This investment underscores our commitment to innovation and sustainability. The new plant will allow us to increase production capacity, expand our product offerings, improve efficiency, and create next-generation jobs for the local community."

The state-of-the-art shelf-stable milk manufacturing facility features advanced robotics, energy-efficient technologies, and a commitment to environmental



PHOTO COURTESY CALIFORNIA DAIRIES

sustainability, incorporating renewable energy sources and waste conservation. The plant will open with three processing lines to produce conventional extended shelf life (ESL) and ultra-high temperature (UHT) dairy beverages and products. VNB's strategic growth plan includes multiple phases to expand to 10-

12 processing and filling production lines in the future, tripling the facility's current capacity. When all phases are completed, the facility will be 400,000 square feet, processing up to 600,000 gallons per day of fresh local milk.

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

Happy Father's Day



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White Oaks Plaza
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Sully's Chevron
250 Coffee
661-885-9705

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



Sinclair Station
4700 Coffee Rd.
661-588-2070

Sully's Heath Rd.
16010 Stockdale Hwy.
661-310-1497



4 Fruits and Vegetables That Make Nutritious Snacks

Did you know tomatoes, avocados, and bell peppers are fruits, while strawberries aren't actually berries—but bananas are? And to match the calcium in an 8-ounce glass of milk, you'd need 4.5 servings of broccoli or 16 servings of spinach. Interesting, right?

Snacking is a daily habit for most, accounting for about 20% of adults' energy intake. But when those snacks aren't nutritious, they can do more harm than good. Since June is Fresh Fruits and Vegetables Month, here are four low-calorie, nutrient-packed options to reach for when hunger strikes.

Apples: "An apple a day keeps the doctor away" may hold some truth. WebMD notes that apples are rich in antioxidants, including chlorogenic acid, which research links to lower diabetes risk, and catechins, which may reduce heart disease and cancer risk. Their fiber keeps you full, especially when eaten with the skin.

Bananas: A convenient, nutrient-packed snack. The Harvard T.H. Chan School of Public Health states that a medium ripe banana has just 110 calories and no fat. Its potassium supports heart health by maintaining a regular heartbeat, and it's also beneficial for digestion.

Broccoli: Not a typical snack, but a powerhouse of nutrients. The USDA notes that a cup of cooked broccoli at just 55 calories provides 134% of daily vitamin A, 112% of vitamin C, and 92% of vitamin K needs.

Carrots: "Low in calories but high in vitamins," WebMD notes. A single serving has only 25 calories yet offers 73% of the daily value for vitamin A, 9% for vitamin K, and 5% for vitamin C. Their fiber aids digestion, and their antioxidants, including carotenoids and anthocyanins, help combat disease risk.

Snacks are a part of many people's daily routines. Finding the right foods to snack on can make a world of difference.

How Skin Damage Adds Up Over Time

The Skin Cancer Foundation warns that skin damage accumulates from the first sunburn, increasing the risk of skin cancer with each burn. UV rays alter a tumor-suppressing gene, reducing cells' ability to repair before turning cancerous. Just five sunburns in a lifetime doubles the risk of deadly melanoma. Protecting skin with sunscreen and avoiding peak sun exposure (10 a.m.–4 p.m.) is crucial.



Kids Get Headaches Too: Safe Options Parents Should Consider



Usage of over-the-counter headache medicines might be widely associated with adults, but children get headaches as well, and parents may wonder if youngsters can lean on the same remedies their parents look to when seeking relief.

Nationwide Children's Hospital notes rest and relaxation is the best way to treat a headache, but parents also can utilize OTC medications like ibuprofen (Motrin®, Advil®), acetaminophen (Tylenol®) or naproxen (Aleve®) to help mitigate the symptoms of headache in children. Children's versions of popular OTC headache medicines such as Motrin® can be utilized.

Parents are urged to read all product labels and speak with their children's pediatricians before administering children's headache medicines. Such discussions are particularly important before giving older kids and adolescents OTC medications that are not designated as children's remedies.

Facts About Prostate Cancer All Men Should Know

Preventive health care helps reduce the risk of diseases that impact quality of life. Regular exercise and a nutritious diet support long-term health, while education empowers individuals to assess risks based on family history and other factors.

The World Health Organization (WHO) reports that one in five people worldwide develop cancer, with prostate cancer ranking as the second most common cancer in men. Understanding this threat can encourage men to learn more about the disease, its risks, and potential preventive measures. Data does not tell the whole story of prostate cancer, but some fast facts about the disease can serve as a springboard to learning more about it and what, if anything, can be done to prevent it.

Prostate Cancer Prevalence:

- One in eight men will be diagnosed with prostate cancer in their lifetime.
- Black men face higher rates, with one in six developing prostate cancer.



- Black men are more than twice as likely to die from the disease.

2024 Prostate Cancer Estimates (PCF):

- Just under 300,000 men expected to be diagnosed.
- Roughly 35,000 men are projected to die from the disease.

Family History & Risk:

- Men with first-degree relatives (father, brother, or son) who had prostate cancer may be twice as likely to develop the disease.
- Understanding family medical history helps identify individual risk.

Age Factor (ACS):

- About six in 10 prostate cancers occur in men older than 65.
- Risk rises significantly after age 50.
- Although rare, men under 40 can still develop prostate cancer.

Survival Rate:

- 99% five-year survival rate when detected in localized or regional stages (cancer remains within the prostate or spreads nearby).

Prostate cancer poses a notable threat to men. Understanding that threat and what can be done to mitigate it is an integral component of preventive health care.

You + Us = a better day!



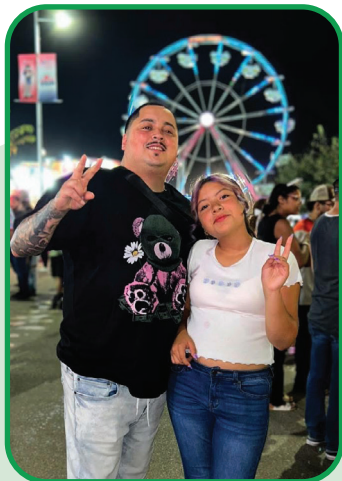
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Dad's Billboard Moment: The Ultimate Shoutout!

