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FREE



- Good Eats
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HHM Timi Mongold | Soaring High With Books | Instant Calming Aroma

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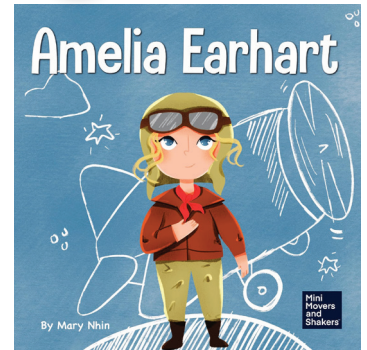
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ON THE COVER: Sugar the Golden Retriever with Sebastian Hafen. Sugar got the pawfect photo poof at **FUR & FEATHER'S PET RESORT BY TINA HEATHER HAFEN PHOTOGRAPHY** WWW.HEATHERHAFENPHOTOGRAPHY.COM

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Vaun Thygerson
CONTRIBUTING WRITER

Throughout the years, during the summer months, my family and I have collected many vacation memories from weekend beach getaways to cross-country road trips. I have loved travelling with my three children at all stages in their lives, but I think this summer's vacation might have been the best one yet. My two boys graduated from high school in 2022 and 2024, and we had promised them a trip to Europe to celebrate. We combined the two, and being

just a tad late, they finally got their graduation trip!

Last month, we took a cruise through the Best of Scandinavia, which happens to be our heritage. My husband's family is from Denmark, and mine is from Norway. It was so fun to visit these places and see landmarks that our ancestors might have stood in. And the best part was that my previously young, rambunctious boys, who required constant supervision, have grown into young adults that now pretty much take care of themselves. It was also fun because they were truly interested in the places we went, and they wanted to venture out and see the sights; there was very little cajoling needed.

During our recent trip, we found a small library nook on the ship where you could leave books you read and take others that people left. My youngest son chose a Cesar Millan book to start reading. It was so rewarding to see him enjoying it throughout the trip! My husband is an avid reader, and he placed a huge emphasis on reading books to our kids when they were little. I think this practice makes lifelong readers as your kids grow up. In the article, **"Soaring Stories: Kids' Books That Celebrate Amelia Earhart,"** on page 14, you can find all kinds of

books on this aviation icon. Celebrating Amelia Earhart Day on July 24, you can check out these books to support reading and to encourage them to learn about the first woman to fly solo across the Atlantic Ocean and her subsequent disappearance.

This month's Hello Happy Mama features a charitable woman who does a lot for the community. In the article, **"Hello, Happy (FAITHFUL) Mama: Timi Ann Mongold,"** on page 12, Callie Collins writes how love speaks through this mama. Timi Ann and her husband, David, have eight children and a thriving chiropractic practice. Somehow, she still finds time to volunteer and teach her kids to do so, too! Volunteering alongside her family makes her heart happy.

For your monthly dose of humor, check out Julie Willis' Humor at Home article, **"Shopping with Kids: Why I Have No Clothes,"** on page 23. She explains the inevitable truths that happen during child-rearing years. One of the main ones is that you never have time to shop for clothes for yourself because you're always shopping for everyone else. She writes about a Target adventure that turned crazy and still didn't end with the necessary items.

In July, while you're celebrating America's birthday and all the fanfare that goes along with it, you could be in a different country or your backyard: remember to make memories, have fun, and of course, be safe! Each stage of life, from when your kids are small to when they become adults, poses different expectations and adventures, but they're all exciting! Every time I think I have found my favorite memory, a new one comes along to vie for the top spot!

Happy 4th of July!

HELLO HAPPY MAMA CONTEST!

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nmartinez@bgckc.org 661-325-3730 ext 222

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IKEA Helps Build Homes for Local Veterans

CAPK recently shared that IKEA provided in-kind donations to fully furnish all 12 units of Covey Cottages, its permanent supportive housing program dedicated to serving homeless veterans in Kern County. The 12 units of Covey Cottages are 400-square-foot tiny homes for local veterans, and now, thanks to IKEA, each unit feels more like a home.

IKEA provided furniture and an amazing staff that came out to build and set up each unit, complete with essential furniture and household items such as beds, dining tables, and kitchen utensils. Covey Cottages is more than just housing; it's a place where those who served our country can rebuild their lives with stability and support.



PHOTO COURTESY CAPK

If you'd like to help local veterans through CAPK, please reach out to Catherine Anspach, Director of Development at canspach@capk.org.

Youth 2 Leaders Educational Foundation Hosts Annual Scholarship Ceremony



Youth 2 Leaders Educational Foundation (Y2LEF) celebrated the achievements of over 30 local students at its Annual Scholarship Ceremony on June 12.

Youth 2 Leaders Educational Foundation (Y2LEF) recently hosted its annual scholarship ceremony honoring more than 30 students for educational excellence. These students have been selected to receive Y2LEF scholarships for their academic excellence, leadership, community service, and perseverance in pursuing higher education.

Each year, thanks to the generous support of donors and community partners, Y2LEF awards a variety

of scholarships to help alleviate the financial burden of college and enable students from diverse backgrounds to reach their educational and career goals. The ceremony not only recognizes their hard work and dedication but also highlights the foundation's ongoing commitment to empowering the next generation of leaders.

"Y2L started off as a scholarship distributor and has been a main focus of ours over the past 20 years. Awarding these scholarships is one of the most meaningful moments of our year. It reflects Y2L's commitment to educational equity and our belief in the incredible promise of every student we serve," says Gabriel Adame, President and CEO of Y2LEF. "These young leaders have earned this recognition, and we are proud to invest in their future. I want to thank all of the donors, supporters, and partners for always believing in our mission. This year, we look to distribute over 30 scholarships to students throughout Kern County."

For more information, please visit www.youth2leaders.org.

Uber & Lyft Expand Rideshare at Meadows Field Airport

Beginning on July 1, 2025, travelers flying in and out of Meadows Field Airport will have enhanced transportation options. The Kern County Board of Supervisors has approved a new agreement allowing Uber Technologies, Inc. to operate at the William M. Thomas Terminal, joining Lyft in providing rideshare services for passengers.

Under this agreement, along with the renewal of Lyft's existing 2018 contract, both Uber and Lyft will continue offering pick-up and drop-off services at Meadows Field Airport through June 30, 2028. These expanded rideshare options reinforce Kern County's commitment to convenience, flexibility, and accessibility for residents and visitors.

Kern River Valley Library Branch Reopens

The Kern River Valley Branch Library in Lake Isabella recently reopened its doors, and it's better than ever. The branch has been closed since October 2024. A supportive and vocal proponent of the library, the Kern River Valley community has created a real sense of community through the library's activities and resources. Thanks to Measure K, the library is now equipped with more materials, programs, and technology designed to inspire, educate, and connect with the Kern River Valley community.

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

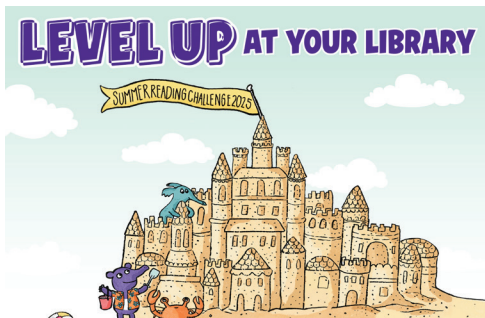


PHOTO COURTESY KERN COUNTY LIBRARY

KCL Summer Reading Challenge and Free Lunch

Join the Kern County Libraries (KCL) for a summer full of reading, prizes, free meals, and a lot of fun. In July, KCL offers children a chance to “Level Up” their reading skills at the local library with its summer reading challenge. When participants read 10 books or for 10 hours, they will receive a free book

from the Friends of the Kern County Library and other prizes while supplies last. Children and teens ages 2-18 can receive free lunch at select library locations.

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

Wonderful Amenities Center Grand Opening

The Wonderful Company recently celebrated the grand opening of the Wonderful Amenities Center in Shafter. This vibrant new complex brings together workforce development, collaboration, wellness, and dining – all in one place.

The new Wonderful Amenities Center complex includes the Wonderful Career Center, supporting local talent through classrooms and career development resources, and a new office and



PHOTO COURTESY WONDERFUL COMPANY

conference center designed to foster collaboration and innovation. The center also features Wonderful La Cocina, a full-service restaurant offering in-café dining, catering, and delivery. Plans for the center consist of an urgent care clinic operated by a local health provider to serve WLC tenants and the surrounding community.

For more information, visit www.wonderful.com.

Celebrate July 4th

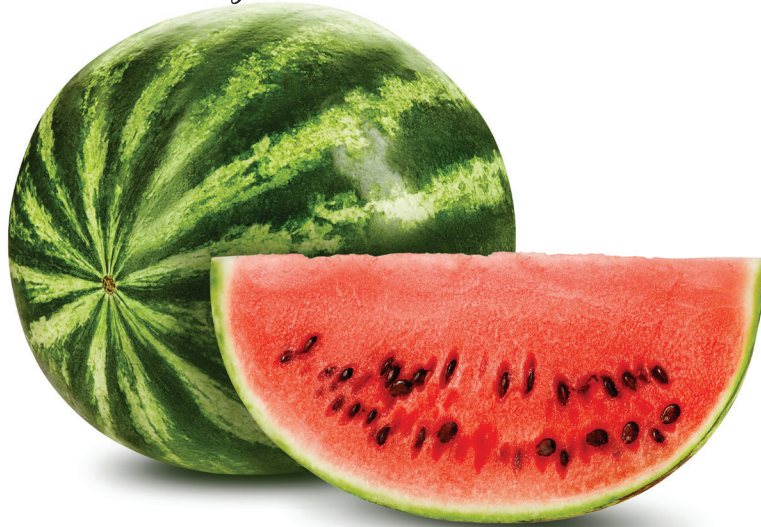
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Nutritional Benefits of Watermelon

Watermelon is not only a refreshing treat, but it provides a host of additional nutritional benefits as well, making it an ideal food for your next backyard barbecue.

• **Watermelon is low in calories.** The Mayo Clinic notes that one cup of watermelon is 46 calories.

• **Watermelon promotes hydration.** The Harvard T.H. Chan School of Public Health notes that drinking enough water helps regulate body temperature, lubricate joints, prevent infections, and promote proper organ function. The Mayo Clinic notes watermelon is 92 percent water, which can help people remain hydrated on hot summer days spent outside.

• **Watermelon is a good source of vitamins C and A.** Watermelon contains 14 percent of the recommended daily value (DV) of vitamin C per USDA dietary guidelines, making it a worthy addition to anyone's diet. Watermelon also contains 5 percent of the recommended DV of vitamin A.

• **Watermelon does not contain any fat, cholesterol or sodium.** Unlike other popular desserts, watermelon contains no fat, cholesterol or sodium. Opting for watermelon over more traditional desserts can help people lower their fat consumption, reduce their cholesterol and avoid overconsumption of sodium.

Breakfast: The Heart-Healthy Habit

Experts agree that starting your day with a balanced breakfast—rich in whole grains, protein, and fresh produce—can set the tone for better health. Think avocado toast with an egg on whole-grain bread or oatmeal topped with berries and nuts—both delicious ways to fuel your morning.

Research published in The Journal of Nutrition, Health & Aging highlights the benefits of dedicating 20% to 30% of your daily calories to a hearty, nutritious breakfast. Participants who did so had lower BMIs, improved triglyceride levels, and higher HDL (good) cholesterol compared to those who skipped breakfast.



PHOTOS COURTESY FREEPIK

Stay Safe During Extreme Heat



Experts are warning that dangerously high temperatures are heading to Central California this summer. The American Red Cross Central California Region urges everyone to take these actions to stay safe.

What You Should Do to Avoid Heat Illness:

- Aim for a cup of water every hour and avoid sugary, caffeinated or alcoholic drinks.
- Encourage athletes and outdoor workers to take breaks in the shade and drink a cup of water every 20 minutes.
- Remember to wear lightweight, loose-fitting clothes in light colors.
- Never leave a child or pet alone inside a parked car, and make sure pets have access to fresh water and shade.

Heat Illness Signs & Actions:

Heat Cramps – Heavy sweating, muscle pain. Action: Rest in a cool place, sip water slowly. Avoid drinking if nauseous; seek help if cramps persist over an hour or you have heart issues.

Heat Exhaustion – Heavy sweating, weakness, cool clammy skin, dizziness, fainting, nausea. Action: Rest, sip water, loosen clothes, use a cool wet cloth. Get medical help if vomiting, heart problems, or symptoms persist.

Heat Stroke (Emergency!) – High body temp, rapid heartbeat, confusion, headache, dizziness, fainting, nausea. Action: Call 911 immediately. Move to a cool place, remove extra clothing, use wet clothes or a cool bath. Do not drink anything.

For more information and resources, visit <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/extreme-heat-safety.html>

West Nile Virus: What You Need to Know This Mosquito Season

West Nile virus (WNV) is a mosquito-borne illness that survives in birds and spreads when a mosquito feeds on an infected bird, then bites humans or mammals like horses. It cannot spread from person to person. Most infected individuals (80%) remain asymptomatic, while 20% experience fever, headache, rash, muscle weakness, nausea, and vomiting. In rare cases (1%), neurological symptoms like paralysis, tremors, and confusion may occur. Fatal cases are uncommon. There is no specific treatment—most recover with supportive care.

While there is a vaccine against WNV for horses, there is no vaccine available for people. The best prevention against WNV is avoiding mosquito bites.

Here are ways to decrease your risk of mosquito-transmitted infections:

- Avoid mosquito-infested areas and use mosquito repellent on exposed skin.

- Wear long-sleeved shirts and long pants whenever you are outdoors.
- Do not allow water to collect and stagnate in old tires, flowerpots, fountains, birdbaths, pet bowls, or other containers. These are prime breeding grounds for mosquitoes.
- Keep swimming pools operating properly; drain water from pool covers.
- Stock garden ponds with fish that eats mosquito larvae such as gambusia, goldfish, and others.
- Empty and scrub the walls of birdbaths and wading pools weekly to remove any attached mosquito eggs.
- Make sure that doors and windows have tight-fitting screens in good repair to keep mosquitoes out of your home.

To learn more, visit <https://www.kernpublichealth.com/healthy-community/illness-disease/disease-conditions/west-nile-virus-and-other-mosquito-borne-illnesses>



The Surprising Stress-Relief Power of Coffee's Aroma

While too much coffee can lead to jitters, simply inhaling its rich aroma may have a calming effect. According to The International Dental Journal, researchers found that individuals who completed a stressful task while breathing in the scent of coffee had significantly lower levels of salivary amylase—an enzyme that rises in response to stress—compared to those in a scent-free environment.