FATHER'S DAY IS A TIME TO HONOR the strength, wisdom, and support of dads everywhere. Celebrating them means recognizing their dedication, appreciating their guidance, and taking a moment to simply say, "Thank you." From heartfelt gestures to small moments of appreciation, it's a chance to show gratitude for everything they do, seen and unseen. To celebrate dads, in all their epic glory, we asked readers, "If you could put one epic statement about your Dad on a billboard, what would it be?" Here's what you had to say:



"He's the best and I love him with my whole heart and I'm very grateful for my father."

- Aaliyah Lopez



Jokabhet Brambila wrote in to recognize two fathers, putting family and community first, who may not know how appreciated they are, James and Frankie. Here is what Jokabhet had to share:

For James: "Being a father doesn't mean being the perfect Dad, being a father means you never stop trying, and there is never a day that James has ever stopped trying to be a better Dad."

For Frankie: "Frankie is a father who is making sure that he leaves a legacy behind that his children can be proud of, but also a community in which they can thrive in. He is the change that he wants to see in the world."

- Jokabhet Brambila



"Dad: The Man, The Myth, The Wi-Fi Password Keeper."

- Brandy Agee



"I talk too much, care too hard, and won't let things go. Just like my Dad."

- Lizzie Gonzales



"Our dad is a Gigachad Dad!"

- Deanna Garrett

"He's funny, he's cuddly, and he's always there to help — that's our daddy, and we love him. Love, Ellie and Annie."

- Rachel Hoetker





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For answers to this month's puzzle, scan the QR code,
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(Left to right) Doc Waller with son, Bentley, wife Arleana and son, Kadar. PHOTOS COURTESY OF ARLEANA WALLER

HELLO, HAPPY MOTIVATING DAD

Doc Waller is known for sports leadership and as an outstanding member of the Kern County community. When he talks about his sons, a side step from work into life, his voice shifts. All that he feels for them comes through loud and clear.

"I am not ashamed to say how proud I am of Kadar and Bentley. They will be leaving college with multiple degrees, debt-free, while being dedicated athletes," he said. "My wife and I have put them in a position to be successful but they have managed their time well and focused on keeping the main thing, the main thing."

Doc Waller is married to Dr. Arleana Waller, Bakersfield native and founder of the nonprofit ShePOWER, which

provides leadership and mentoring opportunities for girls.

Father and role model top Doc's list of life priorities, which also contribute to his job as California State University, Bakersfield (CSUB)'s Runner Ready program coordinator.

"My job is to help our scholar athletes transition to the real world with lifeskills. After a lifetime of team experiences, they are dealing with corporate America after graduation. I help prepare them as a solo artist," Doc explained.

He formerly served CSUB as Director of Basketball Operations following a career playing NCAA Division I basketball and professionally in Australia.

Originally from Detroit, Doc was adopted

at birth by a single mother. He credits his interest in basketball to a childhood friend who introduced him to the sport. Legendary high school basketball coach Perry Watson encouraged him as he transitioned into his sports career. Doc holds a degree in criminal justice from Arizona State University.

"I take being a dad very seriously. My sons are getting three things I didn't have: number one, they grew up with their biological parents, number two, specifically with a dad in the household and number three, they have a relationship with a role model figure," said Doc.

Seeking a change of scenery and more time together, the Wallers moved to

Bakersfield. The couple drove to Los Angeles for their sons' game practices and did not take a family vacation for 13 years so they could dedicate resources to Kadar and Bentley.

"Anyone who knows us knows we are hands-on with our kids. Even now that they do not live in our home, we are still very supportive. We host Sunday dinners and we still have our family chat," said Doc.

Kadar, 25, and Bentley, 20, are CSUB students and local entrepreneurs. The family owns Bentley Bowl, a local food truck, the perfect hands-on application for their sons' business acumen.

"Both are on scholarship at CSUB. I am living through my boys and giving them some things I didn't know existed," said Doc. "They are scholar athletes. Kadar is in the master's program with a 3.5 GPA and Bentley has a 3.4 GPA in his undergraduate program, also making the Dean's List."

A summary of Doc's life would be impossible without focusing on his family, which is in itself an example for dads everywhere.

THREE QUESTIONS WITH DOC WALLER

Q. What advice do you have for other fathers?

Put pride to the side and be willing to make the sacrifices to put your child in a position to succeed. As a dad, the word 'tired' does not exist because you are preparing a young boy to be a young man and will then be a man and a role model figure. Practice what you preach and always be a soundboard. Communication is not a one-way street. Keep the lines of communication open and know children have feelings also. Be non-judgmental so your child knows you have their best interest at heart. They should hear from you, 'I am a strong member of the supporting cast of yours. I will always be there for you.'

Q. How did you reach the viewpoints that you have on fatherhood?

It was from a wish, all the emotional and lifeskills tools I wished I had growing up. Nothing is possible without my other half, Arleana.



Doc Waller, selected Mentor of the Year at CSUB for the 2023-2024 Excel Scholars Program, holding his award.

Fill-in-the-blank questions

The first thing I do when I wake up in the morning is: Say my prayers.

My favorite food is: A Bentley Bowl: greens, yams, macaroni and cheese, cornbread and fried chicken. Nothing comes out of a can, nothing is frozen, it's fresh, with yams straight from the ground.

My favorite music group is: New Edition

So far, my best life advice is: Keep the main thing the main thing. Whatever you set your mind to, do it, because there are going to be distractions along the way. And I still think it takes a village to raise a child.

Q. What should parents of young children know about sports?

You're teaching your child so much more than athletics. It's how to be diverse and operate in a structured environment, to be time-oriented, coachable, likeable and a good teammate. There are people who will cheat you in this world but you cannot cheat yourself. That's self-respect, which children need to learn at an early age.

HELLO HAPPY DAD CONTEST

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Enter by midnight on June 19th!

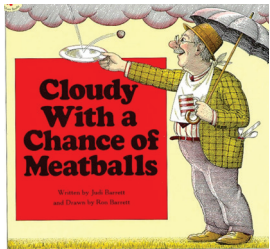


TO ENTER GO TO:

<https://kerncountyfamily.secondstreetapp.com/June-Hello-Happy-Mama-Contest-2/>

Read It, Watch It, Love It: Celebrate With These Classics

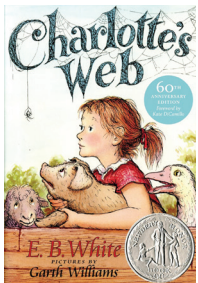
IN HONOR OF NATIONAL MOVIE NIGHT on June 13, we've compiled a list of our favorite books-turned-movies! Read the book and then watch the movie. Or watch the movie and then read the book. Either way, you're in for family fun!



Cloudy with a Chance of Meatballs

By Judi Barrett & Ronald Barrett
\$8.08; Ages 3-7
Publisher: Atheneum Books for Young Readers
Amazon.com

The weather is particularly strange in a town called Chewandswallow. Not only does precipitation come three times a day—at breakfast, lunch and dinner—very unusual things rain from the sky, including soup, juice and storms of fruits and vegetables. First published in 1978 and made into an animated film (PG-1:30) in 2009.



Charlotte's Web

By E.B. White & Garth Williams
\$6.29; Ages 5+
Publisher: Harper Collins
Amazon.com

This classic tale has spanned generations. Charlotte's spiderweb tells of her feelings for a little pig named Wilbur, who simply wants a

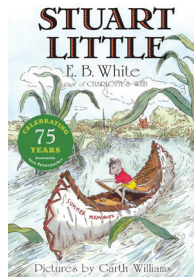
friend. They also express the love of a girl named Fern, who saved Wilbur's life when he was born the runt of his litter. The book was published in 1952 and made into an animated movie in 1973 (G-1:34) and remade in 2006 (G-1:37).



Jumanji

By Chris Van Allsburg
\$9.87; Ages 5-8
Publisher: Andersen Press
Amazon.com

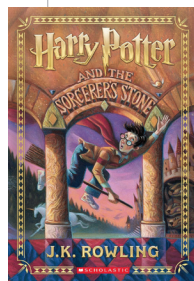
You probably know at least one version of the film—the 1995 version (PG-1:40) led by Robin Williams or the 2017 version starring Dwayne Johnson, Jack Black and Kevin Hart. But did you know it was originally a 1981 book that tells the story of Peter and Judy, who were bored and decided to play a Jumanji game. But his was no ordinary board game!



Stuart Little

By E.B. White & Garth Williams
\$6.99; Ages 5-9
Publisher: Harper & Row
Amazon.com
Stuart Little is no ordinary mouse. Born to a family of humans, he lives in New York City and embarks on the great adventure of

trying to find his best friend, a little bird named Margalo, who has disappeared from her nest. The book, written in 1945, was made into an animated movie in 1999 (PG-1:24).

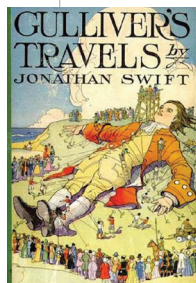


Harry Potter & The Sorcerer's Stone

By J.K. Rowling
\$7.14; Ages 8+
Publisher: Scholastic, Inc.
Amazon.com

Harry Potter isn't like other boys. He lives in a tiny closet in the home of his horrible aunt and uncle. But his life quickly

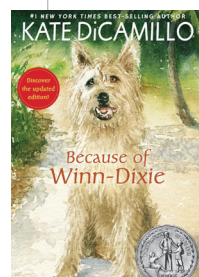
changes when he's invited to a magical place. This first book in a seven-book series was made into a movie in 2001 (PG-2:32).



Gulliver's Travels

By Jonathan Swift
\$6.99; Ages 8-12
Publisher: Wonder House Books
Amazon.com

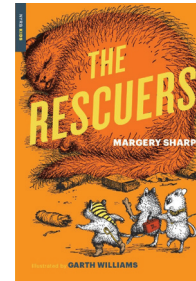
This classic work of English literature shares the adventure of Lemuel Gulliver, who travels the world visiting strange sights and seeing odd characters. The book may be a little heavy for some kids, but the 2010 movie (PG-1:33) starring Jack Black makes it fun!



Because of Winn-Dixie

By Kate DiCamillo
\$5.76; Ages 8-10
Publisher: Candlewick
Amazon.com
This New York Times best-seller has become a beloved classic featuring an adorable dog who helps 10-year-old Opal make friends. The 2000 book

became a 2005 film (PG-1:46) starring AnnaSophia Robb and Jeff Daniels.

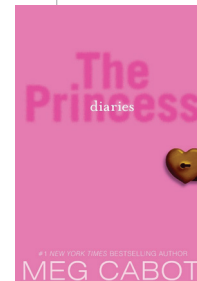


The Rescuers

By Margery Sharp & Garth Williams

\$9.99; Ages 9-12
Publisher: NYRB Kids
Amazon.com
This adorable story follows Miss Bianca, a white mouse chosen to rescue a Norwegian poet imprisoned in

the Black Castle. Originally released in 1959, this book has gone on to become a classic, thanks in part to a 1977 Disney film with the main characters voiced by Bob Newhart and Eva Gabor (G-1:16).

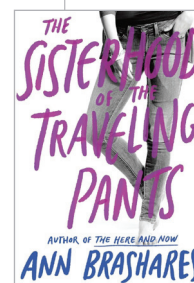


The Princess Diaries

By Meg Cabot
\$8.29; Ages 11-13
Publisher: Harper Collins
Amazon.com

The Princess Diaries is the first book in the beloved, best-selling series that tells the tale of Mia Thermopolis, an awkward freshman, as she

tries to navigate changes in her home life and school life. The first book was published in 2000 and made into a feature film starring Anne Hathaway and Julie Andrews in 2001 (G-1:51).