So the next time life feels overwhelming, take a deep breath of a brewed cup—your body just might thank you.

You + Us = a better day!



**KEEP
YOUR
MEDI-CAL.
RENEW
TODAY!**

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Parks and Trails You Might Have Missed

LOOKING FOR A PEACEFUL ESCAPE or an off-the-beaten-path adventure? These reader favorites are perfect for National Park & Recreation Month.



The Panorama Vista Preserve (Panorama Bluffs) offers 936.8 acres of open space in Bakersfield, stretching 2½ miles along the Kern River below the Panorama Bluffs. With five access points—including three with street parking and entrances via bike and equestrian trails—it's a local gem. PHOTO BY HEATHER HAFEN

“What lesser-known local park or trail deserves more love?”

“I love Silver Creek Park. It has walking paths, large play areas, a pool, and a recreation center.”

Luz Garcia

“There is not enough love for trails at Wind Wolves Preserve! Beautiful area to go for a walk or hike with the family!”

Maricela Ortiz

“Circle Park in Kernville, California.”

Summer Provience

“Riverview Park in Oildale.”

Mikayla Ortiz

“Saddleback Trail in the Kern Canyon.”

Cecily Luongo

“Thorner Trails - from the apartments to the school.”

Pat Crawford

“The Enos Lane/State Route 43 leg of the bike path.”

Maggie Cushine

“We love the little park at CALM zoo and there are lovely trails next to Hart park.”

Kristen Foster

“Shafter Veterans Park.”

Astrid Ovalle

Hiking Benefits

Hiking boosts your physical health, sharpens your mind, and reconnects you with nature while giving your soul a chance to breathe.

Summer Hiking Kit

Keep your family's kit in a waterproof case and in an easily accessible place. Make sure to keep it stocked with essentials for cuts, scrapes, burns, blisters and beyond, such as:

- Antiseptic Wipes
- Antibiotic or Antimicrobial Ointment
- Bandages
- Hydrocortisone Cream
- Sunscreen & Aloe Vera Gel
- Water Bottles
- Insect Repellent
- Tweezers
- Pain-relieving Medications
- Medications for Allergies, Nausea, Congestion & more

Other local favorites from our Readers

University Park

Campus Park

Patriots Park

Corvallis Park

Greystone Park

Beach Park

Grissom Park

Saunders Park

Wayside Park

Mill Creek Park

Pioneer Park

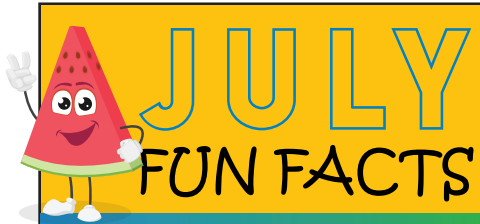
Siemon Park





Hello, neighbor.

Close enough to be your neighbor, caring enough to be your family.



Did You Know?

• Independence Day! - July 4th

July 4th is when the United States celebrates its birthday — all the way back in 1776!

• National Ice Cream Month

Thanks to President Reagan, July is officially National Ice Cream Month. The 3rd Sunday of July is National Ice Cream Day!

• Hottest month of the year

Time to wear sunscreen, drink water, and find shade — your body will thank you!

• Watermelon is a July superstar

Watermelon is over 90% water. It's a perfect summer snack to stay cool and hydrated.

• Famous birthday in July:

Harry Potter (fictionally) was born on July 31!



I SPY



How many of each item can you count?



For answers to this month's puzzle, scan the QR code, or go to: omnifamilyhealth.org/puzzle-answer-key/



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David and Timi
Ann Mongold
CARISSA
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PHOTOGRAPHY

HELLO, HAPPY FAITHFUL MAMA

With a servant's heart and unwavering faith,
Timi Ann Mongold pours her energy into what matters
most —Christ, family, and uplifting her community.

Love speaks through Timi Ann Mongold. Her commitments to Christ, family and volunteering are at the center of her life, facts she is the first to affirm.

"Volunteering is my caffeine, like how some people say they have to have it to get through the day," she explained. "Serving others is my passion. Serving is my heart. Serving is who I am. Even as a young child, I served in convalescent homes reading to the elderly. I genuinely love making people smile and letting them know they are loved and that they matter."

Originally from Delano, Timi Ann graduated from California State University, Bakersfield. She taught elementary school before shifting to work in her husband's chiropractic practice, Alpha Omega Wellness Center.

Through a roundabout connection made while volunteering at Big Brothers Big Sisters, Timi Ann met her husband, Dr. David Mongold. They have eight children: Jordin, 35, Kahara, 31, Tristin, 27, Tommi Jo, 24, JoVi, 19, Luke James, 15, Faith, 13 and Levi, 8, with whom they volunteer.

"It is amazing to walk alongside your children and volunteer," said Timi Ann, who recalls serving the community while wearing a backpack and a front carrier to accommodate her then-baby and toddler.

A certified foster parent for more than 16 years, Timi Ann also speaks with an acute awareness of the broader community.

"My continued prayer is that everyone, specifically Kern County, would be educated and get involved with the foster care community, which in turn is also a part of homelessness, addiction, mental health, trafficking and so much more," said Timi Ann. "There are so many misconceptions about foster care but what a wonderful blessing it is to be able to bridge the gap and allow a child to come into your life and change it for the better. The fact is, the number of kids in foster care outweighs the number of open homes, forcing kids to be constantly bounced around, and I will never be okay with that."

Although adoption has been part of the Mongold family's story, reunification remains the primary goal of foster care and ensuring community resources are available also helps families meet that goal. Timi Ann expressed her belief that everyone can do something to help.

"Trust me when I say there is always time to volunteer! I am a full-time working mom with three littles still at home and at any given time during the week, you can find me serving at the Blessing Corner Outreach Ministries, The Mission at Kern County, Encore Boutique, Kern Bridges Youth Homes, Bakersfield Christian High School and dozens of others that I've been blessed to serve with while simultaneously sharing the love of Jesus Christ," she said. "There are so many tasks my 8 year and 13 year olds can do alongside me, from sorting socks at The Mission, to planting in the garden and making up baskets. My Mom is a senior citizen and she has some physical limitations but she can serve. I can bring tasks home to her, like stuffing envelopes or calling donors and sponsors. There are so many different capacities in which people can volunteer at all ages."

THREE QUESTIONS WITH TIMI ANN MONGOLD

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

If you're ever feeling lonely or isolated, you need to get out and serve others and if you have children, take your children with you to serve! There is one thing that we are all given the exact same of and that is 24 hours a day. The way you choose to use your 24 hours is up to you.

Serving others through the love of Christ is the best kind of medicine no money can buy. It will fill your cup, both mentally and physically!

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

So many different nonprofit organizations need volunteers. Here are three:

Kern Bridges Youth Homes:
661-396-2301

CASA of Kern County: 661-631-2272

Bakersfield Angels : 661-735-3020

Fill-in-the-blank questions

The first thing I do when I wake up is: Open my eyes and say, 'Thank you, Lord, for another day.'

Favorite food: Miguel's Queso Dip at Yard House

The best book I've read lately is: "Walk to Beautiful" by Jimmy Wayne and his "Meet Me Halfway" movement bringing awareness to foster youth aging out of the system and homelessness among young people.

Best life advice: Volunteer. If you can't volunteer, sponsor. If you can't sponsor, donate. If you can't donate, educate.

Q. What is the best way to get started with foster care?

It starts with a conversation. There are so many ways foster care impacts the community and people in it that others just don't realize until someone brings it up. Not everyone can foster but everyone can support foster care in one way or another.

David, Luke, JoVi, Faith, Timi Ann serving at The Mission at Kern County during the holiday season. PHOTO COURTESY OF THE MISSION AT KERN COUNTY



HELLO HAPPY MAMA CONTEST

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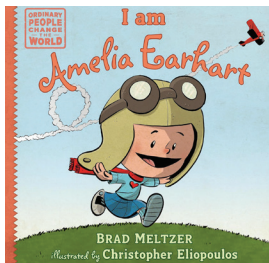
Enter by midnight
on July 22nd!

Scan Here
to Enter!



Soaring Stories: Kids' Books That Celebrate Amelia Earhart

IN 1932, **AMELIA EARHART** became the first woman to fly solo across the Atlantic Ocean and in 1935, she became the first woman to fly across the Pacific Ocean. Her next feat was to circle the globe. But something went wrong and the pilot went missing in 1937. As we celebrate Amelia Earhart Day on July 24, here are our favorite books that tell her story.



I Am Amelia Earhart

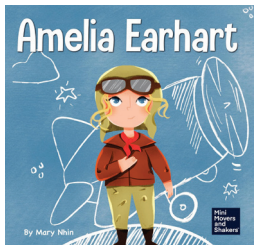
By Brad Meltzer & Christopher Eliopoulos

\$8.96; Ages 3-6
Rocky Pond Books

Amazon.com

This basic

biography follows Amelia Earhart from childhood to her first flying lessons and beyond. The friendly biography "I Am ..." series inspired the PBS Kids TV show "Xavier Riddle and the Secret Museum." One great role model at a time, these books encourage kids to dream big.



Amelia Earhart: A Kids Book About Flying Against All Odds

By Mary Nhin

\$12.91; 3-11

Grow Grit Press
Amazon.com

Part of the Mini Movers and Shakers children's book series, this book tells the story of Amelia Earhart to even the littlest readers.



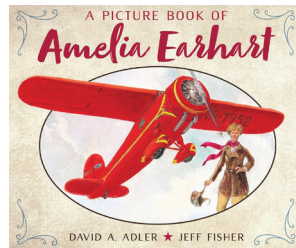
National Geographic Kids: Amelia Earhart

By Caroline Crosson Gilpin

\$3.99; Ages 3-5
National Geographic Kids
Amazon.com

Early readers can gain an understanding of

Amelia Earhart's historical significance through this story of her life and legacy.

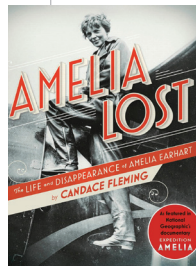


A Picture Book of Amelia Earhart

By David Adler & Jeff Fisher

\$7.99; Ages 4-8
Holiday House
Amazon.com

This picture book is ideal for early elementary readers interested in history, or who need reliable sources for school book reports.



Amelia Lost: The Life and Disappearance of Amelia Earhart

By Candace Fleming

\$7.89; Ages 10 to adult
Yearling

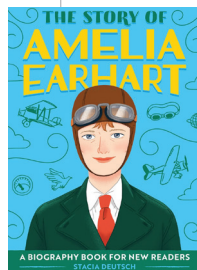
Amazon.com

This New York Times

Notable Book of the

Year was featured in the

National Geographic documentary "Expedition Amelia!" It tells the whole story of Earhart's life and flight.



The Story of Amelia Earhart: An Inspiring Biography for Young Readers

By Stacia Deutsch

\$5.35; Ages 6-9
Callisto Kids

Amazon.com

Kids can explore how

Amelia Earhart went from

a young girl growing up in Kansas to a pioneer of flight.



Who Was Amelia Earhart?

By Kate Boehm Jerome

\$5.79; Ages 7-10
Penguin Workshop

Amazon.com

From her childhood to

her mysterious 1937

disappearance, young

readers will find Amelia

Earhart's life story fascinating.



The Girl Who Reached for the Skies: The Story of Amelia Earhart for Kids

By Sarah Michaels

\$19.99; Ages 7-12
Independently published
Amazon.com

Using engaging storytelling and fascinating facts, this book brings tells how Amelia challenged the odds, broke barriers and paved the way for women in aviation.



Amelia Earhart Book for Curious Kids: Discover the Life & Adventures of the Pioneering Pilot

By Mark Lylani

\$14.95; Ages 8-12
Independently published
Amazon.com

Discover the story of Amelia Earhart's adventures and achievements and how she had the courage and determination to go where no other women went.



Little People, Big Dreams: Amelia Earhart

By Maria Isabel Sanchez Vegara

\$9.54; Ages 6-8
Frances
Lincoln Children's Books
Amazon.com

The "Little People,

Big Dreams" series introduces children to biographies. Amelia's story is told in simple sentences and easy-to-read text for toddlers to early readers. This book features illustrations and extra facts, including a biographical timeline with historical photos and a detailed profile of the aviator's life.



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

 /kerncountylibrary  @kerncountylibrary  @kerncountylibrary  @kerncntylibrary  @kerncountylibrary  @kerncountylibrary

This institution is an equal opportunity provider. The Summer Food Service Program is a program of the U.S. Department of Agriculture, administered in California by the California Department of Education. Lunch at the Library is a project of the California State Library, supported with funds from the State of California and made possible through partnerships with Delano Union Elementary School District, Kern County Superintendent of Schools, Kern High School District, Sierra Sands Unified School District, Southern Kern Unified School District, Taft City School District, and special thanks to the City of Delano Recreation Department and the City of California City.



LUNCH
— at the —
LIBRARY



PAWS, PICS & PÂTÉ

Whether you're spoiling your furry friend with safe snacks, searching for the perfect name, snapping a swoon-worthy pet photo, or heading out for a meal together, we've got you covered!

Know What's Safe & What to Avoid for Your Furry Friends!

Not all human foods are pet-friendly! Learn which snacks are safe and which can pose hidden dangers.

Safe Foods

Vegetables: Carrots, Green Beans, Sweet Potatoes, Pumpkin, Cucumbers

Fruits: Apples (seedless), Blueberries, Bananas, Strawberries, Watermelon (seedless)

Proteins: Cooked Chicken (plain), Turkey (without skin/seasoning), Eggs (cooked), Salmon (boneless)

Other: Rice (plain, cooked), Oatmeal (plain), Peanut Butter (xylitol-free), Plain Yogurt

Harmful Foods

Chocolate, Coffee & Caffeine: Can cause vomiting, tremors, and seizures

Grapes & Raisins: May lead to kidney failure
Onions, Garlic & Chives – Can damage red blood cells and cause anemia

Xylitol (Artificial Sweetener): Found in sugar-free gum, baked goods, and some peanut butter; can cause liver failure and dangerously low blood sugar

Milk & Dairy: Can lead to stomach upset, diarrhea, and discomfort

Macadamia Nuts: May cause weakness, vomiting, and tremors

Alcohol & Yeast Dough: Can cause serious digestive issues and alcohol poisoning

If your pet ingests harmful food, contact your vet immediately

Contact the ASPCA Animal Poison Control Center at 888-426-4435. They are available 24/7 to assist with pet poisoning emergencies.

Another resource is the Pet Poison Helpline at 855-764-7661, which also provides expert guidance on toxic exposures.