Sisterhood of the Traveling Pants

By Ann Brashares
\$6.98; Ages 11-13
Publisher: Ember
Amazon.com

This young adult novel follows the adventures of four best friends—Lena, Tibby, Bridget and Carmen—who will spend

their first summer apart. So, what happens when a magical pair of jeans comes into their lives? The first book in the five-book series was published in 2001 and made into a 2005 film (PG-1:57) starring America Ferrera, Blake Lively, Amber Tamblyn and Alexis Bledel.



JOIN US FOR **LUNCH AT THE LIBRARY**



Join the Kern County Library this summer for free meals and fun activities at a library closest to you!

- Children, ages 2-18, can receive a free meal at the library
- Join our Summer Reading Challenge for extra bonus rewards!

Times and days vary, scan our qr code to find out more information



 info@kernlibrary.org  661.868.0700  kernlibrary.org

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LUNCH
at the
LIBRARY

How One Dog
and One Mom
Changed Everything

FROM FOSTER TO FOREVER

BY VAUN THYGERSON

When former Mrs. Bakersfield 2020, Leslie Aldridge's husband, Daron, called her about a lost dog found outside his work on the East side of Bakersfield, she knew she had to act. Upon arrival, she found an elderly dog patiently waiting by his office door, and she affectionately named him Gus because she said, "He looked like a Gus to me." This encounter would end up changing not only Gus's life but Leslie's as well.

June is a special pet month celebrated as National Foster a Pet Month, started by Petco Love in 2019, and the American Humane Society's 47th Annual National Adopt a Cat Month. The height of kitten season, this month sees more litters in the shelters, so the need for loving homes also increases.

Leslie and Daron recently welcomed their first baby, Poppy, age 14 months, via IVF after 10 years of infertility. During this challenging time, Leslie found happiness and purpose in helping many dogs like Gus.

The Aldridge family includes three chihuahuas they rescued named Archie, Bear, and Lady. Bear was adopted at the Bakersfield SPCA, Lady was found by a friend in an alley in Oildale, and Archie was hiding in the bushes near Daron's work, badly hurt with a severed arm. The vet fixed him up, and Leslie now calls

CONTINUED ON **PAGE 18**



ABOVE: Leslie Aldridge holding one of her "Hot Dog" boxes that includes water, food, a leash, and a step-by-step guide on how to help a lost pet.

PHOTO COURTESY
LESLIE ALDRIDGE

LEFT: Gus on his adoption day at Camp Golden Years.

PHOTO COURTESY
CAMP GOLDEN YEARS

KERN COUNTY FAMILY MAGAZINE'S
**CUTEST PET
 PHOTO CONTEST**
 Do You Have the Top Dog or Cat?



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 BAKERSFIELD, CA, 93305
 661-325-3730

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 BAKERSFIELD, CA 93311
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visit **WWW.BGCKC.ORG** to register today!

SCAN HERE TO REGISTER

“Gus was very unsettled, he wouldn’t eat, wouldn’t go to the bathroom, wouldn’t sit down, but when I got him out there [Camp Golden Years] all these senior dogs came out and immediately greeted him and he settled right in. Seeing this made the drive so worth it.”

Leslie Aldridge

CONTINUED FROM **PAGE 16**

him the “wonder dog” because even with three limbs, she says he’s faster and can even jump higher than her other dogs.

In 2021, when she found Gus, she knew she couldn’t adopt this Labrador/Retriever mix, but she also knew, because of his age, he would have a harder time finding a home from a local shelter and would most likely face euthanasia. She took him to the vet to look for a microchip, to no avail. She put flyers up around the neighborhood and posted his picture on multiple social media sites, but no one came forward. Leslie took him home and started researching senior dog facilities.

She miraculously found Camp Golden Years in Dewey, Arizona, run by Joel Rockey, a veteran, who helps rescue older dogs so they can complete their final mission. His motto is to help them “to love and to be loved by a family of their very own until their very last day.” After talking to Joel, she knew this was the perfect place for Gus, and she was ready to make the eight-hour drive to drop him off.

During her drive to Arizona, Leslie says, “Gus was very unsettled, he wouldn’t eat, wouldn’t go to the bathroom,



Archie, Bear, and Lady announcing the birth of baby Poppy. PHOTOS COURTESY LESLIE ALDRIDGE



wouldn’t sit down, but when I got him out there [Camp Golden Years] all these senior dogs came out and immediately greeted him and he settled right in. Seeing this made the drive so worth it.”

Thanks to Leslie and Joel, Gus found his forever home with a Camp Golden Years volunteer named Beth. Even though Leslie knew she couldn’t adopt Gus, she had fallen in love with him and knew she

had to make sure he was okay. “He got his forever home,” she says. “It doesn’t matter how much longer he had to live; at least he felt loved, and it was a really neat experience to see him so accepted by all the senior dogs.”

When Leslie ran for Mrs. California in 2022, where she made it into the top 10, her platform was bringing awareness to animal abuse and neglect. She created “Hot Dog” kits for people to carry in their cars, which included water, food, leashes, and a step-by-step list of what to do if they found a dog wandering alone or saw a dog in need of aid in the triple-digit heat. Leslie also encourages owners to be responsible and chip their dogs and keep a collar on them with emergency contact information.

For more information, please visit www.bakersfieldspca.org, www.kerncountyanimalservices.org, and www.campgoldenyears.org.

Savory, Sweet & Light: Flavors Worth the Hype!

JUNE IS THE PERFECT TIME to celebrate two summer favorites—refreshing iced tea and lean, flavorful turkey. Whether grilling juicy turkey burgers or sipping a cold glass of iced tea, both offer delicious ways to enjoy the season. From sweet tea to fruit-infused blends, tea complements savory turkey dishes while keeping summer meals light and satisfying.

.....



Turkey Burgers

(Makes 4 patties)

INGREDIENTS

1 pound lean ground turkey (or chicken)	2 green onions, chopped
1/3 cup panko crumbs or dried breadcrumbs	1 teaspoon each dried thyme and oregano
1 egg, beaten	1/2 teaspoon each salt and freshly ground pepper
1/4 cup sour cream or plain yogurt	4 whole wheat buns, halved

DIRECTIONS

In a bowl, combine turkey, crumbs, egg, sour cream, onions, thyme, oregano, salt, and pepper. Gently form into four evenly shaped patties. Wrap each patty in plastic wrap or foil to keep separated. Refrigerate or freeze until ready to use.