For a full list of foods, check out the AKC's guide www.akc.org

The Trendiest Names for Pups 2024

Choosing the perfect name for your pup? These top dog names of 2024 are leading the pack!



Top Girl Dog Names		Top Boy Dog Names	
Luna	Stella	Milo	Bear
Bella	Maggie	Max	Toby
Daisy	Sadie	Teddy	Finn
Lucy	Lola	Charlie	Tucker
Willow	Rosie	Cooper	Ollie

Top Cat Names of 2024: Purr-fect Picks for Your Feline Friend

Here are the top cat names of 2024, inspired by pop culture, classic favorites, and unique trends!



Top Girl Cat Names		Top Boy Cat Names	
Luna	Bella	Binx	Loki
Nyx	Biscuit	Milo	Cosmo
Daisy	Angel	Felix	Tiger
Willow	Raven	Apollo	Simba
Nala	Aurora	Biscuit	Atlas

Pawtraits 101: Snap the Cutest Pet Photos

Whether your pet is posing, zooming, or snoozing, these photography tips will help you get the perfect shot!

Get on Their Level

Crouch down or lie flat to photograph at eye level. It makes the image feel more intimate and shows your pet's personality.

Natural Light Is Your Best Friend

Avoid flash—it can startle pets and cause red-eye. Soft, natural daylight creates beautiful, warm tones.

Use Treats or Toys for Focus

Hold a treat or favorite toy near your camera lens to grab their attention—instant sparkle in their eyes guaranteed.

Embrace the Goofy Moments

Sometimes the mid-yawn, head-tilt, or zoomies shots are the most delightful. Don't just wait for the perfect pose—capture the character.

Keep Backgrounds Simple

A clutter-free background puts all the focus on your adorable subject. Solid colors or open outdoor spaces work wonders.

Use Burst Mode for Action Shots

If your pet is a blur of wiggles, burst mode can catch that one magic frame in the chaos.



CONTINUED ON PAGE 19

Caring for the CAREGIVER

REFILL YOUR CUP 2025

SATURDAY | 9 | AUGUST

8:00AM – 1:00PM

Hodel's Country Dining
5917 Knudsen Drive 93308

Join us for a **FREE** educational conference and resource fair focused on brain health, alzheimer's research updates, self care, and more!

To register, call us at the number below.
Sponsorship opportunities available.

661-665-8871
 www.adakc.org

edwardjones.com | Member SIPC

Having more retirement accounts is not the same as having more money

When it comes to the number of retirement accounts you have, the saying "more is better" is not necessarily true.

In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you're properly diversified. *Bringing your accounts to Edward Jones could help solve all that.

Other potential benefits may include:

- A clearer view of your assets
- No tax penalties when you make a direct transfer from one account to another
- Less confusion from tracking multiple fees for multiple accounts
- Less paperwork at tax time

*Diversification does not guarantee a profit or protect against loss.

To learn more about why consolidating your retirement accounts may make sense, call or visit today.

Crystal M Zazueta,
Financial Advisor
7906 Downing Ave Ste A,
Bakersfield, CA 93308
661-843-7296

Freddie Vigil,
Financial Advisor
3100 19th St Suite 150,
Bakersfield, CA 93301-3119
661-404-4242

Julianne Finch,
Financial Advisor
3100 19th St Suite 150,
Bakersfield, CA 93301-3119
661-404-4242

Simple Steps to Keep Your Pet Safe

PETS BRING A LOT OF JOY TO PEOPLE'S LIVES. In fact, 97 percent of pet owners consider their pets to be family members. In addition to the financial investment associated with pet ownership, owners must devote time and energy into safeguarding the well-being of their pets. That includes reducing the chances the animal becomes lost. The Animal Humane Society says it's estimated one in three pets will go missing in their lifetime and many will not be reunited with owners. But people can do their part to protect pets from escaping or getting lost. Here are some proactive steps to take.

1

Get pet identification

Take a multi-layered approach to identifying the pet, such as name and contact information printed on a collar tag. In addition, have the pet microchipped. Pet parents should routinely check and update the chip data if they move or if there is a change in phone number or pet ownership.

2

Choose a well-fitting collar

A collar can be rendered useless if the pet is able to slip its head out. Harnesses may be even more secure for escape artists because they attach around the midsection rather than the neck. Another great tool is attaching a GPS-enabled device to a pet collar. In the event the pet cannot be found, pet owners can track the animal's location using a mobile phone. Always use a leash! Even the most well-trained pets may run off from time to time.

3

Secure the home and yard

Check for any apparent points of weakness around the home or yard. Is there a large gap between the bottom of the fence and the lawn that needs remedying? Is the gate latching securely or does it pop open? Are all window screens secure, or could they be pushed out from the inside? Securing the home can cut down on potential problems.

4

Utilize obedience training

Working with a certified dog trainer or cat behaviorist can teach the pet to curb an instinct to bolt. If they start to run off, training can help pets develop adequate recall skills to come back when called. Trainers also can teach techniques to quell pets' desires to dart when a house or fence door is open.

5

Use leashes on pets

The animal should be on a leash whenever it is taken outdoors where there is no fence or secured area. Even the most well-trained pets may run off from time to time. Not to mention, leash laws exist in many areas for both the dog's and people's protection.

ID Pet Day

It's important that pet owners take steps to prevent their furry friends from running away and getting lost. Celebrate ID Your Pet Day (July 1) by IDing your pet today!





PHOTO COURTESY FREEPIK

CONTINUED FROM PAGE 17

Pet-Friendly Dining in Bakersfield

Enjoy a meal with your four-legged friend at these pet-welcoming patios and restaurants, from coffee shops to BBQ joints.

Covenant Coffee

A welcoming café with outdoor seating where pets are welcome. Known for its specialty coffee and commitment to supporting foster youth. www.covenantcoffee.org

Chuy's Mesquite Broiler

A Baja-style grill with a spacious outdoor patio for pets. www.chuysbajagrill.com

Cafe Smitten Southwest

A cozy café with outdoor seating and water bowls for furry friends. <https://www.cafesmitten.com/>

Temblor Brewing Company

A casual brewpub with a pet-friendly patio featuring fans and misters. <https://temblorbrewing.com/>

Old River Grill

A locally loved diner-style eatery with a welcoming outdoor space for pets. <https://www.olddrivergrill.com/>

Uricchio's Trattori

Family-owned Italian restaurant with cozy outdoor seating. <https://www.uricchios.com/>

Nuestro Mexico Restaurant

Authentic Mexican cuisine with outdoor seating for furry friends. www.nuestromexico.online

Moo Creamery

Burgers, sandwiches, and ice cream, with a pet-friendly patio. www.moocreamery.com

Salty's BBQ & Catering

A local favorite for oak-grilled tri-tip and pulled pork, featuring a dog-friendly patio. www.saltysbbq.com

Tutti Frutti Frozen Yogurt

A self-serve frozen yogurt spot with outdoor seating where pets are welcome. <https://tuttifruttifrozenyogurt.goto-restaurants.com>

Jake's
Tex-Mex
Cafe

EAT AT JAKE'S

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

Salty's
BBQ & Catering

BANQUET & EVENT CENTER
661-563-2739

6720 Schirra Ct. Bakersfield, CA 93313 John 14:6

KERN COUNTY FAMILY MAGAZINE'S
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Truxtun & Mohawk

LIFE FM
Rosedale & Fruitvale


GROCERY OUTLET
Bargain Market
Brimhall & Jewetta

Beat the Heat with Watermelon Treats

JULY IS NATIONAL WATERMELON MONTH, so what better time to celebrate the ultimate summer fruit? Whether you're crafting a refreshing watermelon pizza topped with your favorite fruits or diving into a sweet-and-salty fruit salad with cottage cheese and mint, these recipes are bound to become seasonal staples. Healthy enough for breakfast, festive enough for a summer gathering, and undeniably delicious—your biggest challenge will be deciding which to make first!

.....

Sweet Watermelon Pizza



INGREDIENTS

- 1 Watermelon round cut into 1" (for crust)
- Varied amount of shredded coconut
- Varied amount Greek yogurt of choice
- Varied amount Mint
- Varied amount of Berries of choice (blueberries, strawberries, blackberries)
- Varied amount Slivered almonds


INSTRUCTIONS

Spread yogurt to cover watermelon leaving room to hold the rind.

Sprinkle watermelon pizza with coconut, mint, berries and almond toppings as desired.

.....

Watermelon Berry Fruit Salad with Cottage Cheese



INGREDIENTS

- Watermelon
- 1 Package Each: raspberries, strawberries, blueberries, blackberries
- 1 Container Cottage Cheese
- 1 Bunch Mint Leaves
- Honey, to taste

INSTRUCTIONS

Cut watermelon with star-shaped cookie cutter or into cubes.

Mixed with remaining fruit in large bowl, or individual servings.

Add dollops of cream cheese on top of fruit.

Garnish with mint leaves and drizzle with honey prior to serving.

— Recipes Courtesy of <https://www.watermelon.org/>

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





Heather Hafen

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www.heatherhafenphotography.com 661-565-4121



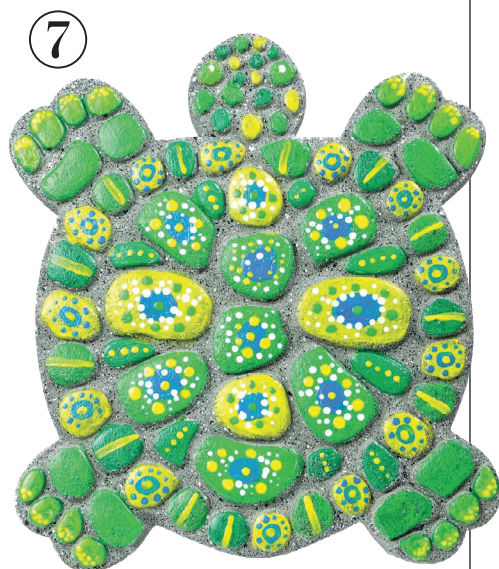
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WE LOVE IT!

By Lisa Keosouphanh

Sunshine & Playtime: Must-Have Picks for a Fun-Filled Summer

1. Old World Christmas Beach Bag Ornament \$27.99, oldworldchristmas.com
2. MindWare Make Your Own Doggy Day Camp \$32.95, www.mindware.orientaltrading.com
3. Old World Christmas Summer Coastal Gnome \$59.99, oldworldchristmas.com
4. MindWare Make Your Own Bug Catcher and Tool Set \$21.95, www.mindware.orientaltrading.com
5. MindWare 125 Piece Aqua Maze Marble Run \$45.95, www.mindware.orientaltrading.com
6. Madame Alexander Splash & Play™ Seahorse Baby Doll \$63.45, www.madamealexander.com
7. MindWare Paint Your Own Stepping Stone: Turtle \$26.95, www.mindware.orientaltrading.com



Shopping with Kids: Why I Have No Clothes

When I was a teenager, I would sometimes look through my mom's closet in search of something to wear. But her closet did not help me with my first-world problem of needing something to wear because there was practically nothing in it. I never understood how she could have so little to wear.

Until I became a mom.

Now I know.

There are two things that happen when you are in the throes of the childrearing years.

Number one. Laundry is doable. There is always, constantly, a load of laundry going. So you just wash the few things you have over and over.

Number two. Shopping is not possible. Like ever. And if you do manage to step inside a store, there are three truths:

Truth one: The store is Target.

Truth two: You will be out of energy before you find clothes for your kids (nevermind yourself).

Truth three: Kids don't find the things they need when you shop. They just find other things.

I recently took my twelve year old shopping (at Target). We had a long list of items she needed, including shorts, t-shirts, and socks. I thought we were doing great: She said yes to everything I picked up and let me carry it around till we got to the dressing room where she took everything inside and closed the door. (This happens when they're twelve, and it is heartbreaking.) The one thing she chose was a skirt (not on the list) that she had picked up from the discard rack in the dressing room. And when I went in to help her gather up all the rejects, I could tell she had not tried any of them on because they were still on hangers.



And not inside out. "What about this? And this? And this?" I asked.

"I decided I don't like it."

And that was that. (There is no reasoning with an opinionated twelve year old. And if you don't believe me, I might just loan her to you for the rest of the summer.)

As we came out of the dressing room, my daughter, who has a 26-hour bladder (like seriously, she never goes), asked to use the bathroom. So I thought it would be a good idea to pay for the skirt, use the bathroom, and then finish our shopping. But this turned out to be a big fat mess because I went through the self check out but did not think to get a bag. And then I didn't want to reenter Target with merchandise in my arms. I decided to put the skirt in my purse, which was jam packed with lunch leftovers. I put it in there anyway, all bunched up and wrinkly. And I left the hanger in the

bathroom because where else was I going to put it?

So we went back into the store and got my daughter the notebook she needed and I didn't know why we couldn't have just picked that up on the way out with the skirt the first time. And then we got to the checkout line and there was no one in front of us but the checker was counting a large stack of \$5 bills, so I finally asked, "Are you open?" thinking maybe we should try another line but that made him lose count. He said that yes, he was open, but then he recounted all those bills again from the beginning while we waited.

And when we finally made it to the exit, I was done.

And that is why I have no clothes of my own.

Also my daughter still needs shorts, t-shirts, and socks.



Sky's the limit for this summer explorer—next stop, sunshine, treats, and the **Cutest Pet Contest!** Enter now for a chance to make your pup a local star!

July



JULY 1



ID Your Pet Day

Discount Swim Day!

In celebration of Recreation and Parks Month, the City of Bakersfield is offering dis-

counted open swim. McMurtrey Aquatic Center will be discounted to \$3 per person. FREE Swim at Jefferson, MLK, and Silver Creek Pools.

Times Vary

McMurtrey Aquatic Center
1325 Q Street
Bakersfield, CA
661-852-7430
<https://www.bakersfieldcity.us/>

Heart & Soul Line Dancing

This event is FREE and great for adults and kids of all ages! All dances are beginner level, perfect dances to get your boots wet, so to speak, and get you on your way to line dancing fun!

4 p.m.

KCL - Southwest Branch

8301 Ming Ave.
Bakersfield, CA
661-747-4243
<https://www.heartandsoullinedance.com/>

JULY 3

Billy Nation: A Tribute to Billy Joel

Billy Nation returns with our full 6-piece band for an unforgettable evening of Billy Joel classics with our usual energy and audience engagement. Tickets are on sale now!

7 p.m.

Bakersfield Music Hall of Fame
2230 Q Street
Bakersfield, CA
661-864-1701
<https://bakersfieldmusichalloffame.com/>

JULY 4

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/>

JULY 5

Omnipresent Puppet Theatre

Experience the magic of live puppetry with handmade puppets and real-time voices. July 5th show will be "Puss In Boots".