When ready to enjoy, cook burgers for 6 minutes per side and serve on toasted whole wheat buns. Garnish with favorite toppings.

— Recipe from “The New Trailside Cookbook” (Firefly) by Kevin Callan and Margaret Howard.

.....



Great Ways to Enjoy Tea

A Brew-tiful Tradition: A summer staple for BBQs, picnics, and porch gatherings.

Fun Fact! 85% of tea in the U.S. is enjoyed iced!

Sip into Summer: Cool down with sweetened, unsweetened, or fruit-infused iced tea.

DIY Flavor Adventure: Infuse with mint, basil, or lavender for a unique twist.

Perfect Pairing: Complements BBQ, salads, and sweet treats like lemon cake.

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11300 Campus Park Dr

Bakersfield, CA 93311

www.trinitybakersfield.com

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SATURDAY, AUGUST 9
10:00am - 2:00pm

For Children 7-17 who have lost a loved one
to take time to reflect on the loved ones they are
missing and help begin the healing process.

ARTS & CRAFTS
Music, Games, Light Lunch

CAMP IS FREE!
Must RSVP to hold a spot!



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FOR MORE INFO

Call 661.410.1010 or visit
HoffmannHospice.org/events/



1



2



3

WE LOVE IT!

By Lisa Keosouphanh

Celebrate National Homeownership Month and Father's Day with essentials that elevate home and family life!

1. Casabella Power Spin Scrubber, \$49.99, www.target.com
2. Casabella Premium Waterblock Reusable Household Cleaning Gloves, \$12.99, www.amazon.com
3. Casabella Clean Water Spin Mop, \$39.99, www.walmart.com
4. GoodCook Pro 20 Piece Tools Set, \$29.97, www.walmart.com
5. GoodCook PRO Folding Digital Thermometer, \$10.97, www.walmart.com
6. GoodCook 36 Piece Storage Containers, \$18.60, www.amazon.com
7. GoodCook Cast Iron Pan, 10.5 Inch, \$24.99, www.amazon.com



4



5



7



6



Lost in Translation: Receipts and Waiting Rooms



Apparently, I'm not very good at communicating.

I took my daughter to an appointment recently. The front desk got busy as I was checking in, but I asked to pay my copay because I am sick of showing up to an appointment one week and having the bill arrive the next week and then I gotta dig up a stamp and a check and mail the thing—just to go back the next week and start all over. End the cycle already, I say.

"I would like to pay my copay now, please."

"OK." She took my \$20 bill. Then proceeded to help the lady behind me.

"Um—"

"Oh just a minute. Let me help this lady."

And in my mind, I was like... "How does she not realize I was here first?" So I just stood there, mouth agape.

She gave me a stern look, like a librarian

shushing you with her evil eye.

Like I had done something wrong.

I raised my eyebrows. Like, I just could not think of words. Words left me. All my words were gone. I just stood there, feeling like the World's Worst Communicator.

"You can sit down. I'll get you a receipt in a minute."

I sat down. My daughter was called back. I left to go get a sandwich.

I know that sounds totally ridiculous. Who would be thinking about food at a time like this? But maybe the reason I couldn't talk was because I was hungry. I don't know. I was just so hungry I could not think straight.

As I returned, it occurred to me that I really needed the receipt because the receptionist might just not process my payment. I could see her forgetting all about me and finding my \$20 on her desk at the end of the day and

wondering where it came from and just taking it home.

So I went back up to the desk.

Blank stare. Doe eyes.

I started to explain, but she cut me off: "Do you have an appointment?"

OK, in all fairness I was gone for 43 minutes. Enough time to forget my face. It is a forgettable face. I get it.

"No, I do not have an appointment. I wanted to get my receipt for the payment I just made."

Blank stare.

"About 45 minutes ago."

Still not seeming to register what I was talking about, she asked me all kinds of questions like what the payment was for, how much it was, the name on the account. She looked like she was pretending to concentrate, trying to remember something about a receipt. Out of desperation, she finally started shuffling through papers on her desk, like she was trying to buy time while she thought of something to tell me.

"Oh!" she suddenly shouted, sounding genuinely surprised as she picked up a paper with my daughter's name on it. "Here it is." At this point, she was pretending like she had known all along about the receipt and was only trying to remember where it was, not WHAT it was.

Whatever.

I took the receipt.

It showed a \$40 credit on my account.

All that trouble, and I did not even owe them money.

And that was the moment I knew...

I am not very good at communicating.

I should just make my payments by mail from now on.

Also, note to self: I do not owe a copay for the next appointment.

LAZY PARENTING:

What to Get Dad for Father's Day

BY KATY M. CLARK

I was flipping through a magazine when I caught the blur out of the corner of my eye.

It was my nine year old running through the front lawn with her friends.

I smiled as I realized I had just practiced a lazy way to be a better parent: I did nothing.

That's right. When my daughter claimed she was bored five minutes ago, I refused to entertain her. She could do something about it, after all.

And so she did.

It felt like a small win—kind of like when you find the remote in the couch cushions on the first try. Or when Dad manages to fix something with duct tape.

Speaking of dads, what better time to celebrate lazy parenting than on Father's Day, the Super Bowl of naps, grilling, and mysteriously disappearing into the garage?

I know other lazy ways to be a better parent, too. Because who has time to read countless articles and books on being a better parent and incorporate highfalutin action items amidst laundry, homework, extracurricular activities, work, passion projects, birthday parties and more?

These 10 lazy ways to be a better parent require no more effort than reading this article and realizing that 1) you are already doing these, 2) you can easily do these, or 3) you will never do all of these at once - and that's okay.

READY TO BE LAZY? HERE WE GO:

1. Laugh with your kids. It's easy, free and enjoyable. Even if you just laugh at stupid bodily function jokes, like my family does, laughing releases endorphins and gives you a subtle rush. Bonus points if you work in a corny "dad joke" that guarantees groans and eye rolls.