1 – 2 p.m.

KCL - Wilson Branch Library
1901 Wilson Rd.
Bakersfield, CA
661-834-4044
<https://kerncountylibrary.org/>

Family Day at BMoA

Bring your family down to the museum for all day fun and education! 2 adults and up to 6 kids, admission is only \$20!

10 a.m. - 4 p.m.

Buena Vista Museum
2018 Chester Avenue
Bakersfield, CA
661-324-6350
<https://www.buenavistamuseum.org/events>

JULY 7

José-Luis Orozco at the Library

This educational performance will feature an energetic and interactive journey through Latin American culture and history as José-Luis plays acoustic guitar and sings traditional Latin American Children's songs and original compositions. Ages 6-11.

12 – 1 p.m.

KCL - Beale Memorial Library
701 Truxtun Ave.
Bakersfield, CA
661-868-0700
<https://kerncountylibrary.org/>

JULY 8

Resound: A Drum Corps International Tour Event

The 9th annual RESOUND Drum Corps International tour event will bring some of the country's best drum and bugle corps to our community. Four corps, including 5-time world champions Blue Devils B and 2019 finalists Golden Empire from Bakers-

July 4th Celebration Guide

JULY 2

Delano's Star Spangled Spectacular Firework Show

Kiwanis Club of Delano and the Delano Chamber of Commerce is hosting a community family day with a fireworks show, food, live entertainment, car show, vendors and more!

4 – 9 p.m.

Memorial Park
110 S. Lexington Street
Delano, CA 93215
(661) 725-2518
https://www.instagram.com/the_delanochamberofcommerce/

JULY 3

McFarland's Red, White & BOOM Freedom Fest

The City of McFarland invites you to an unforgettable event planned in celebration of Independence Day! Live music, food trucks, entertainment, surprise performances and more!

7 – 9 p.m.

McFarland High School Stadium
259 W. Sherwood Avenue
McFarland, CA 93250
661-792-3091
www.mcfarlandcity.org

Shafter's Independence Day Celebration

The Shafter Chamber of Commerce is hosting a free Independence Day Drone Celebration! The celebration will include live music, food vendors, a foam party section, and a drone show! The drone light show begins at 9PM.

6 – 9 p.m.

Shafter Recreation and Park



District
700 E. Tulare Street
Shafter, CA 93263
(661) -910-9185
<https://www.instagram.com/cityofshafter/>

Taft's Independence Day Celebration

The Taft Chamber of Commerce is hosting a free Independence Day Celebration! The celebration will include music, food, bounce houses, and more! Firework show begins at 9PM.

6 – 9 p.m.

Rails to Trails
Taft, CA 93268
(661) -765-2165
<https://www.facebook.com/taft.chamber>

JULY 4

Tehachapi's All-American 4th of July Festival

Get ready for a full day of All-American fun this 4th of July in Tehachapi! Enjoy

a kids' parade, live music, food, drinks, and games!

10:30 a.m. – 4 p.m.

Phillip Marx Central Park
East E Street
Tehachapi, CA 93561
661-822-2200
<https://liveuptehachapi.com/>

Bakersfield's 4th of July Celebration

Bakersfield's 4th of July celebration will have fireworks show produced by Zambelli Fireworks, food and drinks will be available, live music by DJ Pantomime, and more! Fireworks begin at 9 PM.

6 p.m.

The Park at River Walk
11200 Stockdale Hwy.
Bakersfield, CA
661-326-3000
<https://www.bakersfieldcity.us/>

For more events and details, visit <https://www.kerncountyfamily.com/PublicArticle/4267/Independence-Day-Celebrations-2025>

field College, will be competing.

8:30 - 10 p.m.

Memorial Stadium at Bakersfield College
1801 Panorama Drive
Bakersfield, CA
<https://www.dci.org/events/2025-resound>

JULY 10



National Kitten Day

Movies in the Park: Moana 2

Tehachapi Valley Recreation & Park District presents Movies in the Park. Grab your blankets, chairs, friends and family for a summer movie night under the stars!

8 p.m.

Meadowbrook Park
21750 Westwood Blvd.
Tehachapi, CA
661-822-3228
<https://www.tvrpd.org/movies-in-the-park>

JULY 11

NERF Battle Frenzy

First Presbyterian Church will be hosting an epic Nerf Battle frenzy for 1st-6th graders.

Kids will team up for rapidfire challenges that build teamwork, strategy, and lightningfast reflexes—no experience required! Free if registered by July 6.

6 - 8 p.m.

First Presbyterian Church of Bakersfield
1705 17th Street
Bakersfield, CA
661-325-9419
www.fpbchurch.com

JULY 11 & 25

Family Fun Nights

Children and adults can play games, swim, zoom down the water slides, and launch off the diving board! Spin the wheel at the "Rethink your Drink" and Water Safety booths to win prizes. \$5 per person.

6 - 9 p.m.

McMurtrey Aquatic Center
1325 Q Street
Bakersfield, CA
661-852-7430
<https://www.bakersfieldcity.us/>

JULY 12

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!

9 a.m. - 12 p.m.

Silver Creek Park
7011 Harris Road
Bakersfield, CA
661-326-3866
<https://www.bakersfieldcity.us/>

JULY 18 & 19

Summerween Party

Beat the heat and embrace the haunt at Tehachapi Terror Haunted House's Summerween Party! Spooky and unusual vendors, food from Savannah's, raffles, face painting, music, dancing and more! 21+ ONLY.

7 - 12 p.m.

Savannah's Old Town Saloon
20717 South Street
Tehachapi, CA
<https://www.instagram.com/tehachapiterror/>

JULY 19

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!

9 a.m. - 12 p.m.

Jastro Park
2900 Truxtun Avenue
Bakersfield, CA
661-326-3866
<https://www.bakersfieldcity.us/>

JULY 20



JULY 24



National Amelia Earhart Day!

JULY 26

Bakersfield Senior Center Car Show

Calling all car enthusiasts! This community event supports our local Bakersfield Senior Center while celebrating our love for classic automobiles. Enjoy live DJ, \$20 BBQ plates, classic car displays and fun for the whole community.

9 a.m. - 1 p.m.

Bakersfield Community House (Mill Creek Park)
2020 R Street
Bakersfield, CA
661-325-1113
<https://bakersfieldseniorcenter.org/>

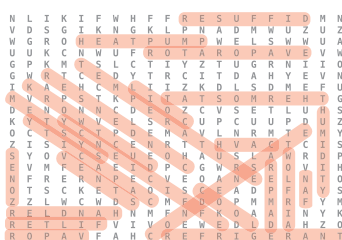
More events found at kerncountyfamily.com

ACTIVITY CORNER ANSWERS

ACTIVITY CORNER: PAGES 30-31

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

- Across
- No
 - Nature
 - Villager
 - Getaways
 - Trails
- Down
- Navigate
 - Lot
 - LA
 - Egg
 - Parks



WORD SEARCH SPONSORED BY:





SECOND THURSDAY

Men's Strong LINKs Hangout

Strong Links Hangout! Fellas, this one's for you. If your girlfriend, wife, sister, mom, aunt, niece, or close friend is battling—or has battled—Breast Cancer, you're not alone. A place to talk, laugh, and find support.

6 p.m.