2. Sleep on it. With apologies to anyone in the newborn phase, parents of older kids can go to bed earlier, get up later, or take a short nap on the couch for 15 minutes while the kids watch YouTube. (I tried that last suggestion myself. Thumbs up!) Napping is also the official Father's Day sport, so consider this self-care in honor of dad.



3. Stay hydrated. You'll feel more content if you've been drinking enough. Of course I mean water. Mostly. But that's not to say that my teenager and I don't swing by the drive-thru every so often to indulge in a large soda pop. Sure, there's no nutritional value, blah blah blah. However, it makes me happy, my teenager loves it, and my thirst is quenched.

4. Say, "I love you." Never mind if your daughter replies with "Great". (True story.) No matter how often you say this phrase, just say it. Your kids, and their hearts, will blossom when they hear those three little words.

5. Hug your kids. My husband and I like to grab our teenager and give him a squeeze. He protests, but I think he likes it. Physical touch prevents illness and creates a tangible bond. Chances are your kids will hug you back. Or at least tolerate it long enough to mutter "Happy Father's Day" while trying to wriggle free. That still counts.

6. As I said before, do nothing. Let them be bored and figure out for themselves how to live with that or change that. After all, boredom "builds character" as pretty much every dad likes to say.

7. Be yourself. Show them that you are not perfect and that everyone has flaws as well as awesomeness. I like to think I'm celebrating my imperfections when I sing the wrong lyrics to pretty much every song on the radio, with my kids in the car of course.

8. Listen. Once my daughter spent 20 minutes replaying every mundane moment of the dream she had the night before. I spent 20 minutes nodding and saying, "Uh huh" while drinking coffee and watching the news. It worked for both of us.

9. Don't compare your kids. To each other, to their friends, or to you. When my husband tells our son that he used to do X, Y, and Z to be a better hockey player in high school, I can see my son's eyes glazing over. There will always be someone who is faster, stronger, tougher, cuter (thanks, Heidi Klum), smarter, etc.

10. Let them fail. It takes effort to intervene and fix things for them. When my daughter tried to build a sidecar for her stuffed animals on her scooter, I knew it wouldn't work. However, she needed to see for herself that 23 stuffed animals in a shoebox taped to her handlebars wouldn't cut it. She reaped the benefits of resilience and perseverance from her failure and redesigned a working sidecar. So, what if it held one stuffed animal, not 23. That's still better than most IKEA furniture built on Dad's first try.

There you have it, 10 lazy ways to be a better parent. Whether you can squeeze one or all of them into your day, you'll be better and happier for it.

And hey, if you do nothing else this week, just remind yourself: parenting is hard. Laughing, hugging, hydrating, and sneaking in naps? That's peak performance—especially on Father's Day.




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Family
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June



**Splash into
Summer Fun!**

JUNE 2

Ignite Inspiration: CBCC Cancer Survivor Mixer

The luau is back this year! In celebration of National Cancer Survivor Day (6/1), CBCC will be hosting a survivor mixer in celebration of HOPE, wellness, and community to kick-off summer.

5 - 7 p.m.

CBCC
6501 Truxtun Ave.
Bakersfield, CA
661-322-2206
<https://www.cbccusa.com/>

JUNE 6

Wacky Water Frenzy!

Kids in 1st-6th grade are invited to kick off the summer with activities like a giant water slide, water games, worship, snacks and tons of

summer fun. This event is **FREE** if you **PRE-REGISTER!** The registration deadline for each event is the Sunday before. After that date, the cost is \$5/child.

6 - 8 p.m.

First Presbyterian Church
1705 17th Street
Bakersfield, CA 93301
(661) 325-9419
aileen@fpbchurch.com

First Friday ArtWalk Under the Stars

Experience the ArtWalk—a free community event and vibrant celebration of creativity featuring artists, artisans, and vendors. Enjoy hands-on activities like jewelry making and storytelling at this dynamic, interactive event!

5 - 9 p.m.

Arts Council of Kern
1020 18th St. (Corner of 18th and N streets)

Bakersfield, CA
661-324-9000
<https://kernarts.org/artwalk/>

Movies in the Park: Transformers One

City of Bakersfield Recreation & Parks **FREE** Movies in the Park series! Movies will begin at dusk. Make sure to bring your picnic gear, lawn chairs, blankets, family, and friends!

7 - 10 p.m.

Greystone Park
5709 Mountain Vista Dr.
Bakersfield, CA
661-326-FUNN (3866)
www.bakersfieldparks.us

WWE Friday Night SmackDown

See undisputed WWE champion John Cena on his farewell tour live! Plus: the American nightmare Cody Rhodes, WWE women's champion Tiffany Stratton, U.S. champion

Jacob Fatu, and many more!

4:30 p.m.

Dignity Health Arena
1001 Truxtun Ave.
Bakersfield, CA
(661) 852-7300
<https://www.dignityhealtharena.com/events-tickets/>

JUNE 7

Bakersfield Youth Symphony Orchestra Concert

BYSO's last concert of the season! The concert will feature music by Saint-Saens, Frescobaldi, Delibes, Sung, and Verdi, and will showcase the musical talents of our local youth!

4 - 5:30 p.m.

Dore Theater
9001 Stockdale Hwy
Bakersfield, CA
www.bysorocks.org

THE BEST LOCAL CALENDAR OF EVENTS!

JUNE 12

Blippi: Join the Band Tour

Grab your drumsticks, tune up your guitar, move those feet with Blippi! Get ready for a musical performance that's fun for the whole family!

6 – 9 p.m.

The Bakersfield Fox Theater
2001 H Street
Bakersfield, CA
(661) 324-1369
tixr.com/groups/bakersfieldfoxtheater/events/blippi-join-the-band-tour-124540

JUNE 13

ADAKC Senior Prom 2025

The Lazzerini Family Foundation Presents "The Heart Never Forgets" Senior Prom. Annual senior prom for "seniors" featuring the crowning of Prom King & Queen, DJ, dancing, food, and fun!

5 – 8 p.m.

ADAKC
4203 Buena Vista Road
Bakersfield, CA
(661) 665-8871
<https://www.adakc.org/event/2025-senior-prom/>

JUNE 14



35th Annual Beautiful Bakersfield Awards

An unforgettable evening of glamour and recognition, honoring the individuals and organizations shaping a brighter future for Bakersfield. This year's theme, "A Night at the MET," sets the stage for a red-carpet affair inspired by the iconic MET Gala.

5 p.m.

1001 Truxtun Ave.
Bakersfield, CA
(661) 852-7300
<https://beautiful.bakochamber.com/>

Mobile Rec Grand Summer Tour 2025

Bakersfield Recreation & Parks' FREE drop-in program for grades K-8. Enjoy Summer fun, including arts, crafts, games, sports, music, and more! Find more dates at <https://www.kerncountyfamily.com/Calendar/PublicCalendarList>.

9 a.m. - 12 p.m.

Planz Park
1601 Planz Road
Bakersfield, CA
661-326-3866
<https://www.bakersfieldcity.us/>

12th Anniversary Tehachapi Honor Flight Fundraiser

Bring your friends and family and make this a day to remember! Celebrate 12 incredible years of honoring our veterans with a full day of food, drinks, live music, and fun at the beautiful Triassic Vineyards! Support Honor Flight Kern County and help send our local heroes to Washington, D.C.

12 - 9 p.m.

Triassic Vineyards
24627 Cummings Valley Rd.
Tehachapi, CA
661-825-7722
mg_cisneros@hotmail.com

Father's Day 5K/2K Run & Walk

Get ready for the annual Father's Day run to honor all Dads! Run the 5k or run/walk the 2k. There will also be a mustache contest before the race begins. Donations are welcome during registration. 100% of all donations will go to bring awareness to ZERO Prostate Cancer!

7 a.m.

Park at River Walk
11298 Stockdale Hwy.
Bakersfield, CA
<https://runsignup.com/Race/CA/Bakersfield/FathersDay>



Blippi comes to Bakersfield June 12 at the Bakersfield Fox Theater.



Don't miss ADAKC's Senior Prom for all ages on June 13!

JUNE 15



JUNE 19



JUNE 20



First Day of Summer

Movies in the Park: Surf's Up

Movies will begin at dusk. Make sure to bring your picnic gear, lawn chairs, blankets, family, and friends!

7 – 10 p.m.

Bakersfield Sports Village
Stadium Field (Kaiser Sports Village)
9001 Ashe Rd.
Bakersfield, CA 93313
661-326-FUNN (3866)
www.bakersfieldparks.us

JUNE 20-21

Carlos Mencia: The Liberated Tour!

Hangout for a night of comedy with Comedian Carlos Mencia, best known for his raw and unfiltered style of comedy, which he has showcased to great success on comedy stages, and in television shows and movies.

7 p.m.

Temblor Brewing Company
3200 Buck Owens Boulevard
#Suite 200
Bakersfield, CA
661-489-4855
<https://temblorbrewing.com/event-calendar/>

JUNE 20-22

Summer Nights Truck Show

Whether you're a truck enthusiast or just looking for a fun night out, this event is perfect for everyone. Get ready to see some of the coolest trucks around, chat with fellow truck lovers, and enjoy the summer night vibes.

12 p.m.

Kern County Fairgrounds
1142 S. P Street
Bakerfield, CA
661-833-4900
https://www.instagram.com/summer_nights_show/

JUNE 26

Art After Dark

BMoA's premiere after-hours art experience returns for its 10th year, with community art projects, live music, unique performances, and much more.

7 – 10 p.m.

Bakersfield Museum of Art
1930 R Street
Bakerfield, CA
661-323-7219
<https://www.bmoa.org/>

Submit your Calendar event to kerncountyfamily.com

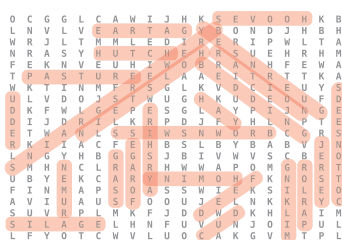


ACTIVITY CORNER ANSWERS

ACTIVITY CORNER: PAGES 30-31

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

- Across
1. Feedings
 4. Motor
 6. Lake
 7. Yearling
- Down
1. Facility
 2. Diameter
 3. Scarce
 5. Tuff



WORD SEARCH SPONSORED BY:



ONGOING HAPPENINGS

THURSDAYS

Concerts at the Marketplace

Every Thursday through the end of June

Enjoy the FREE concert series at The Marketplace Bakersfield!

*The events and performances are subject to change or cancellation.

7- 9 p.m.

The Marketplace Bakersfield
9000 Ming Avenue
Bakersfield, CA
714-545-1400

<https://www.themarketplacebakersfield.com/event/Concerts-at-The-Marketplace/2145562227/>

FOURTH FRIDAY

Adventist Health: Lunch & Learn Community Education Series

On the fourth Friday of the month through the end of November

Adventist Health Bakersfield is excited to invite the public to its first Lunch & Learn Community Education Series event of this year, designed to empower our community with expert insights on key health topics. RSVP is required as space is limited.

12- 1 p.m.

Wellness Center: Adventist Health Bakersfield
1524 27th Street Second Floor
Bakersfield, CA
661-863-2580
www.adventisthealth.org/bakersfield/events/ahbd-lunch-learn-community-education-series/4-25-25

SATURDAYS

Storytime at the Park

Every Saturday through the end of June

Storytime at the Park aims to promote literacy, mindfulness, creativity, and fun for families in our commu-

nity. Enjoy reading, activities, and more!

1 - 3 p.m.

1st Saturday: Saunders Park:
3300 Palm Street

2nd Saturday: David Nelson

Pocket Park: 1511 Niles Street

3rd Saturday: Patriots Park:

1600 New Stine Road

4th Saturday: Heritage Park:

8636 Bernard Street

Bakersfield, CA

661-324-3213

<https://www.kernliteracy.org/>

FIRST SATURDAY

Home Depot Kids Workshops

First Saturday of every month

FREE in-store workshops for kids. Different building and craft kits each month. While supplies last. To register, visit <https://www.homedepot.com/c/kids-workshop>

9 a.m.- 12 p.m.