Imbibe Wine & Spirits
4140 Truxtun Avenue
Bakersfield, CA
661-322-5655
staff@linksforlife.org

SECOND SATURDAYS

Kernville Summer Festival Farmers Markets

Kernville Chamber of Commerce announced that now, not only will you be able to shop for farmers market goods, but you can now enjoy live music, a vibrant vendor mix including handcrafted jewelry and woodwork creations, and all the fun that will be happening at Circle Park!

9 a.m. - 3 p.m.

Circle Park
Kernville, CA
760-379-2629
<https://www.gotokernville.com/>

SATURDAYS

F Street Farmers Market

Bakersfield's longest-running Farmers Market! Accepts cash, card & EBT Snap.

7:45 a.m. - 12 p.m.

2819 F Street
Bakersfield, CA
<https://fstfarmersmarket.com/>

RiverLakes Farmers Market

Farm to Table, fresh produce! Our certified farmers bring you the freshest fruits and vegetables.

9 a.m. - 1 p.m.

Centennial High School
8601 Hageman Drive
Bakersfield, CA
https://www.instagram.com/riverlakes_farmers_market/?hl=en

SUNDAYS

Haggin Oaks Farmers Market

Visit over 70 different vendors at the biggest Farmers Market in town.

9 a.m. - 2 p.m.

8800 Ming Avenue
Bakersfield, CA
<https://www.instagram.com/>

Worship Guide

SPONSORED BY:



Freedom's True Gift: A Faithful Celebration in July

In the month of July, we celebrate the gift of freedom—both as citizens of a nation and as children of God. The Bible is clear that true freedom is not merely the absence of oppression, but the presence of truth, grace, and righteousness.

"It is for freedom that Christ has set us free" (Galatians 5:1). This freedom liberates us from sin, fear, and spiritual bondage. It challenges us to walk away from selfishness and live in love and service to others.

As Americans, we honor the courage of those who fought for liberty. But as Christians, we remember that our ultimate freedom comes from the cross. Jesus said, "Then you will know the truth, and the truth will set you free" (John 8:32). This truth anchors us through every trial and triumph.

Let us use our freedom wisely—not to indulge the flesh, but to pursue justice, mercy, and humility (Micah 6:8). Let us be peacemakers, bridge-builders, and voices for the voiceless. During this month of July, may we give thanks for our freedoms, pray for our nation, and walk in the freedom that only Christ can give—a freedom that endures forever.

— By Jon Engen



TRINITY
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Father Karl Dietze

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during 10:00 service

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www.trinitybakersfield.com

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Inflation is at 40 year highs. Interest rates are way up. Credit cards. Medical bills. Car loans. Do you have \$10k or more in debt? Call National Debt Relief and find out how to pay off your debt for significantly less than what you owe! Free quote: Call 1-844-955-4930

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

Happy 4th of July!

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
- 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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SUMMER
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TUES TO FRI @ 2:30PM

JUN & JUL 8 DAY BLITZ || \$184
MON - THURSDAY
10 DAY BLITZ || \$215
MON - FRIDAY

NB *BLITZ ALSO OFFERED AT CAU INCLUDING ADULT LESSONS

NOTE: MEMBERSHIP FEE NOT INCLUDED
\$25 NON REFUNDABLE CHARGED AT TIME OF ENROLLMENT

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!




Harmony Road Music School

- Early Childhood Music (Ages 16m - 4 Yrs.)
- Summer Piano Classes (Ages TK - 10 yrs.)
- Musical Arts/Crafts Camp (Ages 4, 5, 6)

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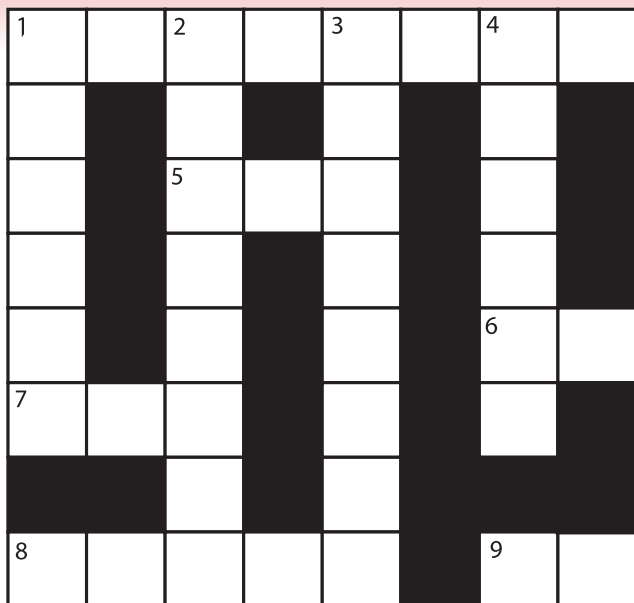
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JULY ACTIVITY CORNER

Crossword



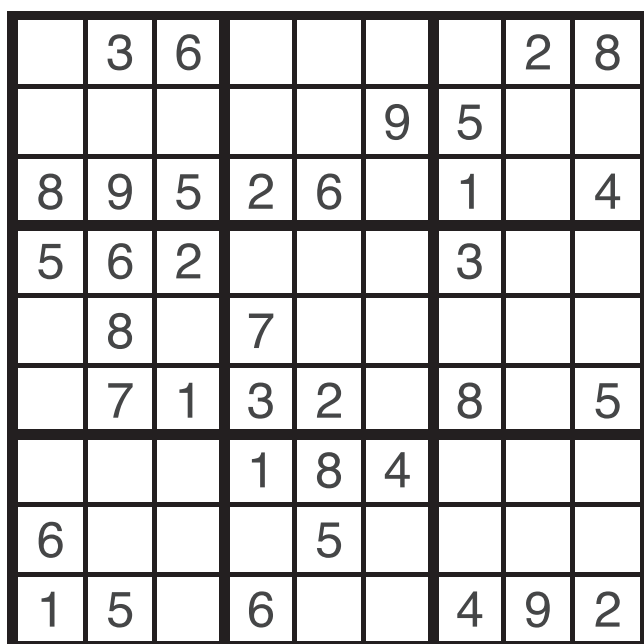
ACROSS

- Figure out the route
- Area of land
- "City of Angels" (abbr.)
- Breakfast food
- Green areas used for recreation
- Opposite of "yes"

DOWN

- Plants, animals and the landscape
- Person who lives in a village
- Vacations, trips
- Pathways to hike

Sudoku



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



DID YOU KNOW?



Ice Cream Fun Facts

The world devours 15.4 billion liters of ice cream annually! New Zealand leads in consumption, with the U.S. close behind. Vanilla remains the global favorite, topping flavor charts in 46 countries, while Chocolate and Neapolitan also hold strong worldwide.

JULY ACTIVITY CORNER

PUZZLE
ANSWERS
PAGE 26

STAY COOL WORD SEARCH

PRESENTED BY PACIFIC AG RENTALS

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

AIRFLOW

COOL

EVAPORATOR

HUMIDITY

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KERN COUNTY FAMILY MAGAZINE PRESENTS

THE CUTEST PET PHOTO CONTEST!

Does your pooch belong in pictures? Is your feline ready for the spotlight? Whether your pet is dressed to impress, rocking a summer vibe, or just too cute for words—we're on the lookout for Kern County's Cutest Pet!



CONTEST DE "TAILS"

Submit your pet's photo via QR Code (below):

June 25 – July 14 (midnight)
kerncountyfamily.com

VOTE BY POPULAR VOTE

July 15 – July 24 (midnight)

One vote per email per day

Share your pet's photo on social and rally support!

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