Home Depot
Bakersfield, CA
<https://www.homedepot.com/c/kids-workshop>

SUNDAYS

Beale Band Concerts

Every Sunday through the end of June

Beale Band Concerts featuring the Bakersfield Municipal Band. Bring your lawn chairs and blankets and enjoy the show. FREE admission.

8- 9 p.m.

Beale Park Amphitheater
500 Oleander Ave.
Bakersfield, CA
661-326-3866
<https://www.bakersfieldcity.us/297/Recreation-Parks>

Bakersfield Spray Parks

To see the full schedule and times, scan the QR code in the Shopper on page 29.

Worship Guide

SPONSORED BY:



Loving When It's Hard: The True Test of Faith

Loving your neighbor even when it is hard is one of the greatest challenges—and callings—of being a Christian. It's easy to show kindness to those who treat us well, but true love is tested in the face of conflict, misunderstanding, or hurt. Loving difficult people doesn't mean agreeing with their actions or accepting poor treatment. It means choosing empathy over resentment and compassion over judgment. It's about recognizing their humanity, even when their behavior makes it hard to see.

Everyone has struggles we don't know about - pain, fear, or trauma - that shapes how they act. When we remember this, it becomes easier to extend grace. This kind of love is not passive; it requires strength, patience, and humility. It asks us to forgive, to listen, and to stay kind even when the other person may not deserve it.

When we do this, we create space for healing, not just for them, but for ourselves. Loving our neighbor, especially when it's hard, transforms us into more compassionate, resilient people. It doesn't excuse wrongs, but it opens a path toward understanding and peace. Remember the words of Christ in Mark

12:31 "Love your neighbor as yourself "It's not an option, it's a must!"



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during 10:00 service

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661-665-7713

www.trinitybakersfield.com

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Welcome Summer Break!

The office will be closed during the summer months of June and July, but will be accepting office visits by appointment ONLY. Should you need immediate assistance, please email us at kernautism@gmail.com

All programs offered by the organization will resume in August for the new school year.

To read more about the organization, follow us on Facebook and Instagram. Have a wonderful summer break!

EARLY SIGNS OF AUTISM:

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

SERVICES OFFERED:

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
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- Camps & Activity Scholarships
- Evening & Weekend Phone support

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

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MON - THURSDAY
10 DAY BLITZ || \$215
MON - FRIDAY

NB *BLITZ ALSO OFFERED AT CAU INCLUDING ADULT LESSONS
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REGISTER: WWW.BAKERSFIELDSWIMACADEMY.COM

Spray Park Schedule 2025
Need a refreshing escape from the summer heat?

Bakersfield's spray parks are the perfect place to splash, play, and cool off — all for free!
Scan the QR code to find the full list of local spray parks!

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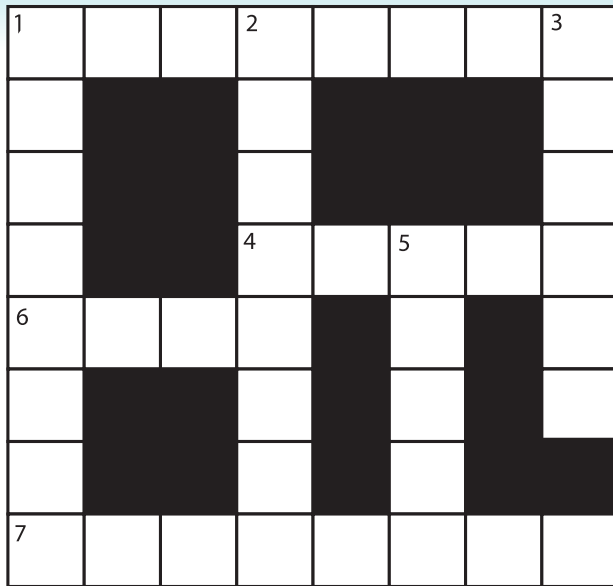
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JUNE ACTIVITY CORNER

Crossword



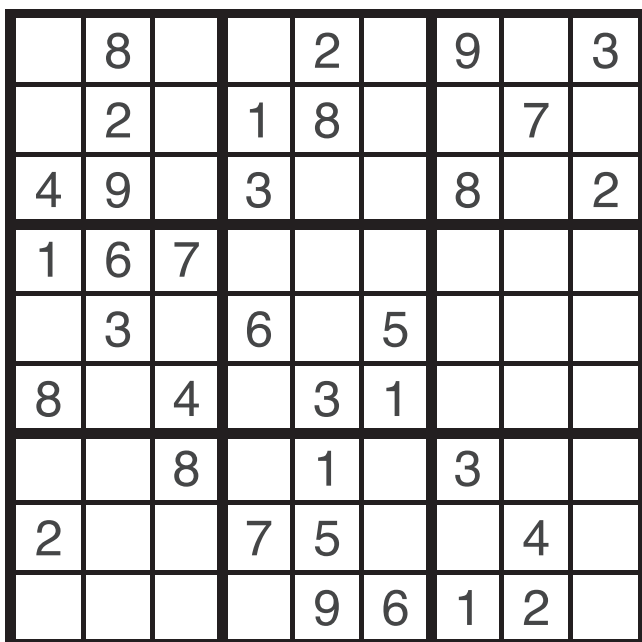
ACROSS

- When animals are being fed
- Engine
- Body of water
- Young animal

DOWN

- A place for a particular purpose
- Straight line through the center of a circle
- Insufficient, not many
- _____ frutti

Sudoku



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



DID YOU KNOW?



Cow Fun Fact

Cows can run on average at 17 mph, with a maximum speed of 25 mph—not exactly racehorses, but faster than you might expect.

www.drink-milk.com

JUNE ACTIVITY CORNER

PUZZLE
ANSWERS
PAGE 26

DAIRY FARM WORD SEARCH

PRESENTED BY PACIFIC AG RENTALS

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

CUD

GUERNSEY

HUTCH

RATION

BEDDING

EAR TAG

HAY

JERSEY

RUMEN

BREWERS GRAINS

FEED

HOLSTEIN

MILKING

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